

GOALS AND RECOMMENDATIONS

In a Transformed Mental Health System ...

GOAL 1	Americans Understand that Mental Health Is Essential to Overall Health.	
	RECOMMENDATIONS	<ol style="list-style-type: none">1.1 Advance and implement a national campaign to reduce the stigma of seeking care and a national strategy for suicide prevention.1.2 Address mental health with the same urgency as physical health.
GOAL 2	Mental Health Care Is Consumer and Family Driven.	
	RECOMMENDATIONS	<ol style="list-style-type: none">2.1 Develop an individualized plan of care for every adult with a serious mental illness and child with a serious emotional disturbance.2.2 Involve consumers and families fully in orienting the mental health system toward recovery.2.3 Align relevant Federal programs to improve access and accountability for mental health services.2.4 Create a Comprehensive State Mental Health Plan.2.5 Protect and enhance the rights of people with mental illnesses.
GOAL 3	Disparities in Mental Health Services Are Eliminated.	
	RECOMMENDATIONS	<ol style="list-style-type: none">3.1 Improve access to quality care that is culturally competent.3.2 Improve access to quality care in rural and geographically remote areas.
GOAL 4	Early Mental Health Screening, Assessment, and Referral to Services Are Common Practice.	
	RECOMMENDATIONS	<ol style="list-style-type: none">4.1 Promote the mental health of young children.4.2 Improve and expand school mental health programs.4.3 Screen for co-occurring mental and substance use disorders and link with integrated treatment strategies.4.4 Screen for mental disorders in primary health care, across the life span, and connect to treatment and supports.

GOAL 5**Excellent Mental Health Care Is Delivered and Research Is Accelerated.****RECOMMENDATIONS**

- 5.1 Accelerate research to promote recovery and resilience, and ultimately to cure and prevent mental illnesses.
- 5.2 Advance evidence-based practices using dissemination and demonstration projects and create a public-private partnership to guide their implementation.
- 5.3 Improve and expand the workforce providing evidence-based mental health services and supports.
- 5.4 Develop the knowledge base in four understudied areas: mental health disparities, long-term effects of medications, trauma, and acute care.

GOAL 6**Technology Is Used to Access Mental Health Care and Information.****RECOMMENDATIONS**

- 6.1 Use health technology and telehealth to improve access and coordination of mental health care, especially for Americans in remote areas or in underserved populations.
- 6.2 Develop and implement integrated electronic health record and personal health information systems.