

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



Paving the Way Forward in Behavioral Health

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ACMHA 2015 Summit
St. Louis, Missouri • March 24, 2015



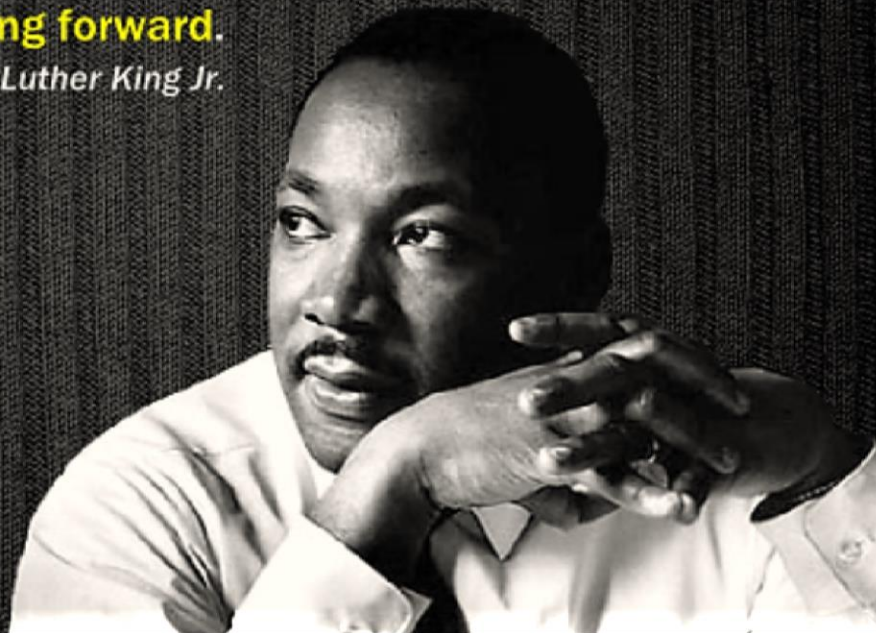
Paving the Way Forward



Paving the Way Forward: Outreach and Engagement

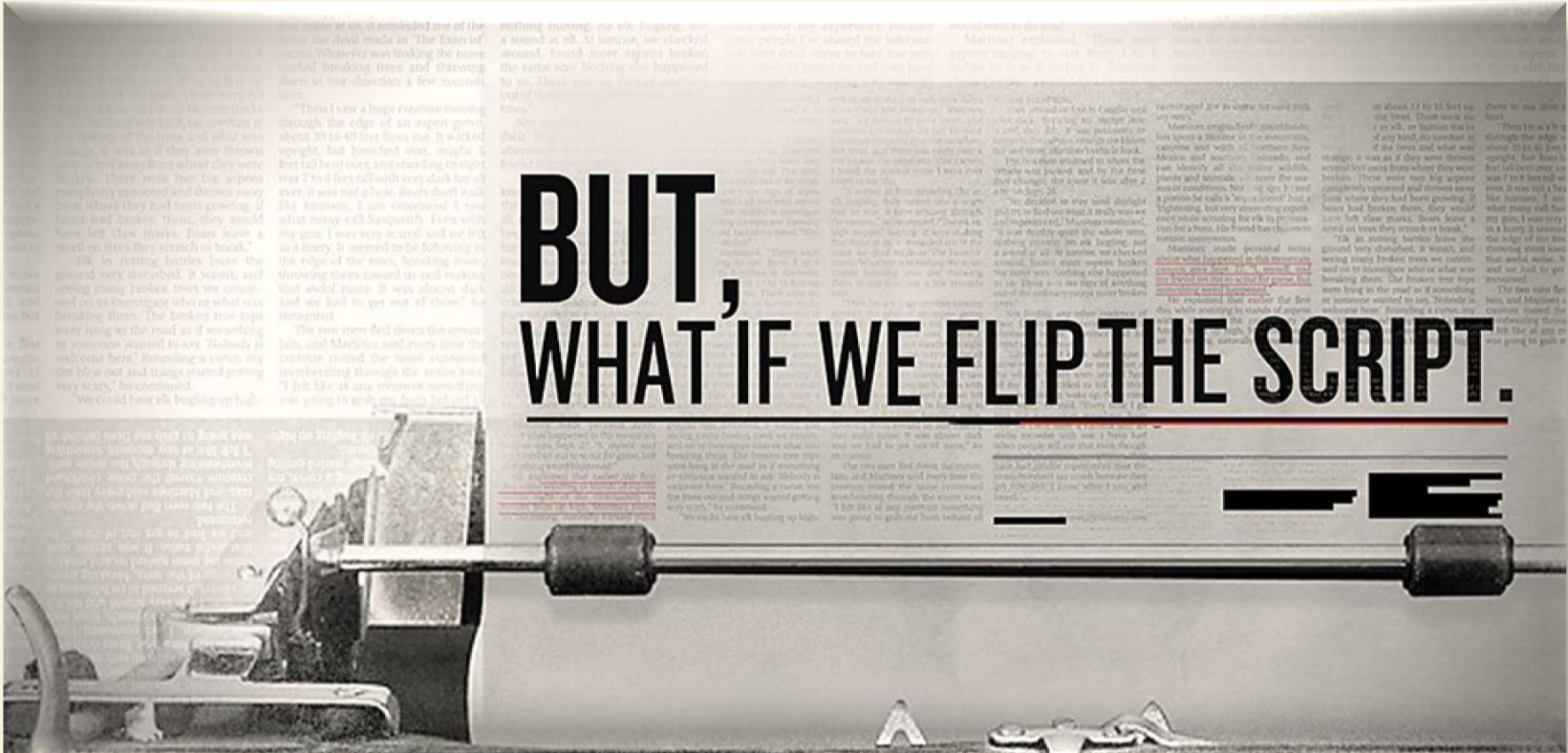
If you can't fly, then run,
if you can't run, then walk,
if you can't walk, then crawl,
but whatever you do,
you have to **keep moving forward.**

- Martin Luther King Jr.



Flip the Script

**BUT,
WHAT IF WE FLIP THE SCRIPT.**



Paving the Way Forward: Health Literacy



“Man maintains his balance, poise, and sense of security only as he is moving forward.”

– Maxwell Maltz

Paving the Way Forward: Activation

Shared decision-making can be a critical component of mandated treatment (IOM, 2006). Any treatment, mandated or voluntary, that fails to include an individual's preferences and goals challenges the concept of person-centered care, which is necessary for activation.



Paving the Way Forward: Self-Management Support



“March on. Do not tarry. To go forward is to move toward perfection. March on, and fear not the thorns, or the sharp stones on life's path.”
– Khalil Gibran

The Power of Hope



“The sun shines not on us but in us.”

— John Muir

Peer Support

“Peer specialists bring the essential message of hope that acts as a catalyst for people to begin their journey of recovery.”

– Paolo del Vecchio



– Visions of Hope Arizona

Paving the Way Forward: Social Determinants of Health



“Exclusion is never the way forward on our shared paths to freedom and justice.”

– Desmond Tutu

Five-Point Plan for Success

1. Increase prevention, treatment, and recovery services.
2. Expand the mental health workforce, including peers, persons in recovery, and family members.
3. Widen the use of health information technology.
4. Educate the public.
5. Invest in research.



Choosing Hope!

“We dream to give ourselves hope. To stop dreaming – well, that’s like saying you can never change your fate.”

— Amy Tan



For More Information

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