

## **12 Signs of a Transformed Mental Health System**

**We will have transformed Oregon's mental health system when, in a larger context, there is universal health care with mental health and chemical dependency services integrated along with parity fully implemented, including:**

1. Every young person and family experiencing a major mental health episode has voluntary access to Early Assessment and Support Teams with high fidelity adherence to standards for this service. Oregon needs 6-8 regional teams and 1 Center for Excellence to provide ongoing training and support to maintain high fidelity implementation.
2. Every young person who needs to transition from children's mental health services to adult services has an individually tailored transition plan with all of the services and supports required to begin an adult learning and/or working role.
3. Every person with a mental illness has a recovery plan with access to the housing, supports, and services (including psychotherapeutic and medications) that are necessary to maintain a meaningful life in the community. Housing supports include rent subsidies, safe and affordable alcohol/drug-free housing, supported or supportive housing.
4. Every person with an addiction or abuse problem has access to integrated treatment and support groups.
5. Every person who experiences a mental health crisis has access to preventive and early intervention services short of acute psychiatric inpatient care. These services include 24-Hour telephone crisis, warmline or hotline services.
6. Every person has access to peer recovery and support services through qualified peer support teams.
7. Every person who wants to pursue educational goals has access to Supported Education services.
8. Every person who wants to work has access to Supported Employment services.
9. Every person who wants to engage in healthier lifestyles has access to smoking cessation, weight control, exercise and nutritional supports and opportunities.

10. Every person who needs acute psychiatric hospitalization has access to voluntary care when other alternatives have been tried or when such alternatives present unacceptable risks.

11. Every person has access to psychiatrists, nurse practitioners, or family practice physicians qualified to provide medication evaluation and medications using person-driven medication planning.

12. Every person has access to diversion services if the person becomes involved in the criminal justice, civil commitment, or other forensic system, whether in local jails, state hospitals, acute care community facilities, or the state's Department of Corrections.

#### **ADDITIONAL CONSIDERATIONS:**

A transformed mental health system will have an evaluation and data system capable of providing real-time information and feedback to assure that the system provides the services indicated and allows for adjustments over time.

A transformed mental health system will have an office of advocacy staffed by persons who have experienced mental illness, recovery, and have expertise in monitoring and changing delivery systems.

Trauma-informed, trauma-specific services are available to individuals upon request.

Mental wellness is a focus of the system.