

THE PRESIDENT'S NEW FREEDOM COMMISSION ON MENTAL HEALTH

Achieving the Promise: Transforming Mental Health Care in America

GOALS AND RECOMMENDATIONS

In a Transformed Mental Health System...

GOAL 1 Americans Understand that Mental Health is Essential to Overall Health.

RECOMMENDATIONS

- 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

- 2.1 Develop an individualized plan of care for every adult with serious mental illness and child with a serious emotional disturbance.
- 2.2 Involve consumers and families fully in orienting the mental health system towards 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 illness.

GOAL 3 Disparities in Mental Health Services Are Eliminated.

RECOMMENDATIONS

- 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

- 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 health 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.**

RECOMENDATIONS

- 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.