

Expanding Our Paradigm to Promote Population Health

Arthur C. Evans, Jr., PhD

**Chief Executive Officer & Exec. Vice President
American Psychological Association**

NATIONAL ASSOCIATION OF STATE
MENTAL HEALTH PROGRAM DIRECTORS

ANNUAL MEETING

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A Look Back at History: Shifting Paradigms around Mental Health

- **First Wave**

- 1963 – JFK’s Community Mental Health Act
- People with mental health conditions should be in the community.

- **Second Wave**

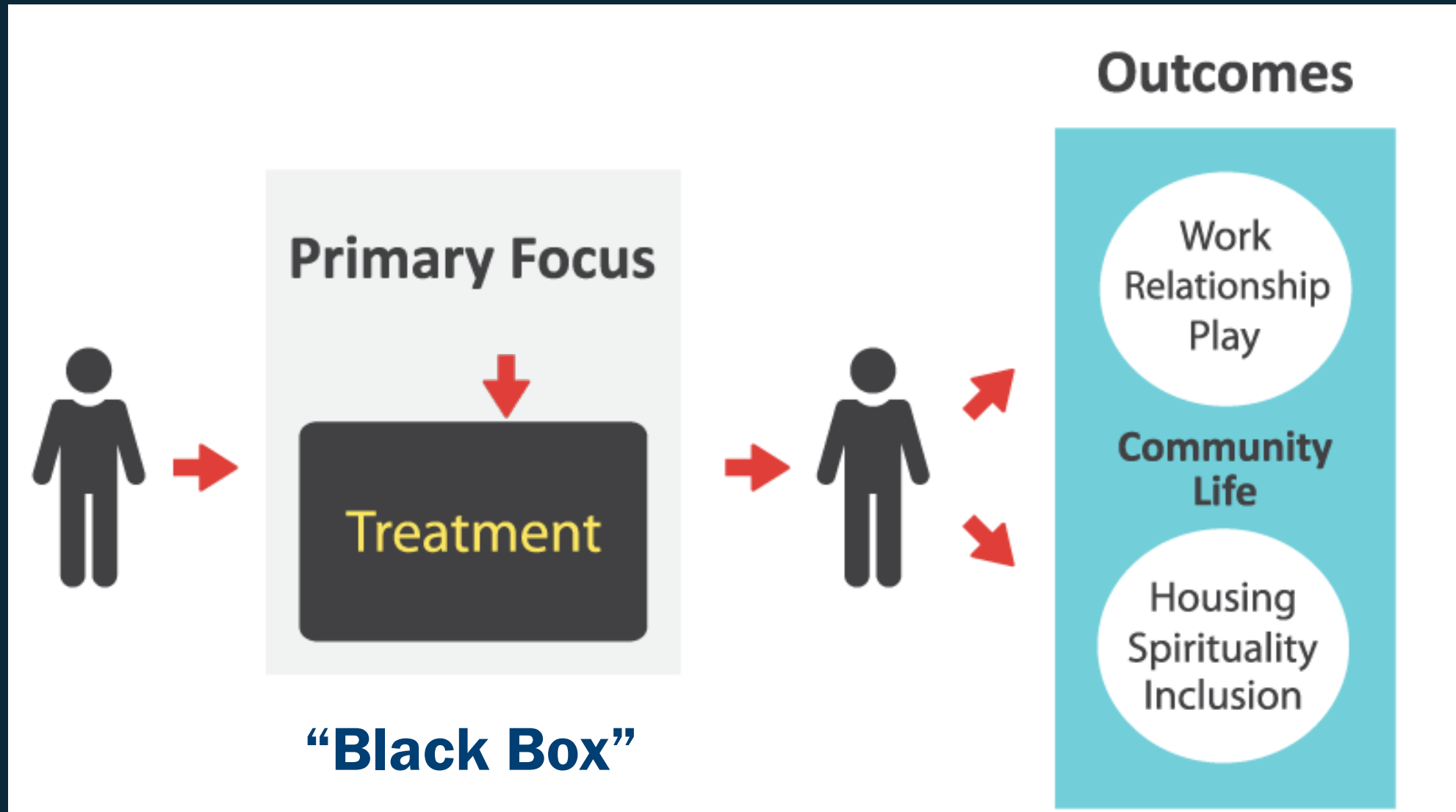
- 1990s – introduce the notion of “recovery”
- It’s not just important for people to be in communities, but a *part* of communities.

- **Third Wave**

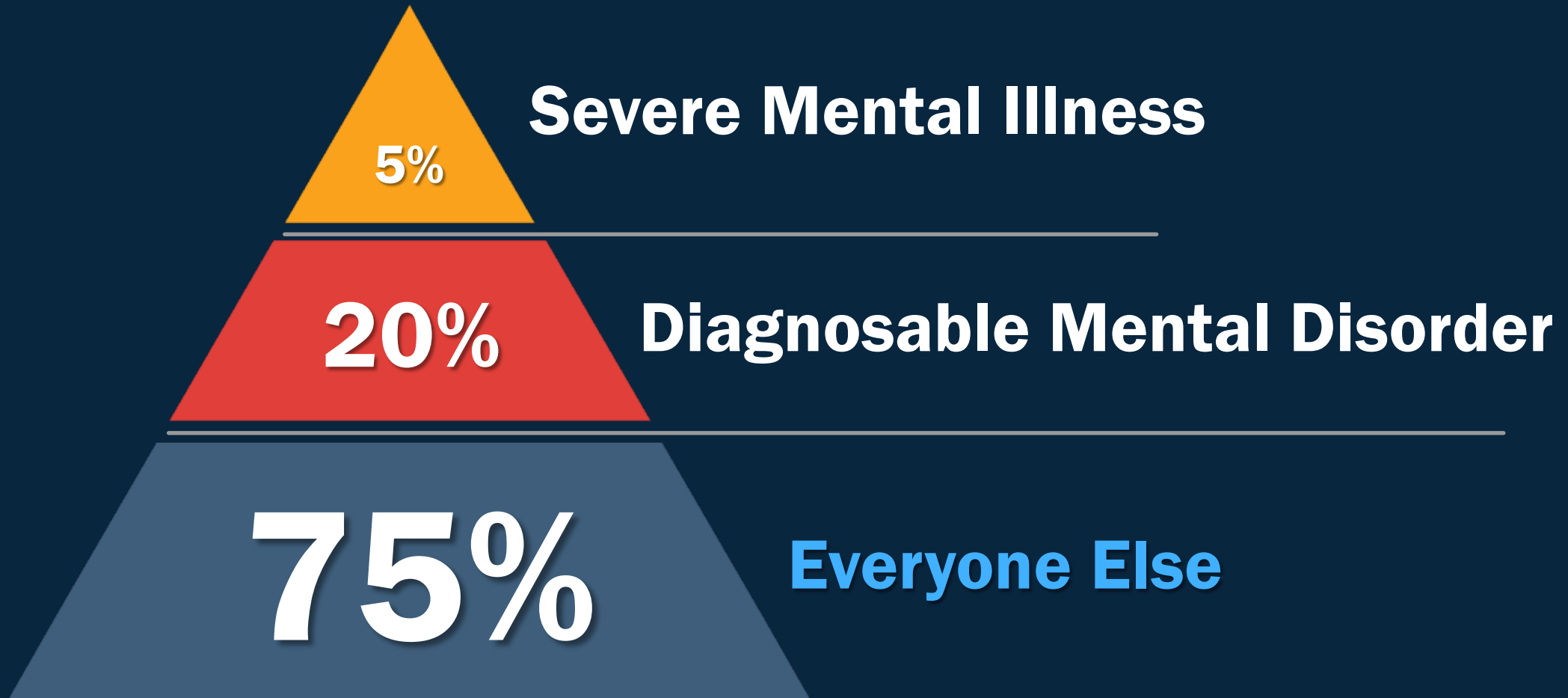
- 2010s – community involvement is essential
- Mental health goes beyond a diagnosis or group of people; it is an essential part of all of us.

Traditional Treatment Model in the U.S.

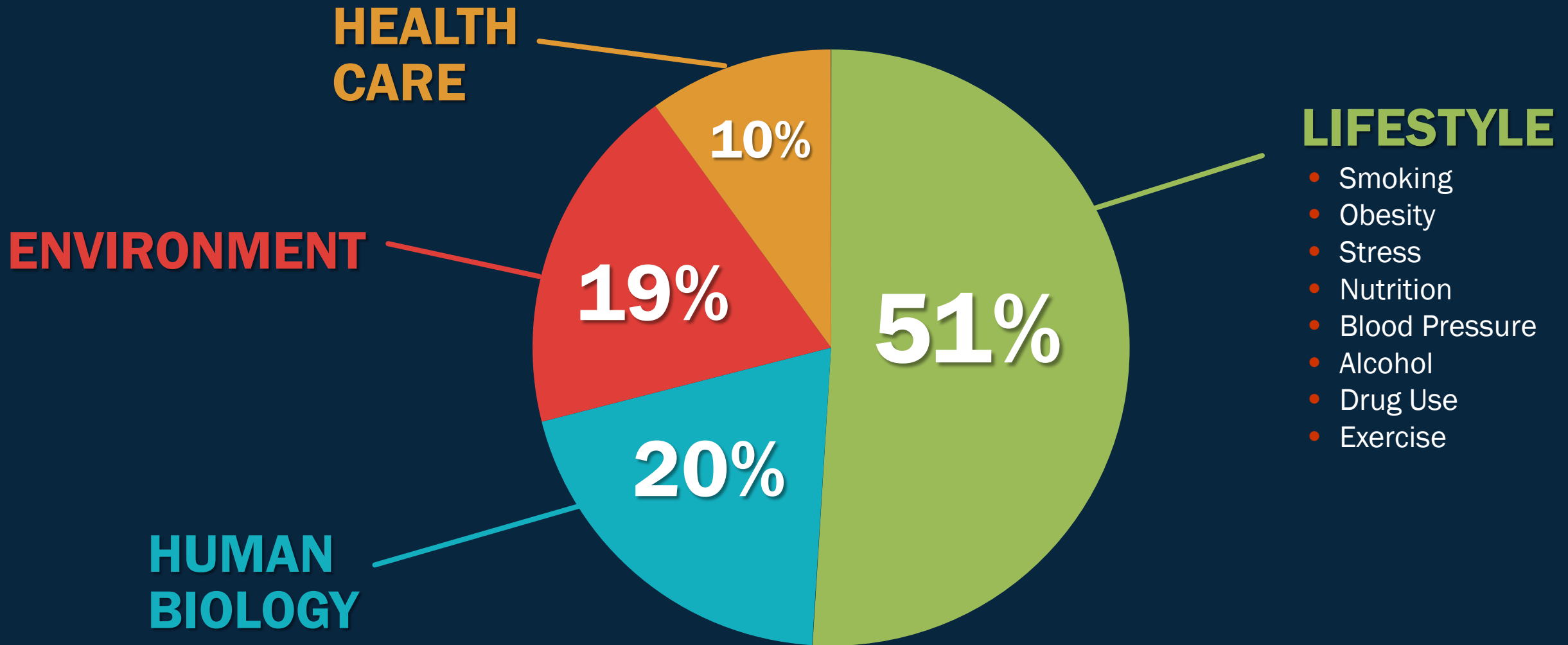
(Mental Model)



Current U.S. Treatment Approach



Factors that Influence Health Status



SOCIAL DETERMINANTS OF HEALTH



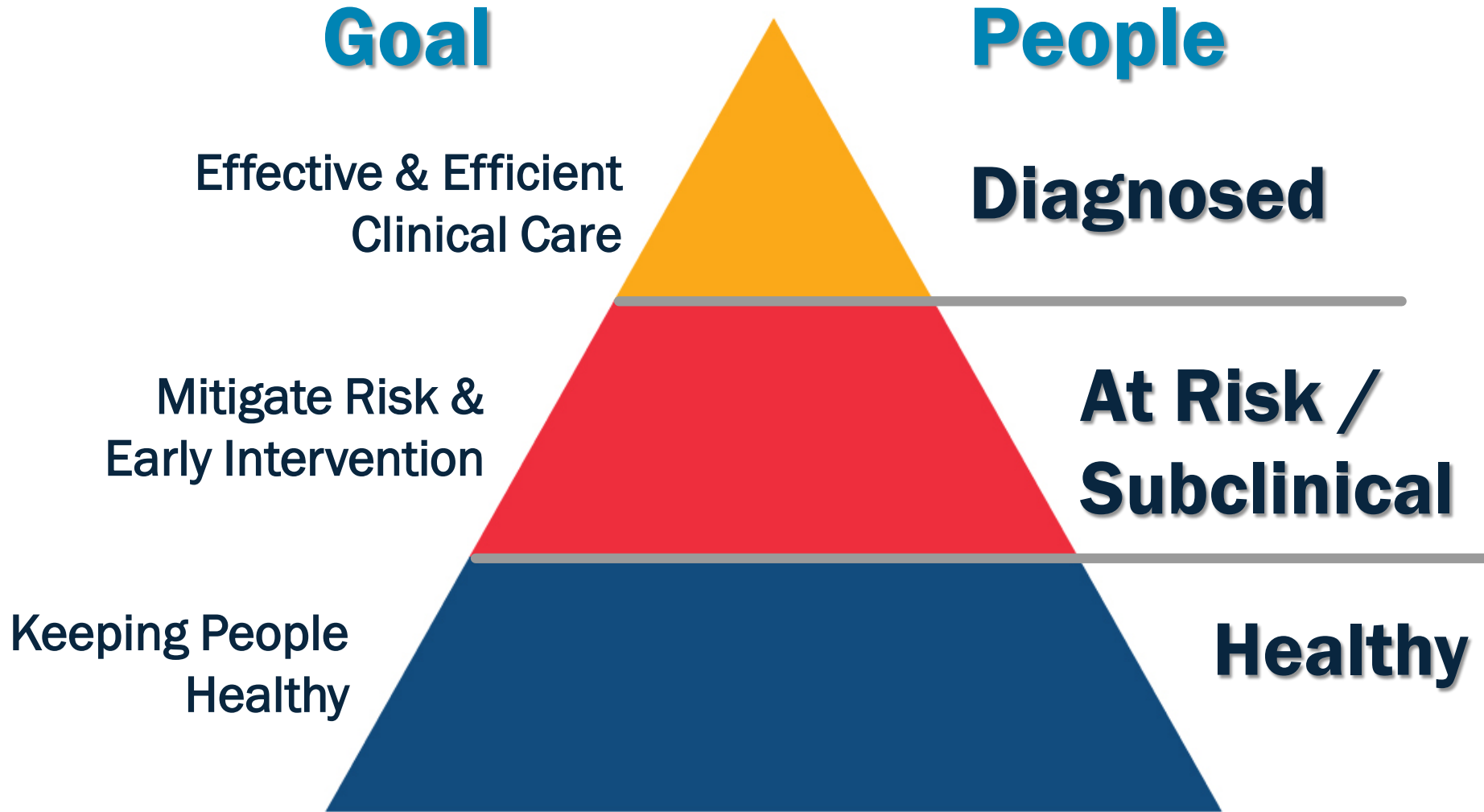
- **Education**
- **Income and Income Distribution**
- **Unemployment and Job Security**
- **Employment and Working Conditions**
- **Early Childhood Development**
- **Food Insecurity**
- **Housing**
- **Social Exclusion**
- **Social Safety Network**
- **Health Services**
- **Gender, Race, Ethnicity, and Ability Status**

A Population Health Approach: *Expanding our Paradigm*

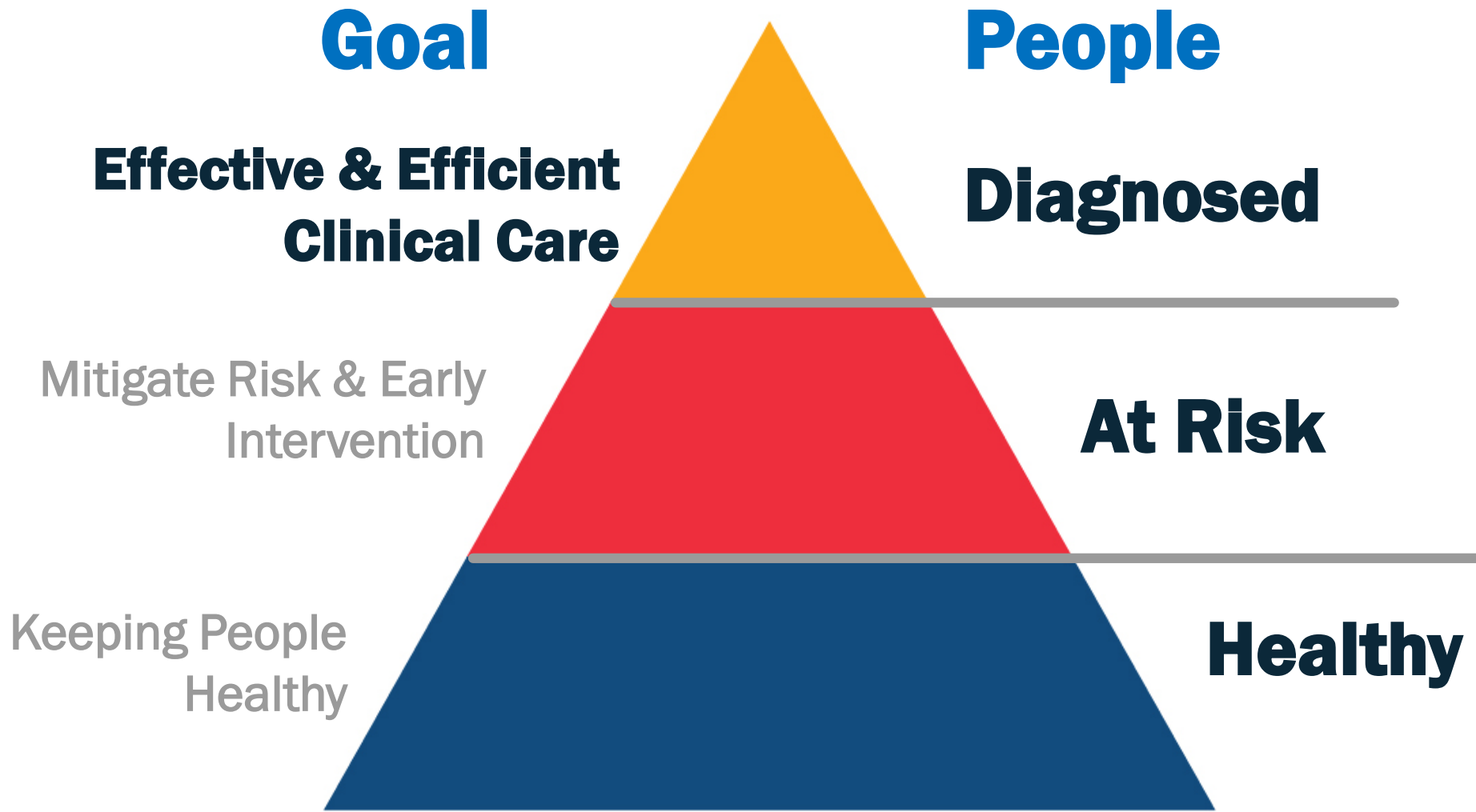
- **WHO** provides and receives help...
- **WHAT** our goals are...
- **WHEN** we help people...
- **WHERE** we help people...
- **HOW** we reach our goals...



Population Health Approach



Population Health Approach



**Utilize
Evidence-based
Practices**



Philadelphia's Evidence Based Practice and Innovation Center (EPIC)

Promoting the Delivery of Behavioral Health Evidence-Based Practices

Beck Initiative: Improving Outcomes on Extended Acute Inpatient Units

- Historically Long Length of Stays
 - Recovery-Oriented Cognitive Therapy
-



Beck Initiative: Improving Outcomes on Extended Acute Inpatient Units

- Historically Long Length of Stays
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Improved Clinical Outcomes

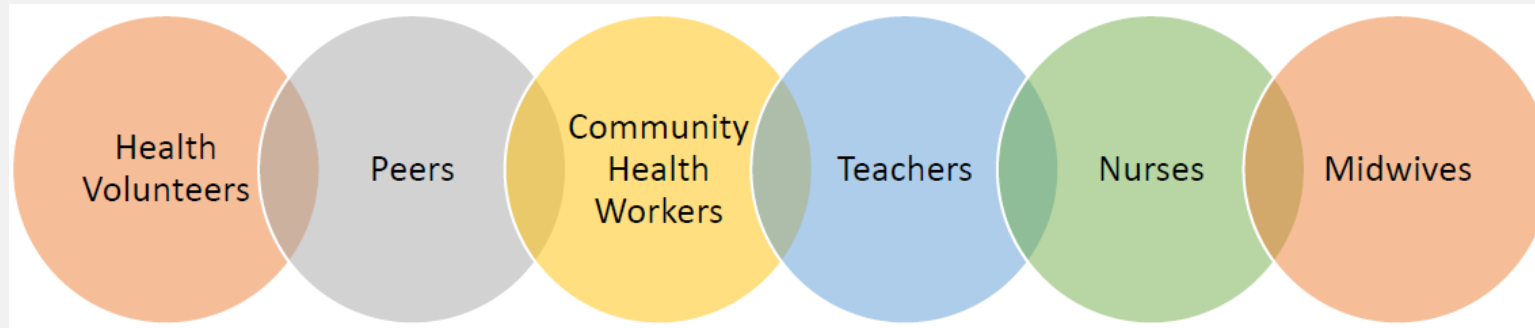
- Length of stay reduced by half
- Assaults reduced by 60%
- Use of restraints lowered by two orders of magnitude
- Use of intramuscular PRN medications reduced by two-thirds
- 80% of the individuals accept ACT team for aftercare



**Increase Access to
Healthcare
*(Expand the Workforce)***

Increasing Access to Maternal Healthcare through Task Sharing

- Growing literature suggesting that **trained non-specialists** can deliver brief psychotherapy for perinatal populations – in person and via telemedicine.



- Scaling Up Maternal Mental healthcare by Increasing access to Treatment (**SUMMIT**) trial – **Daisy Singla, PhD and colleagues.**
 - High rates of participant satisfaction across demographic groups and delivery methods
 - High retention (90+% engaged after 12 months)
- Suggests that trained non-specialists can successfully provide certain forms of therapy and **see positive health outcomes** in maternal populations.

EMPOWER: Building the Mental Health Workforce



- Created by Vikram Patel, Ph.D. and colleagues at Harvard
- **Goal:** To empower anyone, anywhere, to master the delivery of evidence-based psychological treatments and behavioral interventions

EMPOWER = digital solutions for learning, mastering and delivering quality psychological treatments in high- and low-income countries



Mental health is recognised as an urgent area for action globally



Brief psychological treatments are effective



Non-specialist providers can deliver them with a high degree of fidelity

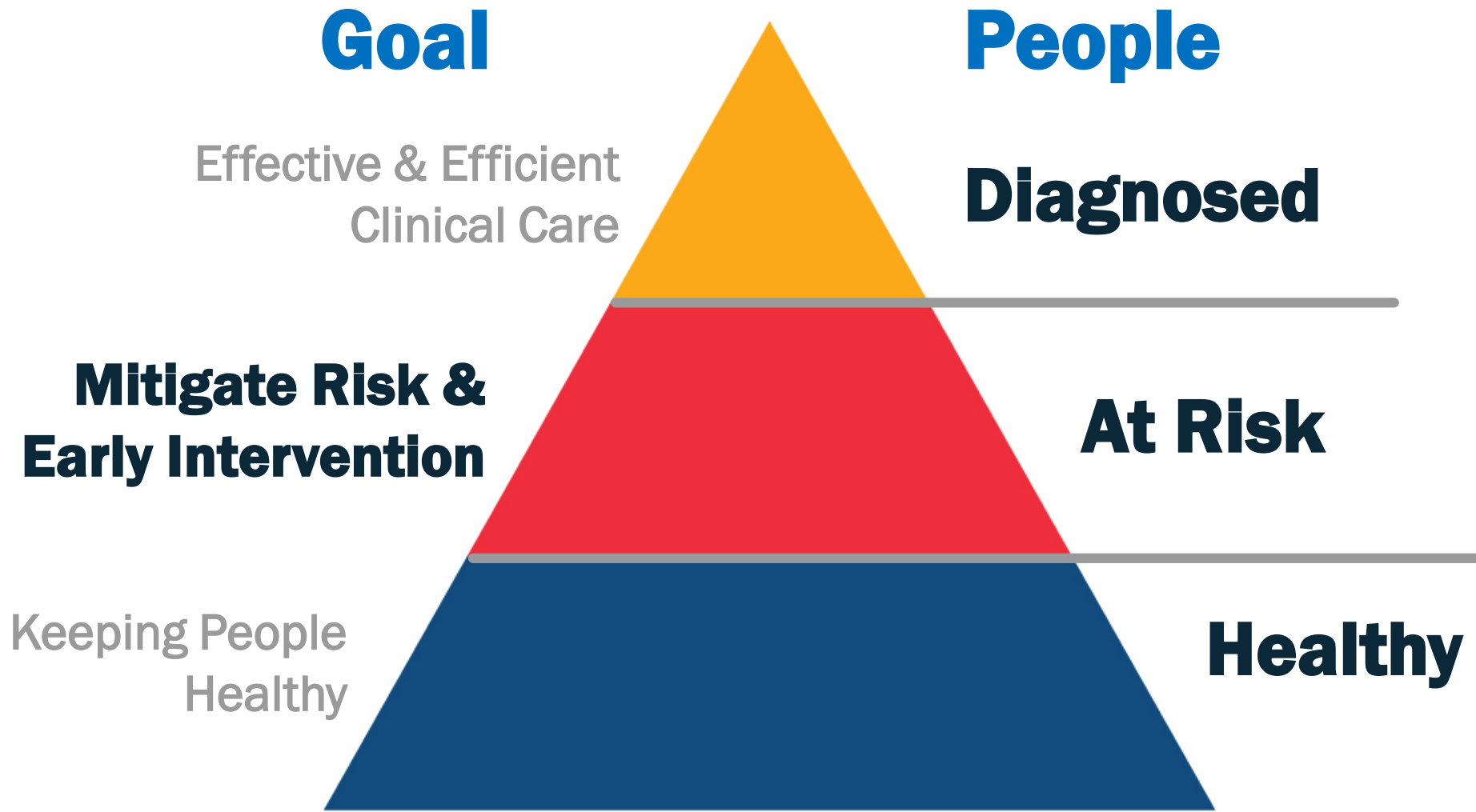


Peer-to-peer models for supervision are effective for quality assurance



Digital training, supervision and delivery is effective, and access to technology is increasing globally

Population Health Approach



REDUCING RISK

Improving Outcomes for Children through Policy Change



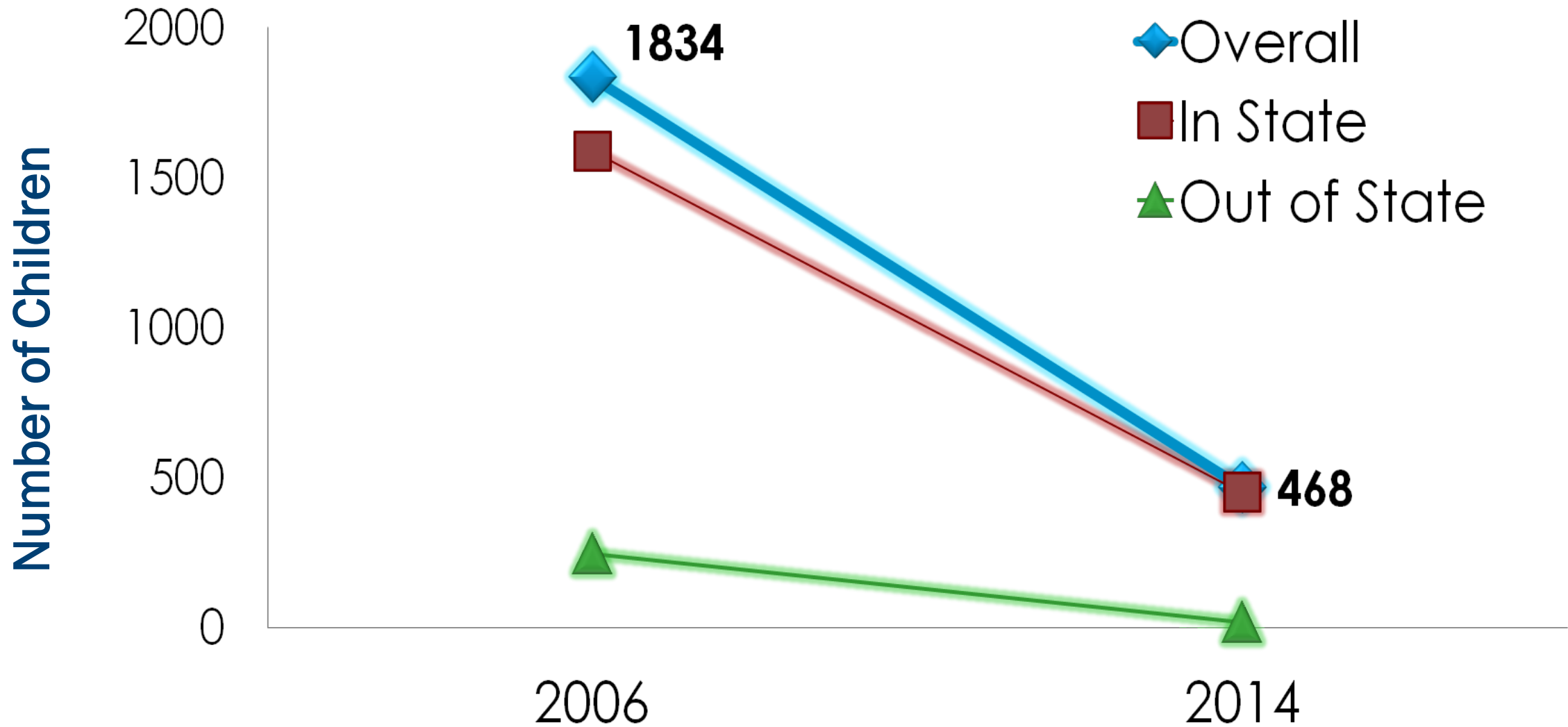
Retraumatizing youth

- Sent out of state.
- No family involvement in treatment.

Multipronged Solution:

- Fostered change at the systems level.
- Educated judges.
- Created community-based programs.
- Developed new methods of evaluation.
- Placed clinicians in family courts.

Youth in Residential Treatment



Early Intervention

Infusing Mental Health Supports into Rural/Frontier Communities

The Farmer Mental Health Crisis: Understanding A Vulnerable Population

Farm Aid / American Psychological Association

JULY 31, 2019



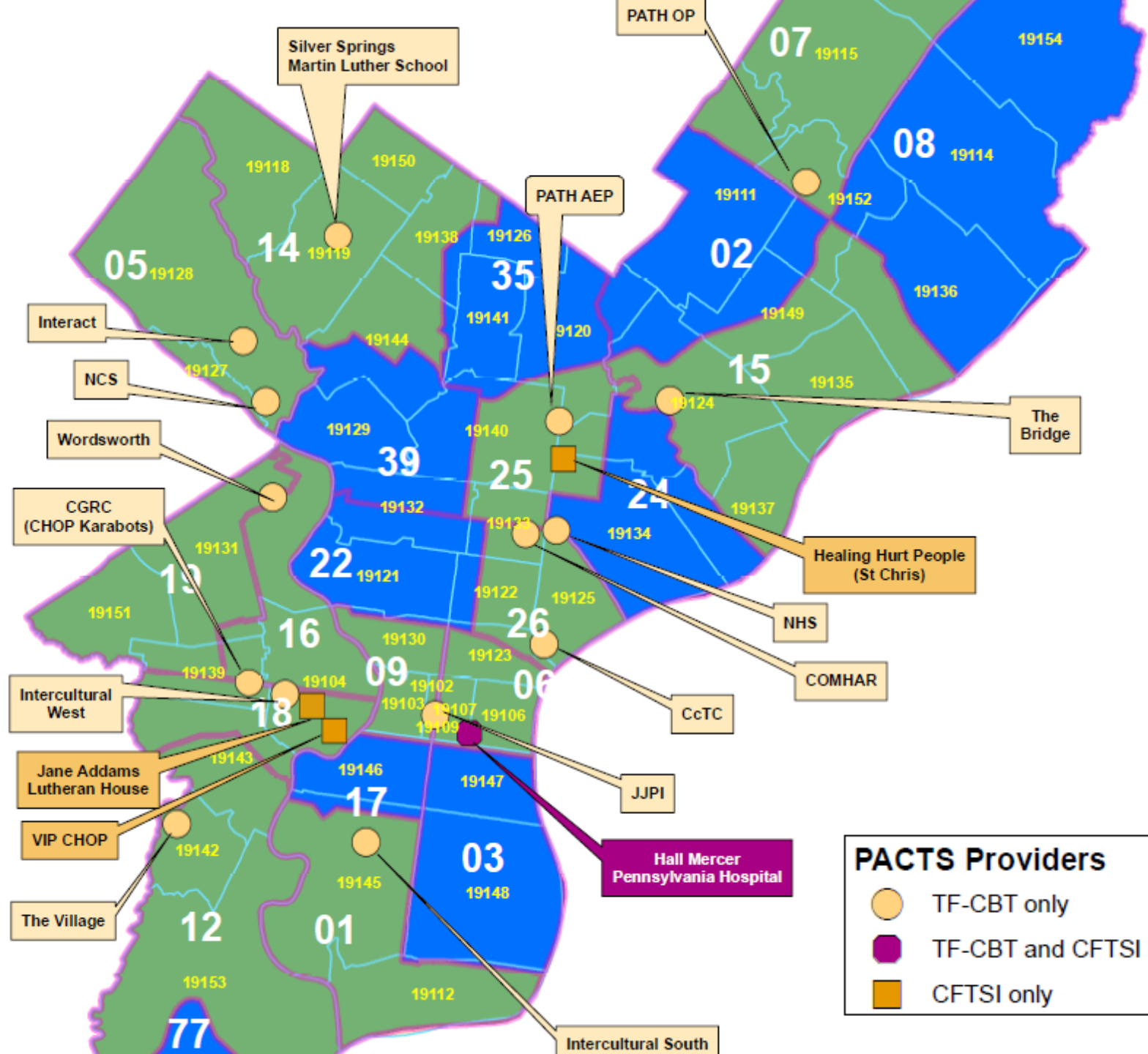
AMERICAN
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ASSOCIATION



- Led by psychologist Dr. Mike Rosmann, mental health support was embedded in places farmers already go (Farmer Hotline).
- Calls from farmers went beyond economic- and climate-related stress (e.g., suicidal ideation)
- Inspired APA/Farm Aid partnership to train psychologists about unique stressors of rural/frontier farmer culture.

Philadelphia Alliance for Child Trauma Services

Provider Map





In-person Community Screening Events

- Free
- Supportive
- Comprehensive
- Not Diagnostic



Population Health Approach

Goal

People

Effective & Efficient
Clinical Care

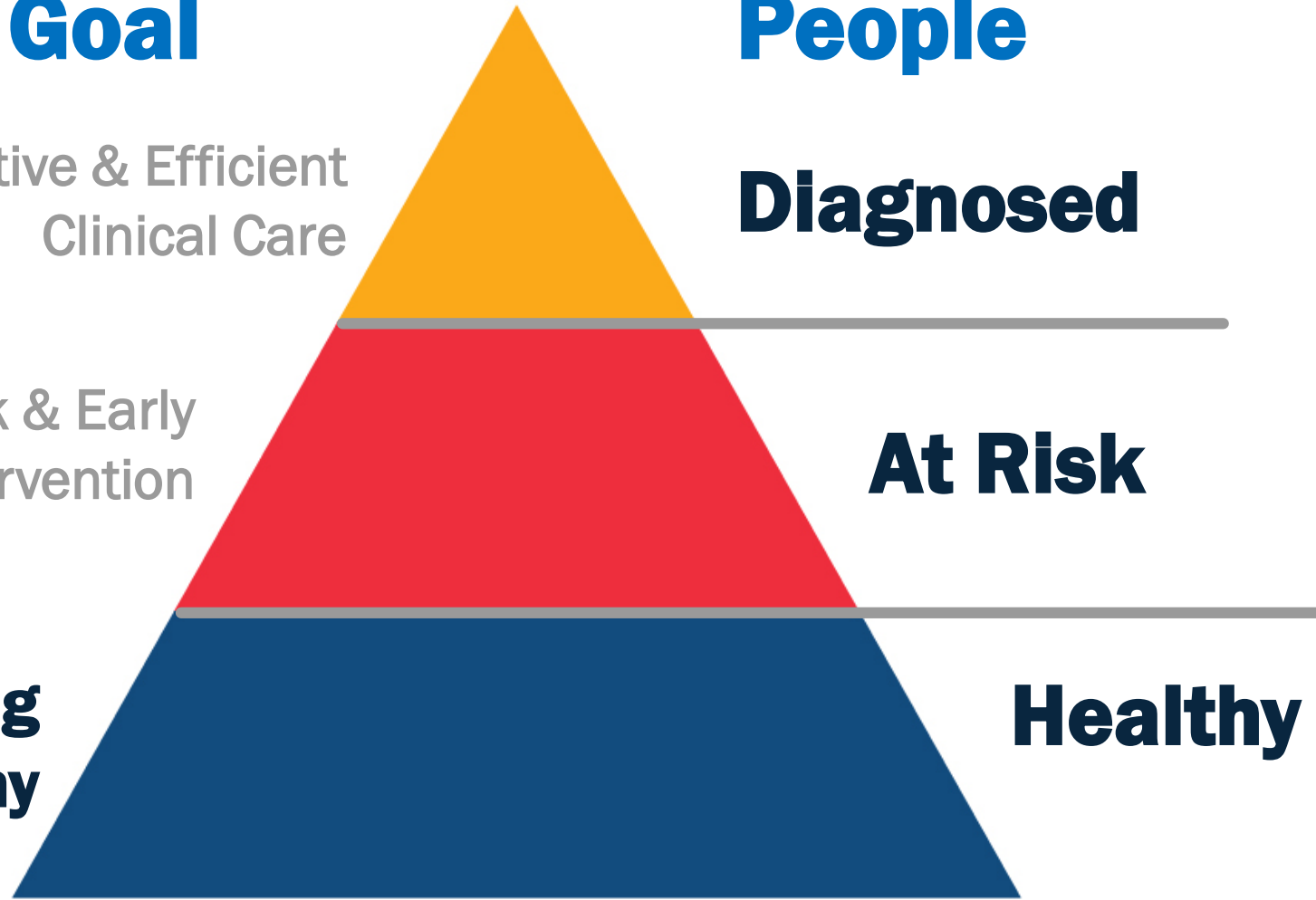
Diagnosed

Mitigate Risk & Early
Intervention

At Risk

**Keeping
People Healthy**

Healthy



Environmental Interventions

Creating Psychologically Healthy Workplaces



- Fortune 500 companies
- Mayors, elected/appointed officials
- City/county managers
- Municipal workers
- Health care workers

Workplaces as Engines of Wellbeing



Building Children's Resilience in Schools

Important factors include:

- Supportive and safe relationships with teachers, coaches, and other adults.
- Skills to develop social and emotional wellbeing.
- A sense of inclusion and belonging.
- Opportunities for constructive engagement.



Build Communities' Mental Health Literacy



*Crisis Intervention Team
Graduation Class #58*





**Mental Health First Aid
Philadelphia, PA**

Behavioral Activation



- Survey represents US, over samples for **underrepresented populations**.
- Provides a **data snapshot** of people's stress levels, sources of stress, and coping mechanisms.
- Offers **science-based tips** to educate people about stress and healthy ways to manage it.

APA's Stress in America Report

apa.org/news/press/releases/stress

RECOMMENDATIONS

For a More Effective and Equitable Mental Health System

- Work upstream.
- Address social determinants.
- Embed services in the places people live, work, play and pray.
- Empower people to take ownership of their psychological health (*health activation*).
- Broaden the set of interventions we use.
- Partner with others to build broader mental health literacy.
- Reframe how people view mental health (*from a group to something that affects all of us*).

NASMHPD and APA: Partnering to Advance Population Health

National Association of State Mental Health Program Directors

NASMHPD Update

June 9, 2023

In This Issue:

- ["Who I Am" Highlights LGBTQ+ Individuals' Experiences with Crisis Services](#)
- [NASMHPD Welcomes New Commissioner](#)
- [The latest #CrisisTalk: DeQuincy Meiffren-Lexine on Suicide Prevention and Having an Openness to Possibility](#)
- [Spotlight: Puerto Rico's Initiative to Incorporate Peer Support Services](#)
- [Whys and Hows to Advance Population Behavioral Health: Screening and Early Intervention](#)
- [Division Happenings: CTR Hosts Presentation on EHR/ACS](#)
- [HHS Publishes National Model Standards for Substance Use, Mental Health, and Family Peer Worker Certifications](#)
- [New Online Tool for People Interested in Applying for Supplemental Security Income](#)
- [New Edition of *The Dialogue*: Mass Violence, Community Violence, and Hate Crimes](#)
- [HHS Awards Funding to States, Tribes, and College Campuses to Help Prevent Youth Suicide](#)
- [Resource Roundup](#)
- [What's Making Headlines](#)
- [Learning Opportunities](#)

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AMERICAN PSYCHOLOGICAL ASSOCIATION

APA Briefing Series on Population Behavioral Health: Screening for Early Intervention with Children and Youth to Promote Behavioral Health

The effectiveness of population-level prevention efforts depends, in large part, on the ability of screening tools to identify children early in development who are at risk for later mental health problems and on the capacity of service delivery systems to meet their identified needs. Health approaches to reducing youth mental health difficulties prioritize prevention at the population level. Preventing mental health problems before they become severe is cost-effective, is in itself a social good (Coie et al., 2000), and is likely to have positive collateral effects on children's physical health due to the shared risk factors with mental health problems. This proactive strategy is counter to the common approach of waiting to screen and provide reactive interventions later in development. Early screening and preventive intervention also capitalize on children's greater neural plasticity in early childhood (Dodge, 2020), which is associated with greater likelihood of positive intervention outcomes.

This briefing paper describes principles of effective universal screening tools and strategies, and highlights a few established and promising screening programs, some of which have been directly linked to interventions and are/would be feasible to implement in settings that facilitate population-level reach. Some challenges involved with implementing screening tools, and possible means to overcome them, along with the critical role of screening in tailored interventions, are also discussed. This briefing paper is derived from a 2023 chapter draft prepared by Sonia Rowley and Daniel Shaw, PhD (Department of Psychology, University of Pittsburgh) on "screening/check-ups/on-call approaches with referral and triage" for inclusion in an APA research agenda to support population behavioral health.

Principles of Effective Universal Screening

The following three key principles are offered to enhance the quality of behavioral health screening tools and their effectiveness in assessing behavioral health problems affecting children and youth – and risks for those challenges – as applied in various settings:

- 1. Effective screens should be tailored to children's developmental status – assess contextual risk factors** (e.g., socioeconomic and family factors) for mental health difficulties (e.g., trauma, exposure to violence, etc.).

- Recurring column in *NASMHPD Update*.
- Linked resources for busy commissioners and their staff.
- Briefing papers that dive deeper into the research.
- Creating a Learning Community



2002

“A moment”



2019
“A movement”

**Looking forward to working with you
as we enter**

The Third Wave



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Thank you!

Twitter: @ArthurCEvans

Email: aevans@apa.org



