Expanding Our Paradigm to Promote Population Health

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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)

Primary Focus

“Black Box”

Outcomes

- Work Relationship Play
- Community Life
- Housing Spirituality Inclusion
Current U.S. Treatment Approach

- Severe Mental Illness: 5%
- Diagnosable Mental Disorder: 20%
- Everyone Else: 75%
Factors that Influence Health Status

- Healthcare
  - 10%

- Environment
  - 19%

- Human Biology
  - 20%

- Lifestyle
  - Smoking
  - Obesity
  - Stress
  - Nutrition
  - Blood Pressure
  - Alcohol
  - Drug Use
  - Exercise
  - 51%
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

Goal
- Effective & Efficient Clinical Care

People
- Diagnosed
- At Risk / Subclinical
- Healthy

Keeping People Healthy
Mitigate Risk & Early Intervention

Diagnosed At Risk / Subclinical Healthy

Effective & Efficient Clinical Care

Keeping People Healthy
Population Health Approach

Goal

Effective & Efficient Clinical Care

Mitigate Risk & Early Intervention

Keeping People Healthy

People

Diagnosed

At Risk

Healthy
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

• Recovery-Oriented Cognitive Therapy

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)
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

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- Effective & Efficient Clinical Care

People
- Diagnosed
- At Risk
- Healthy

Mitigate Risk & Early Intervention
- Keeping People Healthy
REDUCING RISK
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.

Improving Outcomes for Children through Policy Change
Early Intervention
Infusing Mental Health Supports into Rural/Frontier Communities

- 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

PACTS Providers
- TF-CBT only
- TF-CBT and CFTSI
- CFTSI only

The Philadelphia Alliance for Child Trauma Services
In-person Community Screening Events

• Free  • Supportive  • Comprehensive  • Not Diagnostic
Population Health Approach

Goal
- Effective & Efficient Clinical Care

People
- Diagnosed
- At Risk

Keeping People Healthy
Environmental Interventions
Creating Psychologically Healthy Workplaces

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

U.S. Surgeon General’s Framework for Workplace Mental Health & Well-Being (2022)
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
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

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
Thank you!

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