

Excellent Mental Health Care is Delivered and Research is Accelerated

- The Mental Health Planning Council's (The Council) current strategic plan is based on the federal report, *Achieving the Promise: Transforming Mental Health Care in America*, published in July 2003. This publication was written by the President's New Freedom Commission on Mental Health (The Commission).
- The Commission was appointed to study the mental health service delivery system and to make recommendations that would enable adults with serious mental illnesses and children with serious emotional disturbance to live, work, learn, and participate fully in their communities.
- Goal five of The Commission's report, also a goal of The Council's strategic plan, is "Excellent Mental Health Care is Delivered and Research is Accelerated."

What is excellent mental health care?

- Consumer and Family Driven
- Focused on Wellness and Recovery
- Accessible and Community Based
- Includes Early Mental Health Screening, Assessment, and Referral

How is research accelerated?

- Ongoing evaluation and assessment of:
 - Best Practices - treatment practices that work
 - Emerging Promising Practices - treatment practices, which are promising in effectiveness -
- Communication of data and outcomes of best practices and treatment interventions.
- Timely communication with universities to expedite knowledge transfer.

- Balance data collection practices, because it is strongly driven by reporting and funding requirements, which in turn set policies and laws that affect practice and implementation.

What can be done to accomplish excellent mental health care and accelerate research?

- Improve funding levels for better service delivery and increased research.
- Increase home and community based services for all ages.
- Increase mental health service delivery to the rural areas.
- Provide opportunities for more Psychosocial Centers and Peer Monitoring.
- Provide services that promote wellness in mind, body, and spirit.
- Expand the use of evidence based and research based emerging practices, with continued evaluation of effectiveness.
- Expand knowledge of how best practices are best adopted to rural settings.
- Recruit and retain well-trained professionals.
- Increase jargon free communication and involvement of the consumer and their selected support systems, such as families or friends.
- Increase public education and dissemination of information.



North Dakota Mental Health Planning Council
Mr. Lauren Sauer
Division of Mental Health & Substance Abuse Services
1237 W. Divide Avenue, Suite 1C
Bismarck, ND 58501-1208
Tel: 701-328-8920