



Transforming State Mental Health Systems:

Addressing the needs of individuals and Planting
the Seeds for Mental Health Transformation

National Governors Association
Center for Best Practices
May 10, 2007



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What Transformation means:

*Addressing the Needs of Individuals and
Planting the Seeds for Mental Health
Transformation*

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Transformation means:

- I better understand my illness, have learned to manage my symptoms and put my illness in context of my life – I am more than my illness
- I am given choices of services that I understand what will be the result of receiving these services
- I am respected and listened to
- My family is educated about my illness and understand the idea of recovery
- My spirituality is considered in my recovery



Transformation means:

- There are peer support groups within my community of my culture
- There are treatment methods that are used that integrate my culture (i.e. use of the principles of Kwanzaa, natural healers like medicine men, *curanderos*, and acupuncture)
- I feel like my worker personalizes my treatment and that it is about me
- I am proud of who I am and that I am living up to my potential and my worker partnered with me in understanding how to get here



Transformation means:

- Research has been conducted on behavioral health and my racial or ethnic group that I can get to see what seems to work for us.
- My workers know about this research, discuss it with me so that I can give better and more options from which to choose
- There are more workers and administrators that work for the behavior health care system that look like me
- The system even hires more consumers



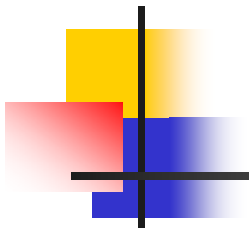
Transformation means:

- The system will provide me services based on my needs and not according to what program they have to offer
- When ever possible my needs will be provided with services already in my community
- My people and my culture is respected by the behavioral health system
- Rules/Policies about behavioral health are made in conjunction with consumers, families, and other members of my community



It is more than possible

Meaningful lives!!



Dr. Terry Cline

Administrator, SAMHSA



A. Kathryn Power

Director, SAMHSA - CMHS



NGA Web Cast

Additional resources and an archived version of this and previous web casts can be found at:

www.nga.org/center/mentalhealth