A human-centered vision for improving the mental health care ecosystem

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- **Mental Health Care Challenges:**
  - Millions of US adults lack needed mental health care due to:
    - Unequal access to providers
    - An outdated, fragmented care system
    - High out-of-pocket costs

- **Consequences:** Inadequate mental health care affects individuals, caregivers, governments, and economies.
- **Vision for Improvement:** A human-centered approach was developed through literature review, interviews, and workshops to improve the mental health ecosystem.

- **Five Major Shifts Proposed:**
  - **Expand Workforce:** Increase mental health professionals, especially in underserved areas, through loan repayment and incentives.
  - **Transform Navigation:** Improve the user experience with shared data systems, digital crisis support, and human-centered design in insurance coverage.
  - **Innovative Models:** Promote integrated care models, mobile services, and community-based mental health services.
  - **Increase Coverage:** Expand insurance coverage, especially Medicare and Medicaid, and incentivize providers to accept Medicaid.

- **Reform Payment Systems:** Simplify provider paperwork, support alternative payment models, and facilitate cross-state care provision.
- **Collaborative Effort:** Policymakers, health agencies, and providers must collaborate to create a coordinated, accessible, equitable, and non-stigmatizing mental health care system.
- **Goal:** Ensure every American has access to the mental health services needed to thrive through prevention, early intervention, and system improvements.

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