



# Creating Planes of Equity

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OUR JOURNEYS TO WELLNESS

It only took 60  
years...



# What is wellness?

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**wellness**

[noun](#)

well·ness ['wel-nəs](#)

the quality or state of being in good health especially as an actively sought goal lifestyles that promote *wellness*



# What does wellness look like?

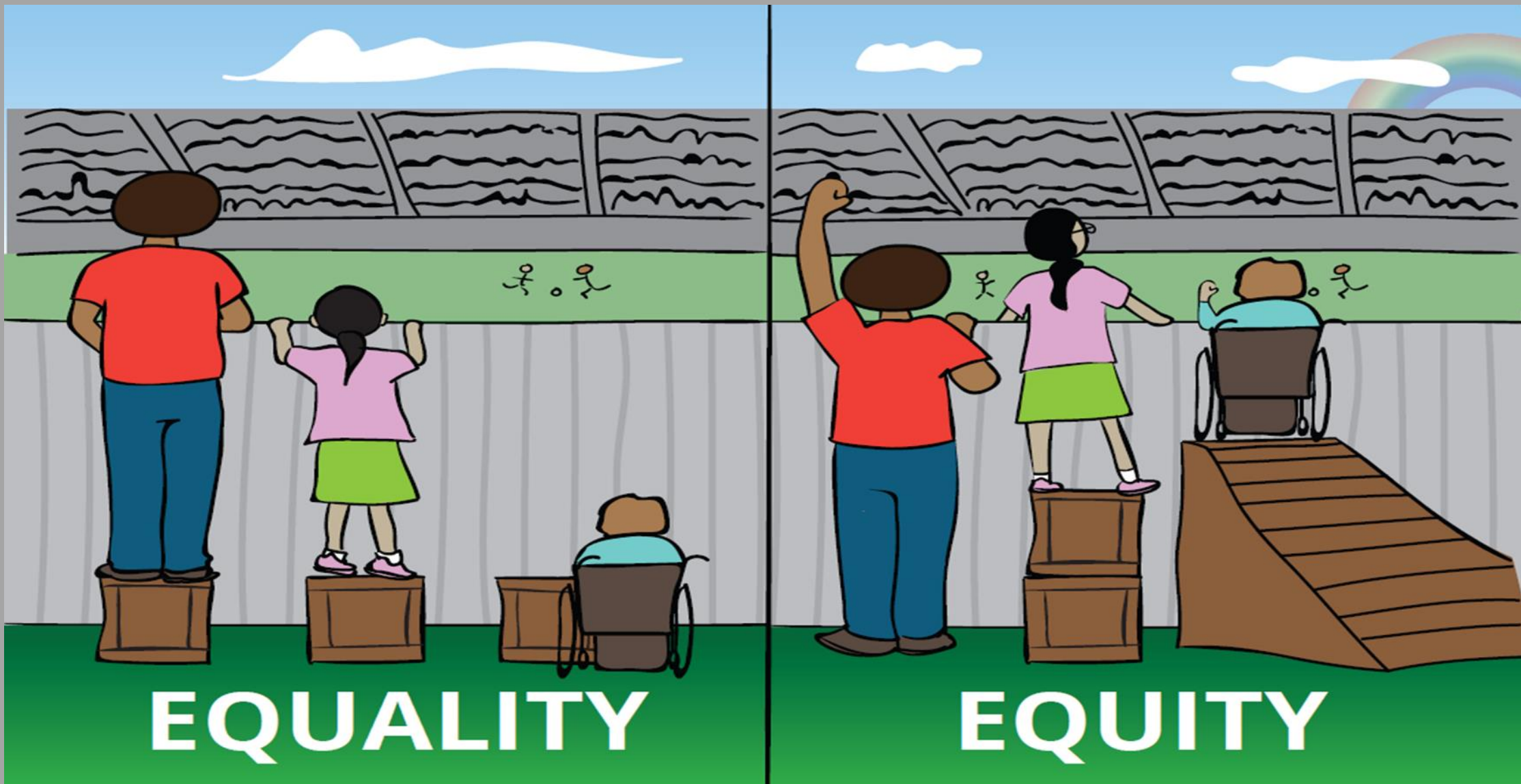
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- Me vs. You vs. Anyone vs. Everyone
- How do you feel in this state?
- Variability
- Intersects of feelings





WELLNESS  
WHEEL



**EQUALITY**

**EQUITY**



Behavioral health is so much more than mental health



# The Whole Picture = The Whole Person

- The intersects of Physical Health and Behavioral Health
- Comprehensive treatment plan to address the biological, psychological, and social needs of the patient
- Investing in one is not enough
- PA life expectancy has dropped from 78 to 76 from 2019 to 2021
- Creates timely access to services
- Federal and State Initiatives
  - FQHC's
  - CCBHC
  - ICWC (PA Specific)





2020

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# COVID-19 Pandemic

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Changed How the World Functioned

Changed How We Functioned

Changed How the World Worked

The Mental Health “Aha” Moment

# Unprecedented Impacts

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## **BAD**

Fear

Uncertainty

Physical Isolation

Social Isolation

Loneliness

Depression

Anxiety

## **GOOD**

Understanding

Awareness

Acceptance

Resiliency

Agility

Education

Funding



# Pennsylvania BH Spends & Trends

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2019 to 2024 \$1.06b to \$3.69b

Pa Ranks #2 in US on % of Population Served < 5%

Pa. Ranks #3 in total Spend \$3.69b

Pa ranks #5 in Per capita Spending

Pa Ranks top 5 in spend per client

Pa considered one of most well resourced States for BH services

# Behavioral Health Services in PA

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- Full continuum of care for adults, children, and families
- More than two dozen state licensed programs
- Categorized by Community Based and Residential
- Outpatient, inpatient, school based, psychiatric, partial hospitalization, crisis services, IBHS
- DHS, Office of Mental Health and Substance Abuse Services (OMHSAS), County MH
- Services paid for by private insurance, Medicaid, Medicare, and CHIP
- More than 3 million Pennsylvanians are on Medicaid (~25%)

Despite our vast and diverse continuum we struggle...

# Barriers to Wellness

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- Pa Geography is a major influencer on access
- Rural vs. Suburban vs. Urban does not always tell the full story
- Access does not always equate to equity
- Workforce changed as the pandemic unfolded
- Professional and clinical staff wanted to work from home found
- Telehealth giveth and taketh away
- Wage disparity drove staff out of the workforce Direct Care vs. Sheetz
- Administrative Regulatory burden drive worker to private sector
- Covid related funding going, going gone...
- PA goofed on the Medicaid PHE unwinding
- The New Administration and the Federal uncertainties



# Come on up for the rising

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- Despite the Challenges we are making gains
- More individuals, children and families serviced in Pa than ever before
- Funding for Human Services and Behavioral Health continues to grow
  - School Based, County MH, Early Intervention
- Telehealth has changed the delivery landscape and it is expanding
- Better understanding in the Pa General Assembly
- Legislation aimed at workforce initiatives
- The State is trying...

# We Must Be Better Together

- Continued to understand the population needs through engagement
- Begin to build the workforce infrastructure earlier in the process
- Build network capacity across all regions populations
- Advocate for sustainable and transparent funding models
- Reform regulations that promote flexibility and reduction in administrative burden
- Leverage technology to expand access
- End useless commissions and committees and invest in viable strategic efforts to rebuilding the Pa behavioral health system
- Legislative awareness and accountability to ensure a future for the most vulnerable Pennsylvanians



# Resources

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**For Immediate Help: Call 988** [County-specific crisis lines.](#)

[County Service Care Provider Search](#) Search for drug and alcohol treatment providers

County MH Services <https://www.mhdspa.org/local-contacts>

[Pennsylvania Behavioral Health Choices Program](#)

[DHS Human Services Provider Directory](#) Search for mental health treatment providers

[Mental Health Advanced Directives Information](#)

[\(Pennsylvania Network of Care\)](#) A web resource that provides information and tools, such as: Information and service directories for every Pennsylvania county



# Questions & Contact

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Thank you!