

Mental Health

BACKGROUND

Mental health disorders are among the most common causes of disability. The burden of mental illness affects a person's well-being, social relations, ability to adapt and cope with challenges, maintain physical health and participate in healthy behaviors, and live a full and productive life. In the Lehigh Valley, mental health is a more significant health problem than physical health, with females and low-income residents reporting a higher occurrence of current or past mental health problems. Literature indicates that early intervention and increased collaboration between medical providers, community organizations, schools, social service organizations, and mental health treatment services positively influence mental health risks and outcomes.

OBJECTIVES

- Promote the seamless integration of primary care and behavioral health.
- Increase awareness of primary care physicians through continued medical education courses in order to accurately screen for depression.
- Increase the proportion of individuals with mental disorders who receive treatment including children, adolescents, and adults (HP2020).
- Develop and encourage collaboration with community organizations to ensure availability and access to mental and behavioral health services.
- Provide evidence-based group support.