

Expanding our Paradigm for Behavioral Health: A Population Health Approach

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APA Population Health Science Summit
SPIRE Conference Center

SEPTEMBER 12, 2023





**Trend
or
Fad?**

A Look Back at History: Shifting Paradigms around Mental Health

- **First Wave**

- 1963 – JFK’s Community Mental Health Act
- People with mental health conditions should be in the community.

- **Second Wave**

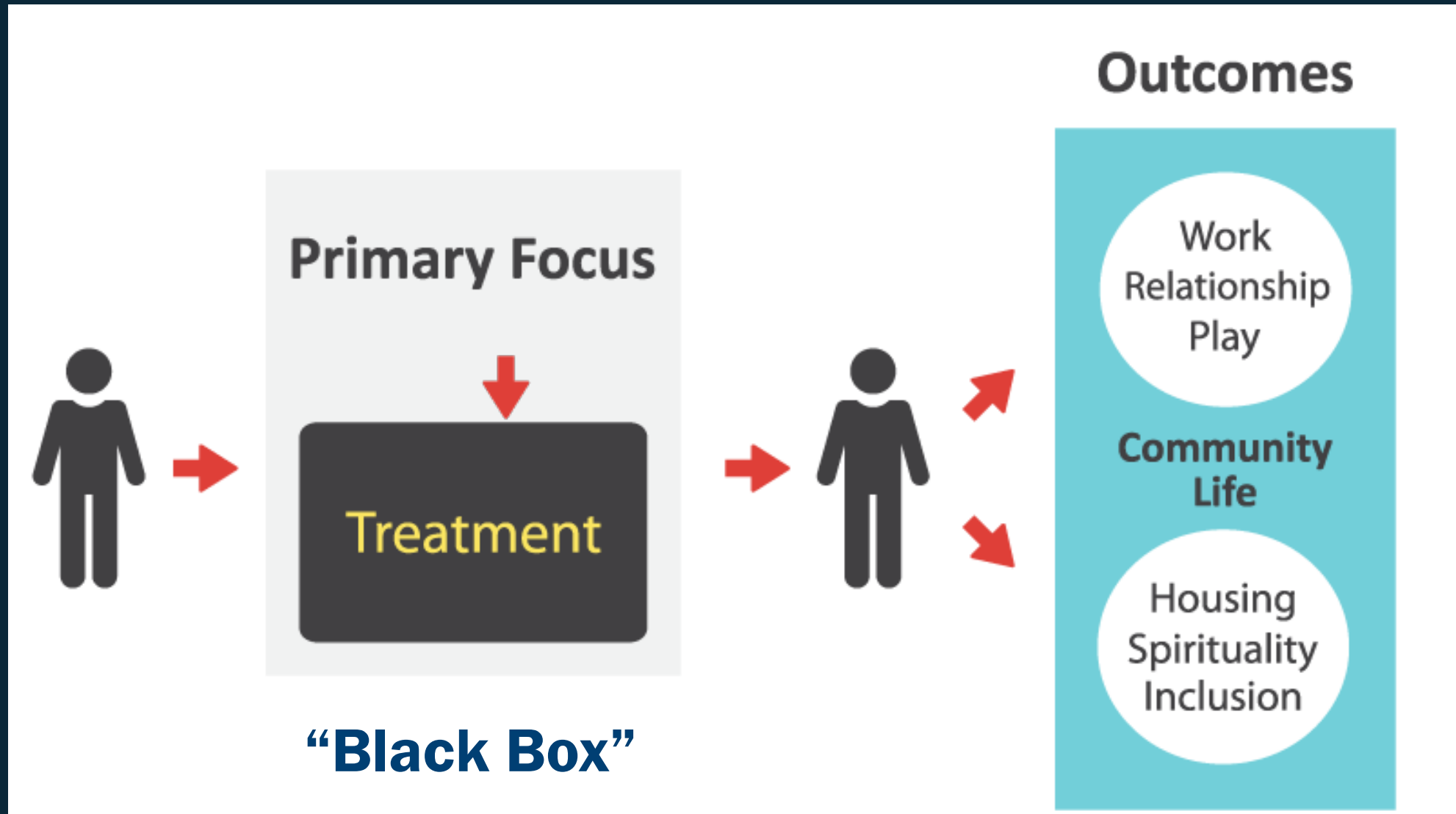
- 1990s – introduce the notion of “recovery”
- People should not just be in communities, but a *part* of communities.

- **Third Wave**

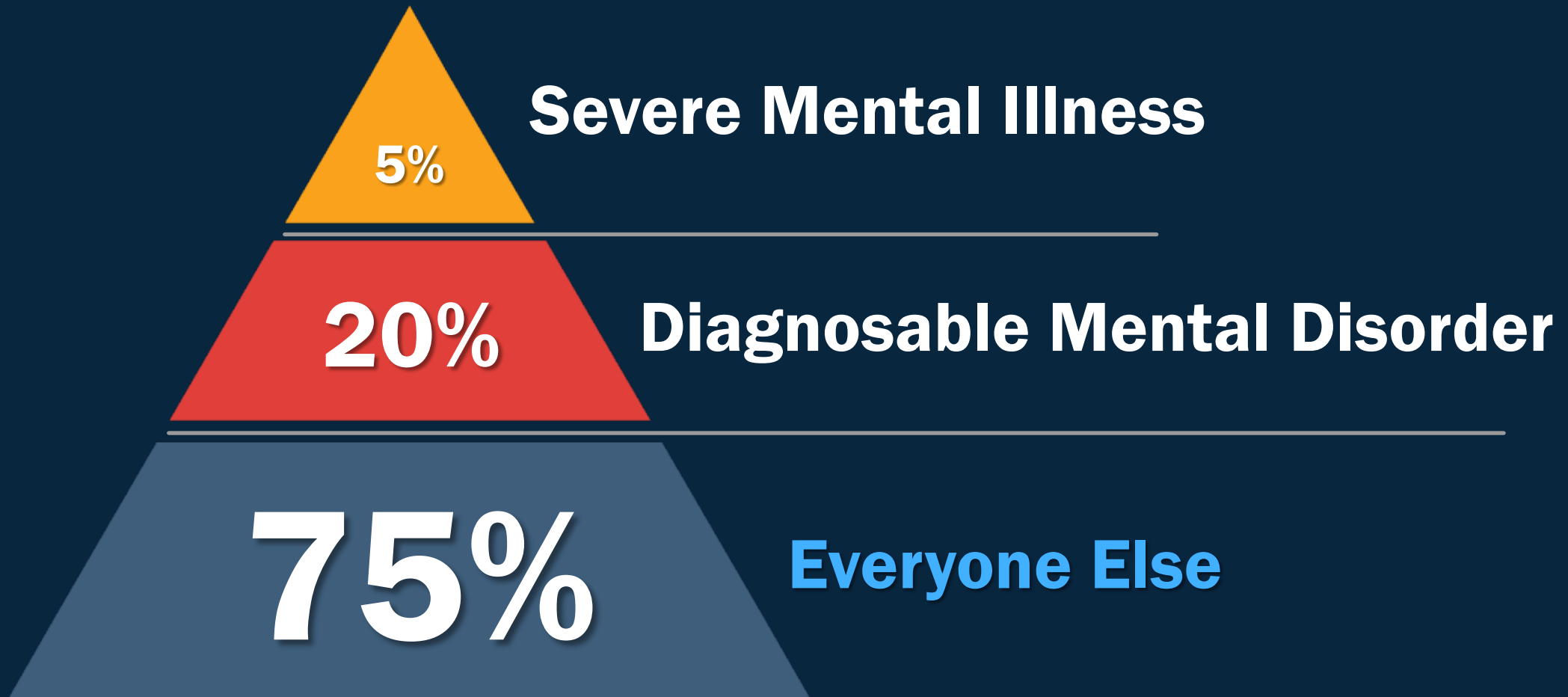
- 2010s – community involvement is essential
- Communities should be should also be healthy.

Traditional Treatment Model in the U.S.

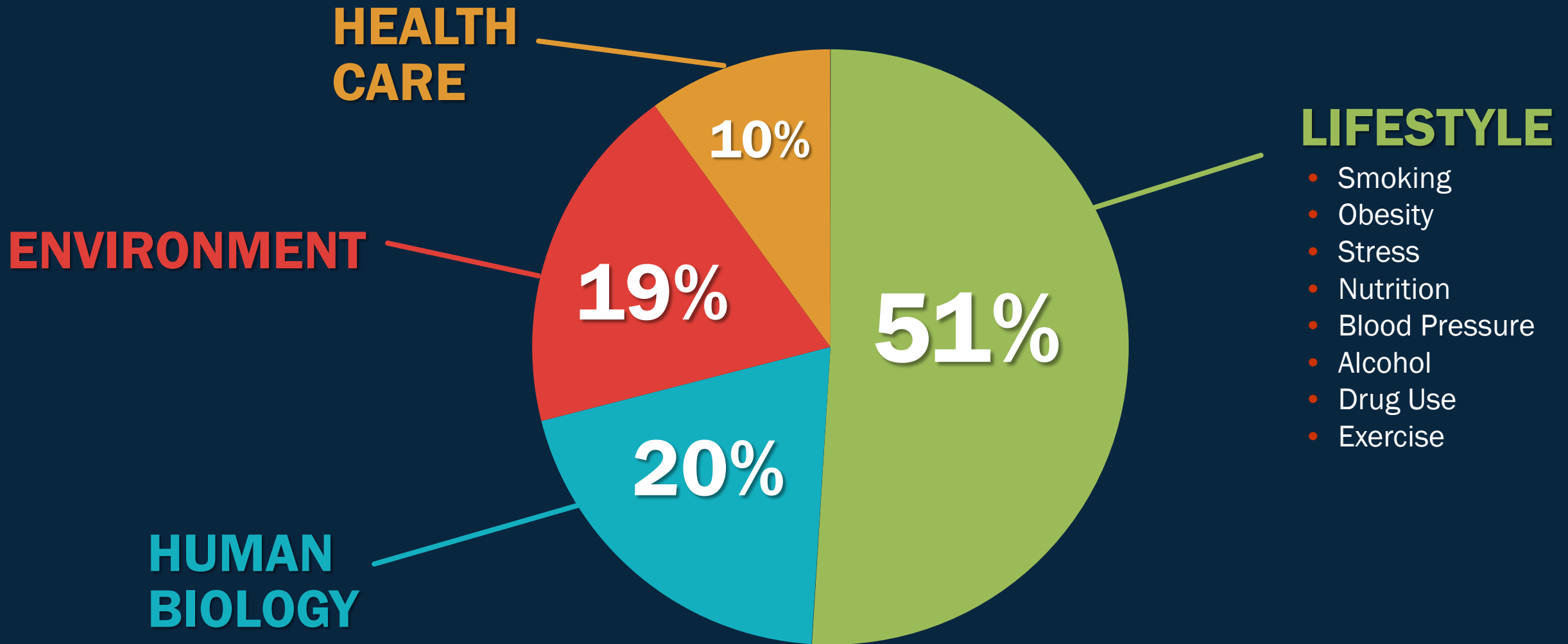
(Mental Model)



Current U.S. Treatment Approach



Factors that Influence Health Status

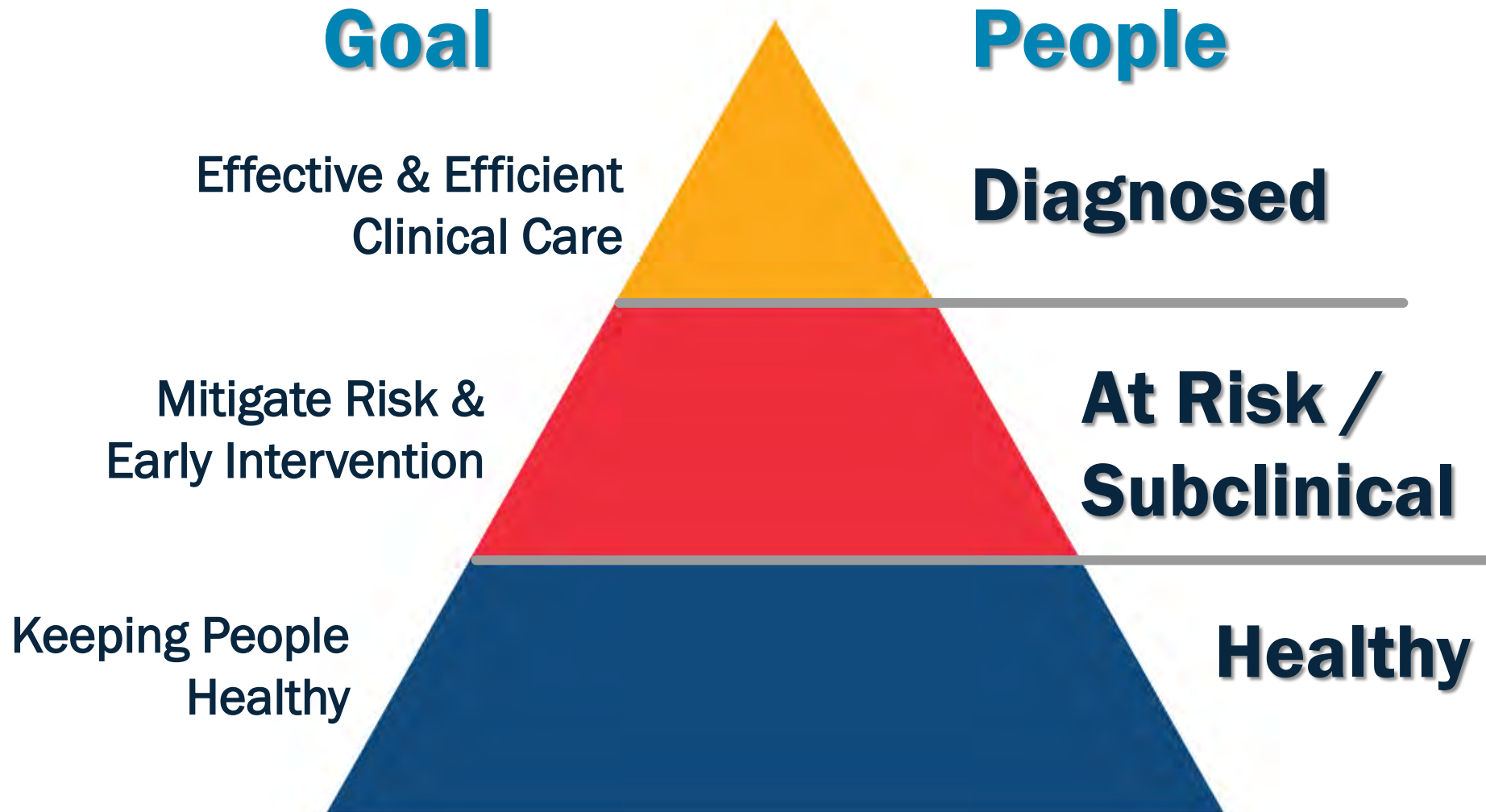


SOCIAL DETERMINANTS OF HEALTH

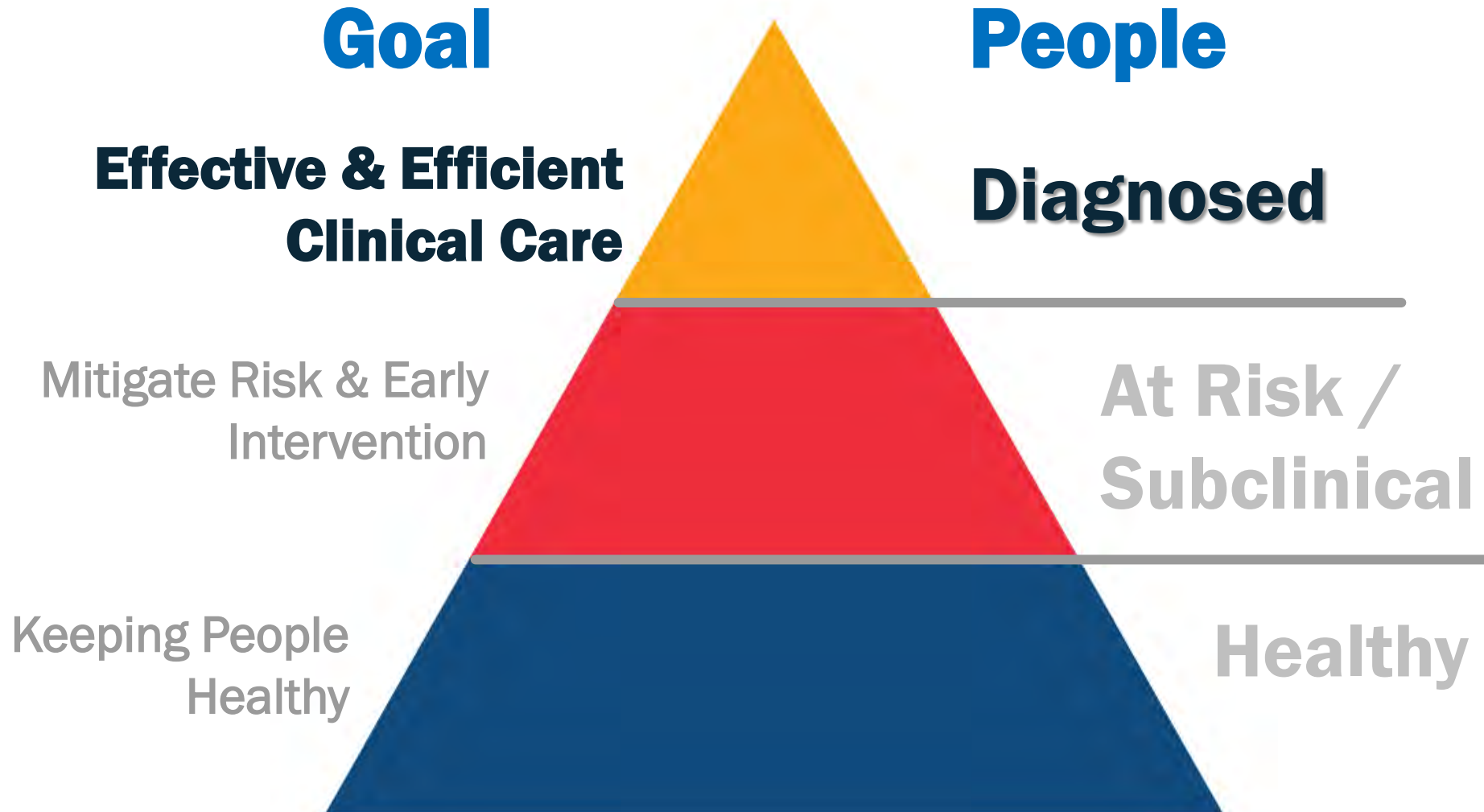


- Education
- Income and Income Distribution
- Unemployment and Job Security
- Employment and Working Conditions
- Early Childhood Development
- Food Insecurity
- Housing
- Social Exclusion
- Social Safety Network
- Health Services
- Gender, Race, Ethnicity, and Ability Status

Population Health Approach

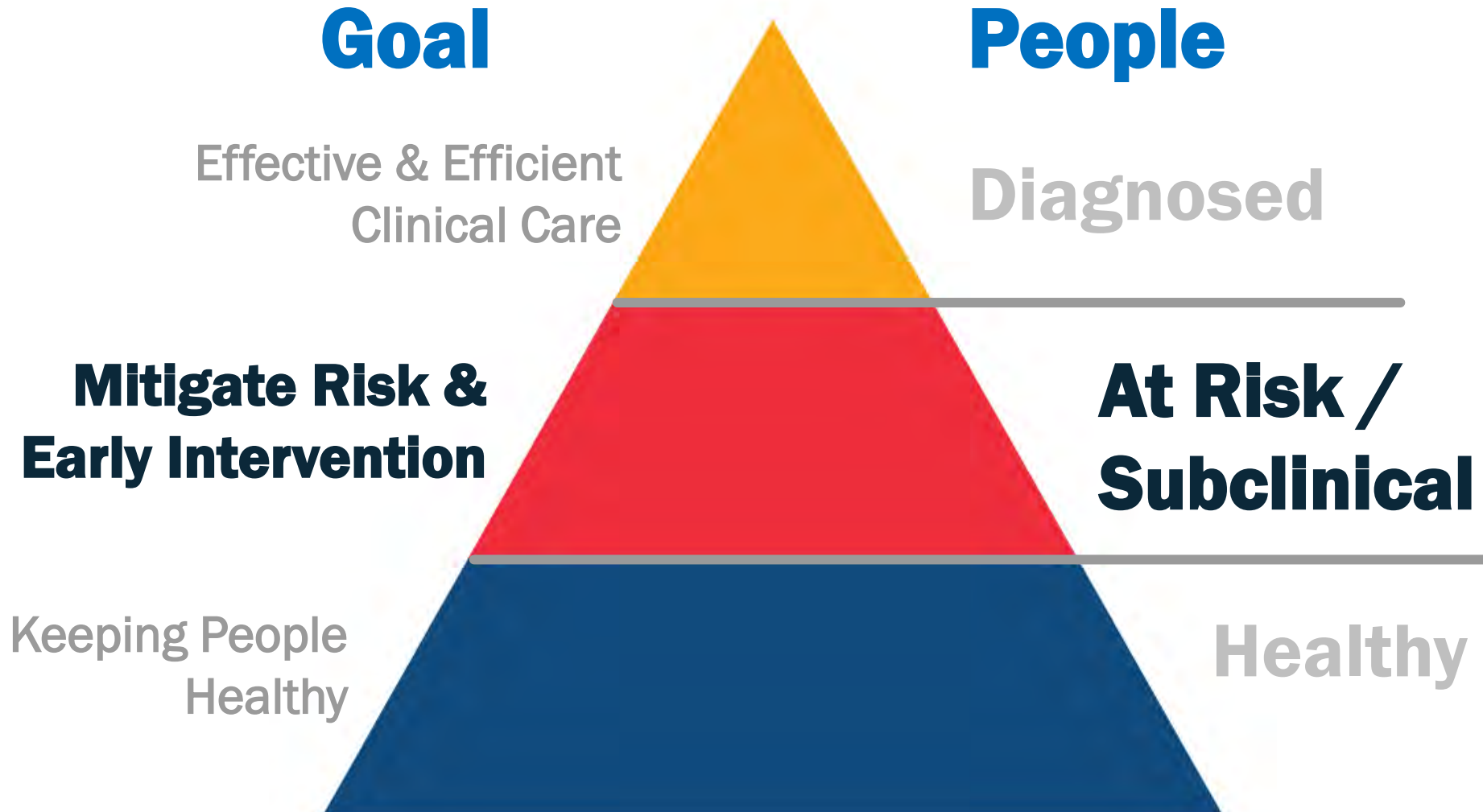


Population Health Approach





Population Health Approach



Population Health Approach

Goal

Effective & Efficient
Clinical Care

People

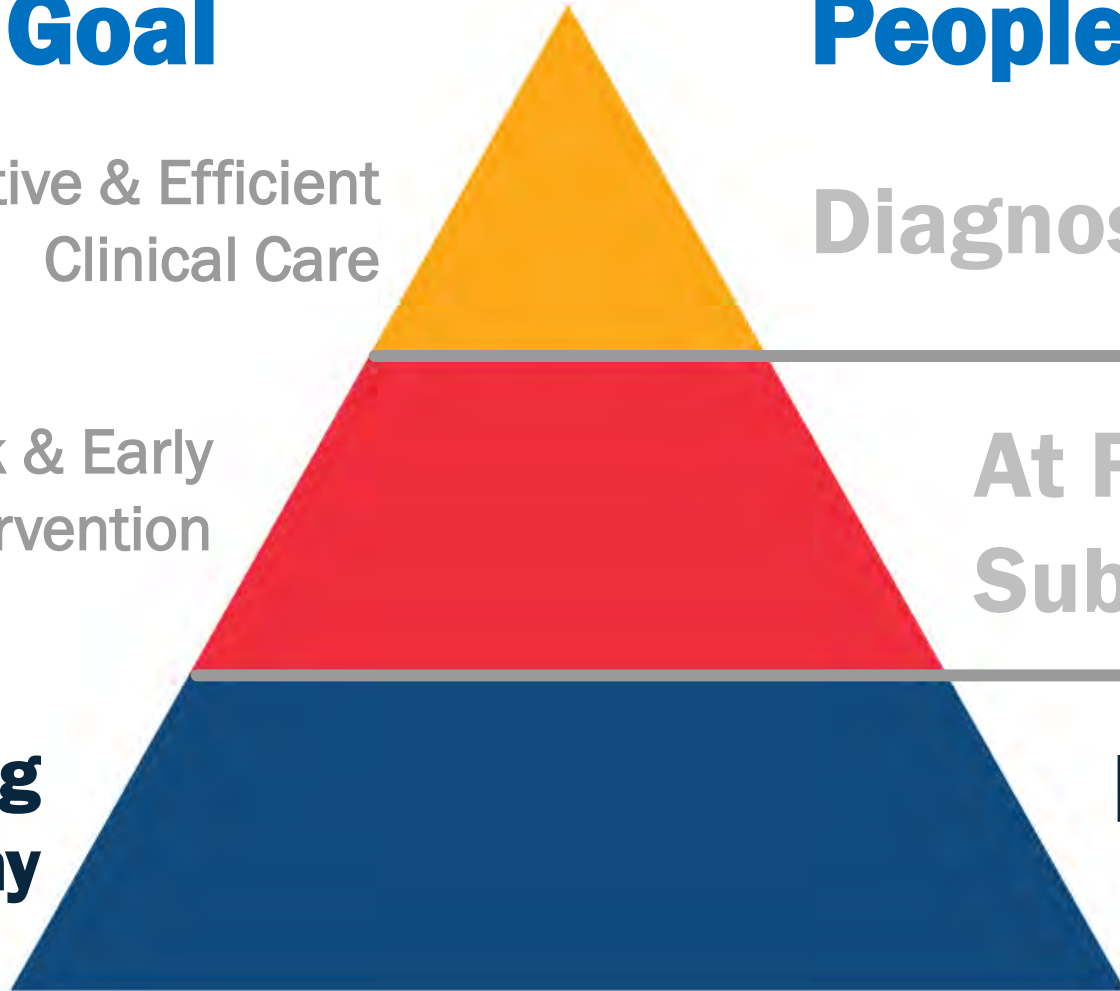
Diagnosed

Mitigate Risk & Early
Intervention

At Risk /
Subclinical

**Keeping
People Healthy**

Healthy



Creating Psychologically Healthy Workplaces



- Fortune 500 companies
- Mayors, elected/appointed officials
- City/county managers
- Municipal workers
- Health care workers

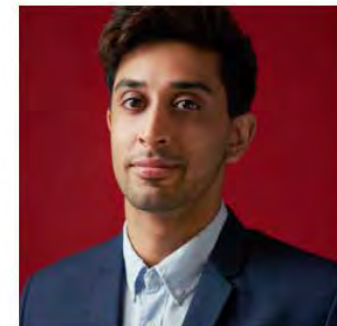
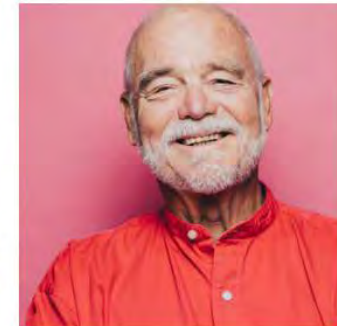
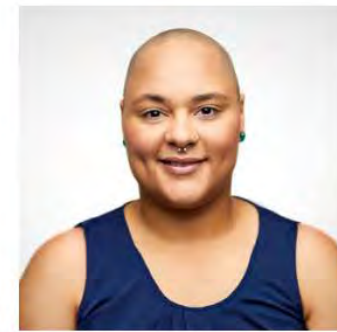
Workplaces as Engines of Wellbeing



U.S. Surgeon General's Framework for Workplace Mental Health & Well-Being (2022)

A Population Health Approach: *Expanding our Paradigm*

- **WHO** provides and receives help...
- **WHAT** behavioral health goals we have...
- **WHEN** help/intervention is provided...
- **WHERE** help/intervention is provided...
- **HOW** we provide help/intervene...



Final Thoughts

Summit Work Group Discussions

- *Comprehensive Framework*
- *Cost*
- *Commitment*