

# CA Association of Local Behavioral Health Boards/Commissions (CALBHB/C)

## Principles for Support and Advocacy

California's behavioral health system is at a critical juncture. We are on the cusp of knowing and bringing to scale effective behavioral health programs, facilities, prevention and integrated community solutions throughout the state.

With the goal of providing a successful, sustainable system of integrated behavioral health programs that include culturally competent, evidenced-based, recovery-focused treatment and services for all mental/behavioral health consumers, five principles guide CALBHB/C's support and advocacy efforts:

### 1. **COMMUNITY INPUT**

Local Input: Providing the structure locally to understand the needs from culturally diverse community stakeholders – including consumers, family members and providers – is fundamental to advising mental/behavioral health staff and local leadership regarding the provision of mental/behavioral health programs.

Statewide Input: Providing the structure statewide to understand the needs of California's diverse 59 jurisdictions is fundamental to informing state policy.

Trained, organized and informed local mental/behavioral health boards and commissions in all 59 jurisdictions are a key part of the local and statewide structure.

### 2. **PERFORMANCE DATA**

Data related to performance, local impact and funding is integral to providing and scaling sustainable, effective, integrated programs locally, regionally and statewide.

Performance measures and outcomes are key to identifying programs that work. Locally and statewide, performance measures and outcomes for mental/behavioral health programs are fundamental to making informed decisions.

Local Impact: Data that provides the impact of mental/behavioral health programs on communities (Housing, Employment, Schools, Emergency Rooms, Police Force, Jails, etc.) is key to justifying local and statewide implementation and sustaining funding.

### 3. **RESOURCES**

Address lack of resources, including integrated, sustainable resources. Areas where inadequate resources negatively impact behavioral health include (but are not limited to): Supported Housing, Workforce, Rural Access to Services, Employment Services, and Jails and Prisons.

### 4. **PREVENTION**

Understanding mental/behavioral health is key to prevention of mental illness and substance use disorders. Widespread mental/behavioral health education, prevention programs and messaging should reach all age groups, and be integrated into institutional settings (schools, senior centers, work-settings, hospitals, religious institutions, wellness-centers, etc.).

### 5. **PARITY**

Mental illness is a health condition. Severe mental illness is a disability. Parity means increased access to healthcare, housing, employment, and other resources – all areas that are currently more accessible and better funded for those with medical or physical disabilities than those with mental illness.