

Behavioral Health



Issues

Behavioral health is defined as the relationship between behaviors, physical health and overall well-being. It includes mental health and substance use issues, which are common and can have a profound impact on a person's overall health and well-being.

Unfortunately, Oregon has one of the highest rates of mental illness among youth and adults in the nation. For many, access to behavioral health care is a challenge. Those who interact with the state's behavioral health system describe many barriers, including:

- Difficulty finding a provider from their culture and who speaks their language
- Provider shortages
- Long wait times
- Transportation challenges

Oregon's high rates of mental illness require strong action, so people are able to access the behavioral health care they need, when they need it.

Solutions

Strategies to reduce behavioral health-related stigma and improve prevention and access to care including:

- Reduce systemic barriers to receiving behavioral health services, such as transportation, language and assessment
- Provide culturally and linguistically responsive, trauma-informed, multi-tiered behavioral health services and supports to all children and families
- Improve integration between behavioral health and other types of care

No one-size-fits-all approach can fully address the changes that need to be made in the state's behavioral health system. Healthier Together Oregon (HTO) advocates for coordination of supports for people with mental health issues. State agencies that work with education, criminal justice, housing, social service, public health and health care can work together to address social needs to improve outcomes for Black, Indigenous, people of color and American Indian/Alaska Native people.

HTO acknowledges that stigma in seeking behavioral health services is all too common and seeks to support public awareness campaigns and community-level efforts to reduce the stigma.



HTO: A Plan for Building a Better Oregon

Healthier Together Oregon (HTO) is a powerful tool for improving equity for all Oregonians. As COVID-19 has made starkly clear, not everyone has the same opportunity to live a healthy life. People of color, people with low income, people who identify as LGBTQ+, immigrants and refugees, people with disabilities and people who live in rural areas of the state face considerable barriers due to inequities in the social and physical infrastructure that affects health.

of partners across different sectors that share its commitment to these ambitious goals. These sectors include health care, elected officials, employers, philanthropy, transportation, land use and planning, state, tribal and local public health, criminal justice and law enforcement, community-based organizations, faith-based organizations, housing and human service providers and education.





Because health and well-being depend on a range of factors, HTO identifies a broad array of strategies that, when addressed and implemented collectively, have the potential to improve the lives of everyone who lives here.

HTO is intended to inform Community Health Improvement Plans as well as agencies' and organizations' priorities, programs and investments. It seeks a variety



Partner With Us

HTO is looking to connect with others committed to advancing equity in Oregon. For more information or to contact us:

 <p>WEBSITE healthiertogetheroregon.org</p>	 <p>EMAIL publichealth.policy@state.or.us</p>
 <p>BECOME A PARTNER healthiertogetheroregon.org/ potential-partner</p>	 <p>YOUTUBE bit.ly/3jvkuAE</p>