

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



Closing Thoughts (or the Zen Roadmap to Reform)

John O'Brien

Senior Advisor on Healthcare Financing



Avoid Information Overload

“Be careful about reading health books—you may die of a misprint”—Mark Twain

Avoid Information Overload

- Identify one or two trusted sources of information about Reform
 - www.Healthcare.gov
 - www.SAMHSA.gov/healthreform
 - www.kff.org/healthreform
 - <http://nashp.org/health-reform>
 - www.familiesusa.org/health-refrom-central

Help with the Tough Choices

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- Yesterday is a cancelled check
- Tomorrow is a promissory note
- Today is the only cash we have so spend it wisely—Kay Lyons

Help with The Tough Choices

- Budget constraints, cuts and realignments
- Economic challenges like never before
- State and counties will have to make tough choices
- Will you stand still and let others make the choices?
- Will you give them the tools to make the choices?

Be Strategic

“You’ve got to be **very careful** if you don’t know where you are going, because you **might not get there**”

Be Strategic

- Be true to your organization's mission
- Identify 2 or 3 goals or objectives
- Enlist strategic partners
- Don't be a pointer, be a solver

Think Long Term

“if you are planning for one year, grow rice

“If you are planning for twenty years, grow trees”

“if you are planning for centuries, grow people”

Think Long Term

- What are the service needs of people in your State/jurisdiction?
- What are the outcomes that are important to your system
- What would you need to meet those needs?
- How much do you need for a good system?
- How much do you need for the ideal system?

Don't be So Hard on Yourself (and Others)

“If you're not failing every now and then, it's a sign you're not doing anything very innovative”

My Favorite Saying

“If you can’t be a **Good Example**, then you just have to be a **Terrible Warning**”

Catherine Aird