

Behavioral Health Prevention Program

Name

College

Date

Behavioral Health Prevention Design

The prevention program in the focus is preliminary called “Mental Health to Everyone”, as the central design of the program relates to the specific behavioral health field category. Even though different behavioral categories are aimed to address specialized intent, purposes, and preventive orientation, this behavioral health prevention program is targeted to systematize, unionize and optimize the services associated with mental health care delivery in our community. In this sense, the program would function and serve in accordance and compliance with established mission and vision statement that guide the participants in the right professional healthcare direction.

Specifically, the mission of the program is to provide services for individuals with mental health needs or people who are at risk for psychological disorders with following psychiatric complications. This focus covers the main theoretical paradigm that families in the community affected by mental problems at the individual and/or group levels require external evaluation and comprehensive identification of their needs (Levin, Hennessy, & Pertila, 2010). The mental health is a direct reflection of individual’s behavioral patterns, while problems with mental health behavior hinder individual’s normal development and interaction with other social institutions such as family, neighboring community and the local government. Since the delivery of preventive services in mental health care is a delicate and sensitive practice, the specialized solution course – the vision of the program – is formulated. Thus, the vision of the “Mental Health to Everyone” is to fight mental illnesses in the community with a help of multiple therapeutic settings and intervention techniques to prevent development of mental diseases or their re-occurrence. The work in the community

setting makes this program flexible in the issues of keeping family integrity and their psychosocial rehabilitation.

There are specific stakeholders involved in the behavioral health prevention program: patients of different categories; families; cognitive behavior therapists, family therapists, community agencies specialized on maintaining mental health of individuals; and government health groups. The roles and responsibilities of each stakeholder group are defined, while convergence of responsibilities within one health system would contribute to the smooth performance and optimistic outcomes on prevention. Patients are the central group of program, as different types of mentally-exposed individuals are responsible for in-time reporting to competent mental health institutions and loyal information sharing: it can be patients with developmental or intellectual disabilities; people with co-occurring disabilities; victims of sexual or eating disorders; perpetrators and victims of domestic abuse and violence; and victims of addictive behaviors (Elder, Evans, & Nizette, 2009). Families serve to report about mental issue development among their members and providing consequent psychological support. Cognitive behavior therapists utilize their professional CBT skills to evaluate the individual mental risks in terms of the first diagnosis to avoid deeper progression of the disease. Family therapists aim to create positive therapeutic environment to sustain the patient's mental stability. Community agencies and government health groups take a role of important mediators, and usually provide therapeutic specialists with resources, including information, supplies, financial aid and manpower.

The central barrier that impedes potential behavior modification and disease prevention is the formal reluctance of patients and victims to take part in the program because of ignorance and lack of self-assessment (Talen & Valeras, 2013). In the

meantime, most contemporary individuals in the community underestimate the scope of mental complications, as they are confident in own competency. The role of program's behavior and prevention practices is to constitute a correct social vision and actualize the necessity of keeping mental health with the use of other specialists.

Behavioral Health Prevention Summary Report

The behavior of individuals in the community must be maintained with a help of healthy living factors that prevent psychological diseases. The promotion of positive health values is realized through standardization of interventions within the program. Thus, assessment and referral practices include screening and prescreening, psychosocial assessment, need identification, and referencing to the adequate level of mental care. With promoting of these practices, there is a great opportunity to promote comprehensive awareness among the community members about relevance of mental health and addressing to the mental specialists (Barry & Jenkins, 2007). The extended awareness is the critically fundamental factor of preventing mental diseases and their symptoms. If an individual feels some sort of depression, it is his/her duty to get through assessment procedures to learn the causes and effects of current mental conditions. Indeed, awareness over the issue and cooperative neighboring is the key practice for promoting healthy living in the community.

On the other hand, factors of integral cooperation are very important for the success of the program. Specifically, such intervention strategies as community housing facilitate the appropriate systematization of duties among the population (Rosenberg & Rosenberg, 2013). By addressing the mental needs of the community members, providers exercise control over the certain sites in partnership with

individuals, what, eventually, creates a reflective health environment and promotes satisfaction with community living. This also implies transitional education and consulting of the community members, improving their mental health awareness.

References

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