

Resources

NATIONAL

The **Institute for HealthCare Improvement** is a national organization that is committed to improving patient care. Its website has information on the chronic care model and on the Plan-Do-Study-Act cycle.

www.ihc.org

The **Substance Abuse and Mental Health Services Administration** has launched the 10x10 campaign, which seeks to reduce mortality for those with mental illness by 10 years within 10 years. Information on their campaign can be found at: <http://www.promoteacceptance.samhsa.gov/10by10/default.aspx>

Minding Our Bodies is a project in Ontario, Canada, whose goal is to increase capacity within the community mental health system to promote active living and healthy eating for people with serious mental illness to support recovery. <http://www.mindingourbodies.ca>

The **SAMHSA-HRSA Center for Integrated Health Solutions**, run by the National Council for Community Behavioral Healthcare under a cooperative agreement from the U.S. Department of Health and Human Services, is funded jointly by the Substance Abuse and Mental Health Services Administration and the Health Resources Services Administration. The CIHS promotes the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substance use conditions, whether seen in specialty behavioral health or primary care provider settings.

http://www.thenationalcouncil.org/cs/center_for_integrated_health_solutions

RESOURCES IN MAINE

DHHS **Office of Adult Mental Health Services (OAMHS)**: The Office of Adult Mental Health Services (OAMHS) is the designated State Public Mental Health Authority for adults. A primary responsibility of the OAMHS is to develop and maintain a comprehensive system of mental health services and supports for persons age 18 and older with severe and persistent mental illness. <http://www.maine.gov/dhhs/mh>

DHHS **Center for Disease Control and Prevention/Diabetes Control and Prevention Program** promotes increased excellence in diabetes care, improved access to diabetes care and a more efficient and effective health care system for people in Maine. <http://www.maine.gov/dhhs/bohdcfh/dcp>

DHHS **Office of Quality Improvement (OQI)**: The services and functions of the Office are designed to support and enhance the quality and integrity of services provided to DHHS customers. Quality Improvement Services emphasizes consumer and family involvement, building strong relationships with internal and external stakeholders, and the use of outcome measurements to guide policy and decision-making. <http://www.maine.gov/dhhs/QI>

The **Chronic Disease Self-Management Program**, or **Living Well**, is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Subjects covered include techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. Program participants demonstrate significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations. http://www.maine.gov/dhhs/oes/healthychoices/living_well.shtml

The **Consumer Council System of Maine** is responsible for providing an independent and effective consumer voice into mental health public policy, services, and funding decisions. The CCSM consists entirely of past/present recipients of mental health services (consumer/peers), including all Statewide Consumer Council representatives and paid staff. <http://www.maineccsm.org>

Healthy Maine Partnerships are a collaborative effort of the Maine Department of Health and Human Services, the Maine Center for Disease Control and Prevention, the Maine Office of Substance Abuse, and the Maine Department of Education. The HMPs work to promote health in Maine. <http://www.healthymainepartnerships.org>

The **Maine Health Access Foundation's** mission is to promote access to quality health care, especially for those who are uninsured and underserved, and improve the health of everyone in Maine. Its three priorities are advancing health reform, promoting family and patient-centered care, and strengthening Maine's Safety Net. Its Integration Initiative seeks to integrate behavioral health and primary care initiatives across the spectrum of care. www.mehaf.org

Quality Counts is a regional health care collaborative committed to improving health and health care for the people of Maine. Its goals are to improve health, promote consistent delivery of high quality care, improve access to care, and improve health care costs. <http://www.mainequalitycounts.org>

KEY REPORTS

Multiple Chronic Conditions: A Strategic Framework. Optimal Health and Quality of Life for Individuals with Multiple Chronic Conditions. December 2010. US Department of Health and Human Services, Washington, D.C.

Morbidity and Mortality in People with Serious Mental Illness. October 2006. National Association of State Mental Health Program Directors, Medical Directors Council, Alexandria, Virginia.

Integrating Behavioral Health into Primary Care. October 2007. National Association of State Mental Health Program Directors, Medical Directors Council Alexandria, Virginia.

Measurement of Health Status for People with Serious Mental Illness. October 2008. National Association of State Mental Health Program Directors, Medical Directors Council, Alexandria, Virginia.