



# Behavioral Health Equity Roadmap Assessment

## About the assessment

**Future roadmap.** The purpose of this assessment is to provide the Montgomery County Alcohol, Drug Addiction and Mental Health Services (MCADAMHS) Board and their partners with information to inform development of a future Behavioral Health Equity Roadmap.

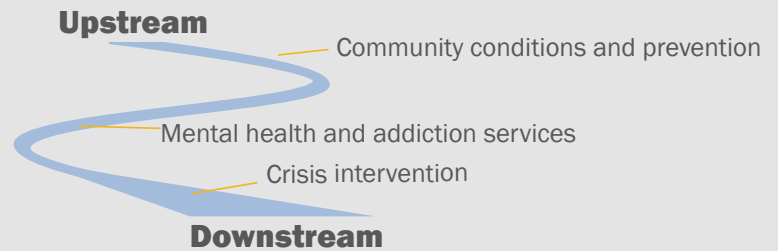


**Diverse sources.** The assessment draws upon data and community input to provide a comprehensive picture of community strengths, challenges, needs and disparities.

- ✓ Focus groups with 14 community members and 39 social service and behavioral health providers
- ✓ Survey completed by 39 parents and other caregivers

- ✓ Data from surveys, state agencies, school districts, hospitals, courts and other sources
- ✓ Summary of findings from drug overdose and suicide death fatality reviews

**Equity along the continuum of care.** This report begins with upstream community conditions that affect mental health and addiction disparities, and then focuses more specifically on gaps downstream in prevention, treatment, crisis and recovery services for different groups in Montgomery County.



## Key findings

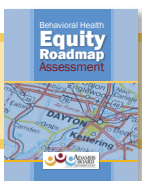
Montgomery County has assets to build upon and challenges to overcome in order to improve behavioral health outcomes and ensure that every child and adult has the support needed to thrive. The following themes emerged across the diverse sources of quantitative and qualitative data as important factors and issues in the county:

### Disparities and inequities

- Race and place affect well-being
- Disadvantaged students are concentrated in school districts that need more support
- Risks for different groups point to the need for tailored approaches and further exploration of factors driving poor outcomes
- Data gaps must be overcome in order to fully understand strengths and disparities in Montgomery County

### Behavioral health services

- Collaboration and system changes demonstrate that improvement is possible
- Behavioral health workforce shortages threaten progress and decrease access to care
- Fragmented systems lead to disjointed care and push people into crisis



To view all key findings, download the full Behavioral Health Equity Roadmap Assessment at [www.mcadamhs.org/about\\_us/behavioral\\_health\\_equity\\_roadmap.php](http://www.mcadamhs.org/about_us/behavioral_health_equity_roadmap.php)

# Vision for the Future

Summary of conditions and assets that community members and providers say support physical and mental well-being. Progress is needed to ensure that all Montgomery residents have these resources.

## Community conditions that support well-being

- Affordable housing and fair housing practices
- Jobs with livable wages
- Safe communities free from violence
- K-12 schools with resources to provide holistic supports to students and families
- Positive attitudes about mental health and disability, and social support for people with mental illness and addiction
- Inclusive public spaces, such as drop-in centers, parks and playgrounds



“Here in Montgomery County, with the ADAMHS Board pushing it, the understanding that **we need to treat the whole individual**, the whole family... Because if we address one problem and leave the other ones unaddressed, there’s still the problems there.”

— Provider focus group participant

“I know that my peers [in addiction recovery] bring me joy. We have great conversations and support one another. Yeah. **That brings me a lot of joy for real.**”

— Community member focus group participant

“The parents are more open to getting their kids help. That is something that is definitely shifting is that you are seeing more of a willingness and more of an **acceptance for help** for kids... The kids have no problem saying ... I go to therapy.”

— Provider focus group participant

## Next steps

MCADAMHS will continue to gather community input on the topics addressed in this assessment. Building upon these findings, MCADAMHS will facilitate development of a Behavioral Health Equity Roadmap for Montgomery County. The roadmap will use a **collective impact** approach to identify:

- ➔ **Goals** and measurable objectives
- ➔ **Evidence-informed strategies** and approaches to tailoring activities to fit community strengths and needs
- ➔ **Roles and responsibilities** of MCADAMHS and partner organizations
- ➔ **Areas of alignment** with other initiatives in Montgomery County and activities of the MCADAMHS Board
- ➔ **A plan** for ongoing evaluation, quality improvement, transparent communication of results and community engagement



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