Urge Legislators to Protect and Expand Access to High-Value Behavioral Health Services

Congress has made clear its support of addiction and mental health funding in recent years. Yet despite increases in federal spending and advancement of legislation, sustained funding cuts in previous years and lack of provider and patient connectivity still limit the ability of Americans to access evidence-based treatments and lifesaving services and supports.

Improving population health requires a whole-person approach to meet the full range of an individual's needs. As outlined in Trinity Health's Behavioral Health policy card, this includes delivering physical and behavioral health as well as linking to community-based services in an integrated manner. Now is your opportunity to ask Congress to eliminate barriers to care, such as workforce shortages and lack of reimbursement so that health care providers can better support access across the full continuum of care.

What are you asking me to do?

Now is your chance to Take Action, and urge your members of Congress to support legislation that protects and expands the accessibility of behavioral health services for all Americans. Because we have an eAdvocacy system, you can directly email your elected officials to let your voice be heard. You can complete the entire process in a few minutes and clicks of the mouse.

Advocating on behalf of others is deeply rooted in Trinity Health's Mission and Core Values. Trinity Health's founding congregations had a rich history of advocating on behalf of communities, populations and those who are poor, vulnerable and marginalized. In fact, in many ways that was and still is today the very essence of their ministries when they came here to the United States.

It's no wonder that Trinity Health colleagues, volunteers, patients and community members are similarly attracted to the ability to advocate on behalf of others in meeting the health care needs of all.

The Process...When filling out the relevant information about yourself—including your home address—and hitting submit, you will be taken to the Take Action Center where you will be provided a message already prepared for you. Please note that when sending any message, you can review, personalize and finalize the copy prior to your submission, so free to add any personal or professional details you feel would enhance the information you're sending to your elected officials such as how whole-person behavioral health legislation is critical to ensuring the overall health of your community.

Do my messages really matter?

Elected officials pay close attention to communications from constituents (yes, you!). Your messages educate your elected officials about the issues and explain why you feel he/she should take action. As one of many similar contacts from others across the country, it can greatly impact the way legislators choose to act. We elect the government that makes the rules and regulations under which we all live and work. Let your voice be heard, lead the way and take action today.
Why is this important?
According to statistics from the National Council for Behavioral Health (NCBH), 76 percent of Americans think mental health is just as important as an individual's physical health. Yet, providing for a whole-person approach has evaded patients and health care providers simply because there are barriers to provide for both the physical as well as the behavioral health needs of all Americans.

Trinity Health's commitment to delivering the triple aim—better care, better health and lower costs—by addressing behavioral health in a whole-person approach is being undermined by an inability to address all aspects of care. Furthermore, research indicates that there is an important correlation between physical and mental health that cannot be ignored. This eAdvocacy opportunity allows you to ask legislators to work to protect and expand access to high-value behavioral health services including expanding workforce opportunities, addressing whole-person needs, and ensuring that health information technology supports coordination between providers and patients.

The NCBH recently outlined that 52 percent of Americans have tried to "grin and bear it" instead of seeing a doctor when feeling depressed or mentally unstable. That simply isn't acceptable in a nation dedicated to first-rate and world-class health care. Now is your opportunity to Take Action by sending an email asking your legislators to enact public policies that not only financially support care, but also allows for the delivery of whole-person care—while linking to community-based services in an integrated manner. This whole-person approach is the future of people-centered care and is what Americans expect today.

What Else Can I do?
Once you've taken action, please take the opportunity to share your views via email and social media. There are links within the Take Action engagement that require just a few clicks to advance to your network of friends and family. Thank you.

You are also invited to share this engagement opportunity via the Trinity Health Advocacy social media channels, follow and share at: https://twitter.com/THAdvocacy and https://www.facebook.com/TrinityHealthAdvocacy/

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**Mission**
We, Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.

**Core Values**
Reverence • Commitment to Those Who Are Poor Justice • Stewardship • Integrity