Mental Health System

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The increase in mental disorders in the world is alarming. People ranging from different age groups suffer from some kind of mental illness. Most of the people are even unaware of their mental condition because people are more focused on achieving their goals rather than their health. In the US health care facilities are mostly owned by the private sector due to which accessing the basic health care is nearly impossible. According to the statistics, only 6 out of 10 have access to health insurance (Papanicolas, Woskie & Jha, 2018). While talking about the mental health care facilities many people are not able to afford the basic care because of the cost being more than other medical conditions. Another reason also include is the lack of proper mental health care system. Due to which there is a need to design a system specifically for the people having mental disorders.

The first and foremost important thing to design a system is to *remove barriers like fragmented health care system, costs and, etc*. Another way to improve health care is to *develop a guideline to integrate primary care with that of mental care* this can be done by increasing the front line practitioners as this is the first interaction that takes place between a patient and the health care system. Additionally, the *technology-based tools* can also be used to facilitates the patients like in spite of visiting the therapist one can use the video calling feature to hold a session. Also, there are different software present online for the behavioural therapy and, etc. Furthermore, there is a need to do *training programs and courses* that provides an insight into how to treat people with different mental disorders and more specifically is how to diagnose them. Hence it is not only the system that needs to be modified it is the people behavior towards the people that mentally ill that also need to be changed as peer support matters a lot.

While comparing the above mentioned modifications in the typical health care design with that of community psychology principles the first similarity is that the model focused directly on training sessions for the community. The other important feature in community psychology is to view people according to their environmental contexts and treat them accordingly (Moritsugu et.al, 2015). This is an important aspect as the person behavior is deeply affected by the environment in which he or she is living. The front line practitioners should respect the diversity of the patients while interacting with them and provide them the equal opportunities to access health care.

**References**

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Papanicolas, I., Woskie, L. R., & Jha, A. K. (2018). Health care spending in the United States and other high-income countries. *Jama*, 319(10), 1024-1039.