



## JOHN P MAYHUGH FOUNDATION

*Better pathways to recovery, from wounds to wellness*

### THE 5<sup>TH</sup> ANNUAL HERO'S JOURNEY SYMPOSIUM

#### Forward

The John P. Mayhugh Foundation was established in 2017 to expand the national conversation about mental health by bringing together thought leaders in government, industry, academia, and healthcare to shape holistic strategies that address mental health issues. While the emphasis of the Foundation is on our service members, veterans, and their families the Foundation takes a holistic public health approach that is inclusive of the entire community.

To support the conversation, the Foundation organizes the annual “Hero’s Journey Symposium”. The symposium, comprised of four facilitated panel discussions, provides a collective sharing of promising practices and identifying policy and research gaps. Ultimately, these sessions work towards the goal of producing an action plan to “*build better pathways to recovery, from wounds to wellness*”.

Our nation must begin to think differently about our approach to mental health if we want to see better outcomes. It needs to begin with open and honest discussion that changes the narrative about seeking care: *We build resiliency and well-being because we seek care*. We must continue to reduce barriers to care to build holistic solutions that go beyond clinical interventions and eliminate barriers to community care for not just our service members, veterans and their families but for all our citizens.



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### Executive Summary

This paper summarizes the panel findings and “call to action” from The 5<sup>th</sup> Annual Hero’s Journey Symposium. Over the last five years of holding this symposium, we have witnessed a positive change in how our nation approaches mental health. Our communities have invested resources in treatment; leaders, celebrities, and athletes have openly shared the importance in seeking care; and we have launched the 988 National Suicide and Crisis Lifeline.

Despite these important efforts, we continue to see headlines about the challenges in seeking care. The deaths from addiction, alcohol abuse, and suicide continue to remain unacceptably high, not only in our military and veteran communities but in our nation as a whole.

This 2022 convening presented concerning observations on the current state of mental health support not only for our service members, veterans and their families, but for our civilian communities as a whole. The 2022 symposium thought leaders offer valuable solutions and recommendations which address the persistent mental health challenges experienced by our communities and can help create “better pathways from wounds to wellness”.

These actions include:

- Frame mental healthcare as a human augmentation and *redefine resiliency to be inclusive of seeking help*
  - Eliminate copays to reduce cost barriers
  - Target social media campaigns to promote greater awareness of services and resources and improve mental health literacy
- Ensure data quality and tailored evidence-based treatment is backed by research and usable data.
  - Collaborate internationally and expand research opportunities to share best practices and optimize care
  - Improve interoperability for secure data access, sharing and analysis across the public, academic, and private sectors
  - Expand research efforts to include assessment of the benefits and value of healing arts programs
- Standardize patient-centered care and services that encompass a holistic approach to wellness.
  - Implement warm hand-offs and collaboration between clinical and nonclinical services