

Keynote Conversation: Collaborating to Achieve Health & Economic Sustainability

June 16 | 9:30 AM - 10:00 AM ET



Tyler Norris
Chief Executive Officer
Well Being Trust



Michael Thompson
President & CEO
The National Alliance for Healthcare Purchaser Coalitions

#NASUMMITS





What will it be?

VISION: Everyone realizes their fullest potential for well-being.

MISSION: To advance the mental, social and spiritual health of the nation

GOAL: Decrease Deaths of Despair in the US by 100,000 over 10 years.

Building A Social Movement

Guiding Principles:

- We embrace a whole-person, whole-community, whole-systems view.
- We aim to cultivate a boundary-crossing, distributed force of leaders in a well-being 'field of fields.'
- Our mantra is: *Do what we do best, partner for the rest.*

Steadfast Values:

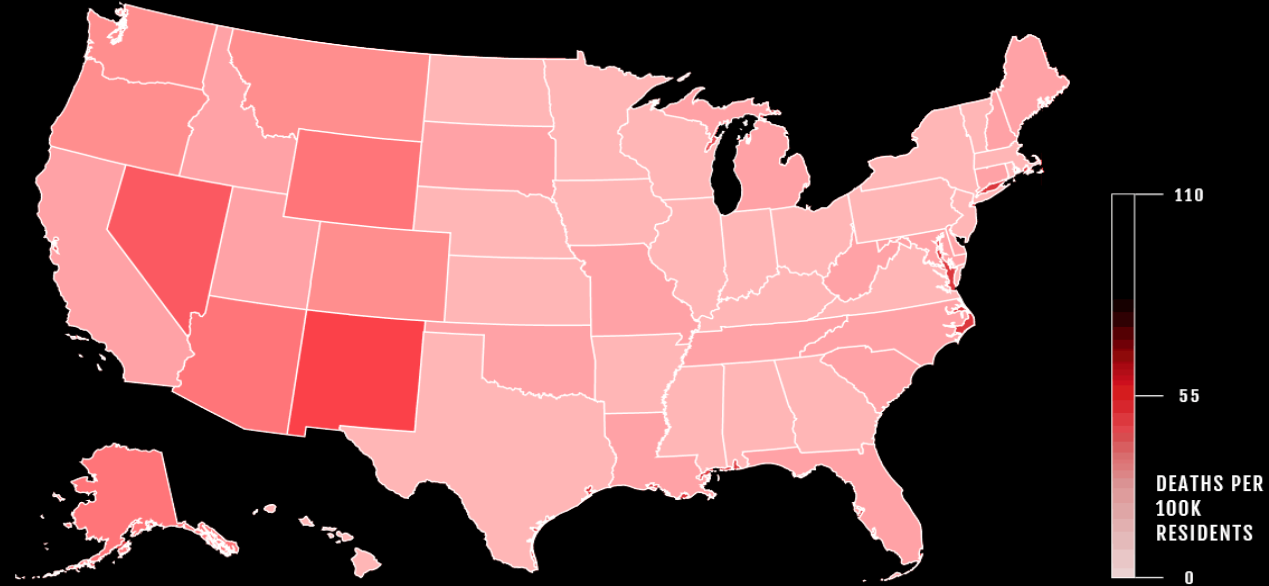
- Loving-kindness and Compassion
- Dignity and Respect
- Radical Inclusion and Equity of Opportunity
- Social Justice for All



WELL
BEING
TRUST

PAIN IN THE NATION

Deaths from drugs, alcohol and suicide 1999 to 2025 (PROJECTED)



1999

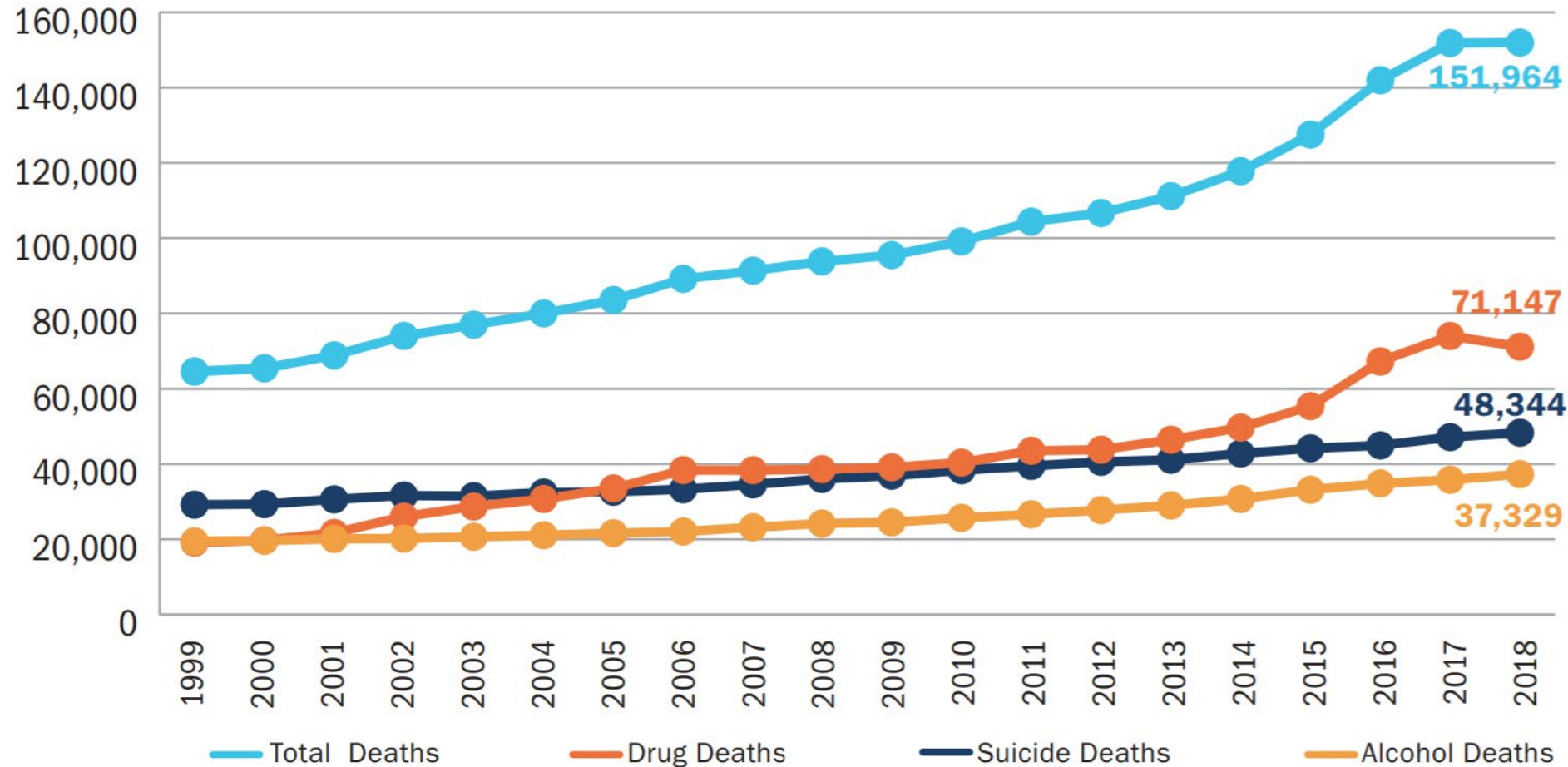


PainInTheNation.org



WELL
BEING
TRUST

Annual Deaths from Alcohol, Drugs, and Suicide in the United States, 1999–2018



Source: TFAH and WBT analysis of National Center for Health Statistics data

Thriving in the Wake of Covid-19

Life Evaluations of U.S. Adults

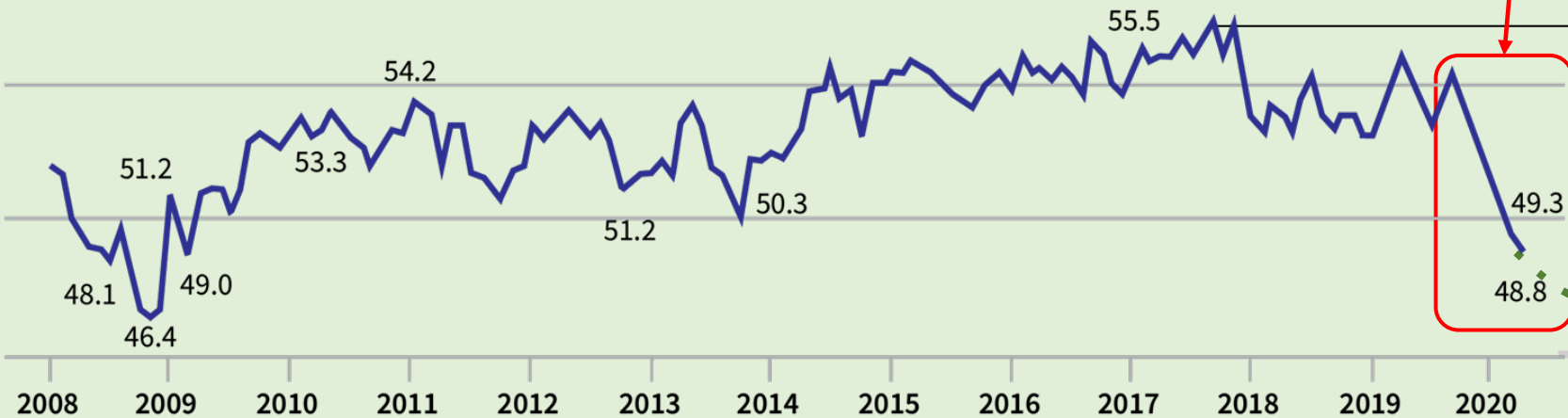
■ % Thriving

WELL-BEING APRIL 14, 2020

In U.S., Life Ratings Plummet to 12-Year Low

GALLUP

Covid-19



Resilience

Recovery

HOW to Change Course?

- Current Situation
- Pivotal Moves
- Big Unifying Actions
- Charting Progress

~24 months

~10 years

SOURCE: Gallup <https://news.gallup.com/poll/308276/life-ratings-plummet-year-low.aspx>



WELL
BEING
TRUST

PROJECTED
DEATHS OF
DESPAIR
During COVID-19



Table. Possible Additional Deaths of COVID-19 Recession on Deaths of Despair, Alternative Scenarios

	Percent Change in Mortality with One Point Increase in Unemployment								
	1% increase			1.3% increase			1.6% increase		
	Slow	Medium	Fast	Slow	Medium	Fast	Slow	Medium	Fast
2020	9,859	9,333	8,343	12,817	12,133	10,846	15,774	14,932	13,349
2021	18,347	16,103	12,209	23,851	20,934	15,871	29,355	25,765	19,534
2022	15,879	11,840	5,832	20,642	15,392	7,581	25,406	18,944	9,331
2023	13,410	8,025	1,261	17,434	10,433	1,639	21,457	12,841	2,017
2024	10,394	3,973	-	13,512	5,164	-	16,630	6,356	-
2025	7,651	870	-	9,947	1,131	-	12,242	1,392	-
2026	7,103	316	-	9,234	411	-	11,365	506	-
2027	5,732	-	-	7,451	-	-	9,171	-	-
2028	4,086	-	-	5,312	-	-	6,538	-	-
2029	3,812	-	-	4,956	-	-	6,099	-	-
Total	96,273	50,460	27,644	125,155	65,598	35,937	154,037	80,735	44,230

Types of Recovery: Slow—Same as Great Recession; Medium—Twice as Fast; Fast—Four Times as fast.



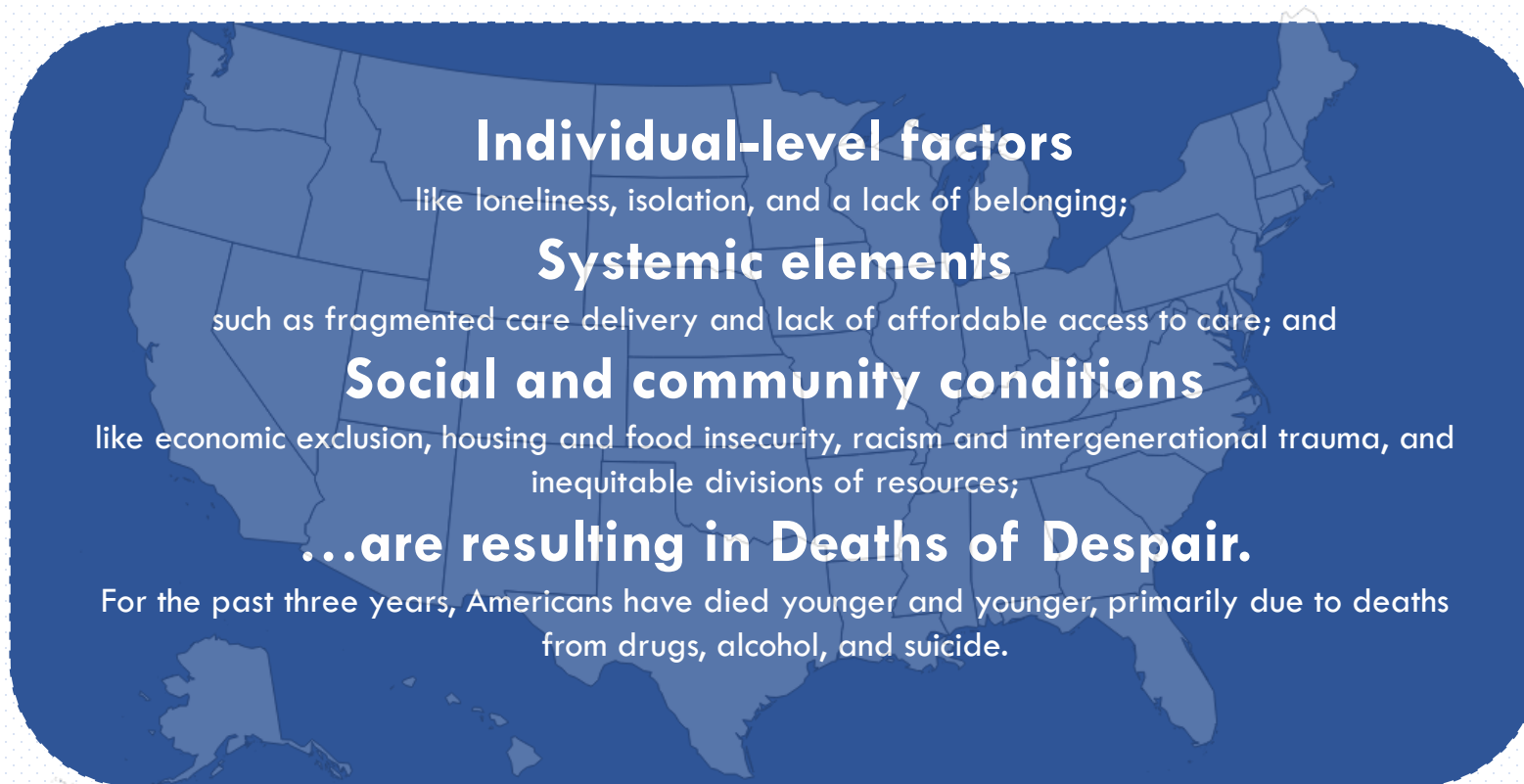
WELL
BEING
TRUST

Trauma: Pair of ACEs

“Many of our most common and intractable public health problems are *unconsciously attempted solutions* to personal problems dating back to childhood, buried in time, concealed by shame, by secrecy and by social taboos against certain topics.”

Dr. Vincent Felitti, Kaiser Permanente

Multifaceted Causality ~ Systemic Response



We need a comprehensive, systemic, response to battle this complex crisis

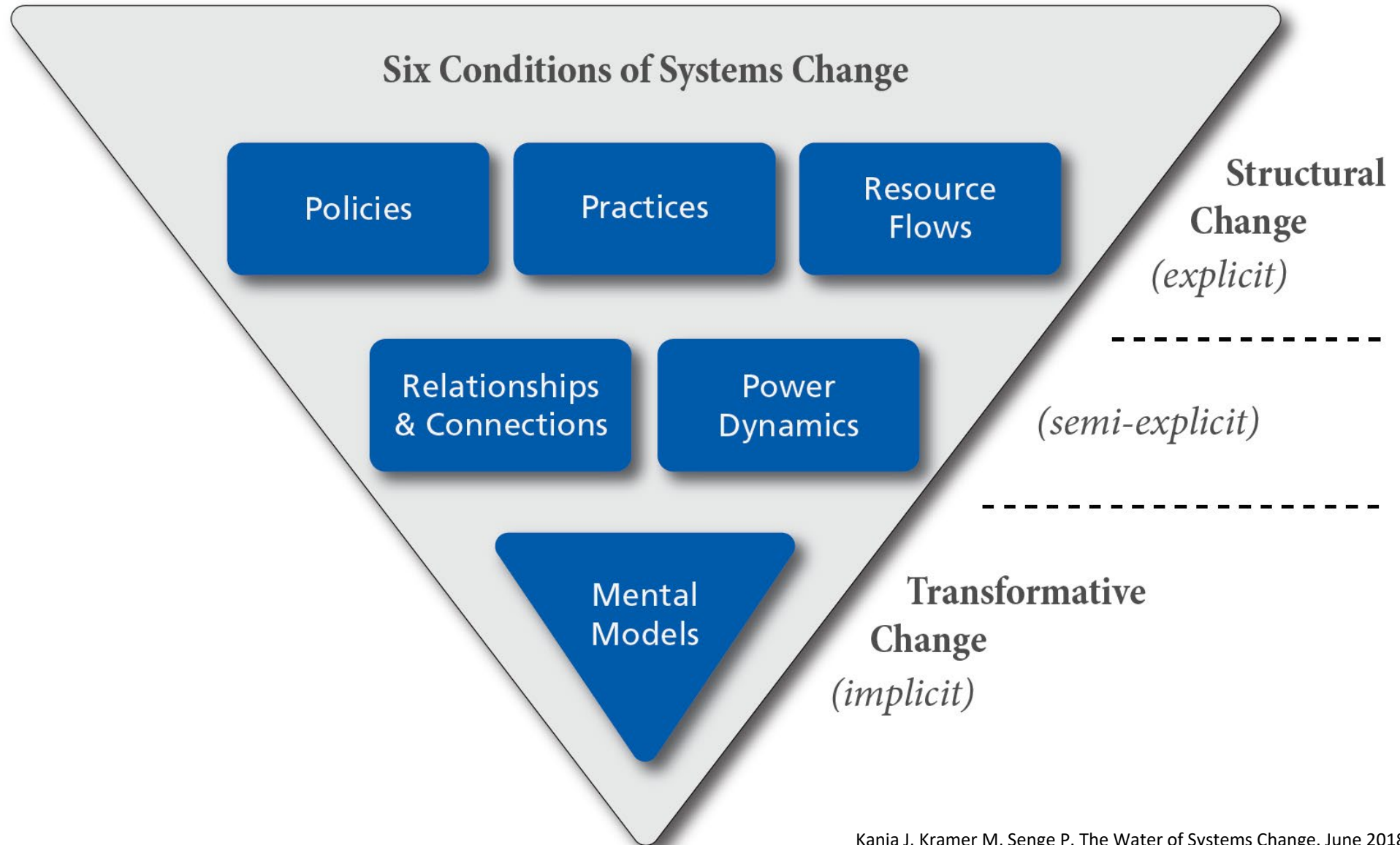
Short-to-medium term work to immediately address the crisis

Long-term, intergenerational work (Well Being in the Nation - WIN Network)



WELL
BEING
TRUST

Systems change requires systems thinking



Kania J, Kramer M, Senge P. The Water of Systems Change. June 2018. FSG.



Priorities

1. Get the Care Right

(integrated, whole-person: physical + behavioral + social)

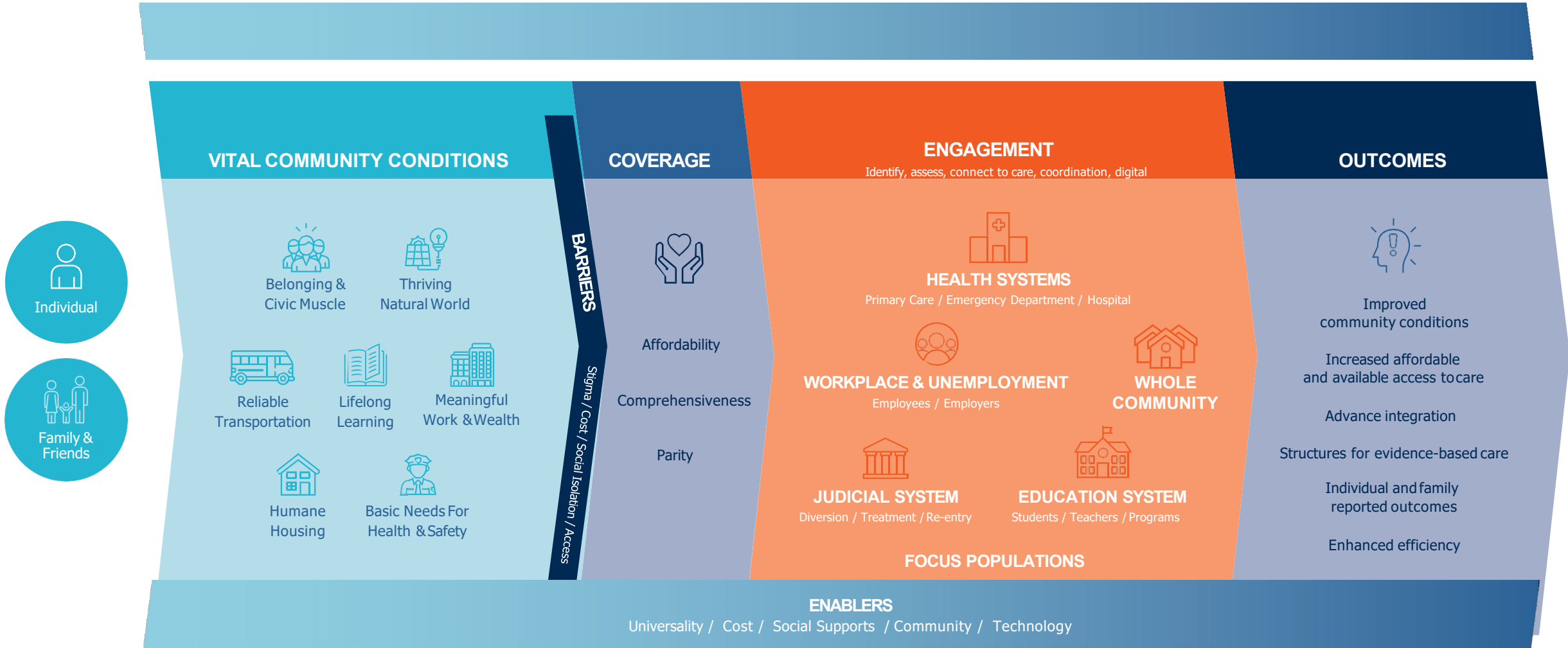
2. Increase Affordable Access to Care

(state and federal policy + growing social movement)

3. Create Conditions for Intergenerational Well-being

(practices, policies, investments, culture)

Framework for Excellence in mental health and well-being



This prototype Framework is 2020 engagement prelude to setting/spreading adoption of **Standards for Excellence**
- Clinical care, pop health, community partnerships/investments/anchor role and civic engagement

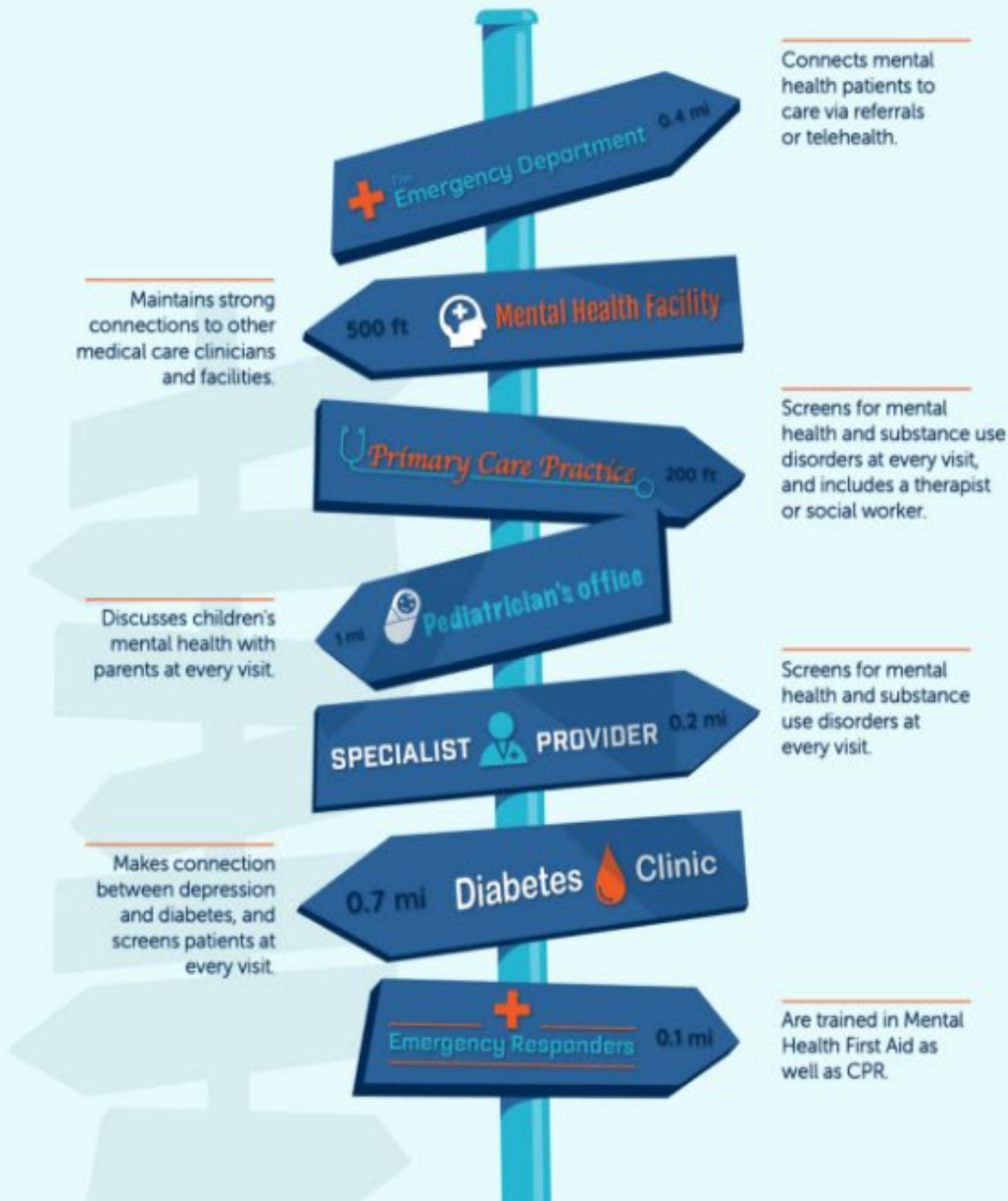


HEALING THE NATION

Advancing Mental Health and Addiction Policy



**WELL BEING
IN THE NATION
NETWORK**



Mental Health Treatment, Wherever It's Needed

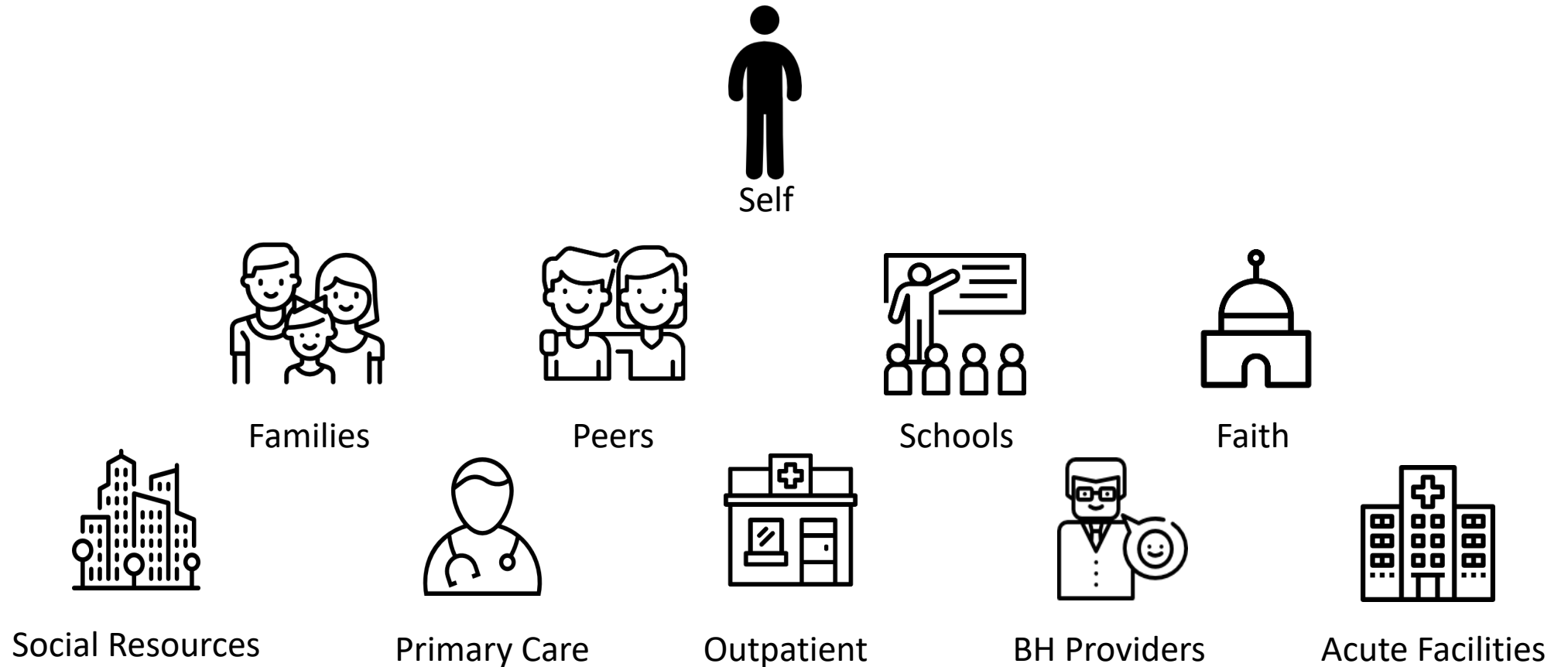
There should be no wrong door for mental health. This is what it might look like if people suffering from mental illness or substance use disorder could get help wherever they turned:





WELL
BEING
TRUST

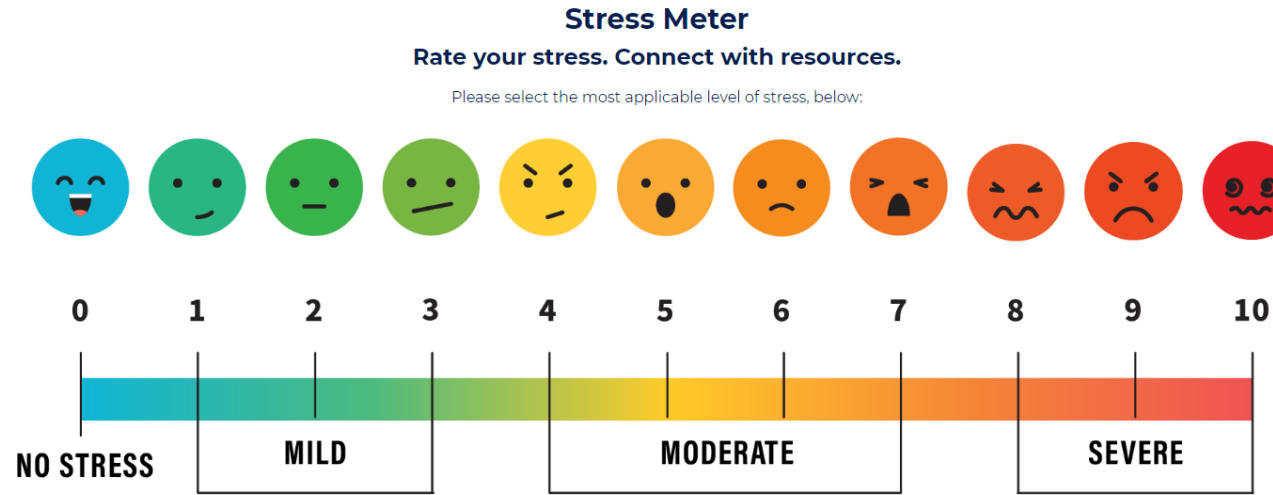
Clinical-Community Ecosystem: Supporting Individual/Family's Mental Health and Well-being



Resources:

- Know-how
- Information
- Decision-making tools
- Coordinated system of care

Quality tools, information & support



CredibleMind

Explore expertly validated articles, podcasts and videos that will help guide you through this challenging time.



Silver Cloud

Self-guided cognitive behavioral therapy programs to help you work through stress and build a toolkit for resilience.

Work2BeWell

Work2BeWell

Digital resources for youth and their parents. From videos to online social resources to connect with others.



A Few of our Policy Partners



HEALTH IS HEALTH

It's time for better
mental health policy that
takes care of us all.

Take the pledge and join us at inseparable.us



WIN NETWORK

VITAL CONDITIONS FOR WELL-BEING

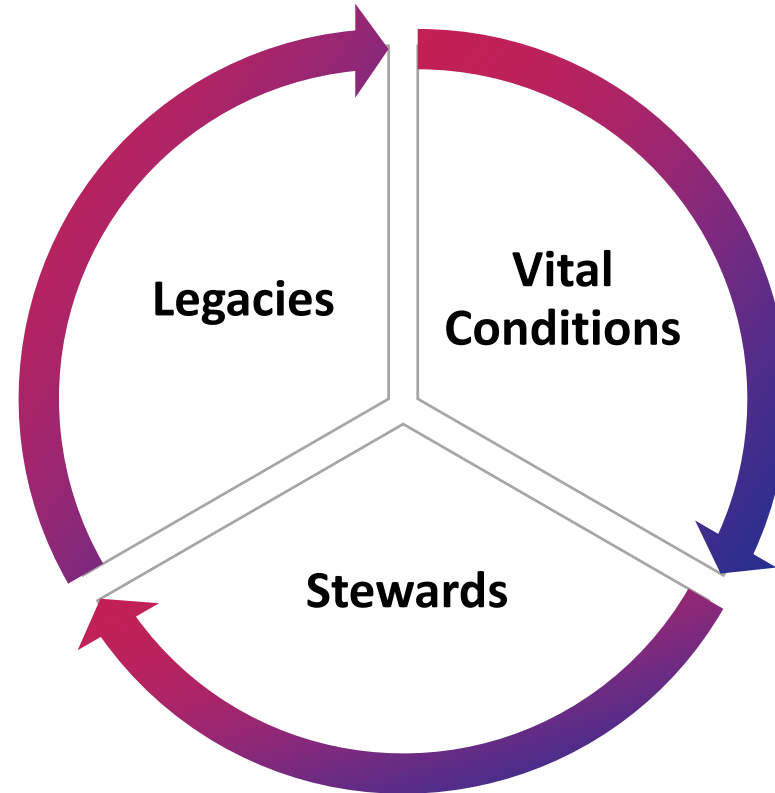
Vital conditions are properties of places and institutions that all people need to participate, prosper, and reach their full potential. We encounter them on day one and depend on them every day of our lives. They also persist over generations.



What Does it Take to Secure Legacies of Intergenerational Well-being for All?

Legacies for Living Together

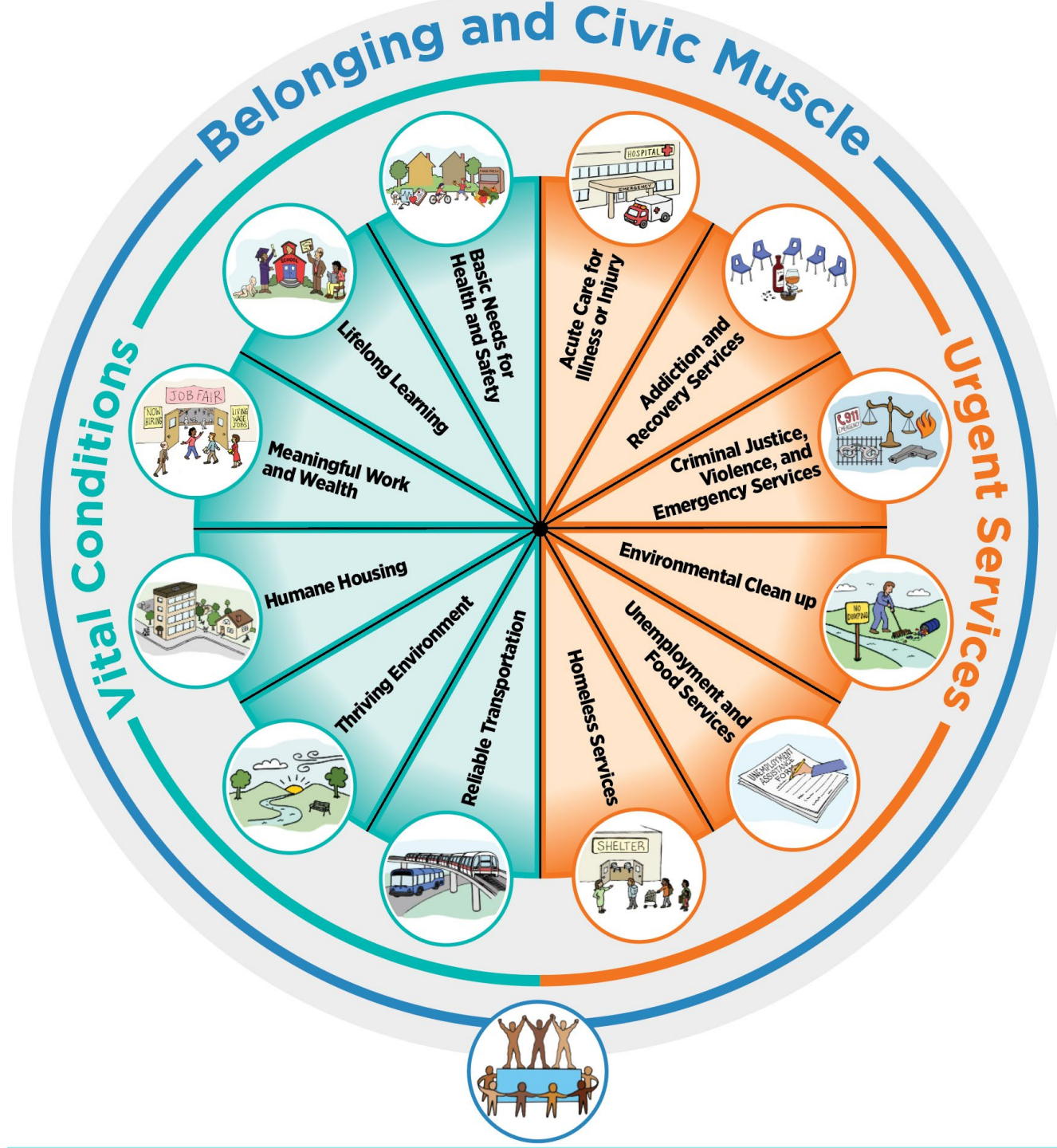
either affirm dignity and inclusion, or inflict trauma and exclusion. Each of us can create legacies of inclusion that we would be proud to pass along.



Vital Conditions are things we all need to reach our full potential. They persist over generations and their presence or absence affects who is thriving, struggling, or suffering.

Stewards are people and organizations who share responsibility for working together across differences to expand the vital conditions that all people and places need to thrive.

A Practical Community Portfolio



Stepping Up & Self-Organizing



MOVEMENT INFRASTRUCTURE FOR MENTAL HEALTH AND WELL-BEING





“Blueprint For Equitable Recovery and Resilience in Communities Across America”

Blueprint North Star

Across America (and beyond), we aspire to become thriving people in a thriving world.

Recovery and resilience in the wake of unjust systemic crises begins with those who are struggling and suffering, relentlessly moving toward a single unifying expectation:

all people and places thriving, no exceptions!



Keynote Conversation: Collaborating to Achieve Health & Economic Sustainability

June 16 | 9:30 AM - 10:00 AM ET



Tyler Norris
Chief Executive Officer
Well Being Trust



Michael Thompson
President & CEO
The National Alliance for Healthcare Purchaser Coalitions

#NASUMMITS

