

Mental health promotion theory of change

Health equity

To HCA, health equity means everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care. Health equity is a core value of HCA. As such, actively addressing and considering health equity and the associated implications in the context of this theory of change is critical.

Critical context

It is critical to understand the three dimensional aspect of this work. This is complex work that happens in the context of individuals, families, schools, and communities. For this reason, being aware of, and inclusive of, influencers such as equity, tribal communities, LGBTQ communities, communities of color, sustainability, Social Determinants of Health, Health Related Social Needs, community readiness and capacity as well as many other aspects is of the utmost importance.

How to read this chart

This chart is designed to be read by column and not necessarily by row.

Key Socioecological domains:  Individual  Interpersonal  Community  Society				
 Long Term Outcome Consequences	 Problem Areas	 Intervening Variables	 Strategies	 Evaluation Plan
To reduce:	To improve:	Addressing:	Provide:	As measured by:
<ul style="list-style-type: none"> Chronic disease Crime Low graduation rates Suicide 	<p>The health and wellness, including mental and physical health, of individuals, families, and communities</p>	<ul style="list-style-type: none">  Healthy coping strategies  Help seeking behavior  Hope for the future  Social emotional learning/awareness  Connectedness/loneliness & isolation  Institutional culture of providers  Community stigma on mental health problems  Community awareness of mental health problems  Public policy 	<ul style="list-style-type: none"> Information dissemination Education Problem ID and referral Community-based process Environmental strategies Alternative activities 	<ul style="list-style-type: none"> Coping strategies used Help seeking behavior Connectedness Hope Depression Anxiety Suicide thoughts, plans, and attempts (suicidality) Treatment needs (youth and young adults) Health outcomes Academic achievement/High school graduation

Citations

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