

**GREATER BROCKTON HEALTH ALLIANCE**  
WORLD CAFÉ ANALYSIS DECEMBER 1, 2017



Greater Brockton  
HEALTH ALLIANCE

... A voice for a healthy future

# QUESTION 1: HOW WOULD YOU DEFINE BEHAVIORAL HEALTH?



Summary from GBHA general membership responses:

- Overlap and integration of mental and physical health and substance use disorders
- Social determinants of behaviors, such as income, education, housing, transportation
- Disabilities, psychosocial disorders, acting out behaviors,
- Presence of stressors (worry/anxiety) and consequences, including trauma
- Lack of coping mechanisms
- Choices and actions that impact physical and mental health
- Physical and social environment (stigma, cultural barriers)



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# QUESTION 1: HOW WOULD YOU DEFINE BEHAVIORAL HEALTH? (CONT'D)

Response from membership on 12/1/17:

- Emotional balance
  - Social determinants may contribute
  - Concept of self
  - Overall well being of an individual- mental health, social skills, internal and external factors
  - Behaviors and biology related to well being
  - Ability to function in everyday life
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# QUESTION 2: WHAT WOULD SUCCESS LOOK LIKE IF WE WERE TO FOCUS RESOURCES ON BEHAVIORAL HEALTH?

Summary from GBHA general membership responses:

- More emphasis on earlier intervention and prevention
- Greater resources directed at behavioral health issues
- Advocacy for better policies related to behavioral health issues
- The establishment of livable wages
- Services and programs not fostering dependency
- Better coordination and communication in and among programs/organizations
- Humanizing of the service delivery system
- Removing stigma
- Inclusion of authentic voices of those in need of services



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# QUESTION 2: WHAT WOULD SUCCESS LOOK LIKE IF WE WERE TO FOCUS RESOURCES ON BEHAVIORAL HEALTH? (CONT'D)

**Response from membership on 12/1/17:**

- Defining “stigma”- look at word more realistically and build our capacity to help with changing perspectives
- Better coordination of resources & distribution of services
- Earlier intervention with prevention piece
- Greater access to mental health services (especially at schools)
- Involve non-traditional partners in this work

# QUESTION 3: WHAT VALUE DO YOU PLACE ON GBHA MEETINGS? WHAT VALUE DO YOU HOPE TO GET OUT OF OUR MEETINGS IN THE FUTURE?

Summary from GBHA general membership responses:

The GBHA is a grassroots group ideal for -

- Networking
- Sharing information
- Coordinating services to promote health in our communities
- Discovering new services and approaches to health promotion
- Generating stronger partnerships and generating additional resources
- Opportunities to work with diverse people and organizations with unique perspectives
- Efforts that make a measurable difference in improving the health of our communities



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**“Behavioral health is more than mental health and substance use...it is looking at the whole person – where they are and where they can thrive.”**

-Steven Nikolsky, Manager of Clinical Social Workers, South Shore Health System  
Department of Behavioral Health at GBHA’s November Meeting

- Steven’s definition of behavioral health includes healthy eating, mindfulness, chronic disease, dealing with stressors in life, and external issues (such as a transportation barrier to get to a doctor).



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