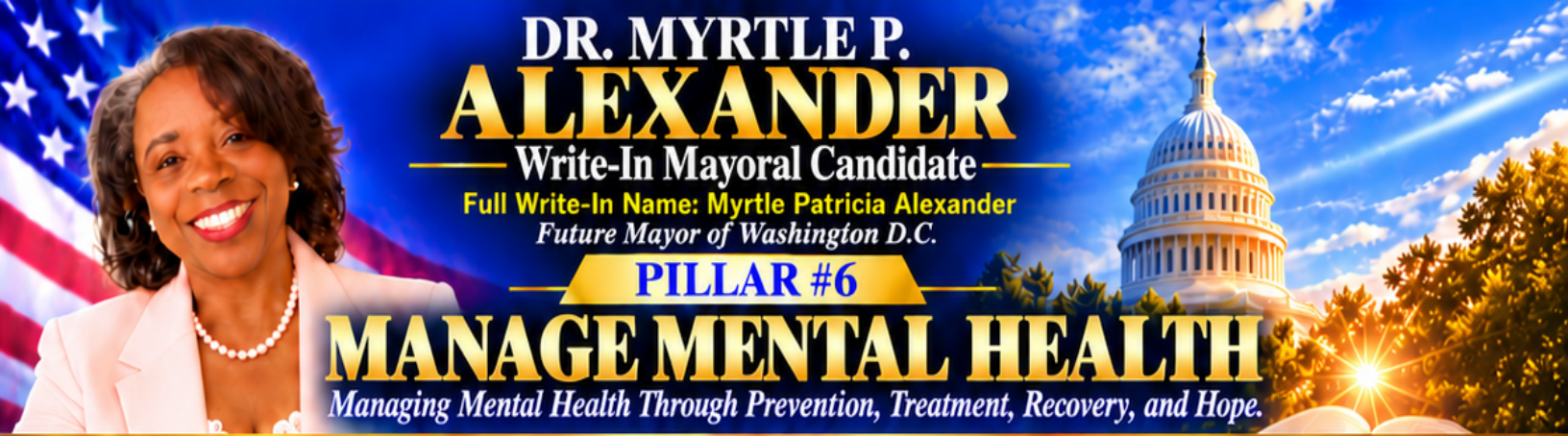




DR. MYRTLE P. ALEXANDER

Write-In Mayoral Candidate

Full Write-In Name: Myrtle Patricia Alexander
Future Mayor of Washington D.C.

PILLAR #6

MANAGE MENTAL HEALTH

Managing Mental Health Through Prevention, Treatment, Recovery, and Hope.



OUR VISION

To make Washington, DC a national model for mental health wellness, recovery, treatment, research, and support by providing a comprehensive system of care that addresses the needs of children, adults, seniors, veterans, persons with disabilities, individuals experiencing addiction, and survivors of trauma, abuse, and neglect.

THE DC MENTAL HEALTH WELLNESS, RECOVERY & HOPE FRAMEWORK

**1 RESTORE ST. ELIZABETH'S HOSPITAL**
A Center of Excellence for Mental Health

Transform St. Elizabeth into a world-renowned campus for:

- ✓ Psychiatric Care
- ✓ Trauma Recovery
- ✓ Addiction Treatment
- ✓ Crisis Stabilization
- ✓ Veteran Services
- ✓ Research & Development
- ✓ Family Support Services
- ✓ Workforce Training

Goal: Create a national destination for mental health innovation and recovery.

**2 TRAUMA THERAPY & RECOVERY**
Treat the Root Causes

Prioritize services for:

- ✓ Children
- ✓ Veterans
- ✓ Crime Victims
- ✓ Survivors of Abuse
- ✓ Human Trafficking Survivors
- ✓ Returning Citizens
- ✓ Shelter Residents

Services:

- ✓ Individual Counseling
- ✓ Family Therapy
- ✓ PTSD Treatment
- ✓ Crisis Intervention
- ✓ Peer Recovery Support
- ✓ Grief Counseling

Goal: Address trauma before it contributes to addiction, homelessness, violence, or chronic mental illness.

**3 THE CHURCH AS A HEALING PROVIDER**
Faith & Mental Wellness Initiative

Engage:

- ✓ Churches
- ✓ Mosques
- ✓ Synagogues
- ✓ Faith-Based Organizations

Services may include:

- ✓ Support Groups
- ✓ Grief Counseling
- ✓ Mentoring
- ✓ Recovery Support
- ✓ Family Strengthening Programs

Professional care and faith-based support can work together to strengthen recovery.

**4 COMPREHENSIVE MENTAL HEALTH RESEARCH & DEVELOPMENT**
DC Mental Health Innovation Institute

Research priorities:

- ✓ Trauma Recovery
- ✓ Childhood Mental Health
- ✓ Addiction Treatment
- ✓ Veteran Wellness
- ✓ Senior Mental Health
- ✓ Disability Support Services
- ✓ Community-Based Care Models

Goal: Position Washington, DC as a leader in mental health innovation and evidence-based treatment.

**5 MENTAL HEALTH SELF-ADMITTANCE PROGRAM**
It's Okay to Ask for Help

Establish an easy-to-access voluntary admission process for individuals seeking assistance before reaching crisis.
Services include:

- ✓ Assessment
- ✓ Stabilization
- ✓ Counseling
- ✓ Medication Management
- ✓ Family Support
- ✓ Recovery Planning

Goal: Encourage early intervention and reduce emergency crises.

**6 IMPLEMENT THE DC MENTAL HEALTH ACT**
Access • Accountability • Recovery

Focus on:

- ✓ Timely Services
- ✓ Patient Rights
- ✓ Quality Care Standards
- ✓ Continuity of Care
- ✓ Community-Based Treatment
- ✓ Family Engagement

Goal: Ensure mental health services are coordinated, effective, and accessible.

**7 FULL RECOVERY MODEL**
Recovery Beyond Treatment

True recovery includes:

- ✓ Safe Housing
- ✓ Employment
- ✓ Education
- ✓ Financial Stability
- ✓ Physical Wellness
- ✓ Family Reunification
- ✓ Spiritual Support
- ✓ Community Integration

Goal: Move residents from crisis to independence. "Treatment begins recovery. Opportunity sustains it."

**8 SPECIALIZED POPULATIONS**

Children & Youth
Early intervention and school-based support.
Adults
Workplace wellness and community care.
Seniors
Isolation prevention and cognitive health support.
Veterans
PTSD recovery and transition assistance.

Individuals with Disabilities
Integrated support services and care coordination.
Individuals Experiencing Addiction
Recovery pathways and relapse prevention support.
Survivors of Abuse & Neglect
Trauma-informed care and long-term healing services.

MEASURABLE OUTCOMES

Four-Year Goals

- ✓ Reduced mental health crises
- ✓ Increased access to treatment
- ✓ Reduced addiction-related emergencies
- ✓ Increased voluntary participation in care
- ✓ Expanded trauma recovery services
- ✓ Reduced homelessness linked to mental illness
- ✓ Increased family participation in recovery
- ✓ Stronger long-term recovery outcomes

PILLAR #6 SUMMARY



RESTORE
St. Elizabeth's Hospital



HEAL
Trauma Therapy



SUPPORT
Faith-Based Partnerships



INNOVATE
Research & Development



RECOVER
Comprehensive Recovery Services



THRIVE
Long-Term Independence

Managing Mental Health Through Prevention, Treatment, Recovery, and Hope.



Learn More



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