A JOURNEY THROUGH THE 2. Receiving Treatment Once individuals have reached out for help, they often experience long wait times. Those seeking mental health or **NORTHEAST KINGDOM'S MENTAL** substance use treatment may exit the system or begin again at this stage due to lack of accessibility, issues **HEALTH AND SUBSTANCE USE** obtaining consistent and appropriate care, and wait times. **SYSTEM** 3. Consistent Treatment Getting a Individuals receiving mental health or substance use treatment often 1. Reaching Out for Help provider referral note the difficulty in receiving consistent treatment due to changing For individuals interested in mental health or factors out of their control. Individuals also mention that treatment in substance use treatment, simply reaching out Lack of follow through and itself is not the end goal, but rather a step in the long journey of for help can be the most daunting step. communication Individuals may be overwhelmed by the burden treatment and recovery. C Lack of trust in system of this process and seek out alternate resolutions or not seek out help at all. Compatibility issues with Time sensitive **Wait Times Providers and Services** and Staff Shortages **Scarcity** Frustration Inconsistent care and O Distance barrier coverage **O** Cost Shame Finding a good fit **Stigma** Insurance changes Medication Provider changes management **Crisis hotlines / ERs may expedite process** Telehealth Good fit with provider 1. Reaching Out for Help 3. Consistent Treatment 2. Receiving Treatment **RECOVERY**