



Commit to Change Checklist

YOUR PATHWAY TO TRANSFORMATION

CHAMPION THE CAUSE

- Identify the top 3 mental health care gaps in your setting
 - 1.
 - 2.
 - 3.
- List the challenges and barriers
 - 1.
 - 2.
 - 3.
- Identify mental health champions
 1. Physician Lead
 2. Physician, NP or PA
 3. Manager (Might include nurse care manager and/or office manager)
 4. Behavioral Health Consultant (for those lucky enough to have embedded mental health professionals)
 4. Clinical leader
 5. Clerical leader
 6. IT consultant
- Set meeting dates, time and location
- Identify 6 parents for focus group keeping in mind diversity and inclusion (consider gender, race, ethnicity, LGBTQ)
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.