

Mental vs. Behavioral Health

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The argument against the current approach to mental healthcare versus the benefits that the 4Sight Model approach provides.

Stage	Current state	How it should be
INITIATION	Mental health	Behavioral health
Is there a problem?	Ad hoc determined	Uniformly defined via behaviors
Who decides?	The individual	Individual and peers
ANALYSIS		
How is the problem analyzed?	Custom via a professional	Universal via a checklist
What metrics are used for analysis?	Qualitative	Quantitative
Analysis scheme	Arbitrary trait groupings	Individual self-evident elements
What is the result of the analysis?	Stigmatized terminology	Constructive / intuitive terms
ANALYSIS & IMPROVEMENT		
Where does analysis & improvement occur?	In private	In public
Cost	Expensive diagnosis and treatment	Low or no cost
When provided?	Inaccessible and limited schedule	On demand
IMPROVEMENT		
What does improvement consist of?	Custom strategies	Standard list
How long does improvement take?	Open-ended	Finite
ADMINISTRATION		
Analysis & improvement knowledge requirements	Extensive education	Easy-to-understand and unrestricted
Advocacy restriction	Monopolized by PhD and licensing	None
Knowledge restriction	Privately taught	Publicly accessible