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COMMENTARY

Addressing Mental Health Crisis: Co-Regulation As a Solution

Kelly Wells

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Abstract

Co-regulation is a powerful, accessible strategy to combat the rising mental health crisis and human disconnection. By learning this technique, individuals can reduce anxiety and improve well-being even without immediate access to therapy.

KEYWORDS

["Mental health crisis solutions", "Co-regulation healthcare strategy", "Psychosocial disconnection", "Public health advocacy", "Accessible mental health support", "Community health intervention"]

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STRATEGY INSIGHT

The AJHCS Strategic Planning Framework: Adapting Government Methodologies to Enhance Inpatient Healthcare Outcomes

Cole Lyons, Syed Siddiqi

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Abstract

Strategic planning remains a critical competency for healthcare service organizations (HSOs) navigating complex and volatile inpatient environments. Building on the U.S. Government Performance and Results Act (GPRA) strategic-planning cycle and addressing documented shortcomings of generic business models in hospital contexts, this paper introduces the AJHCS Strategic Planning Framework: a six-step, theoretically-grounded, evidence-informed process tailored to acute-care facilities. Drawing on contemporary literature and organizational theory, we demonstrate how the framework integrates value-based healthcare principles, robust environmental scanning, and rigorous implementation science to improve health outcomes per dollar spent. We conclude with practical implications for executives and suggestions for future empirical validation. Keywords Strategic planning; inpatient care; value-based healthcare; GPRA; implementation science; case study

KEYWORDS

["Inpatient strategic planning", "AJHCS framework", "Value-based healthcare", "Hospital strategy implementation", "Acute care management", "GPRA healthcare"]

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