Mental Health

State of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of everyday life, can work productively and fruitfully, and is able to make a contribution to his or her community.

- World Health Organization
Mental Illnesses

- Disrupts a person’s thinking, feelings, mood, ability to relate to others and daily functioning
- Each person will have different experiences, even people with the same diagnosis.
- Recovery, including meaningful roles in social life, school and work, is possible, especially when treatment starts early, and the person plays a strong role in their own recovery process.
- Research suggests multiple overlapping causes. Genetics, environment and lifestyle play a role as do stress and traumatic life events. Biochemical processes and circuits and basic brain structure may play a role, too.
Mental Illnesses

• 1 in 5 adults and children (1 in 10 for serious)
• 50% of mental illnesses emerge by the age of 14 & 75% by age 24
• Anxiety is the most common. Others include depression, bipolar disorder, eating disorders, schizo-affective disorder, schizophrenia, borderline personality disorder and PTSD
• Suicide rate is increasing in Minnesota and across the country
• People with serious mental illnesses die earlier than their peers – 10 to 20 years earlier
Primary Prevention

• Protective factors
  - Livable wage
  - Food security
  - Stable housing
  - Healthy stress
  - Clean water and air
  - Effective parental bonding

• Health and wellness programs, Child and Teen check-ups
• Early childhood programs
• Social and emotional learning, Mindfulness training, mentoring
• Parent education and support
Secondary Prevention

• At Risk
  - Trauma exposed (violence, abuse, disasters, deaths)
  - Genetics
  - Environment
  - Racism, historical trauma
  - Parent with a mental illness, substance use disorder, incarcerated
  - Chronic stress (poverty, unstable housing, etc.)
  - Bullying
Secondary Prevention

- Address at-risk children, youth and adults
  - Screening programs
  - Early childhood mental health
  - Multi-generational mental health programs
  - Mother baby programs
  - Educating adults who work with youth
  - School support personnel, PBIS, trauma informed schools
  - Home visiting
Tertiary Prevention

• Preventing mental illnesses *from becoming a disabling condition*
  - Early identification – not waiting 72 weeks before seeking treatment
  - Early intensive treatment – not waiting until stage 4
  - Keeping trajectory moving forward - goal setting and aspirations

• Increase access and intensity and focus on recovery/resiliency
  - School-linked mental health programs
  - First episode programs
  - Education of youth and families
  - Full range of community mental health services: outpatient, crisis, in-home, residential
  - Evidence-based or informed treatment
Mental Health System

- Mental health system is not broken – it was never built
- Public attitudes are changing but please don’t call it stigma
- All three levels of prevention have yet to be fully developed – hard to justify walks in the woods when there is ER boarding
Mental Health System

- Great discrimination under public and private insurance for coverage of mental health treatment, low reimbursement rates, workforce shortages
- Blaming families
  - HIPAA used as a shield so as not to involve families
  - Custody relinquishment, CHIPS
  - Limited visiting hours
- Integration of mental health and SUD treatment evolving
- Primary care, ED staff, and others don’t view mental health/mental illnesses as something they should be involved in
Mental Health System

System-Wide Coordination Functions
- Governance & funding structures
- Centralized assessment, forecasting, and planning
- Quality assurance and metrics
- Workforce development

Mental Health Continuum of Care

- Individual Family Community (Natural supports)
- Health Promotion & Illness Prevention Activities
- Early Intervention Services & Activities
- Community Services & Supports
- Basic Clinical Services
- Inpatient & Residential Treatment
- Crisis Response Services
- Substance Use Disorder Services
- Education
- Employment
- Transportation
- Criminal Justice
- Public Health
- Social Services
- Primary Care
- Housing