

UTAH SAFETY
NET SUMMIT
APRIL 2012



**PREVENTION BY DESIGN:
MENTAL HEALTH
PROMOTION & MENTAL
ILLNESS PREVENTION**

NAMI UTAH

- ▣ The National Alliance on Mental Illness is a non-profit, grass roots organization. Founded in 1979, NAMI has become the nation's voice on mental illness. NAMI operates in every state and in over 1100 local communities across the country.
- ▣ Our mission is *to ensure dignity and improve the lives of those who live with mental illness and their families through education, support, and advocacy.*
- ▣ Our message is “Treatment works, recovery is possible, there is hope. You are not alone”.

NAMI UTAH

- ▣ **Education Classes**
- ▣ Family To Family
- ▣ Bridges
- ▣ NAMI Basics
- ▣ Progression
- ▣ **Support Groups**
- ▣ Family Support Groups
- ▣ Connection
- ▣ **OTHER**
- ▣ Mentoring Program
- ▣ Hope for Tomorrow
- ▣ Parents & Teachers as Allies
- ▣ Clergy & Provider Trainings
- ▣ NAMI Artists' Project

Utah Prevention By Design

- ▣ UPBD is engaged in a needs assessment that will result in an evidence based action plan that can be used by community coalitions, agencies, educators, and additional providers for the purpose of defining and enhancing state and local prevention efforts with a mental illness prevention and mental health promotion framework.

NATIONAL FOCUS ON PREVENTION

- ▣ ACA focuses on prevention in all aspects of health care
- ▣ National Prevention Strategy included priority on Mental & Emotional Well-being
- ▣ SAMHSA- Strategic Initiative #1 is Prevention of Substance Abuse and Mental Illness
- ▣ IOM Report- Prevention Mental, Emotional, and Behavioral Disorders Among Young People
- ▣ Health People 2020: Suicide & Youth with Major Depressive Episode

PARTNERS

- ▣ State Level:
 - Division of Substance Abuse & Mental Health
 - State Epidemiological Outcomes Workgroup (SEOW)
 - Various state coalitions such as the Suicide Prevention Coalition

- ▣ Community Level:
 - Communities That Care Coalitions
 - NAMI Affiliates
 - Mental Health & Substance Abuse Authorities
 - Health Care Providers
 - Various local systems- Educators, Criminal Justice, Etc...
 - Others???

GOALS

□ LONG TERM GOALS

- Optimal mental health for individuals and communities in Utah
- Access to systems of care to improve the quality of life for individuals and families living with mental illness. These symptoms of care promote recovery
- When possible, prevent the onset of mental illness and reduce suicide deaths
- Mental health is widely understood as integral to overall health of individuals and communities
- Policies in place that are supportive of positive mental health

□ SHORT TERM GOALS

- Understand state and community mental health promotion and mental illness prevention needs, resources, and gaps as well as name priorities
- Establish a Plan/ Curriculum to address prioritized needs based on data
- Begin to create local community support for mental health promotion and mental illness prevention framework
- Implement Prevention & Promotion Plan in opt-in communities

WORKING DEFINITIONS

- ▣ **Mental Health:** Mental, emotional, and behavioral health refers to the overall psychological well-being of individuals and includes the presence of positive characteristics, such as the ability to manage stress, demonstrate flexibility under changing conditions, and bounce back from adverse situations.

Mental health is a community responsibility, not just an individual concern, just as many countries and communities have realized for heart health, tobacco control, dental health, and in other areas. (World Health Organization)

WORKING DEFINITIONS

- ▣ **Mental Illness:** Mental Health Disorders or mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Mental illness treatment is effective and people recover. Diagnosis for mental health disorders are defined by the DSM-IV. (NAMI, SAMHSA & APA)

WORKING DEFINITIONS

- ▣ **Mental Health Promotion:** Positive approach involving any practice or policy that enhances capacity for good mental health. It involves activity to promote good mental well-being in the general population; to reduce the prevalence of common mental health problems; and to improve the quality of life for those experiencing mental health problems or mental illness.
- ▣ It relies on collaboration of all sectors of society to strengthen emotional resilience and coping skills, and create supportive environments that reduce barriers to achieving and maintaining mental health. (NHS Scotland; WHO; Vic Health)

WORKING DEFINITIONS

- ▣ **Mental Illness Prevention:** Aims at reducing incidence, prevalence, recurrence of mental disorders, the time spent with symptoms, or risk condition for a mental illness, preventing or delaying recurrences and decreasing the impact of the illness in the affected person, their families, and the society. (IOM-public health definition)

FIRST STEPS: DATA COLLECTION

- ▣ Developing template for looking at mental health related data.
- ▣ First step: prevalence data. What exists that helps us know what the mental health of the state looks like?

DATA

▣ Youth

- ▣ Needs Mental Health Treatment= 12%
- ▣ Major Depressive Episode (past 12 months)= 8.39%
- ▣ Any Mental Disorder= 13.1% Nationally
- ▣ Felt sad or hopeless almost every day for 2 weeks or more- stopped doing usual activities in last 12 months= 26.52%

▣ Youth

- ▣ Suicide Deaths= 12.1 per 100,000
- ▣ Suicide Attempt last 12 months that required medical attention= 3.12%
- ▣ Suicide attempt last 12 months= 7.18%
- ▣ Suicide plan last 12 months= 12.26%
- ▣ Suicide- serious consideration= 14.13%

DATA

▣ Adults:

- ▣ Major Depressive Disorder= 7.49%
- ▣ Serious Mental Illness= 6.18%
- ▣ Serious Psychological Distress= 1.9%
- ▣ Any Mental Illness= 24.09%

▣ All Utahns:

- ▣ Suicide Deaths= 17 per 100,000
- ▣ Self Inflicted Injury resulting in hospitalization= 76 per 100,000
- ▣ Intentional self-harm ED encounters= 183.5 per 100,000

DATA

- ▣ What other statewide or local data on mental health exists?
- ▣ What are we missing?
- ▣ Data sources
 - NSDUH
 - BRFSS
 - SHARP
 - DSAMH
 - YRBS
 - IBIS

NEXT STEPS

- ▣ Outcomes: What are the mental health/ mental illness related outcomes we want to look at preventing or promoting?
- ▣ Survey:
 - Access to care and meds
 - Family relationships/conflict
 - Social support/isolation
 - Stigma
 - Housing
 - Employment
 - Substance Abuse
 - Co-occurring physical health concerns

NEXT STEPS

- ▣ SEOW will review all data, identify gaps for future data collection, and identify statewide **priorities**
- ▣ **Prioritization process** will result in statewide goals for plan
- ▣ Resource Assessment & Gaps Analysis
- ▣ Engage local communities in looking at data and implementing the plan to address priorities, identify gaps and strengthen resources
- ▣ Develop community risk & protection profiles

COMMUNITIES THAT CARE

Uses a public health approach to prevent youth problem behaviors including under age drinking, tobacco use, violence, delinquency, school dropout and substance abuse. Applying framework to mental health

- ▣ Strategic Prevention Framework Model
- ▣ Use existing local community resources and coalitions
- ▣ Engage all sectors of the community

LOCAL PLANNING

- ▣ Local data available?
- ▣ Local coalitions and councils in your area?
Who needs to be at the table?
- ▣ Local Champions?
- ▣ Etc...

WHAT ELSE?

- ▣ Essential Health Benefits
- ▣ Health System Reform Taskforce:
- ▣ NAMI is offering education and advocacy training throughout the state through affiliates. All community members welcome
- ▣ Mental Health Integration
- ▣ Workgroup under Health System Reform Taskforce

NAMI UTAH

1600 W 2200 S
West Valley City, UT 84119

www.namiut.org

801-323-9900

Kim Myers
Prevention By Design Program Manager