

Rethinking **Mental Health:** Meeting the moment

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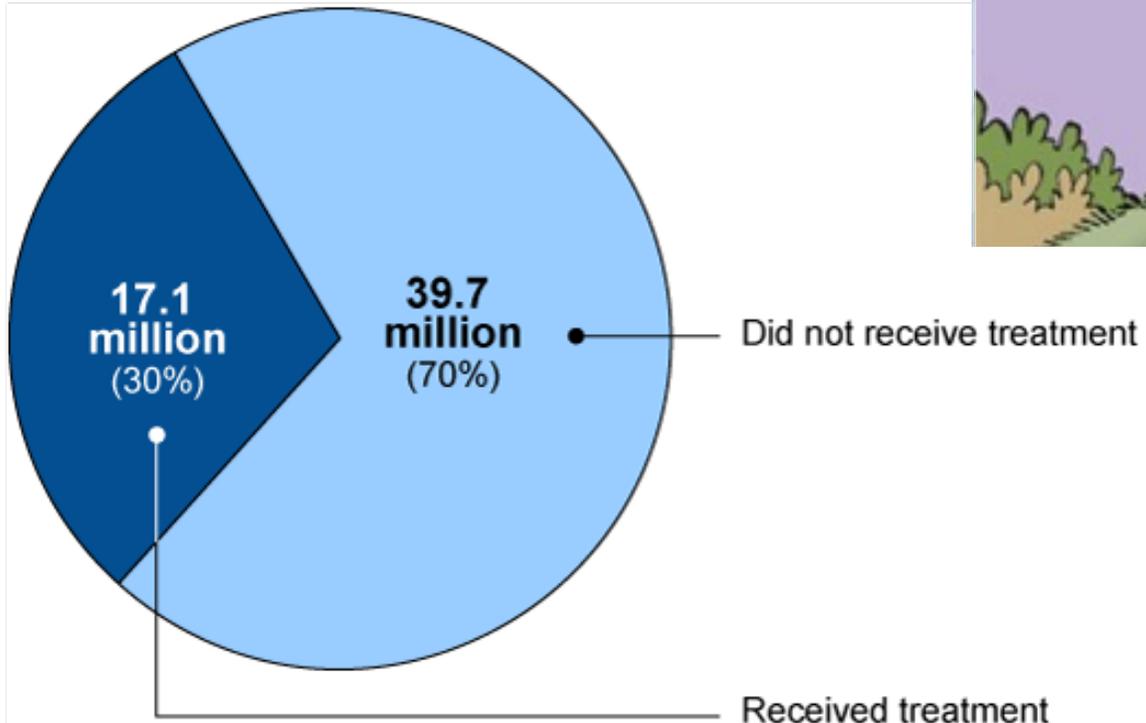
A large, white billboard stands prominently against a dark, cloudy night sky. The billboard displays the text "What would you do?" in a black, serif font. The billboard is supported by a dark, cylindrical pole. In the foreground, a road curves to the left, with long, horizontal light trails from passing vehicles. The light trails are primarily yellow and white, with some green and red streaks. The background shows a dark sky with scattered clouds and some distant lights from buildings or streetlights. The overall scene is a long-exposure photograph of a highway at night.

What would you do ?

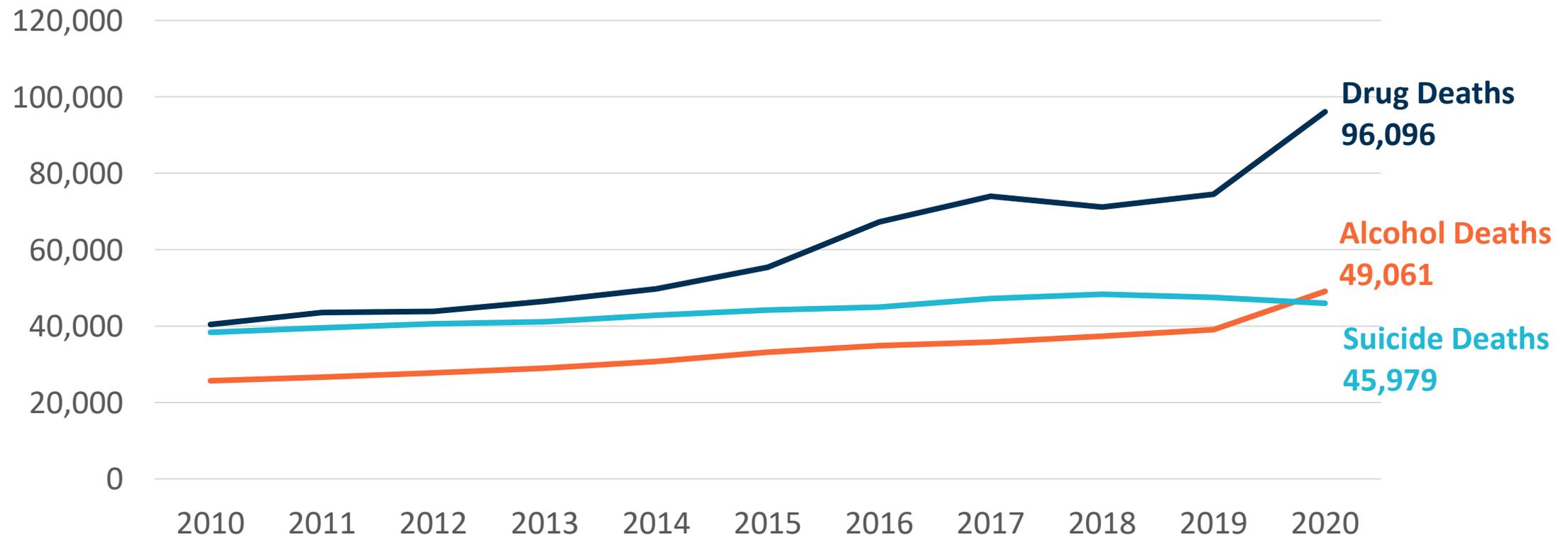
“

We have **codified** the
separation of mind and
body through policy.

Our ongoing challenge of getting people access to mental health care.

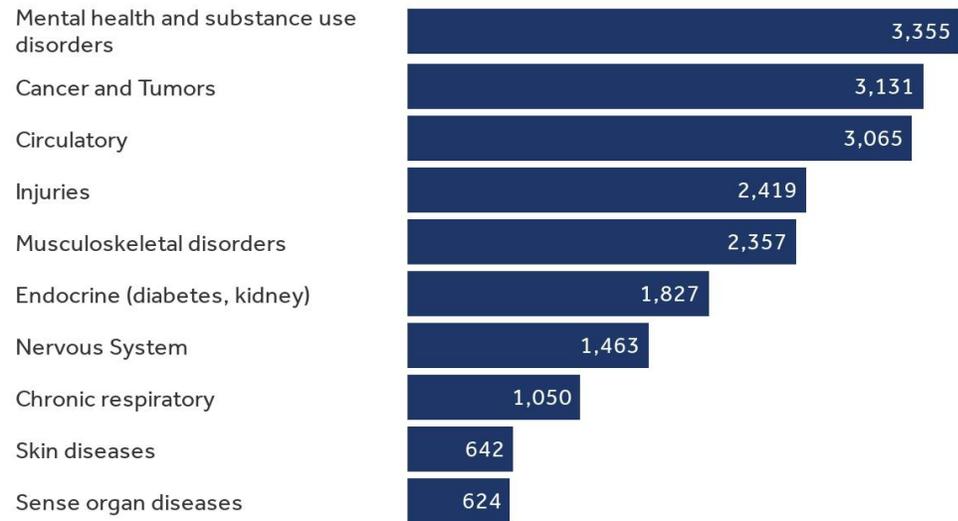


Nationally, **drug** and **alcohol-induced** deaths have increased between 2010-2020, with **deaths by suicide** remaining steady over time.



Mental health and substance use disorders are the leading causes of disease burden in the US

Age standardized disability adjusted life years (DALYs) rate per 100,000 population, both sexes, 2015

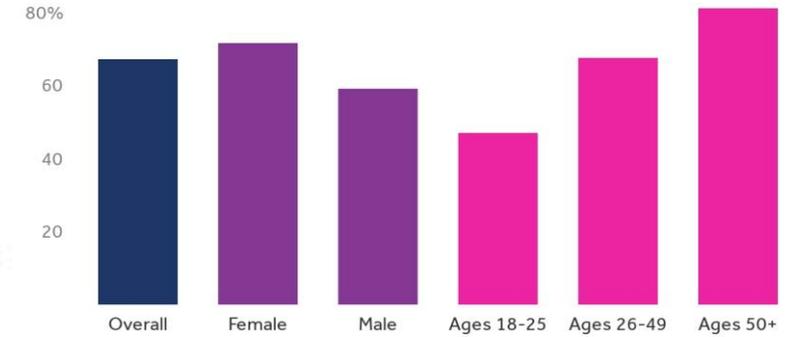


Source: Kaiser Family Foundation analysis of data from Institute for Health Metrics and Evaluation. Global Burden of Disease Study 2015 (GBD 2015) Data Downloads

Peterson-KFF
Health System Tracker

A third of persons with 'major' depression receive no mental health care

Percent of adults with major depression who received mental health treatment, by gender and age, 2015



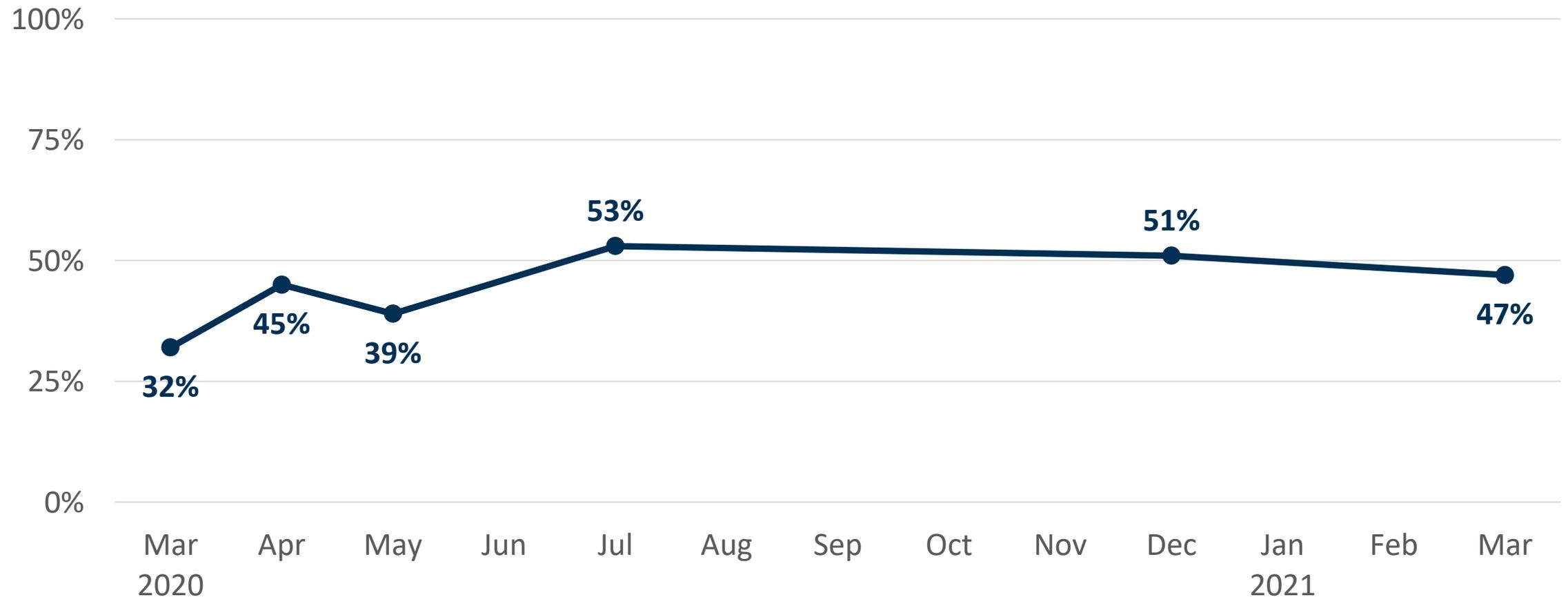
Source: Kaiser Family Foundation analysis of data from SAMHSA 2015 NSDUH (Accessed on July 27, 2017)

Peterson-KFF
Health System Tracker

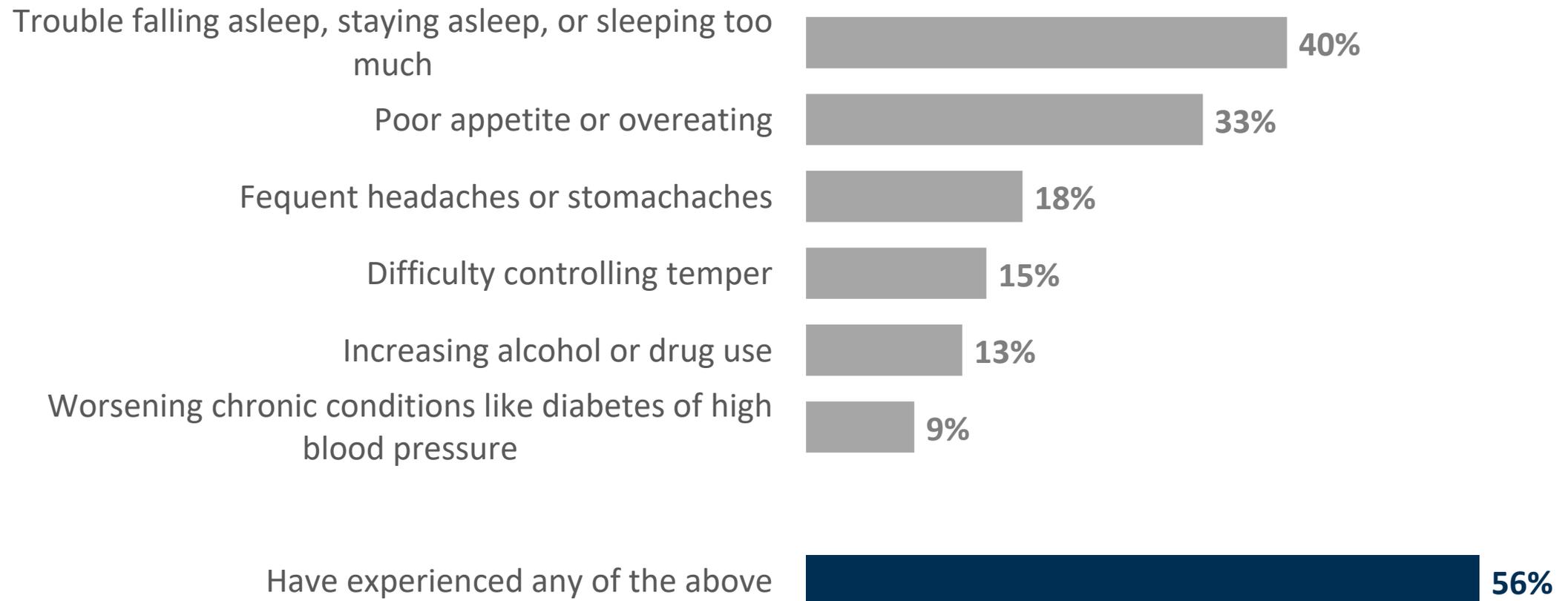
Once we realize that something is not working, it is unethical to proceed as if it is.



Nearly half of adults said that worry or stress from Covid-19 has negatively impacted their mental health.



Covid-19 is having an adverse effect on health and well-being.



NEWS ARTS & LIFE MUSIC PODCASTS & SHOWS SEARCH

SHORT WAVE

How COVID Is Affecting Kids' Mental Health

SUBSCRIBE

January 13, 2022 · 12:15 AM ET

ANYA KAMENETZ AILSA CHANG RHITU CHATTERJEE

8-Minute Listen + PLAYLIST

HEALTH

Class-action lawsuit alleges Colorado is failing at children's mental health care

A similar lawsuit in Illinois forced that state to improve its mental health system for kids who qualify for Medicaid.

Jennifer Brown · 4:15 AM MST on Sep 6, 2021



The number of Colorado's Medicaid children in Aurora, photographed on Oct. 28, 2019, taken by David The Colorado Sun

Availability: Original Reporting Sources: One

The Colorado Sun

LIVE SHOWS CORONAVIRUS

'Striking' impact of COVID-19 on adolescent mental health

think this crisis is so significant that we just can't meet

credith Delia

Written 1/7/2022, 6:56 AM · 9 min read

GMA3 WHAT YOU NEED TO KNOW



mental health tips for navigating these stressful times

Ann Ashton shares some advice for people experiencing extreme stress this winter.

Register: D'Hane/Reuters, FILE

SHOWS



CORONAVIRUS

SC: ALL-TIME HIGH NUMBER OF CHILDREN HOSPITALIZED FOLLOWING RECENT RECORD-HIGH DAILY COVID-19 CASES

6:07 T 48°

WIS NEWS 10

WEATHER CAMDEN 39° CURRENT 29° 11PM CLEAR 24° 6AM CLEAR

By Nick Neville

Published: Jan 11, 2022 at 7:35 PM EST | Updated: Jan 11, 2022 at 7:57 PM EST







Five
considerations

#1 Outline a vision



**What's your
vision?**

Assess/scan our
current structures

Establish
leadership team

Clearly
communicate



#2 Reconsider the workforce

Fundamental workforce considerations



WHAT
does care
look like



WHERE
is care being
delivered



WHO
is providing health
care



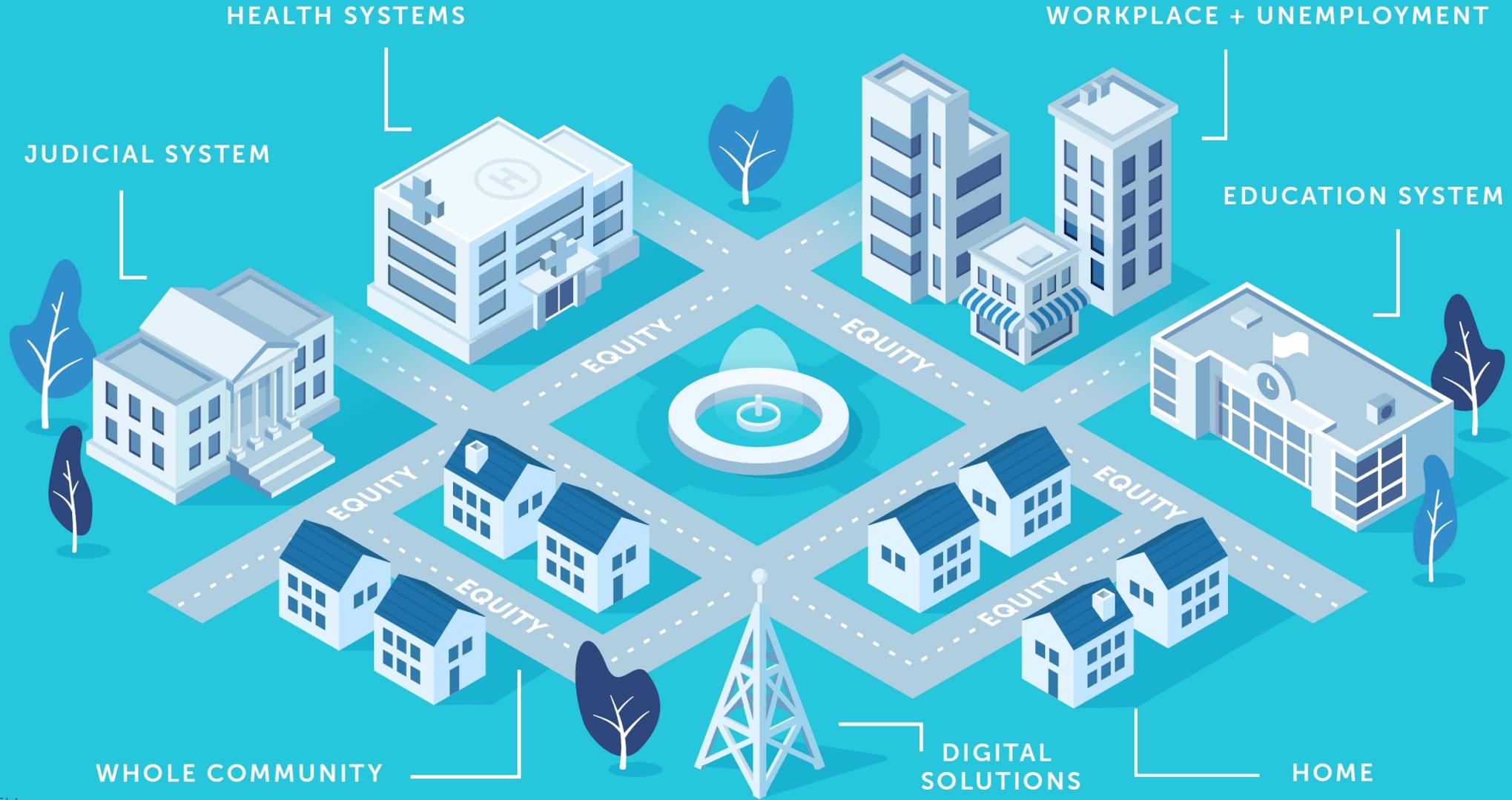
HOW
is care being
provided





#3 Bring care to where people are

CARE



HEALTH SYSTEMS

WORKPLACE + UNEMPLOYMENT

JUDICIAL SYSTEM

EDUCATION SYSTEM

WHOLE COMMUNITY

DIGITAL SOLUTIONS

HOME



Primary care is the largest platform for health care delivery, offering an access point where people can have their mental health needs identified and treated.

Behavioral Health Integration Recommendations



Establish core standards for health care integration



Drive integration in value-based payment models



Expand, train, and diversify the workforce



Promote the use of technology to support care

hopeful
futures >
campaign

AMERICA'S SCHOOL MENTAL
HEALTH REPORT CARD

..... February 2022



Colorado

hopeful
futures
campaign 

BY THE NUMBERS

969,000

Number of
K-12 Students
(2022 Projection)ⁱ

65,000

Children with
major depressionⁱⁱ

20,000

Children with
major depression
who do not
receive treatmentⁱⁱⁱ

1 : 1,578

Ratio of School
Psychologists to
Students
(Recommended
Ratio 1:500)

1 : 2,258

Ratio of School
Social Workers to
Students
(Recommended
Ratio 1:250)

1 : 324

Ratio of School
Counselors to
Students
(Recommended
Ratio 1:250)

#4 Leverage 988



What is 988 and who should use it?

Approved by Congress in fall 2020, 988 is the nation's first three-digit crisis number dedicated to mental health and designed to help connect people with appropriate care.

Once 988 goes live by July 2022, if you or someone you know is having suicidal thoughts, experiencing delusions, or displaying concerning symptoms of mental illness, you should call 988 instead of 911.



Crisis Standard of Care



Someone to
talk to



Someone to
respond



Somewhere
to go

Early Intervention *is* a Crisis Response.

“Crisis begins earlier than our system has been set up to acknowledge and continues long after an emergency is resolved. A successful 988 implementation must incentivize intervention in early stages of crisis before a full-blown emergency and also incentivize continued support and stabilization afterward.”

Crisis Response Continuum of Care

Outreach & engagement of people at risk



Many people in the early stages of crisis need referral to appropriate services and supports.

Crisis call center hubs



Evidence suggests that most crises can be resolved by skilled telecommunications responders.

Mobile crisis teams



Mobile crisis teams are able to resolve the majority of crises in the community.

Crisis stabilization options



Those requiring a higher level of care should have multiple options, such as crisis stabilization or hospitalization, corresponding to their level of need.

Post-crisis, community-based support



With appropriate care and support, most are able to remain stable in their communities post-crisis.



Crisis Hotline

SEVEN CRITICAL PILLARS



Early Identification and Prevention



Emergency and Crisis Response



Equity



Integration



Parity



Standards



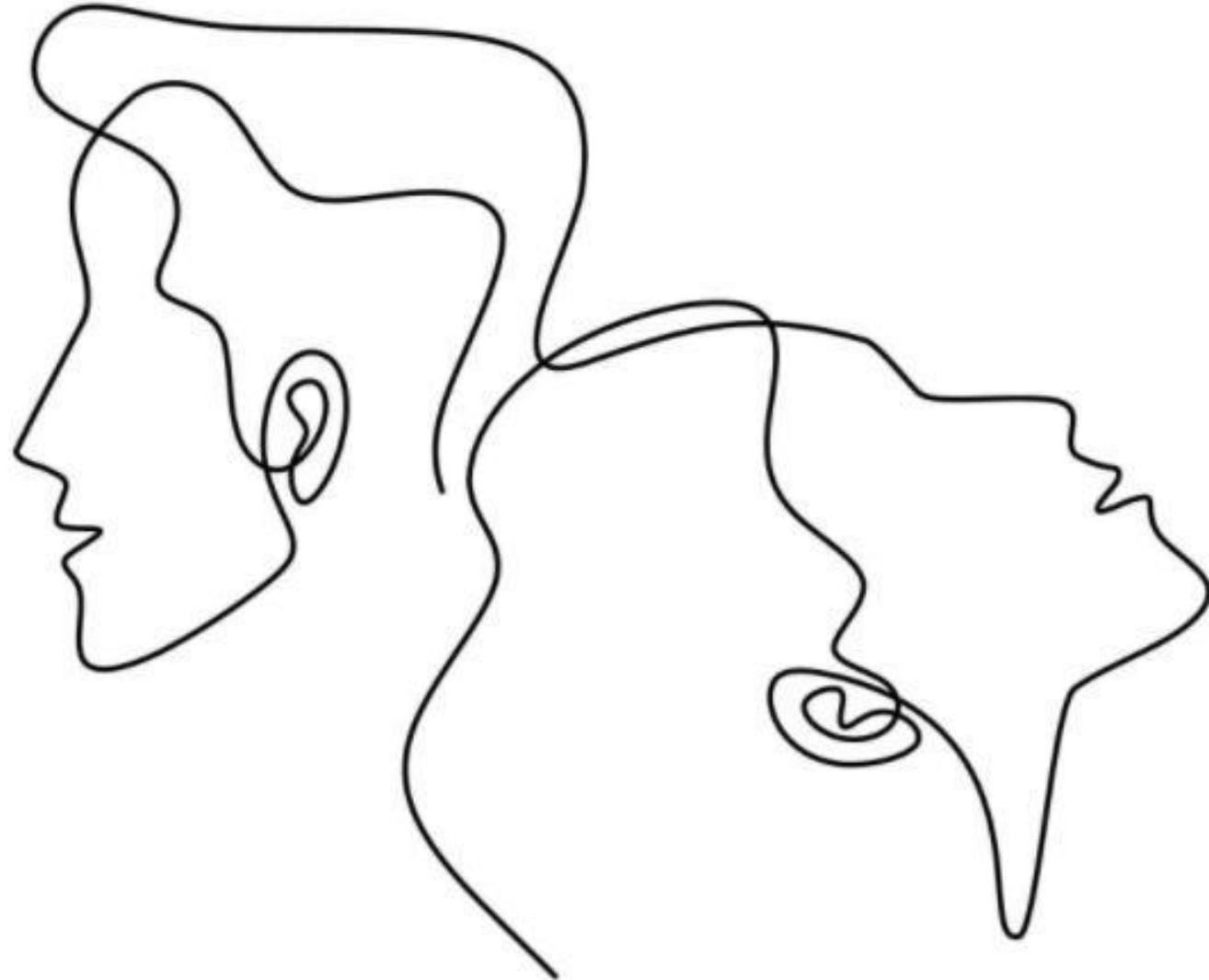
Workforce



#5 Take care of your own

Rethinking our approach – takeaways

- Look beyond narrowly defined and diagnosed mental illness
- Meet people where they are
- **Integrate mental health across sectors**
- Prevention through actions which target structural and social determinants
- Democratize knowledge and skills to empower communities



Thank you!
ben@wellbeingtrust.org

- <https://mentalhealth411.substack.com/>