

Rethinking Mental Health: Meeting the moment

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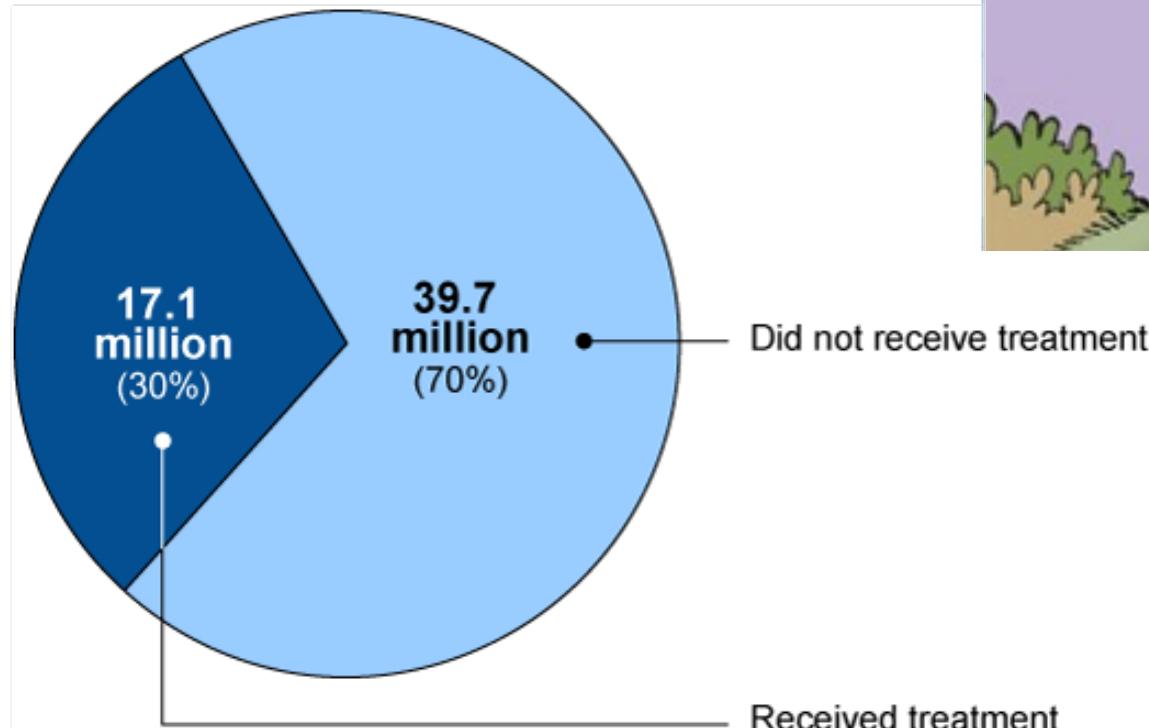


What would you do ?

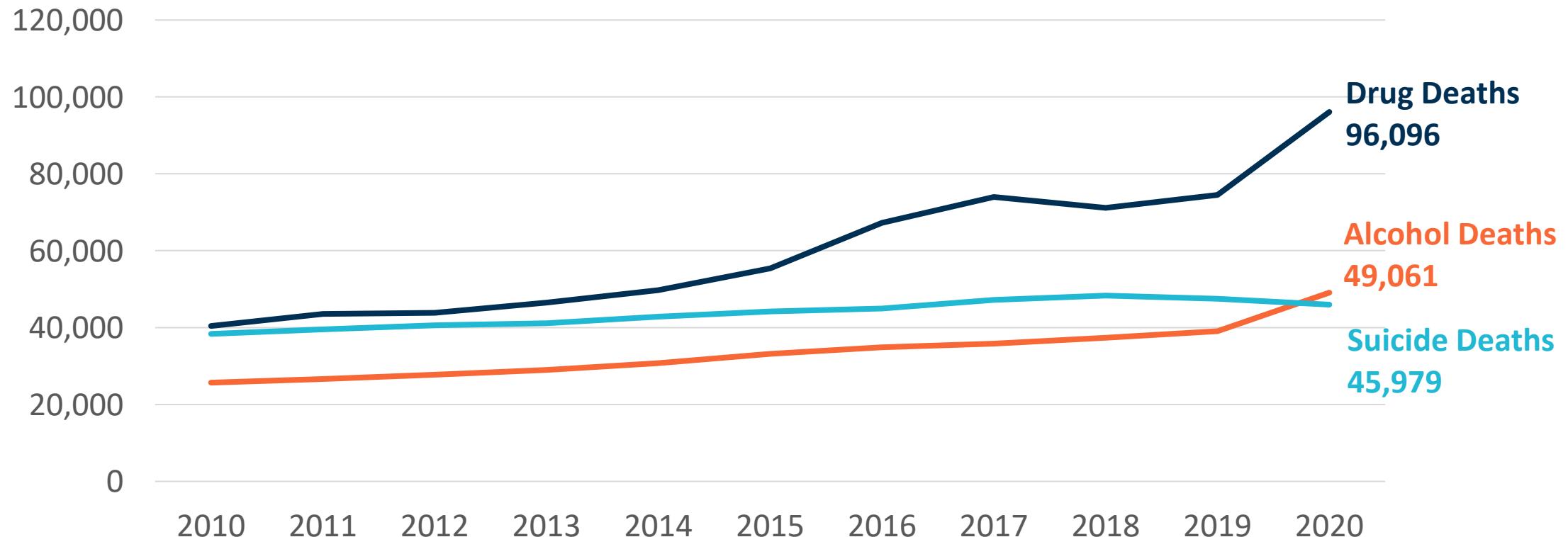
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We have codified the
separation of mind and
body through policy.

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

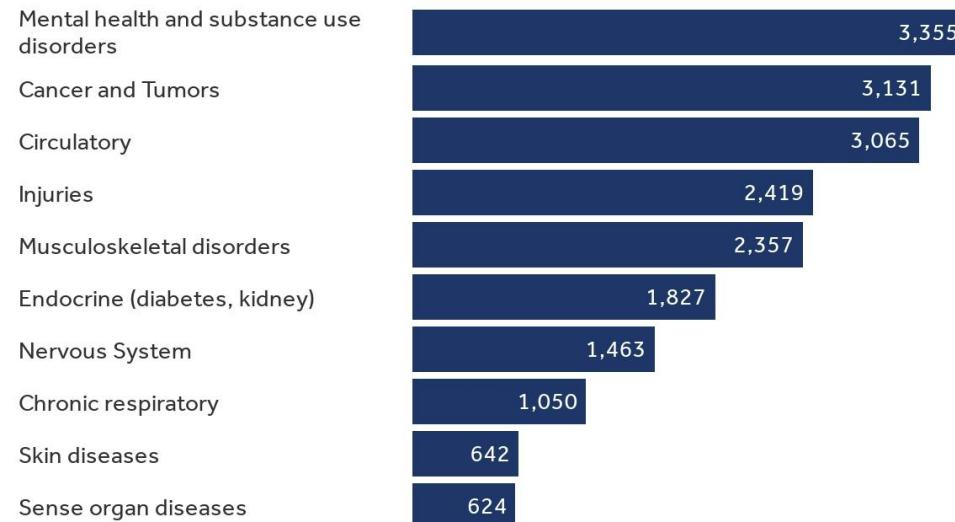


Nationally, drug and alcohol-induced deaths have increased between 2010-2020, with deaths by suicide remaining steady over time.



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

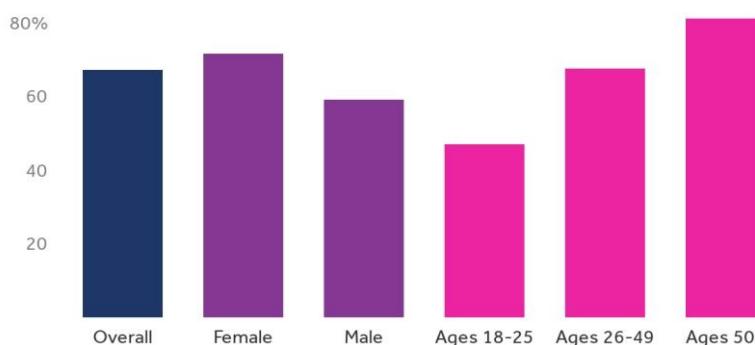


Source: Kaiser Family Foundation analysis of data from Institute for Health Metrics and Evaluation. Global Burden of Disease Study 2015 (GBD 2015) Data Downloads

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)

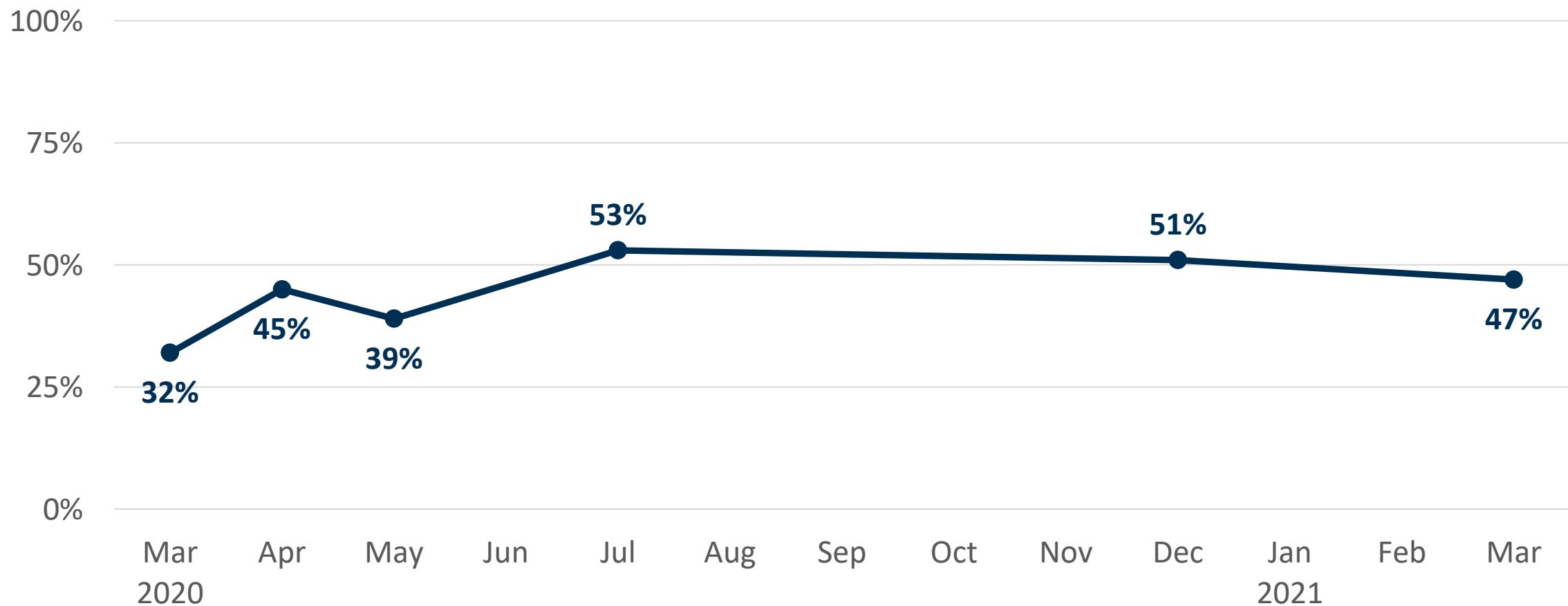
Peterson-KFF
Health System Tracker

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

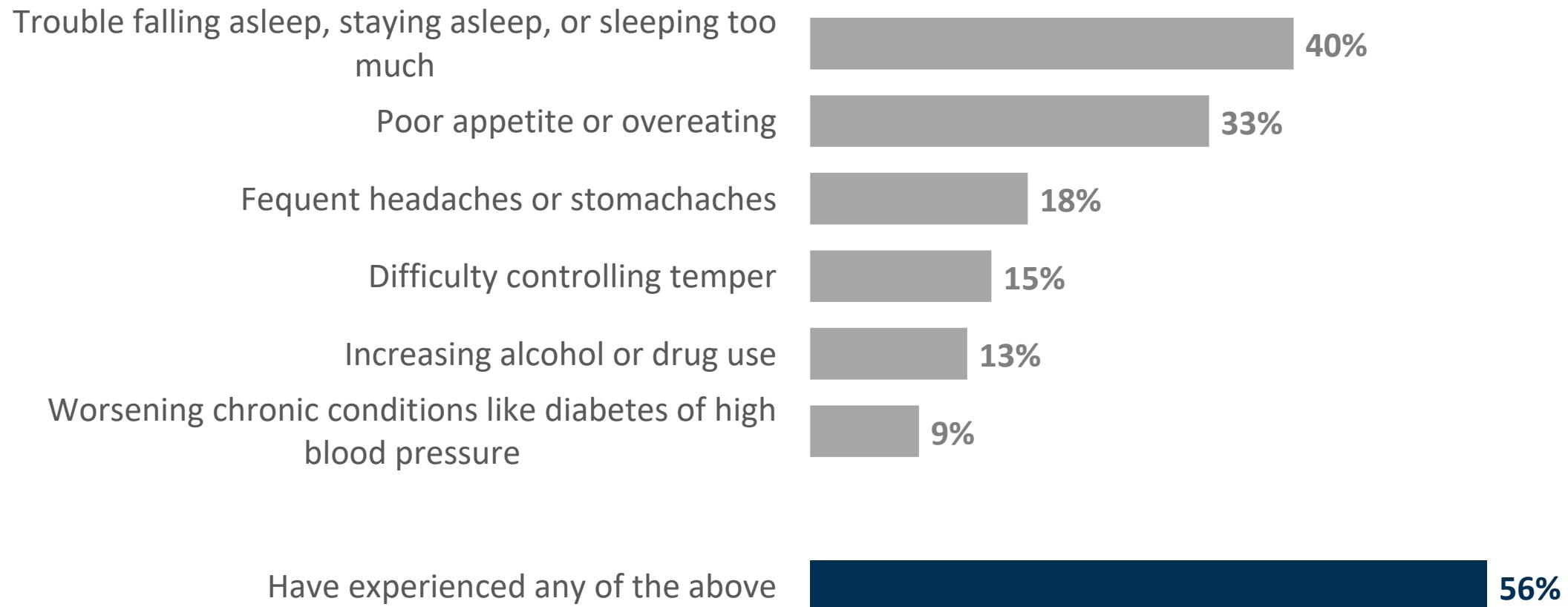


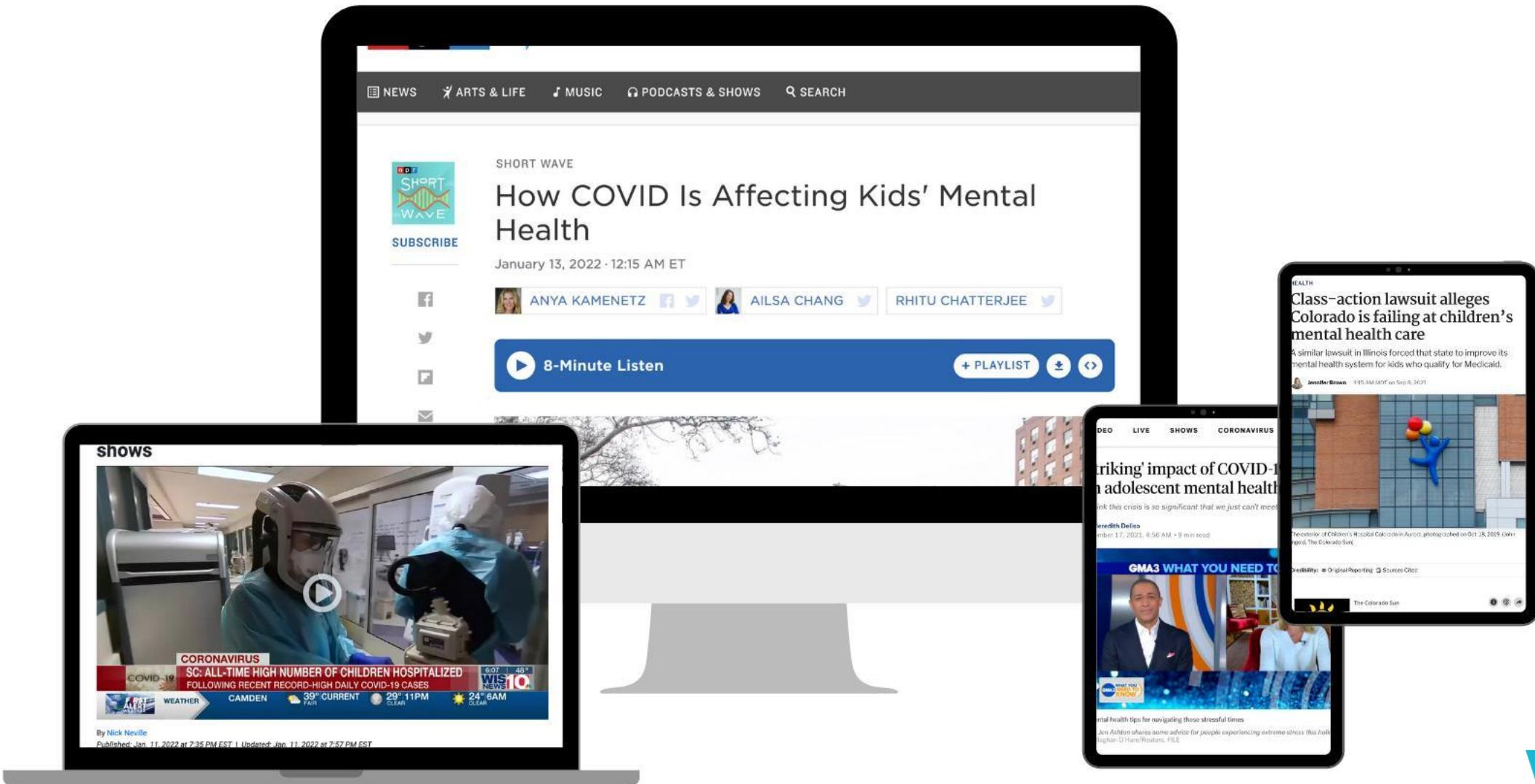
FEE
20!

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.







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



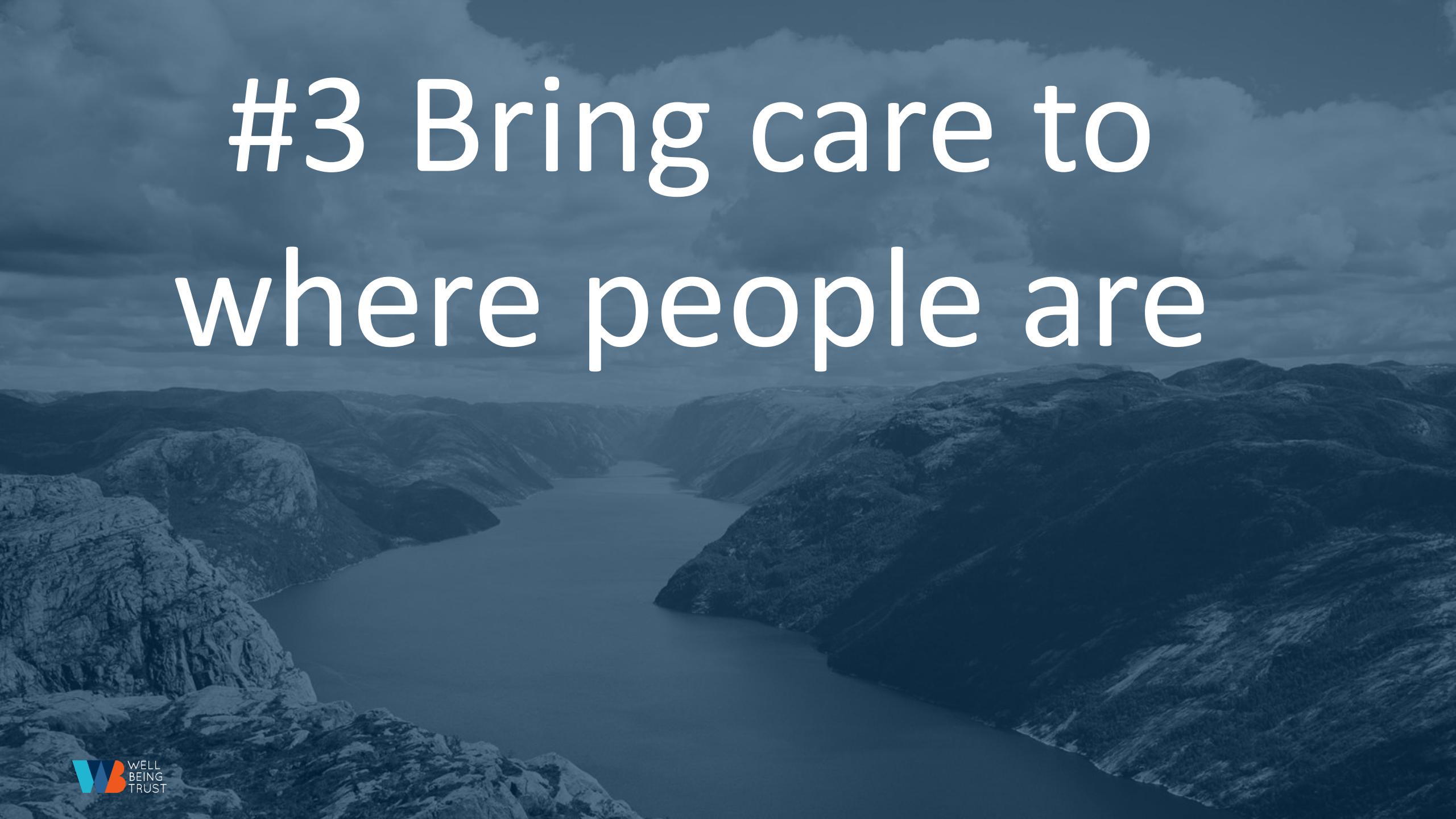
WHO
is providing health
care



HOW
is care being
provided

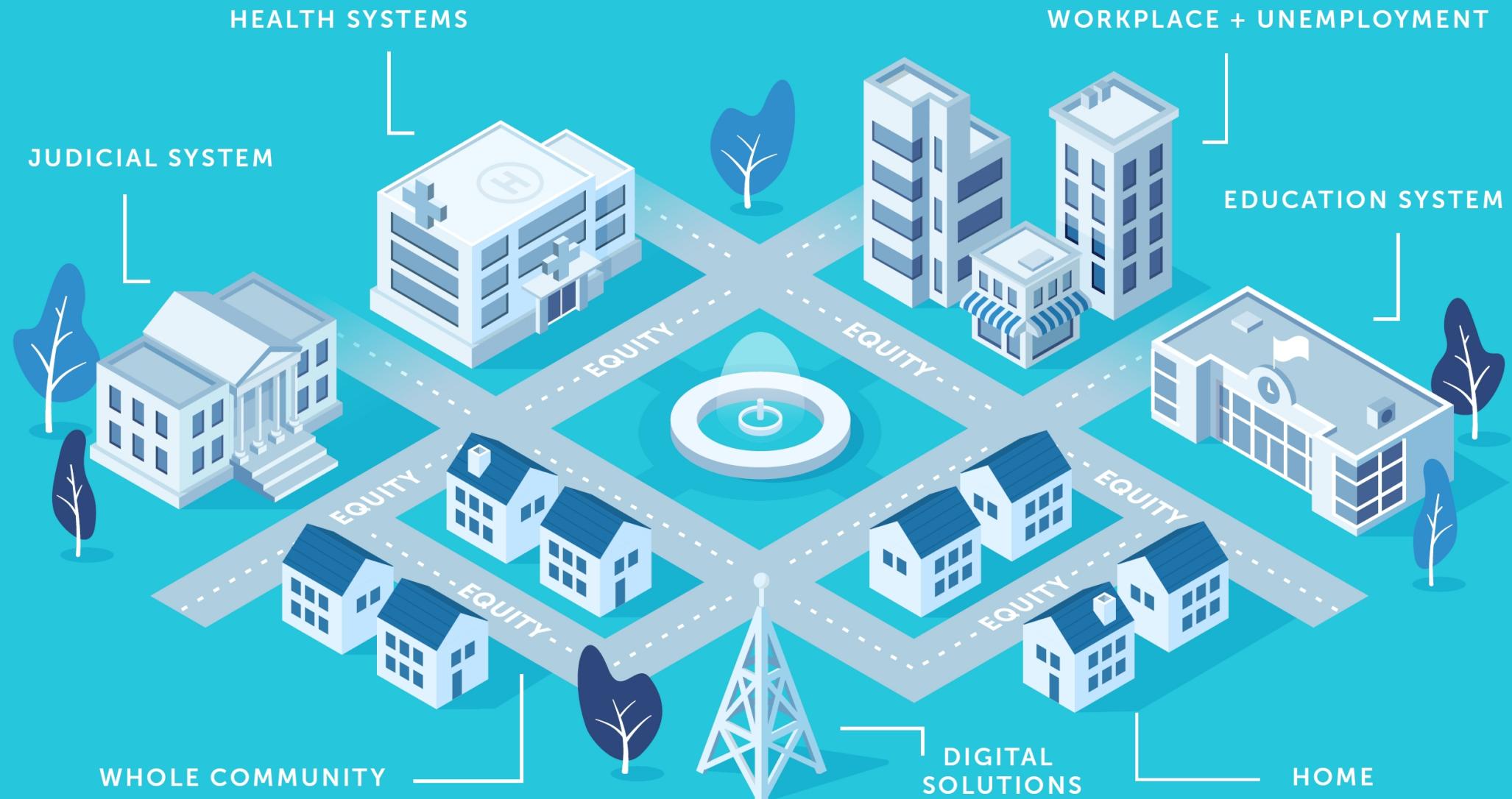




A wide-angle, dark-toned photograph of a natural landscape. In the foreground, rugged, light-colored mountains rise against a dark sky. A deep, narrow fjord or inlet cuts through the center of the frame, its dark water contrasting with the lighter slopes. The sky above is filled with heavy, grey clouds.

#3 Bring care to where people are

CARE





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



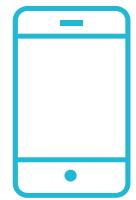
Establish core standards for health care integration



Drive integration in value-based payment models



Expand, train, and diversity the workforce



Promote the use of technology to support care



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



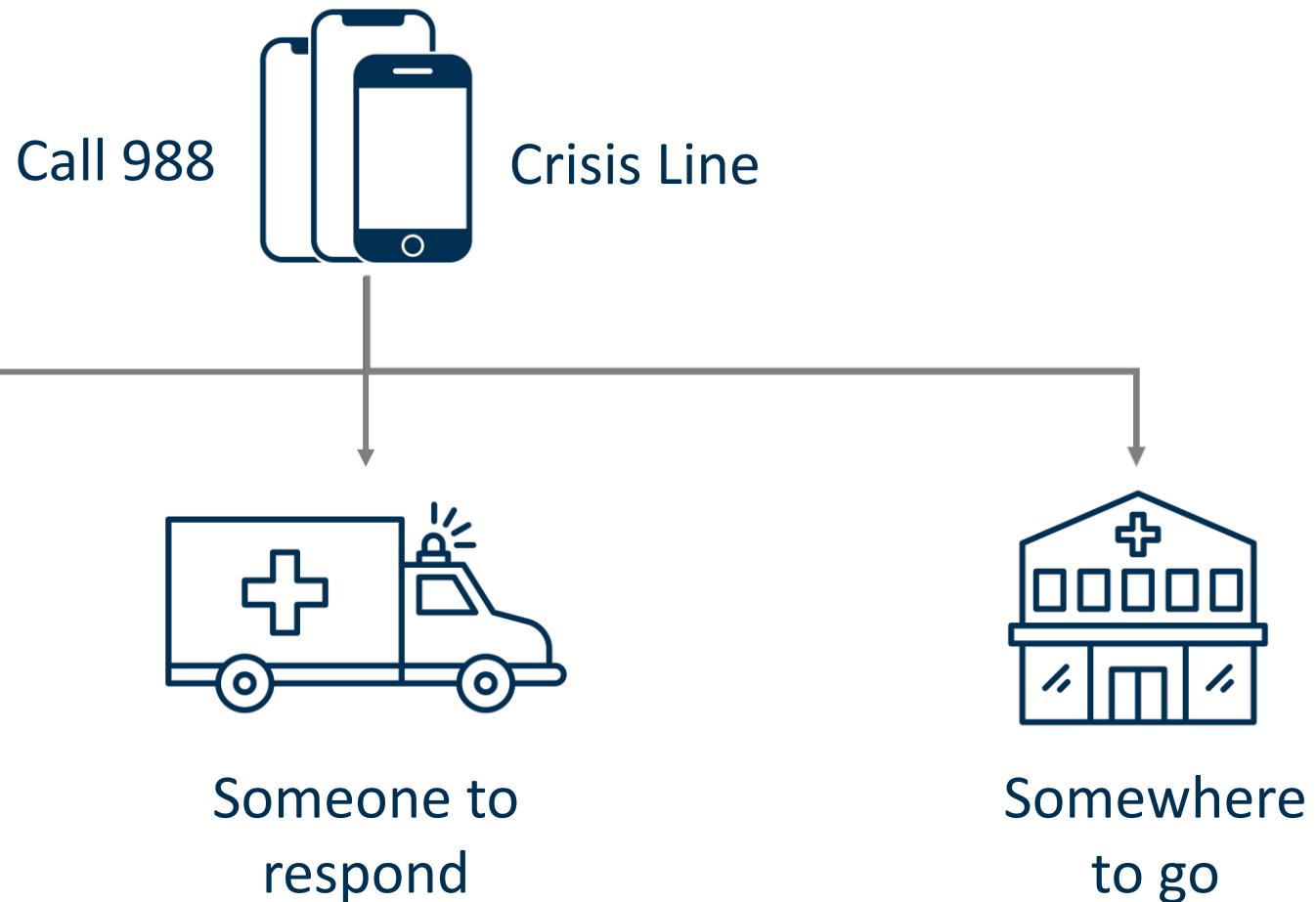
What is 988 and who should use it?

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



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

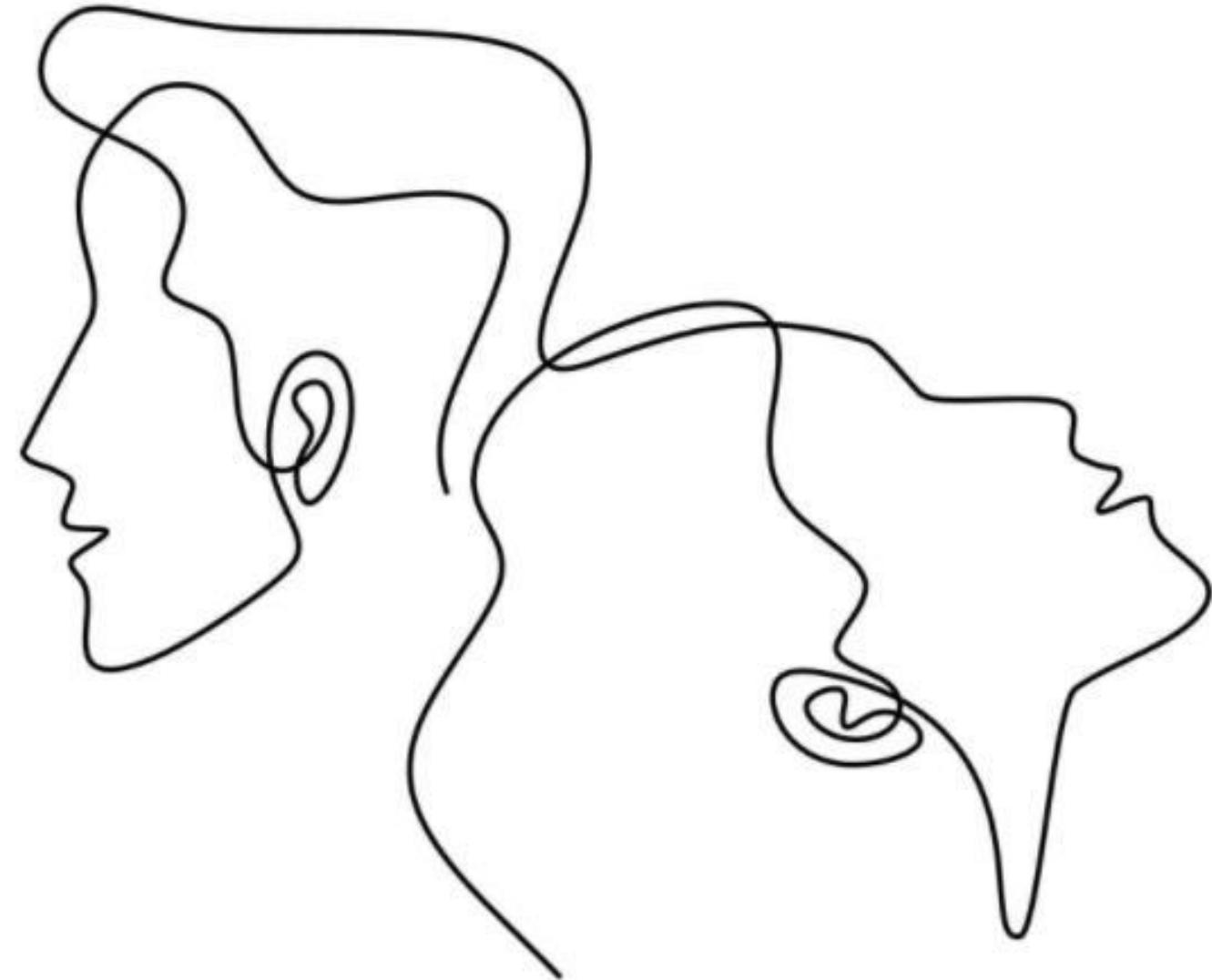


A wide-angle, low-light photograph of a natural landscape. In the foreground, rugged, light-colored mountains rise from a deep, dark blue-grey body of water, likely a fjord. The sky above is filled with heavy, grey clouds, creating a somber and contemplative atmosphere.

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