

Mental
Health
Board
Present.

• • •

***U. S. SURGEON GENERAL'S
REPORT ON
MENTAL HEALTH***

December 1999

U.S. Department of Health and Human Services. Mental Health: A Report of the Surgeon General. Rockville, MD, 1999.

Sponsors of Our Presentation

- Alaska Mental Health Board (AMHB)
- Alaska Mental Health Trust Authority (AMHTA)
- Division of Mental Health and Developmental Disabilities (DMHDD)
- Building Bridges Campaign
- Alaska State Hospital and Nursing Home Association (ASHNHA)

Origin and Purpose of Report

Origin of Report

- Significance of the Surgeon General's Report
- Partnership of SAMHSA and NIMH
- Planning board includes mental health consumers and providers

Purpose of Report

- Assess the nation's response to mental illness
- Identify barriers to addressing mental illness
- Guide future policy development
- Call to action to improve the nation's mental health

Mental Health: A Public Health Issue

- Mental health is fundamental to health.
- Mental disorders are real health conditions.
- Mental health and physical health are inseparable.

Mental Health/Illness Continuum



Mental Health

*Mental Health
Problems*

Mental Illness

Definition of Terms

Mental Health

- *Positive mental functioning* resulting in:
 - > productive activities,
 - > positive relationships and
 - > ability to adapt/cope with adversity.

Mental Health Problem

- *Situational or developmental condition* which causes:
 - > short-term distress and
 - > impaired functioning.

Mental Illness

- Health condition including *alterations in thinking, mood or behavior* which leads to:
 - > more severe, longer-term distress and
 - > impaired functioning.

Mental/Emotional Conditions Impact Everyone



- Everyone falls somewhere in the continuum--often different places on the continuum at different times in life.
- Different points on the continuum call for different interventions.
- Conditions become more disabling the further up the continuum.
- Cost of services increases with increased need.

Mental Disorders Are Disabling

	% of Disease Burden
All cardiovascular conditions	18.6
All mental illness	15.4
All malignant disease (cancer)	15.0
All respiratory conditions	4.8
All alcohol use	4.7
All infectious and parasitic disease	2.8
All drug use	1.5

*Sen. Wilken -
What other
diseases*

Mental Disorders Are Disabling

	Years of Lost Life
All cardiovascular conditions	18.6
All mental illness	15.4
All malignant disease (cancer)	15.0
All respiratory conditions	4.8
All alcohol use	4.7
All infectious and parasitic disease	2.8
All drug use	1.5

*are attributed
to mental illness*

Facts About Mental Illness

- *Up to half* of all visits to primary care physicians are due to conditions caused by or exacerbated by mental health problems.
- *Approximately 15%* of all adults who have a mental disorder in one year also have a co-occurring substance abuse disorder.
- *One in five* children has a diagnosable emotional disorder.
- The incidence of suicide among 15-24 year olds has *tripled since 1960*.
- *Nearly half* of those with severe mental illnesses do not seek treatment.

Mental Health Treatment Works!

- Many have experienced mental health problems and succeeded through effective intervention.
- Science shows treatment is effective.
- New medications are more powerful with less side effects.
- Getting help is the key!

Barriers to Mental Health

- • Stigma
“If I had a heart attack people would be concerned, but since I have a mental illness people laugh at me.”
- • Culture/Ethnicity/Gender/Age factors
- • Financial challenges

Surgeon General's Call To Action

- Continue to Build the Science Base
- Overcome Stigma
- Improve Public Awareness of Effective Treatment
- Ensure the Supply of Mental Health Services and Providers
- Ensure Delivery of State-of-the-Art Treatments
- Tailor Treatment to Age, Gender, Race, and Culture
- Facilitate Entry Into Treatment
- Reduce Financial Barriers to Treatment

Alaska Mental Health Initiatives

Four Important Themes

- Making more services available locally
- Providing programs to serve all ages
- Recognizing that mental health consumers hold the keys to success
- Increasing service accountability

Making More Services Available Locally

- ***Community Mental Health/API 2000:*** This project moves services from API to community-based care.
- ***Rural Services:*** AMHB, DMHDD and AMHTA are pursuing more training and support for rural communities.
- ***Decriminalization:*** Programs are developing to decriminalize the mentally ill by providing more appropriate supports in the community.

Providing Programs To Serve All Ages

- **Children's Services:** DHSS has initiated many children's programs to improve mental health care in Alaska. *Denali Kid Care*
- **Supported Housing:** Housing with support services is being developed to divert mentally ill adults from API and DOC. *inmate* *Jail diversion program pilot project*
- **Behavioral Health:** More efforts are taking place at the state and local level to integrate mental health and substance abuse treatment services.
- **Long Term Care Task Force:** The Task Force has taken a leadership role in improving the care system for vulnerable adults and the elderly.

Mental Health Consumers Hold The Keys to Success

- *Consumer Leadership:* Significant consumer involvement is becoming a way of life in the planning, implementing and monitoring of mental health services throughout Alaska.
- *Recovery Focus:* Standards for mental health services focus on the “recovery model”--building on the strengths of the consumers and assisting them to successfully live independent and productive lives.

Increasing Service Accountability

- ***Quality Assurance:*** DMHDD initiated an intensive quality assurance monitoring process in 1996.
- ***Legislative Performance Indicators:*** The Alaska State Legislature implemented Performance Indicators for measuring outcomes of service delivery.
- ***Mental Health Performance Measure Project:*** The AMHB and DMHDD are leading a statewide effort to develop common performance measures for public-funded mental health services.

How Legislators Can Help

- ***Fund Mental Health Services:*** To successfully address mental illness in Alaska, it is critical that there be adequate funding for mental health grants and Medicaid. *ref. Asst. Leg. Bill - allocated almost \$1 million in support*
- ***Continue the Mental Health Parity Debate:*** Many Alaskans cannot get the mental health services they need due to limitations in insurance coverage. ***Parity*** for mental health and substance abuse coverage needs to be addressed. *Bring parity bill back to table. Sen. Elton's bill (not as comprehensive as others)*
- ***Fund Basic Support Services:*** Individuals with severe mental illnesses struggle daily to function safely in the community. Basic supports to address needs such as food, shelter and healthcare are critical to their survival.
- ***Be a Mental Health Leader in Your Community:*** As legislators, you can take a leadership role in addressing mental health issues in your own communities.