# Mental Health

Mental health is a state of balance in our thoughts, emotions, and behaviors. Positive mental health allows us to feel good about life, supporting our ability to participate in daily activities and accomplish our goals.

# We All Have Mental Health



Your brain is as important to your happiness as your heart, lungs or bones. Let's talk about our mental health, because we're all in this together.

LET'S TALK.

Start the conversation.
Go to LetsTalkCO.org to learn more.

## Mental Health Is As Important As Physical Health

### One in four adults and one in five youth struggle with a mental health crisis every year.

These can include depression, anxiety, trauma, psychosis, and addiction disorders.

Living in Colorado, many people value an independent spirit and enjoy getting away from it all. However, this self-reliance and potential isolation, makes it difficult to talk about how we are feeling or to seek help.

But help is available, including hotlines, professional care, peer specialists, and self-help resources.

USA MENTAL HEALTH FIRST AID

MENTAL HEALTH FIRST AID COLORADO

### The warning signs are there. Do you know what to look for?

Mental Health First Aid can help you with what to say and do. By becoming Mental Health First Aid Certified, you'll learn the signs of mental health challenges, how to act, and how to connect those in crisis with support systems.
www.mhfaco.org

Colorado Crisis Services can assist you with where to get help. They provide confidential and immediate support if you don't know where to begin getting help with mental health, substance use, or emotional support for yourself or someone you know.
www.coloradocrisisservices.org
1-844-493-TALK (8255)

LET'S TALK.

# Youth Depression Before the Pandemic
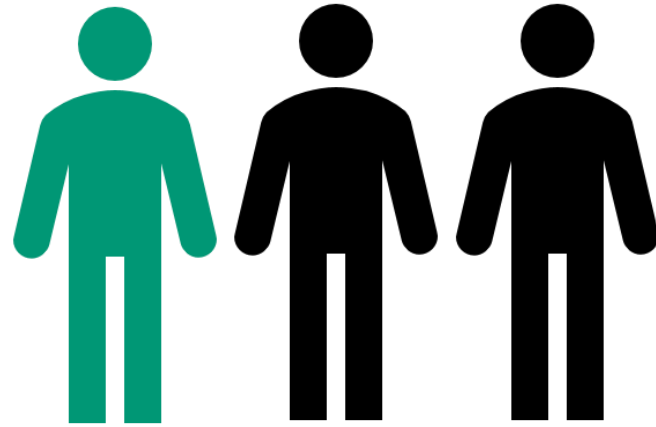


30.9–33.5% of high school students reported feelings of depression impacting their usual activities (34.7% in Colorado) (HKCS, 2019)

# Adult Depression Before the Pandemic

**Approximately 881,000 Coloradans experienced depression in 2019**

(Based on regional data, 13.5 to 16.4% of Coloradans reported poor mental health (defined as eight or more days of poor mental health during the past 30 days; ages five and older)

(15.3% in Colorado) (CHAS, 2019)

# Mental Health: A growing concern post-pandemic

Psychiatry > General Psychiatry

## The Coming Mental Health Tsunami

— After we tackle COVID, we must shift focus to mental health challenges

by Brian Sullivan, PsyD    January 4, 2021

On October 24, 2020, against the backdrop of a presidential election, the third wave

NEWS > LOCAL NEWS

## Children's Hospital Colorado declares state of emergency for youth mental health amid pandemic
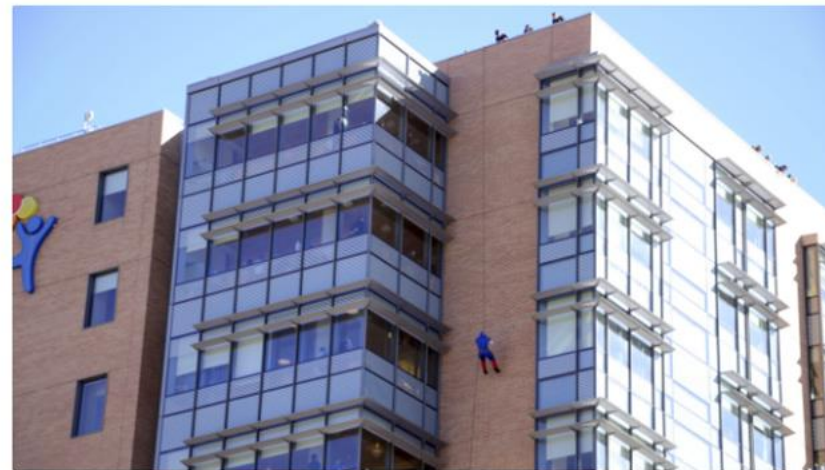
Photo by: Tatiana Flowers/AP

# Mental health troubles became a second health crisis

## More Coloradans Reported Poor Mental Health in 2021 Than Ever Before

*Percentage reporting eight or more poor mental health days in the past month, 2013-2021*



2013:
**10.6%**

2015:
**9.9%**

2017:
**11.8%**

2019:
**15.3%**

2021:
**23.7%**

Colorado Health Access Survey 2021

# Mental Health is Public Health



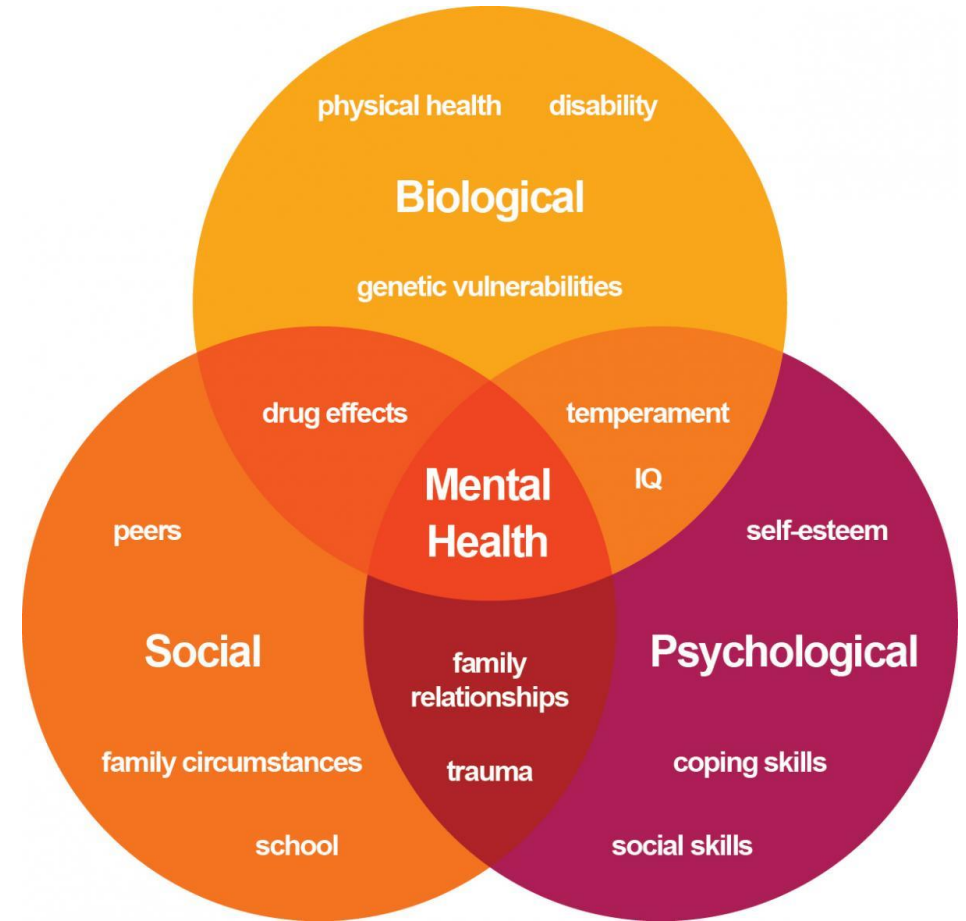Societal · Community · Relationship · Individual

A community that seeks to promote positive mental health and well-being, and prevent suicide, is one that has the capacity to develop and implement strategies and opportunities that acknowledge the complex combination of events and conditions across the social ecology.

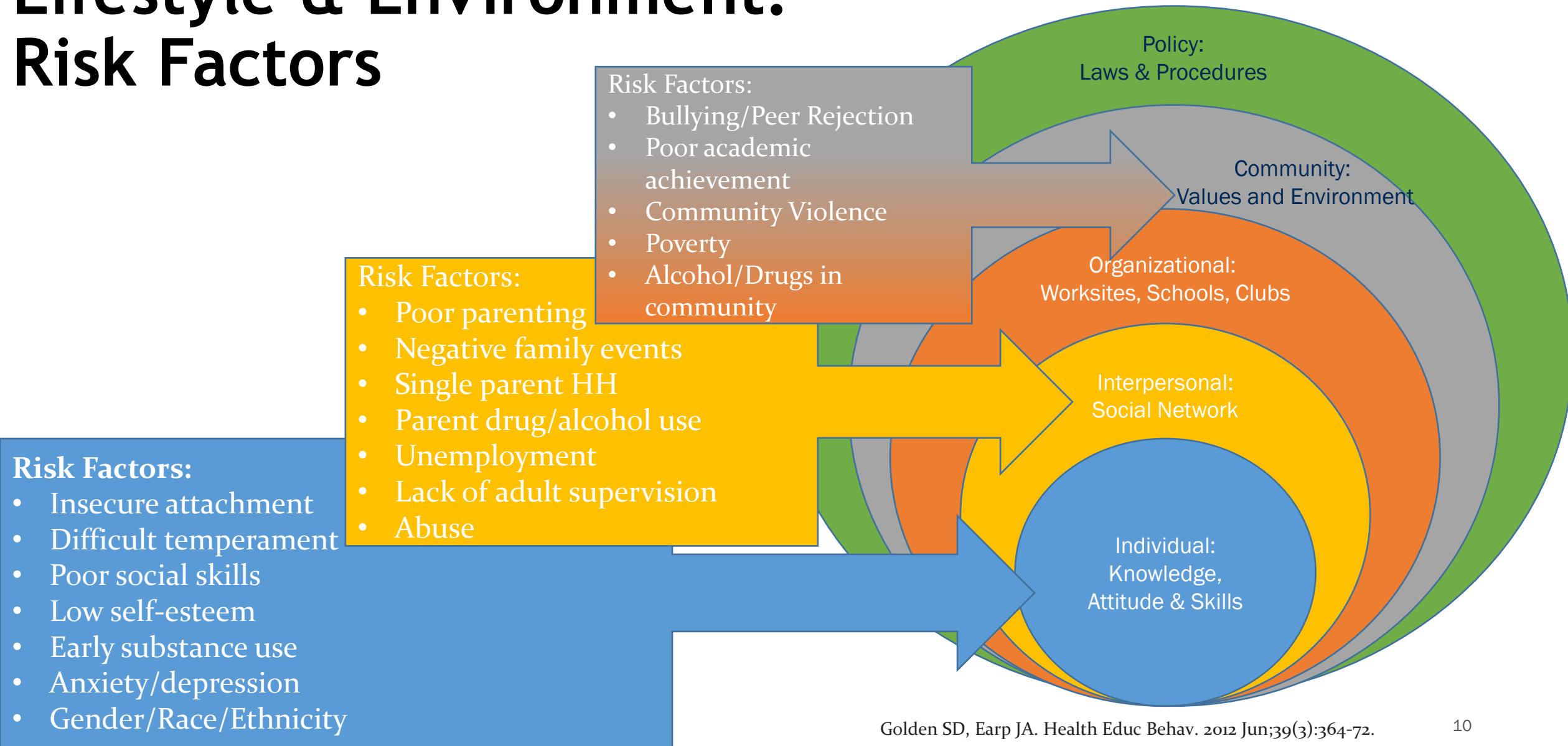# Shared Risk and Protective Factors

Exploring risk and protective factors is complex, as many mental illnesses have factors that are unique. Likewise, with substance use disorders.

However, across mental illness and substance use disorders there are shared risk and protective factors that **not one individual or one entity can address.**

# Socioecological Model for Change:
# Lifestyle & Environment:
# Risk Factors



Policy:
Laws & Procedures

Community:
Values and Environment

Organizational:
Worksites, Schools, Clubs

Interpersonal:
Social Network

Individual:
Knowledge,
Attitude & Skills

Risk Factors:
- Bullying/Peer Rejection
- Poor academic achievement
- Community Violence
- Poverty
- Alcohol/Drugs in community

Risk Factors:
- Poor parenting
- Negative family events
- Single parent HH
- Parent drug/alcohol use
- Unemployment
- Lack of adult supervision
- Abuse

Risk Factors:
- Insecure attachment
- Difficult temperament
- Poor social skills
- Low self-esteem
- Early substance use
- Anxiety/depression
- Gender/Race/Ethnicity

Golden SD, Earp JA. Health Educ Behav. 2012 Jun;39(3):364-72.

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# Socioecological Model for Change: Lifestyle & Environment: Protective Factors

Policy:
Laws & Procedures

Community:
Values and Environment

Organizational:
Worksites, Schools, Clubs

Interpersonal:
Social Network

Individual:
Knowledge,
Attitude & Skills

Protective Factors:
- Presence of mentors and support for development of skills and interests
- Opportunities for engagement within school and community
- Positive norms
- Clear expectations for behavior
- Physical and psychological safety

Protective Factors
- Structure, limits, rules, monitoring, and predictability
- Supportive relationships
- Clear expectations for behavior and values

Protective Factors:
- Positive physical development
- Intellectual development
- High self-esteem
- Emotional self-regulation
- Good coping and problem-solving skills

Golden SD, Earp JA. Health Educ Behav. 2012 Jun;39(3):364-72.

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# Factors that Influence Mental Health

## Protective Factors

- Life skills, like coping and adapting to change
- Diet
- Support physical activity
- Connections to friends, family, community support
- Positive family functioning
- Employment
- Green space

## Risk Factors

- Bereavement/grief
- Severe or long-term stress
- Having a long-term physical health condition
- Social isolation or loneliness
- Child abuse, trauma, or neglect
- Unemployment or losing your job
- Social disadvantage, poverty or debt
- Homelessness or poor housing
- Experiencing discrimination and stigma

# WHAT IS SOCIAL CONNECTION?

The subjective experience of feeling close to and a sense of belongingness with others.

## THE BENEFITS OF HIGH SOCIAL CONNECTION:

50%
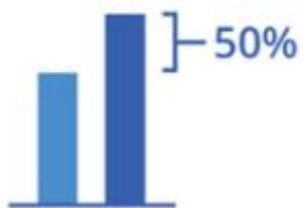
**50%** increased chance of longevity

stronger gene expression for immunity (research by Steve Cole, UCLA)

lower rates of **anxiety** and **depression**

higher **self-esteem** and **empathy**

better **emotion** regulation skills

Social connection creates a **positive feedback loop** of **social, emotional,** and **physical well being.**

## THE DANGERS OF LOW SOCIAL CONNECTION

**worse for health** than smoking, high blood pressure or obesity

higher inflammation at the cellular level

higher susceptibility to anxiety and depression

slower recovery from disease

increased **antisocial behavior** and **violence**

suicide

MENTAL HEALTH AND PHYSICAL ACTIVITY

REDUCES STRESS

IMPROVES MOOD

LIFTS SELF-ESTEEM

LOWERS RISK OF DEPRESSION AND ANXIETY

# Themes

- Social Connection
- Safety
- Stability
- Engagement



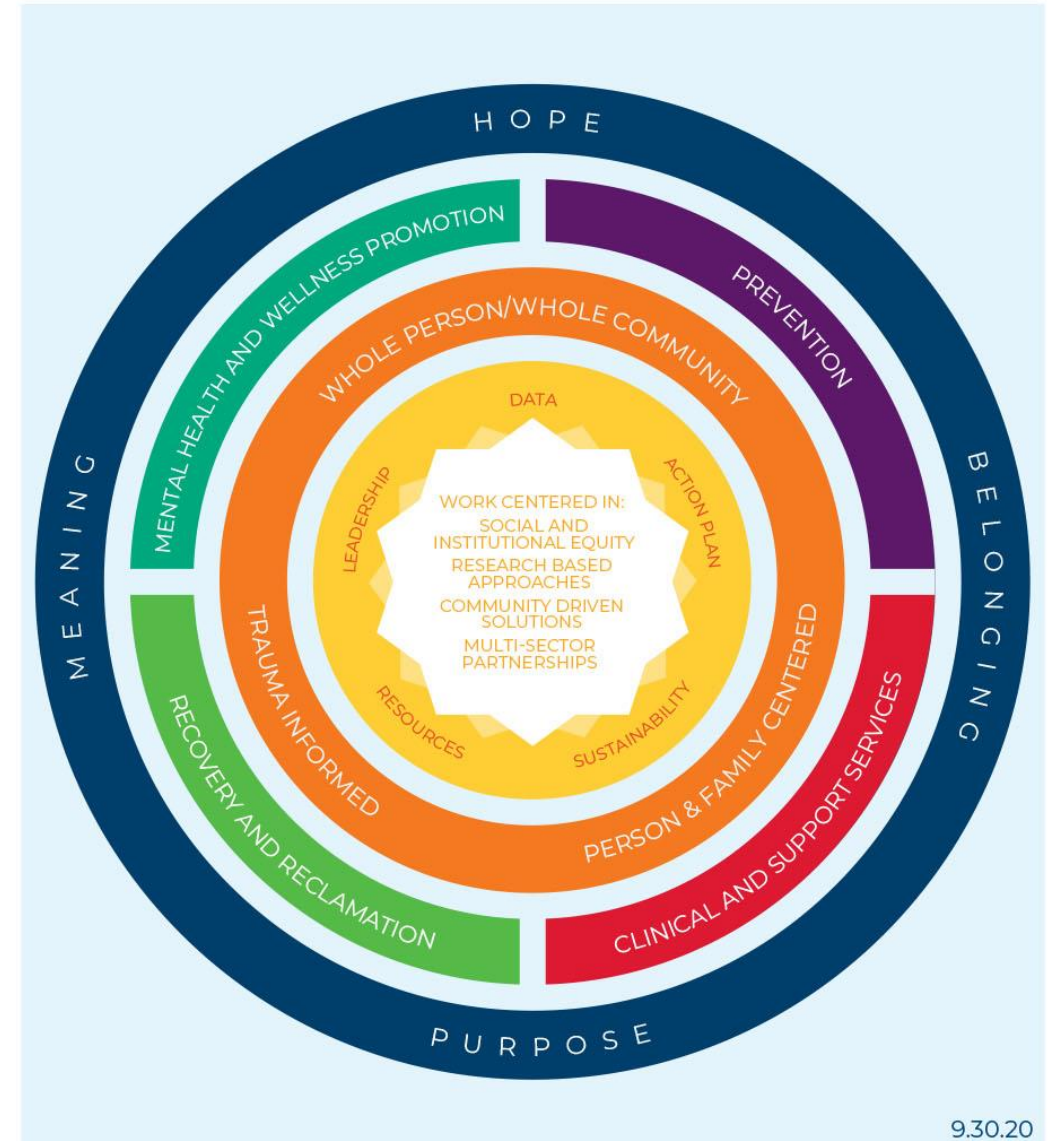*Where We Live, Work, Play, Learn…..Gather*

# About the Mental Health and Suicide Prevention Frameworks

- Frameworks are designed to act as a catalyst for implementation of shared strategies among cross-sector partners working to improve mental health and prevent suicide in the Tri-County Region

- Provide clarification about guiding principles, core values, how work can be accomplished and strategies across the mental health and suicide prevention continuum and the life course, with a particular focus on the unique role of public health.
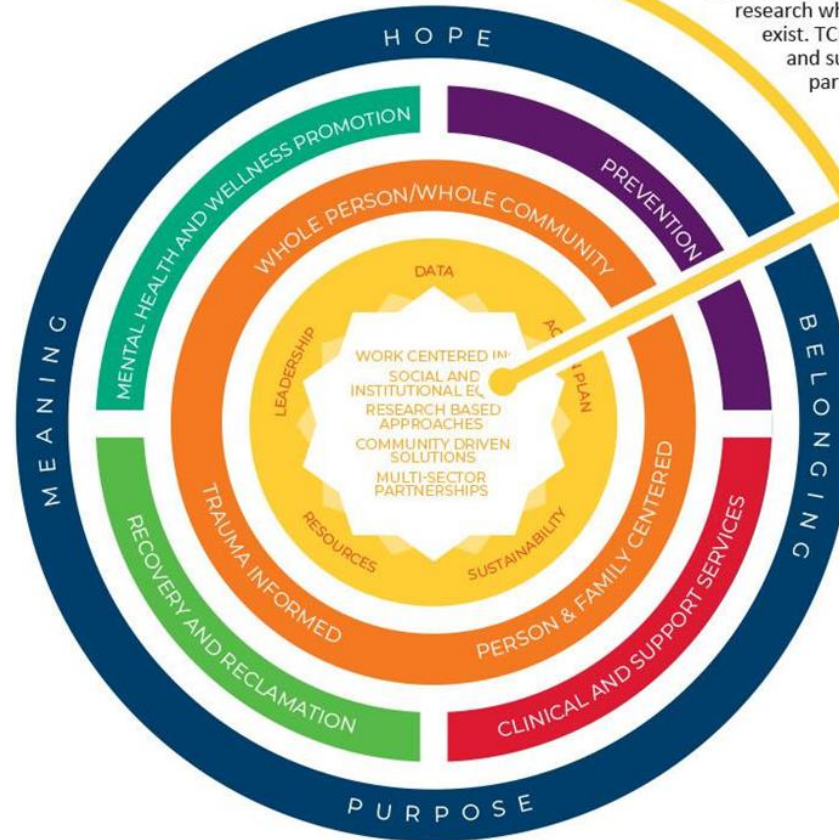
**Tri-County Health Department**

## MENTAL HEALTH AND WELLNESS PROMOTION

Strategies designed to optimize mental health and promote emotional wellbeing by addressing the determinants of mental health through the creation of environments and relationships that support emotional wellbeing and build individual and community resilience when faced with adverse events.

### KEY STRATEGIES

**Strategy 1:** Embrace the concept of health in all policies. Develop a policy agenda and plan of action related to public policies that address the determinants of mental health, such as the unequal distribution of opportunity, discrimination or social inclusion.

**Strategy 2:** Improve social cohesion or community connectedness, including school connectedness and connection to trusted adults. Connectedness refers to the level at which community members connect and interact with one another and access support formaly (e.g. government services, civic engagement) and informaly (e.g. community clubs or groups, community kitchens, built environments).

**Strategy 3:** Improve organizational or employer practices and policies to support employees and their families.

## PREVENTION

Strategies to prevent and reduce the incidence of behavioral health (including both mental and substance use disorders) and associated negative health outcomes through mitigation of risk factors and increasing protective factors.

### KEY STRATEGIES

**Strategy 1:** Foster coalitions or networks for collective impact.

**Strategy 2:** Promote and/or implement communication and education programs.

**Strategy 3:** Strengthen skills and knowledge related to help seeking, resilience, problem solving and coping through trainings and social emotional programs.

## CLINICAL AND SUPPORT SERVICES

Strategies to improve access and engagement in services for people with a mental health concern or diagnosis.

### KEY STRATEGIES

**Strategy 1:** Increase universal screening and early identification for mental or substance use problems in a variety of settings (primary care, schools, workplaces).

**Strategy 2:** Support the integration of behavioral health care into additional settings.

**Strategy 3:** Expand care coordination/patient navigation into more provider and community support settings.

**Strategy 4:** Increase quality referrals to engagement in culturally relevant services.

## RECOVERY AND RECLAMATION

Strategies to support individuals' abilities to thrive in the community and support recovery from a mental illness.

### KEY STRATEGIES

**Strategy 1:** Expand access to trained and certified peer support specialists across the region.

**Strategy 2:** Implement education campaigns about mental illness and substance use disorders as chronic diseases and recovery as a non-linear but effective process.

**Strategy 3:** Expand access to recovery supports including housing, education and medications.



HOPE · PREVENTION · BELONGING · MEANING · PURPOSE · MENTAL HEALTH AND WELLNESS PROMOTION · PREVENTION · WHOLE PERSON/WHOLE COMMUNITY · TRAUMA INFORMED · RECOVERY AND RECLAMATION · PERSON & FAMILY CENTERED · CLINICAL AND SUPPORT SERVICES · DATA · ACTION PLAN · LEADERSHIP · RESOURCES · SUSTAINABILITY

WORK CENTERED IN:
SOCIAL AND INSTITUTIONAL EQUITY
RESEARCH BASED APPROACHES
COMMUNITY DRIVEN SOLUTIONS
MULTI-SECTOR PARTNERSHIPS

9.30.20

# Guiding Principles

The center of the framework presents core concepts to guide the work of TCHD and partners along the mental health and suicide prevention continuum.

- **Social and Institutional Equity**
- **Research Based Approaches**
- **Community Driven Solutions**
- **Multi Sector Partnerships**



THE NORTH STAR

**Social and Institutional Equity** - TCHD and partners approach their work in mental health promotion and suicide prevention with an understanding that health disparities are rooted in institutional and social inequities-organizations, social norms, practices and policies that routinely advantage White, heterosexual, cisgender and Christian people. TCHD and partners include in their work approaches that address systemic inequities through interventions as the community and societal levels of the social ecology. They include in their development of strategies a reflection of their identities, power and privilege. They respectfully and meaningfully engage communities to inform strategies for mental health promotion and suicide prevention. They continuously evolve their understanding about social and institutional inequities and the specific role that discrimination plays as a determinant of poor mental health.

**Research Based Approaches** - TCHD and partners develop strategies that are informed by current research when there is not an evidence base and utilize evidence-based strategies when they exist. TCHD and partners strive to contribute what is known about mental health promotion and suicide prevention strategies through data collection and evaluation. TCHD and partners look to the research and experts to ensure strategies are culturally relevant.

**Community Driven Solutions** - TCHD and partners recognize the unique strengths and challenges of the communities served in the Tri-County Region. They seek to engage partners at the community level in the development of strategies that maximize the strengths and best meet the unique needs of the community.

**Multi Sector Partnerships** - TCHD and partners address mental health promotion and suicide prevention along a continuum from the promotion of mental wellness, to the delivery of treatment supports for mental and substance use disorders, to recovery and reclamation of health. They recognize that this requires multi-sector partnership with mutually reinforcing activities, accountability and strong communication.

# How the Work Is Done

This layer of the framework describes the essential elements for doing the work in an effective way.

- **_Data_**
- **_Action plan_**
- **_Sustainability_**
- **_Resources_**
- **_Leadership_**
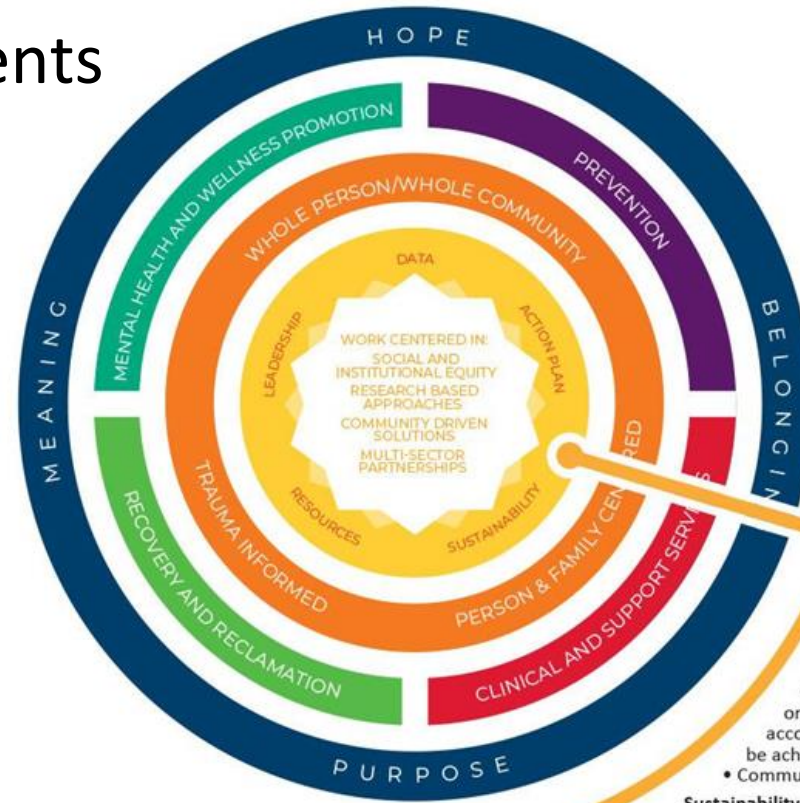


## HOW THE WORK IS DONE

**Data** - Partners recognize a responsibility to collect, analyze, interpret and report data; and uses data to identify, monitor and advance partnership goals. Data are used to inform where and among whom problems exist and what those problems are.

**Action plan** - Action plans are developed, including decisions about who is going to do what, by when and in what order for the partnership to achieve shared goals. It is also something that includes methods for verifying and evaluating the extent of implementation. The design and implementation of the action planning depends on the nature and needs of the partners, but might include:

• The goal(s) that are to be accomplished. • How each goal contributes to the organization's overall strategic goals. • What specific results (or objectives) must be accomplished that, in total, reach the goal of the organization. • How those results will be achieved. • When the results will be achieved (or timelines for each objective). • Communications plan about the work, opportunity for community involvement and results.

**Sustainability** - Sustainability is integrated into every strategy, ensuring that if the strategy is identified as effective, it becomes a permanent part of the community. Sustainability is the active process of establishing the initiative - not merely continuing the program, but developing relationships, practices and procedures that are lasting. For each strategy, partners understand the following:

• Nature of the strategy or initiative. • Goals of the initiative. • Accomplishments. • Publicity received. • Initiative structured and governance. • Staffing and resource needs. • Sufficiency of the budget to cover expected costs now and in the future. • Potential obstacles and ideas for how to overcome those obstacles.

**Resources** - Resources exist for each strategy and are the community assets and resources leveraged across partners to address cross sector or system problems. Resources may be time and commitment as well as intellectual (i.e., trainings, expertise) or physical (i.e., money, space, technology).

**Leadership** - Sufficient leadership exists that support, garner and channel resources towards the design, implementation, monitoring and evaluation and sustainability of the initiative.

9.30.20

# Core Values

This layer of the framework describes the fundamental beliefs of TCHD and partners, guiding decision-making and behavior, as they work in promoting mental health and preventing suicide.

- **_Person and Family Centered_**
- **_Whole Person/ Whole Community_**
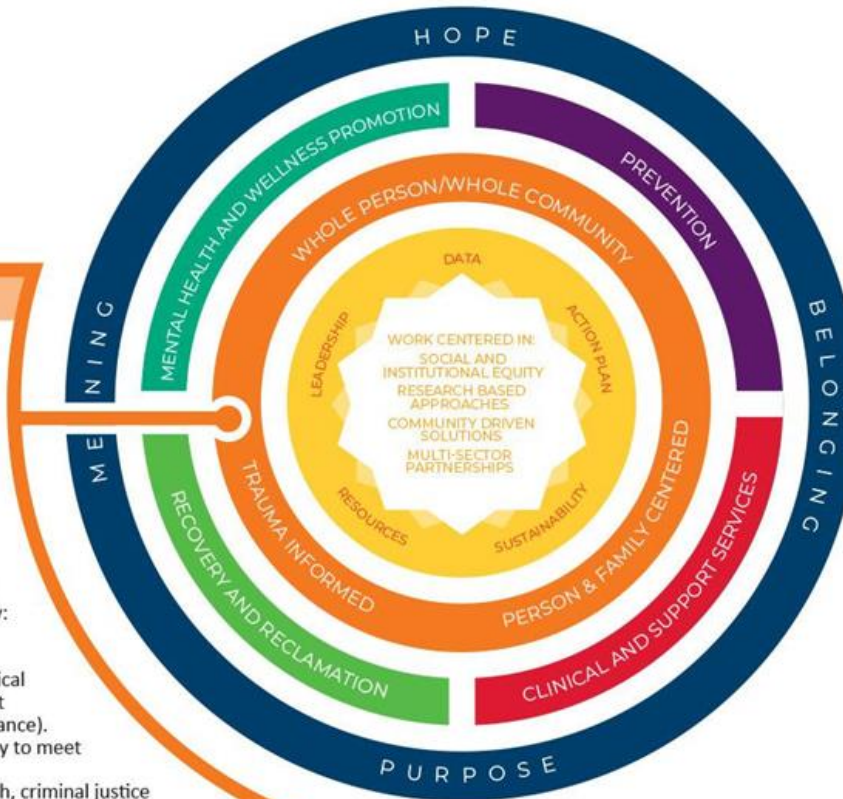- **_Trauma Informed_**

**CORE VALUES**

**Person and Family Centered** - Person centered means belief in other's potential and ability to make the right choices for themselves, regardless of one's own values, beliefs and ideas. Individual needs are met with services and resources available at the right time, in the right place and are available, accessible and affordable. Family centered means belief that the best way to meet a person's needs, particularly children and youth, is within their families. This includes a focus on creating the conditions within which caregivers and families can thrive.

**Whole Person/Whole Community** - Application of an upstream approach to explicitly address the social determinants of health through the coordination of health, behavioral health and social services in a person-centered manner with the goals of improved health outcomes and more efficient and effective use of resources. Specifically, work is guided by:
- The identification and understanding of a priority population.
- Person centered care.
- Coordination of services across sectors, including behavioral health, physical health, and social and community resource and services (i.e. employment assistance, housing assistance, justice, food assistance, enrollment assistance).
- Financial flexibility that allows providers of services to spend funds flexibly to meet individuals' needs rather than funding requirements of public payers.
- Shared data on an individual, including eligibility, health, behavioral health, criminal justice and social services data, to reduce duplication and streamline services.
- Collaborative leadership that creates a unifying vision for system transformation focused on addressing the whole person.

**Trauma Informed** - Acknowledges the widespread impact of trauma on victims and understands potential paths for healing; recognizes the signs and symptoms of trauma in staff, clients, and others involved with the system; and responds by integrating knowledge about trauma into policies, procedures, practices and settings (SAMHSA, 2014). Specifically, the work is guided by:
- An organizational movement that is ongoing and infused into every aspect of organizational culture.
- A recognition of socio-cultural trauma.
- A realization of the widespread impact.
- Identification of opportunities to respond by shifting practice.

HOPE
MENTAL HEALTH AND WELLNESS PROMOTION
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TRAUMA INFORMED
RESOURCES
SUSTAINABILITY
PERSON & FAMILY CENTERED
RECOVERY AND RECLAMATION
CLINICAL AND SUPPORT SERVICES
PURPOSE

9.30.20

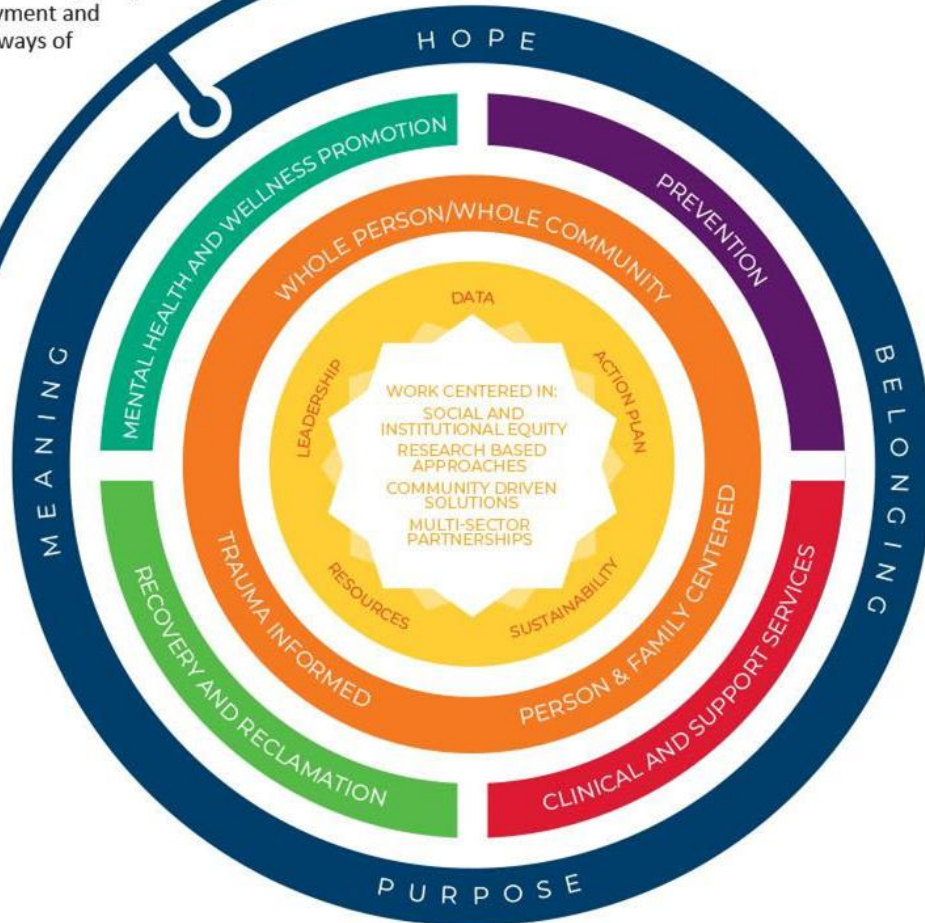**INDIVIDUAL AND COMMUNITY OUTCOMES**

This layer of the framework conveys the overarching outcomes desired for a mentally healthy, suicide free community. Hope, purpose, belonging and meaning, while felt by individuals, contribute to a community sense of these concepts.

**Hope** - Individuals have hope for their future and those of their families that is grounded in a sense of identity, unique values and having a belief in spirit.

**Belonging** - Individuals have a sense of belonging and connectedness within their families and to community and culture.

**Purpose** - Individuals have purpose in their daily lives, whether it is through education, employment and caregiving activities or through cultural ways of being and doing.

**Meaning** - Individuals have a sense of meaning and an understanding of how their lives and those of their families and communities are part of creation and a rich history.

# Individual And Community Outcomes

This layer of the framework conveys the overarching outcomes desired for a mentally healthy, suicide free community. Hope, purpose, belonging and meaning, while felt by individuals, contribute to a community sense of these concepts.

- *Hope*
- *Belonging*
- *Purpose*
- *Meaning*

# Mental Health Continuum

# Mental Health Framework:
## Pathways & Strategies

## MENTAL HEALTH AND WELLNESS PROMOTION

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**Strategy 3:** Improve organizational or employer practices and policies to support employees and their families.

# Mental Health Framework:
## Pathways & Strategies



MENTAL HEALTH AND WELLNESS PROMOTION: APPLICATION ACROSS THE LIFE COURSE

**CHILDREN AND YOUTH**

- Quality and affordable child care
- Family paid leave
- Accessible and affordable recreation center programs

**ADULTS**

- Anti discrimination policies (i.e., The Crown Act, Same sex marriage legislation)
- Living wage
- Creating safe spaces to exercise or convene social networks
- Civic engagement
- Employee wellness

**OLDER ADULTS**

- Family paid leave
- Preschool programs located in assisted living centers
- Community kitchens

# Mental Health Framework:
## Pathways & Strategies

## PREVENTION

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# Mental Health Framework:
## Pathways & Strategies



**PREVENTION: APPLICATION ACROSS THE LIFE COURSE**

**CHILDREN AND YOUTH**
- Early childhood councils
- Social emotional curriculum in schools
- Mentoring programs for youth

**ADULTS**
- Communication campaign focused on reducing the stigma of seeking help and support
- Apps that provide guidance or skill building like mindfulness, stress management
- Parenting Supports (i.e., home visitation)

**OLDER ADULTS**
- Communication campaign about depression and that it is not a normal part of aging
- Programs that teach older adults Tai Chi

# Mental Health Framework:
## Pathways & Strategies

**CLINICAL AND SUPPORT SERVICES: APPLICATION ACROSS THE LIFE COURSE**

**CHILDREN AND YOUTH**

- Expand integrated school based health centers
- Increase screening for early childhood mental health conditions
- Increase screening for caregivers at well child visits

**ADULTS**

- Expand the use of SBIRT (Screening, Brief Intervention and Referral to Treatment)
- Increase access to mental health care through education about service options (e.g. Medicaid coverage of six mental health visits in primary care settings, online options like Mind Health)

**OLDER ADULTS**

- Ensure access to patient navigators in older adult care, including between physical health providers and mental health support
- Increase screenings for mental health and substance use concerns during physical healthcare visits

# Mental Health Framework:
## Pathways & Strategies

### RECOVERY AND RECLAMATION

Strategies to support individuals' abilities to thrive in the community and support recovery from a mental illness.

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# Defining the Suicide Prevention Continuum

- Layers related to guiding principles, how the work is done and core values are relevant to preventing suicide.

- The continuum remains the same regarding mental health and wellness promotion and clinical and support services.

- In place of recovery and reclamation found in the mental health framework, the suicide prevention framework refers to postvention and recovery.

# Participant Activity

- How can you incorporate strategies in your work to improve mental health in your community?
  - Social connectedness
  - Physical activity
  - Green space
  - Safe spaces

- Who can you partner with to strengthen your efforts?
  - Shared community
  - Resources
  - Creativity and inspiration

# Power of Collaboration



- Identify Strengths
- Leverage Existing Efforts
- Create Connected Communities
- Identify and Fill Gaps
- Identify and Remove Systems of Inequity

https://youtube.com/watch?v=4H42e_cRO6Q&feature=share

# Power of Collaboration



*I can do things you cannot;*
*You can do things I cannot.*
*Together, we can do great things.*

*~ Mother Teresa*

# Questions?

Emma Goforth, MPH, she/her/hers

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Tri-County Health Department

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More about the Mental Health and Suicide Prevention Frameworks:

http://www.tchd.org/870/Mental-Health-and-Suicide-Prevention

Mental Health Data for Tri-County Region:

https://mentalhealth-tchdgis.opendata.arcgis.com/