

## A Public Health Approach is Essential to Mental Health Transformation

March 7, 2005  
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1

## Objectives



- To discuss the role of a public health approach in transformation of mental health
- To define elements of a public health approach.
- To translate essential public health services to mental health transformation
- To inform participants about the TLC (Transforming, Linking and Caring) Project: lessons learned.

2



## Achieving the Promise: Transforming Mental Health Care in America

3

## Vision Statement

*"We envision a future when everyone with a mental illness will recover, a future when mental illnesses can be prevented or cured, a future when mental illnesses are detected early, and a future when everyone with a mental illness at any stage of life has access to effective treatment and supports- essentials for living, working, learning, and participating fully in the community."*

*Achieving the Promise: Transforming Health Care in America*

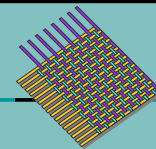


4

## SAMHSA Vision

- A Full Life in the Community for Everyone: *Building Resilience & Facilitating Recovery* SAMHSA Vision


5



- **T**ransforming America's mental health System
- **L**inking resources to enhance healthy development of children and families
- **C**aring, with others, to create a life in the community for everyone!

6


## Lessons Learned



- A public health approach is essential for mental health transformation.
- Linkages can provide a framework for the development of a continuum of mental health services and support
- Grantees/stakeholders placed a high value on linking across programs, sharing resources, and maximizing opportunities for all children and families.
- Linkages and collaborations across programs and supports are facilitated by infrastructure. Lack of coordination (dedicated personnel or resources) is a barrier to linking and collaborating across programs.

7


## Lessons Learned



- TLC communities expressed the need for knowledge, guidance and models to better understand “What IS a public health approach?” and how does it translate to children’s mental health?
- The Youth and Family Voice must be integral at all levels of decision-making and across the continuum.
- Increased linkages and a public health approach provide opportunities for cost savings and more effective use of scarce resources.
- A public health approach can support sustainability of efforts around children’s mental health through shared vision, inter-sectoral partnerships, and a transformed view of mental health.

8

## Lessons Learned



- SAMHSA/CMHS child and family grant programs are positioned well to provide leadership within their communities. Areas include:
  - Public Health approach
  - Evidence based practices
  - Evaluation strategies
  - Strategic planning
  - Risk and protective factors
  - Effective and efficient use of limited resources
  - Continuum of mental health services and supports
  - Youth and family voice
  - Social marketing

9

## WHAT IS A PUBLIC HEALTH APPROACH?

- *A public health approach to mental health includes ALL people.*

10

## WHAT IS A PUBLIC HEALTH APPROACH?

- What society does collectively to assure conditions for people to be healthy. *from The Future of the Public’s Health in the 21<sup>st</sup> Century (2002) <http://www.health.gov/phtfunctions/public.html>*



11

## WHAT IS A PUBLIC HEALTH APPROACH?

- A community approach to preventing and treating illnesses. Its premise is that caring for the health of an individual protects the community, while ---in turn---caring for the health of a community protects the individual ---with society at large reaping the overall rewards.”

*K. Power, Director, CMHS/SAMHSA (2004)*

12



**Committee on Assuring the Health of the Public in the 21<sup>st</sup> Century**

2002

<http://www.iom.edu/report>

The National Academies  
Advisors to the Nation on Science, Engineering and Medicine

Institute of Medicine

13



**Approach and rationale:**

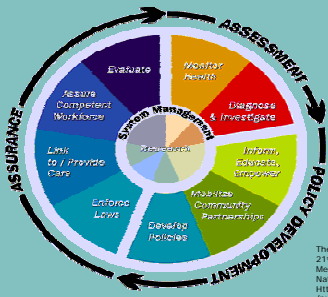
- Health = public good
- Government has fundamental, statutory duty to assure the health of the public, but
- Government cannot do it alone
- Need for intersectoral engagement in partnership with government
- Health = social goal of many sectors and communities

The National Academies  
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Institute of Medicine

14

**10 Essential Services of Public Health**  
*Inform, Educate, Empower, Mobilize community partnerships, Develop Policies, Enforce Laws, Link to/provide care, Assure Competent Workforce, Evaluate, Research.*



The future of Public Health in the 21<sup>st</sup> Century (2002), Institute of Medicine, 1888 Washington, DC: National Academy Press.  
<http://www.health.gov/inf/functions/public.html>

15

**What Public Health Does**  
*(The Purpose of Public Health)*

**The fundamental obligation of agencies responsible for population-based health is to:**

- Prevent epidemics and the spread of disease
- Protect against environmental hazards
- Prevent injuries
- Promote and encourage healthy behaviors and mental health
- Respond to disasters and assist communities in recovery
- Assure the quality and accessibility of health services

16

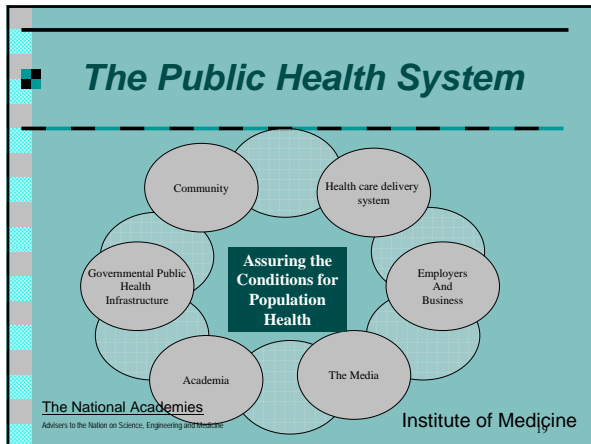
**NEED TO BUILD UNDERSTANDING & CONSENSUS:**

- What IS a public health approach?
- How can public health approaches best translate to mental health? What is unique about mental health vs. physical health?
- Developing a common vision for mental health transformation: moving towards a continuum of mental health services and supports.

17

**Mental Health is a part of Public Health**

18



- ## What Public Health/Mental Health does: (draft)
- Promotes early identification and screening for mental health and behavioral concerns, early intervention, prevention and treatment.
  - Helps us understand individuals with mental health challenges, reduce the stigma of seeking help, and value the involvement of youth, families, and all members of the community.
  - Increases our access to care, trains health and other community providers and reduces the risk of self-injury or harm.
  - Promotes resilience, recovery, reduces the severity of serious mental illness or disability, and helps ensure that all persons achieve their full potential.
  - Helps our communities and states prepare for and respond to crisis situations.
  - Advances evidence based practices and utilizes technology to achieve quality and accessible mental health services and supports.

- ## Public Health Approach for Organizing Mental health Services
- **Levels of Interventions:** *Universal, Selective, Indicated*
  - **Mental Health Across the Life Span**
  - **Assessing Risk and Protective Factors**
  - **Resiliency and Recovery**
  - **Prevention Continuum: NIMH Mental Health Interventions Spectrum**
  - **Inter-sectoral involvement at all Levels including youth and families.**

- ## A Public Health/Mental Health Approach recognizes:
- It is **better to promote mental health and prevent illness before it begins.**
  - A person's mental health and the physical, psychological, cultural, and social environments in which he or she live, play, learn, and work are linked.
  - Good mental health is essential to our quality of life from infancy and throughout the entire lifespan.
  - Clinical and medical services and mental health treatments work in concert with a public health approach including: promotion and prevention.
  - Evidence based strategies can be designed to respond to the needs of individuals, special populations and to promote the health of the entire community.
  - Healthy children, families, and communities are possible when all we all work together to achieve a common vision.
  - We must use our knowledge of risk and protective factors to facilitate healthy children, families and communities.
  - Youth, families and the entire community must be meaningfully engaged to identify and prioritize assets, and strategic approaches to promote, protect, and improve the well being of our community.

- ## A Public Health Approach: Suicide Prevention
- A **universal** prevention strategy might be school-based public education campaigns or educating the media on appropriate reporting of suicide.
  - A **selected** prevention strategy might be gatekeeper training or crisis intervention services.
  - **Indicated** prevention strategies might include skill-building support groups for at-risk youth or support for families of suicidal youth.

## The Public Health Approach

Assessing Risk and Protective Factors: Designing Evidence Based Interventions

RISK FACTORS	DOMAIN	PROTECTIVE FACTORS	EX. Interventions
Aggressive Behavior, History of Mental Illness,	Individual	Good Problem Solving Skills, Willingness to seek help when needed, Interventions/treatment	Caring adult, mentoring, Individ. Plan, wrap-around, clinical interventions etc.
Family Violence and Chronic Stress, Social Isolation,	Family	Caring Adults, Access to a range of treatment, advocacy and support resources	PH nurse-Home-visit/ation Parenting supported, recreation, family, therapies etc.
Social Isolation, high degree of stigma for seeking help for mental health services & supports	Peers	Positive social peer group, high awareness of mental health resources, low stigma for seeking mental health services.	Peer mentoring programs, after-school programs, hot-lines, etc.
Bullying Behaviors, School violence, high drop out rates,	School	Safe Schools, high school attendance, Broad-based screening, brief intervention and referrals.	Bullying prevention programs in school, COPS, Incredible years, home-school linkages, etc.
Poverty, high crime rate, Drug and alcohol use is high, Lack of access to mental health services and supports.	Community	Quality, Accessible Health Care, Safe Housing, Outside of School Resources, etc.	Comprehensive, coordinated systems of care, outside of school activities, etc.

## SAMHSA/CMHS funded child and family grant programs utilize a public health approach: \*\*\*

### Promotion:

1. **15 + Make Time to Listen- Take Time to Talk... About Bullying** is a multimedia social marketing project about bullying prevention.
2. **Caring for Every Child's Mental Health Campaign:** The campaign helps families, educators, health care providers, and young people recognize mental health problems and to seek or recommend appropriate services. It also strives to reduce the stigma associated with mental health problems.

### Prevention:

1. **National Suicide Prevention Resource Center:** The Suicide Prevention Resource Center (SPRC) supports suicide prevention with the best of science, skills and practice. The Center provides prevention support, training, and informational materials to strengthen suicide prevention networks and advance the National Strategy for Suicide Prevention.
2. **Safe Schools/Healthy Students** requires grantees to use interventions that prevent violence and promote positive academic, social, and emotional development. It insists that grantees provide effective treatment for youth who need it. It does not focus solely on individuals. Instead, it promotes system-focused interventions that build on the strengths available within the school and the broader community, and that increase the resilience of the youth and adults in the school, family, and community.

### Early Intervention:

1. **The National Resource Center for Child Traumatic Stress** supports the Network's mission to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States
2. **Youth Violence Prevention:** support to form and expand collaborations dedicated to the prevention of youth violence, substance abuse, suicide and other mental health and behavioral problems.

### Treatment:

1. **System of Care:** Assists States and communities in developing comprehensive, community-based, family-centered, and culturally competent systems of care for children and adolescents with serious emotional disturbances and to play a leadership role for system change.

\*\*\* Examples provided are general and for illustration purposes only. Activities or Grant programs may provide or link with interventions across a mental health continuum. They may also be universal, selected or indicated. Often, services along the continuum are dynamic and integrated.

## Public Health/Mental Health Resources

- President's New Freedom Commission on Mental Health, *Achieving the Promise: Transforming Mental Health Care in America, Final Report*, July 2003, DHHS Pub. No. SMA-03-3832. Rockville, MD  
<http://www.mentalhealthcommission.gov> or call SAMHSA's National Mental Health Information Center at 1-800-789-2647 or 1-888-889-26477 (TTD)
- Mental Health: A Report of the Surgeon General. Rockville, MD: Author. Department of Health and Human Services. (1999).  
<http://www.surgeongeneral.gov/library/mentalhealth/chapter1/sec1.html#approachResilience->

26

## Public Health/Mental Health Resources

1. *Building Prevention Programs That Work: A Federal Perspective* (Charles G. Curie, Paul J. Brounstein, and Nancy J. Davis, 2003) Clauss Ehlers, C., & Weist, M. (Eds., in progress). Community planning to foster resilience in children. New York: Kluwer Academic/Plenum Publishers. [www.wkap.nl](http://www.wkap.nl)
2. *The Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders: Surely the Time is Right* by Nancy Davis, Ed.D., *International Journal of Emergency Mental Health*, Volume 4, Number 1, Winter 2002. ISSN: 1522-4821.
3. Mrazek, P. G., & Haggerty, R. J. (Eds.). (1994). *Reducing risks for mental disorders: Frontiers for preventive intervention research*. Washington, DC: National Academy Press.
4. Nick Ialongo, (2002) *"Wedding the Public Health and Clinical Psychological Perspectives as a Prevention Scientist"*: *Prevention & Treatment*, Volume 5, Article 4.
5. *Towards Better Mental Health in Minnesota: A Community Approach: A Public Health Approach*, <http://www.health.state.mn.us/divs/opa/bmh.pdf>
6. *Absolutely Fantastic Youth: an e-newsletter for Maternal Child Health Professionals Invested in Adolescent Health*, Special Double Issue, *Mental Health and Suicide*, May 2003. [http://brightfutures.aap.org/web/newsletter/MiyGAF\\_Ynews.pdf](http://brightfutures.aap.org/web/newsletter/MiyGAF_Ynews.pdf)
7. *Mental Health Services: A Public Health Perspective*, by Bruce Lubolsky Levin (Editor), John Petrilá, John Petrilá (Editor), Kevin Hennessy (Editor), Kevin Hennessy (Editor), Ronald W. Manderscheid ISBN: 0195153952

27

## TLC National Partners Web Links

1. Federation of Families for Children's Mental Health, <http://ffcmh.org>
2. Georgetown University, National Technical Assistance Center for Children's Mental Health, <http://gucchd.georgetown.edu/cassp.html>
3. IDEA Partnership: <http://www.ideapolicy.org/pmp.htm>
4. National Association of City and County Health Officials: <http://www.naccho.org>
5. National Association of State Mental Health Program Directors: [www.nasmhpd.org/](http://www.nasmhpd.org/)
6. TA Partnership at AIR: (Youth Development) [http://www.tapartnership.org/learning\\_opp/learningopportunities.htm](http://www.tapartnership.org/learning_opp/learningopportunities.htm)

28