A Public Health Approach is Essential to Mental Health Transformation

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Presenter
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Developed in partnership with
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services.

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.

Achieving the Promise: Transforming Mental Health Care in America

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

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

SAMHSA Vision

Transforming America’s mental health System
- Linking resources to enhance healthy development of children and families
- Caring, with others, to create a life in the community for everyone!
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.

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.

WHAT IS A PUBLIC HEALTH APPROACH?

A public health approach to mental health includes ALL people.

WHAT IS A PUBLIC HEALTH APPROACH?


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.”

Committee on Assuring the Health of the Public in the 21st Century

2002

http://www.iom.edu/report

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

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.

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

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.

Mental Health is a part of Public Health
The Public Health System

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 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.

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.

The Public Health Approach

Assessing Risk and Protective Factors: Designing Evidence Based Interventions

<table>
<thead>
<tr>
<th>RISK FACTORS</th>
<th>DOMAIN</th>
<th>PROTECTIVE FACTORS</th>
<th>EX. Interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aggressive Behavior; History of Mental Stress, etc.</td>
<td>Individual</td>
<td>Good Practice: Developing Skills, Willingness to seek help when mental, emotional, treatment needed</td>
<td>Empathy, problem-solving, stress management, etc.</td>
</tr>
<tr>
<td>Family Violence and Chronic Stress, Social isolation, etc.</td>
<td>Family</td>
<td>Seeking help, Access to a range of treatment, advocacy and support services</td>
<td>Support groups, community outreach, legal assistance, etc.</td>
</tr>
<tr>
<td>Economic adversity, High degree of stress, fear of seeking help for mental health services &amp; supports, etc.</td>
<td>Peers</td>
<td>vocal awareness of mental health resources, low stigma for seeking mental health services</td>
<td>School clubs, mental health awareness programs, etc.</td>
</tr>
<tr>
<td>Bullying/Intimidation, School violence, high drop out rates, etc.</td>
<td>School</td>
<td>High school attendance, Broad-based screening, brief intervention and referrals, etc.</td>
<td>School-based programs in school, COPS, student life, home-school linkages, etc.</td>
</tr>
<tr>
<td>Poverty, high crime rate, Drug and alcohol use, lack of access to mental health services and supports</td>
<td>Community</td>
<td>Quality Accessible Health Care, Safer Housing, Outside of School Resources, etc.</td>
<td>Comprehensive, coordinated systems of care, inter-agency collaboration, etc.</td>
</tr>
</tbody>
</table>
Public Health/Mental Health Resources


2. The Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders: Surely the Time is Right. Washington, DC: National Academy Press.


5. National Association of State Mental Health Program Directors: www.nasmhpd.org/


7. IDEA Partnership: http://www.ideapolicy.org/pmp.htm


11. 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.


14. Youth Violence Prevention: The Safe Schools/Healthy Students Initiative requires grantees to use:

   a. The National Suicide Prevention Resource Center: The National 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.

   b. Caring for Every Child's Mental Health Campaign: The Caring for Every Child's Mental Health 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.

   c. Mental Health Services: A Public Health Perspective.

   d. Absolutely Fantastic Youth: an e-newsletter for Maternal Child Health Professionals Invested in Adolescent Health, Special Emphasis: Bullying.

   e. "The Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders: Surely the Time is Right". Washington, DC: National Academy Press.


   k. TLC National Partners Web Links


   2. Georgetown University, National Technical Assistance Center for Children’s Mental Health, http://prevention.georgetown.edu/asp.html

   3. IDEA Partnership: http://www.ideapolicy.org/pmp.htm


   5. National Association of State Mental Health Program Directors: www.nasmhpd.org/

   6. TA Partnership at AIR: (Youth Development) http://www.air.org/ta-partnership/youth-development}

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