



BEHAVIORAL HEALTH COMMUNITY OF PRACTICE

- **OBJECTIVES**
- **CURRENT STATE**

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BEHAVIORAL HEALTH COMMUNITY OF PRACTICE LEADERSHIP TEAM



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WHO IS JOINING US FOR THE FIRST SESSION OF THE BEHAVIORAL HEALTH COMMUNITY OF PRACTICE?

BEHAVIORAL HEALTH COMMUNITY OF PRACTICE OBJECTIVES



Share best practices for screening and targeted assessments



Disseminate evidence-based treatment guidelines



Provide community resources for patient support



Build relationships through the behavioral health continuum of care

BEHAVIORAL HEALTH COMMUNITY OF PRACTICE EXPECTED OUTCOMES



Optimize patient care and extend existing resources:

- Community mental health centers
- Primary care providers
- Specialists
- Organizations

2022 STATE OF MENTAL HEALTH SHORTAGE

Prevalence

- In 2019, 1 out of every 5 people reported mental illness
- 24% increase in adults (1 in 3) with depressive symptoms
- Every day, approximately 125 Americans die by suicide

Demand

- Over half of adults with a mental illness do not receive treatment (over 27 million people)
- The new 988 National Suicide Hotline saw a 45% increase in calls in the first week of operation

Shortage

- More than 150 million people live in mental health professional shortage areas
- More than half of the US counties lack a single psychiatrist
- 60% of psychiatrists are 55 or older

Source: <https://mhanational.org/issues/state-mental-health-America>; <https://www.aamc.org/news-insights/growing-psychiatrist-shortage-enormous-demand-mental-health-services#:~:text=Already%2C%20more%20than%20150%20million,overextended%20as%20well%2C%20experts%20say>; <https://save.org/about-suicide/suicide-statistics/>; <https://www.vibrant.org/988-lifeline-transition-volume/>

2022 STATE OF YOUTH MENTAL HEALTH IN AMERICA

31%
increase

In mental health ED visits for kids and teens aged 12-17.

24%
increase

In the proportion of mental health ED visits for children aged 5-11.

40%
increase

In high school students reported persistent feelings of sadness or hopelessness.

Suicide

Is the 2nd leading cause of death in Kentucky for ages 10-34.

1 in 5

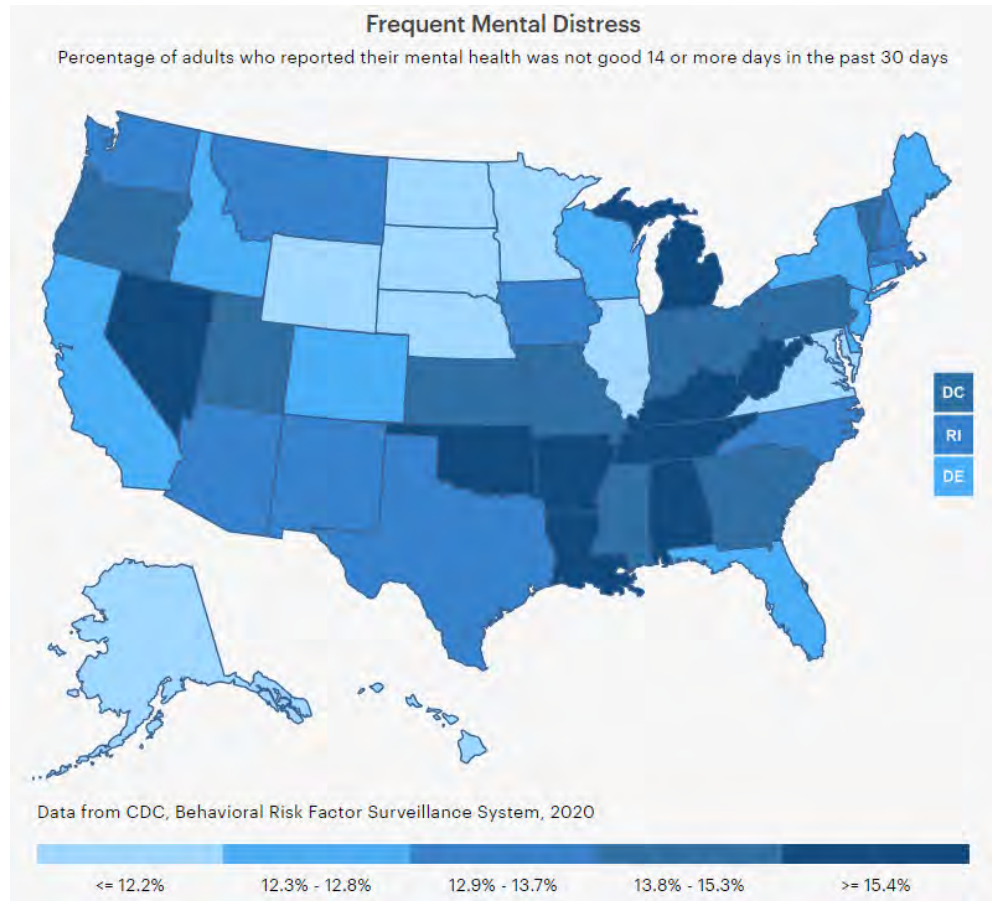
Children living below poverty level have a mental, behavioral, or developmental disorder.

200,000+

Children lost a parent or primary caregiver to COVID-19.

Source: <https://www.cdc.gov> ; <https://aws-fetch.s3.amazonaws.com/state-fact-sheets/2020/2020-state-fact-sheets-kentucky.pdf> ; <https://www.hhs.gov/about/news/2021/12/07/us-surgeon-general-issues-advisory-on-youth-mental-health-crisis-further-exposed-by-covid-19-pandemic.html> ; <https://www.aecf.org/resources/2022-kids-count-data-book>

STATE OF ADULT MENTAL HEALTH IN KENTUCKY



America's Health Rankings:

- 2nd highest rate of adult depression
- 4th highest rate of frequent mental distress
- Adult frequent mental distress increased 26% between 2015 and 2020

We are in need of a coordinated effort!

BEHAVIORAL HEALTH COMMUNITY OF PRACTICE

PURPOSE



Leverage UK HealthCare and community experts to help fill care gap



Support primary care physicians



Create a venue for conversation around local needs



Allow for bi-directional problem solving

HEARING FROM EXPERTS IN THE FIELD



In what ways has the increased need for mental health services become apparent in your work?



MENTAL HEALTH FIRST AID

Katherine Jury
Senior Extension Specialist For Family Health,
Mental Health First Aid USA Instructor/Coordinator



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

The Value of Mental Health First Aid

Katherine Jury

Senior Extension Specialist for Family Health
University of Kentucky Cooperative Extension Service

The State of Mental Health

- In February 2021, 43.6% of Kentuckians reported symptoms of anxiety or depression
- 1 in 5 adults in the United States experience mental illness each year
- In Kentucky, 800 lives were lost to suicide last year

According to the National Alliance on Mental Illness (NAMI) [nami.org/mhpolicystats](https://www.nami.org/mhpolicystats)

The Disconnect

87% of American adults agreed that having a mental health disorder is nothing to ashamed of

YET

Last year, only 1 in 3 adults with a diagnosable mental health disorder sought professional treatment or other recognized forms of intervention

American Psychological Association, 2022 www.apa.org/news/press/releases/2019/05/mental-health-survey

Our Response

Being able to **RECOGNIZE** and **RESPOND** to a person experiencing a mental health challenge can make the difference in the person's ability to access the care they need

Mental Health First Aid

Mental Health First Aid is the initial help offered to a person developing a mental health or substance use challenge or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.



What Participants Learn

- **Risk factors and warning signs** of mental health and substance use challenges.
- **Information** on depression, anxiety, trauma, psychosis and substance use.
- **A 5-step Action Plan** to help someone who is developing a mental health challenge or is experiencing a crisis.
- Available evidence-based professional, peer and self-help **resources**.

Mental Health First Aid Action Plan



Assess for risk of suicide or harm.



Listen nonjudgmentally.



Give reassurance and information.

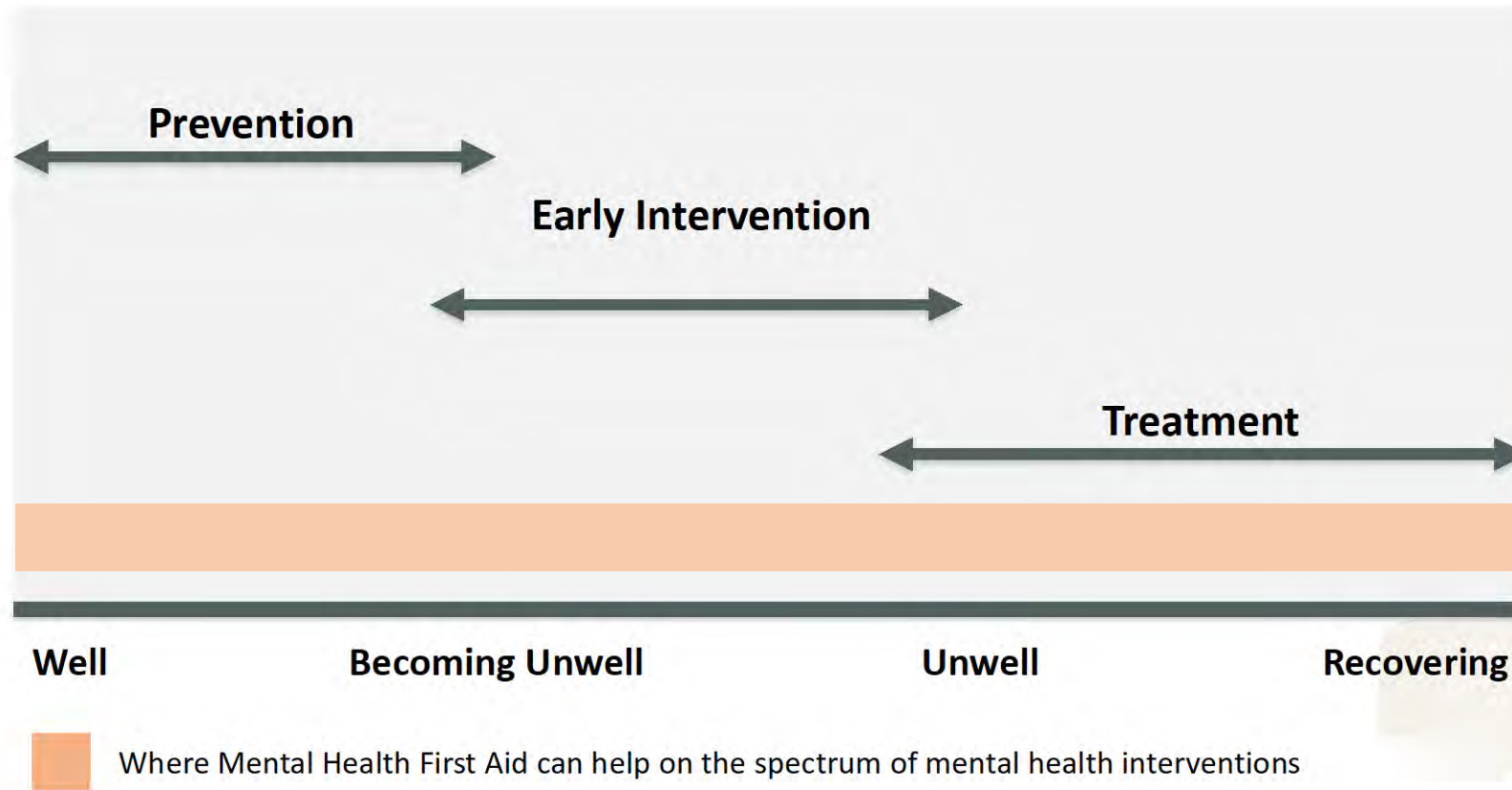


Encourage appropriate professional help.



Encourage self-help and other support strategies.

Where Mental Health First Aid Can Help



Support For Mental Health First Aid

Teachers, supervisors, first responders, caretakers, co-workers, journalists, parents and even **international superstars** and **first ladies** love Mental Health First Aid.



Michelle Obama talks about the importance of Mental Health First Aid

In The News



June 25, 2020 | *US News & World Report*
[Tips for Overcoming Mental Exhaustion](#)



February 12, 2020 | *TIME*
[How Companies Teach Their Employees First Aid for Mental Health](#)



June 24, 2019 | *CNN*
[Why you should learn Mental Health First Aid](#)



May 20, 2019 | *Today*
[Mental Health First Aid Kid: Lady Gaga is Working on High School Program to Reduce Stigma](#)



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

We know you want to help.

Mental Health First Aid gives people the tools and confidence to approach a person in need, and offer assistance to connect them with appropriate resources.

Register for an Adult Mental Health First Aid course today.

PANEL DISCUSSION



Katherine Jury

Mental Health First Aid USA
Instructor/Coordinator, UKHC



Lindsey Jasinski, PhD

Chief Administrative Officer,
Eastern State Hospital



Kristen Truty

Prevention Specialist, New
Vista

Please enter your questions for our panelists into the chat!

PANEL QUESTIONS

Can you explain how mental health first aid helps or benefits a healthcare team?

What is the role of primary care providers in mental health first aid?

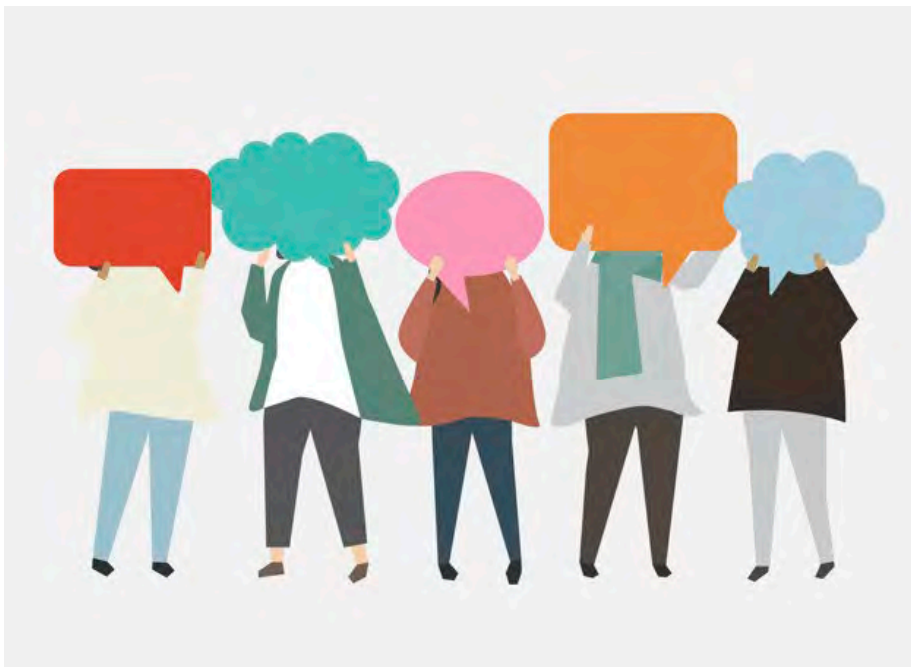
How do you integrate mental health first aid into patient care?

Who should take mental health first aid training?



QUESTIONS?

POLL FOR FUTURE SESSION TOPICS





THANK YOU FOR PARTICIPATING!

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[HTTPS://UKHEALTHCARE.UKY.EDU/COMMUNITY-COMMITMENT/MENTAL-HEALTH/BEHAVIORAL-HEALTH-CP](https://ukhealthcare.uky.edu/community-commitment/mental-health/behavioral-health-cp)

NEXT WEBINAR: NOVEMBER 3, 2022, 12-1PM ET