

Live Your Life Well: Living Well With Mental Health and Other Chronic Conditions

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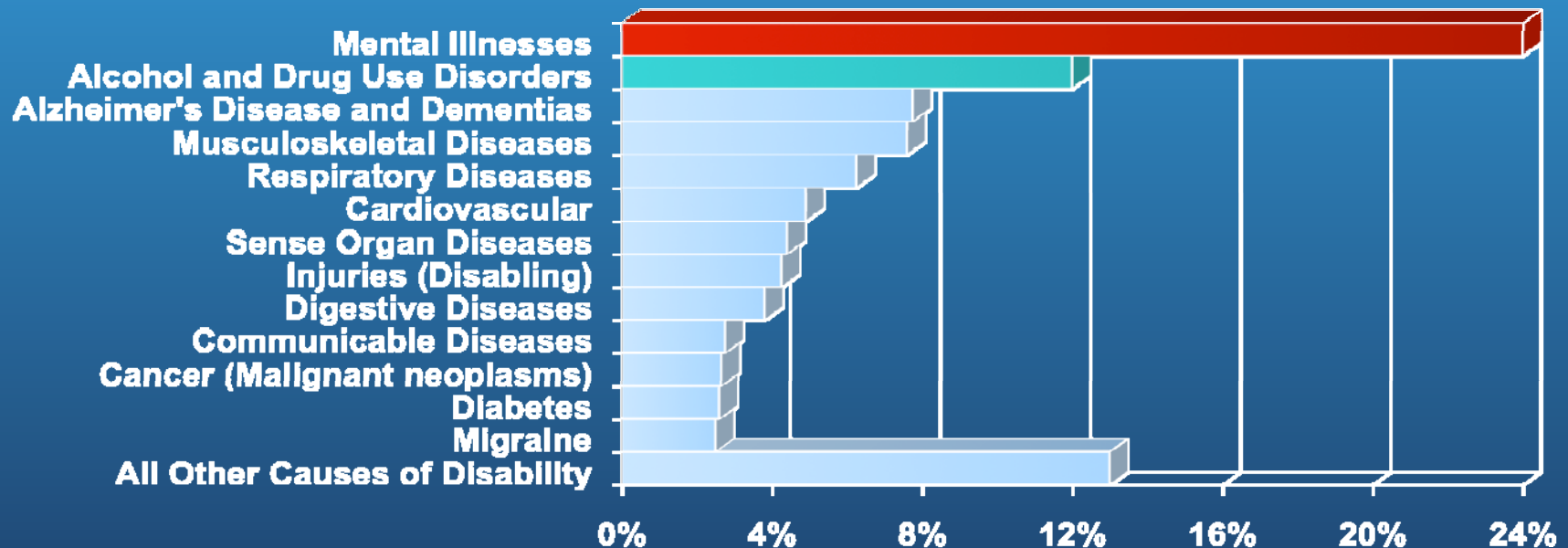
Chronic Disease in the USA

- Reduces Quality of Life - 45 % of Americans have at least one chronic disease (Wu S, Green A. Projections of Chronic Illness Prevalence and Cost RAND Corporation, 2000)
- Increases Demand for Health Care - chronic diseases account for 81% of hospital admissions; 91% of all prescriptions filled; and 76% of all physician visits (Partnership for Solutions. Chronic Conditions: Making the Care for Ongoing Care. September 2004 Update)
- Increases Health Care Costs - rate five times higher than for those without these conditions (Partnership for Solutions. Chronic Conditions: Making the Care for Ongoing Care. September 2004 Update)
- Often Preventable, Frequently Manageable - simple lifestyle changes (California Partnership for Access to Treatment Website: <http://www.caaccess.org>)

Global Burden of Disease



- The 3 leading leading causes of disability world wide are behavioral health disorders
- 1 in 5 people experience a significant mental health condition but only 1 in 5 that need care receive it



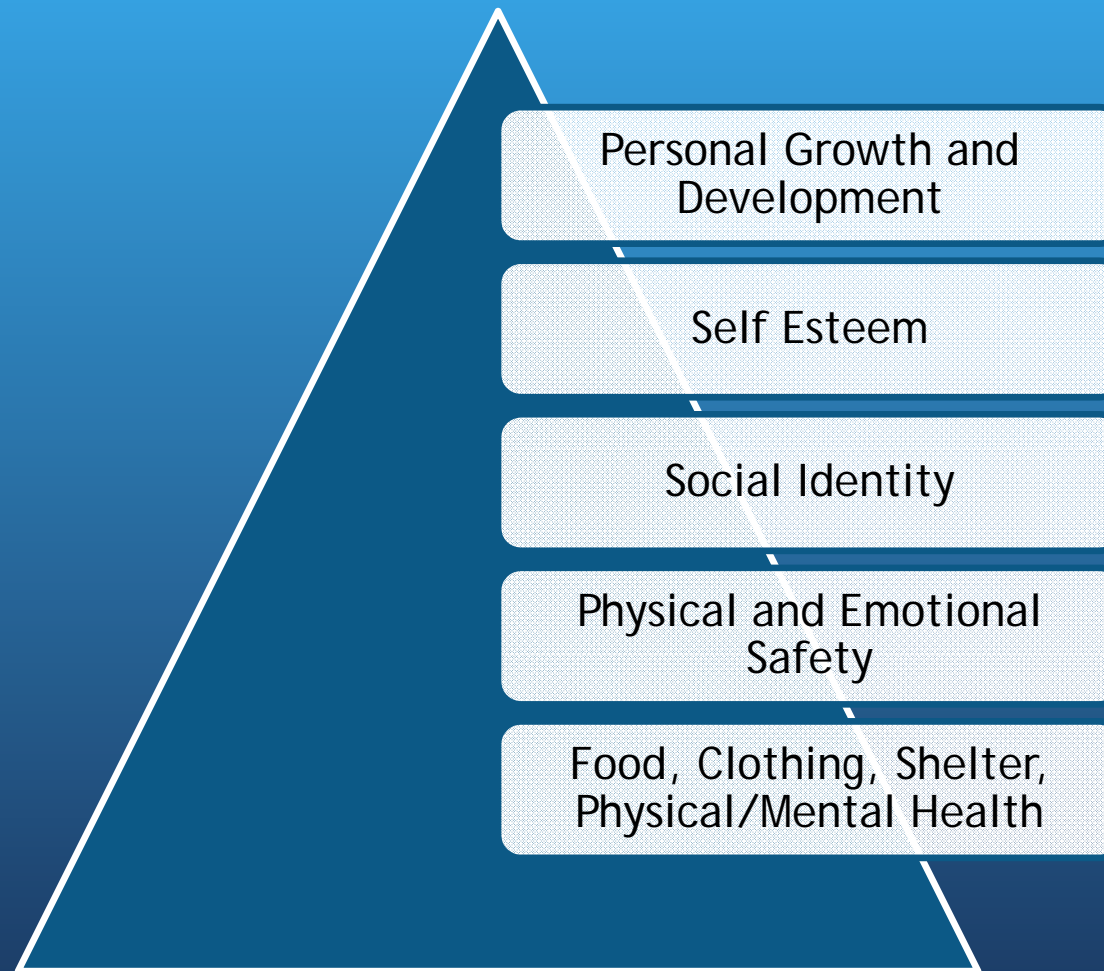
Mental Disorders

(Agency for Healthcare Research and Quality) website at

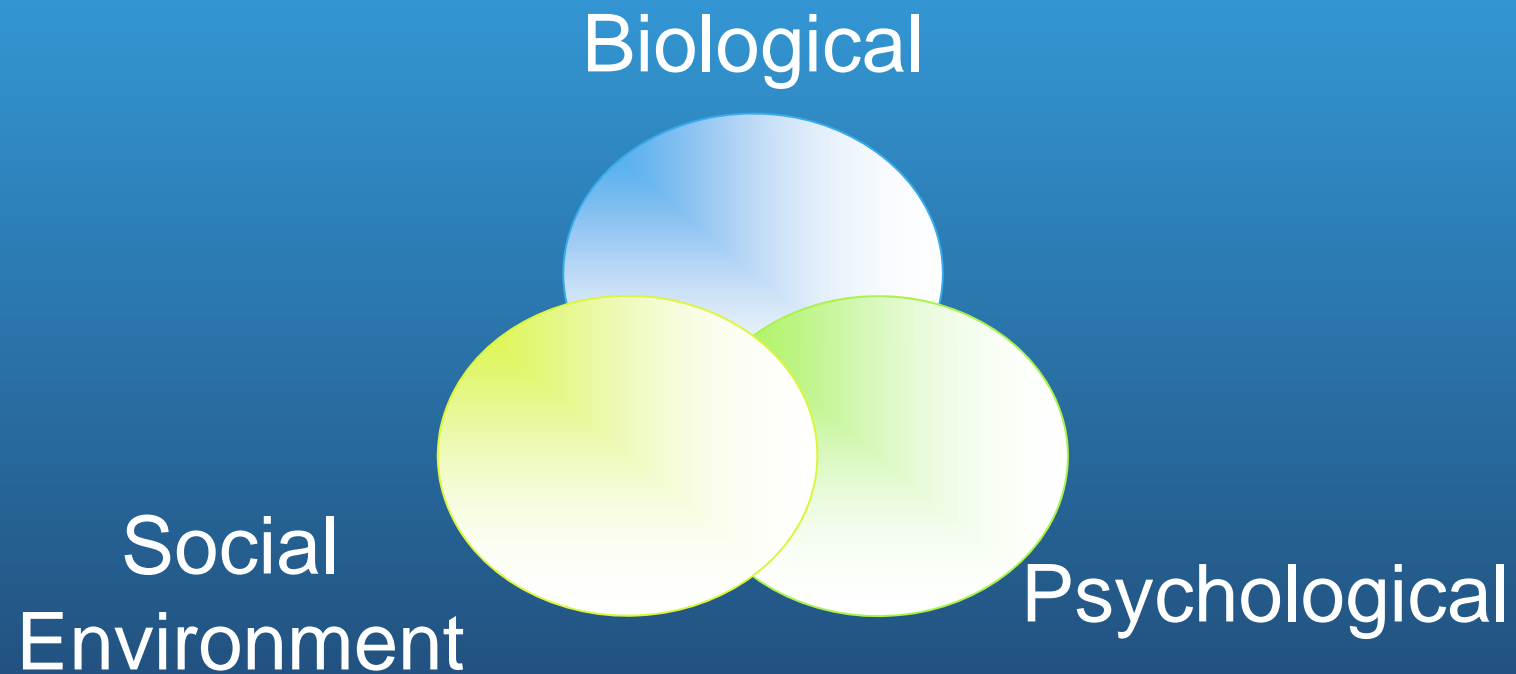
<http://www.ahrq.gov>)

- One of the five most costly disorders for children in 2006
- Only 50-60 percent of those with Schizophrenia follow their medication regimen for extended periods; increasing risk of hospitalization
- Individuals with depressive symptoms, likely to benefit from training in chronic illness self-management
- Nearly ¼ of all adult stays in U.S. hospitals involve depressive, bipolar, schizophrenia and other mental health disorders or substance related disorders

Life Domains and Mental Health



Biopsychosocial & Health and Wellness



Mental Health Continuum



Positive Mental Health:
High Functioning in All
Life Domains/High
Wellness

Mental Health Problem:
Significant Disruption in
Functioning/Significant
Wellness Reduction

Mental Disorder:
Medically Diagnosable
Disability



Mental Health Status

Mental Health Care Continuum

Enhancing Health:
Promoting Optimal
Mental Health and
Functional In All Life
Domains

**Primary
Prevention:**
Addressing risk factors,
vulnerable groups

**Early Recognition
and Intervention:**
Detecting a problem
early and increasing
access to care

**Treatment and
Rehabilitation:**
Interventions to Reduce
Severity and Duration
of Illness and Disability



Source: Scanlon, K., Williams, M., & Raphael, B. (1997). Mental Health Promotion in NSW: Conceptual framework for developing initiatives. NSW Health Department, Sydney, Australia, p.9

Public Health Approach to Mental Health

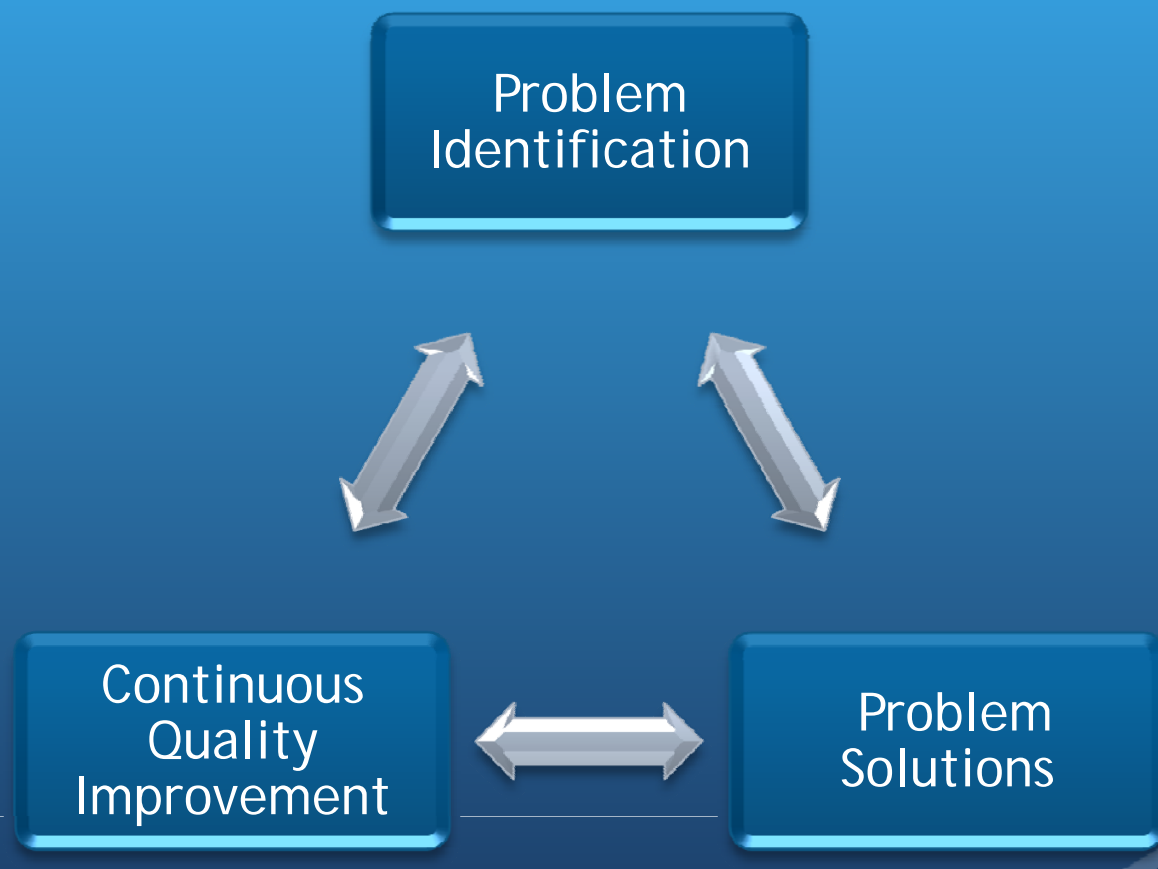
- Historically mental health care has been provided in institutional settings and outpatient clinics
- The Public Health Approach is more community integrated
- The major risk biopsychosocial factors for developing mental illness have been identified
- Prevention and early intervention services for mental health conditions can prevent many from becoming disabling
- The Public Health approach is a cyclical model based on data, resource development, and quality improvement

Socio-Ecological Approach



Each Level of Influence Has Intervention Opportunities

Public Health Policy Approach



Public Health Approach

- Assessment - Problem Identification
 - Monitor Health
 - Diagnose and Investigate
- Policy Development - Solutions for Identified Problem
 - Inform, Educate, Empower
 - Mobilize Community Partnerships
 - Develop Policies
- Assurance - Implementation Solutions as Intended (CQI)
 - Enforce Laws
 - Access to Care
 - Quality Assurance
 - Evaluate

Mental Health Interventions

- Population Based Multidisciplinary
- Promotion
- Whole Community
- Promote Wellness and Resiliency Development
- Quality Improvement Approach
- Integrated Systems

Areas of Intervention



Wellness Needs

- Access to Resources to Meet Basic Needs; including Medical and Mental Health Care
- Safe Neighborhoods
- Mental Health Trained Emergency Service Providers
- Supportive Social Networks and Informed Communities
- Opportunities for Personal Growth and Development



Service Areas

- Advocacy
- Community Education and Training
- Treatment and Supportive Services
- Applied Research

Contact Information

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