Using People Power to Transform the Culture of Mental Health

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VICE CHAIR
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Today’s Mental Health Systems
UNDERFUNDED
UNDERSTAFFED
UNDER THE RADAR
### Setting the Stage

<table>
<thead>
<tr>
<th>City</th>
<th>Population</th>
<th>Estimated number of individuals with SMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rio de Janeiro</td>
<td>6.2 million</td>
<td>310,000</td>
</tr>
<tr>
<td>Nairobi</td>
<td>3.1 million</td>
<td>155,000</td>
</tr>
<tr>
<td>Tokyo</td>
<td>9.2 million</td>
<td>460,000</td>
</tr>
<tr>
<td>Mumbai</td>
<td>18.4 million</td>
<td>920,000</td>
</tr>
<tr>
<td>Rome</td>
<td>2.8 million</td>
<td>140,000</td>
</tr>
<tr>
<td>Cairo</td>
<td>9.5 million</td>
<td>475,000</td>
</tr>
<tr>
<td>New York</td>
<td>8.6 million</td>
<td>430,000</td>
</tr>
<tr>
<td>London</td>
<td>8.1 million</td>
<td>405,000</td>
</tr>
<tr>
<td>Shanghai</td>
<td>26.2 million</td>
<td>1,310,000</td>
</tr>
<tr>
<td>Sydney</td>
<td>4.6 million</td>
<td>230,000</td>
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</tbody>
</table>
Mental Illness is the #1 DISEASE Spectrum Globally
Engagement Usually begins in Crisis
MTSS MODEL

- Targeted Intensive: 3-5%
- At Risk: 10-20%
- Universal
How do you reach individuals before a crisis?

How do we maintain their wellness?

How do we engage before a crisis?

How do we engage when crisis occurs?
YOU CANNOT KNOW WHAT YOU HAVE NOT BEEN TOLD
Changing the Climate

Changing The Culture

Evidence Based Popular Education

First Aid

Basic Knowledge

Normalizing Response
Changing the Culture
ENGAGING ALL STAKEHOLDERS

faith communities
first responders
older adult providers
employers/employees
medical providers

families
teachers & staff
individuals

student peers
taxi-bus drivers
Keep It Simple

know the signs

active listening

empathy

know where to find resources
It Begins at Home

FAMILIES KNOW THE INDIVIDUAL BEST
FAMILIES CAN BE A PART OF THE PROBLEM OR OF THE SOLUTION OR BOTH
Interpersonal Relationships

Knowing someone with a mental illness is the single most effective tool in de-stigmatization.
Family Psychoeducation Reduces Rehospitalizations by 85%

EVIDENCE BASED WIDELY USED

McFarlane, Lukens, Dixon, Lucksted

Family Psychoeducation

8 HOUR – 36 HOURS

- Information about the major mental illnesses and the most current research
- Possibilities for living in recovery, including treatment strategies currently
- Empathy – Understanding your loved one
- Skills-training in the areas of problem solving, listening, communication techniques and handling crises and relapse
- Care for the caregiver
- Resources and Advocacy
Crisis Intervention Training for First Responders

24 HOURS – 40 HOURS

GOALS:

• Understand common signs and symptoms of mental illnesses and co-occurring disorders;

• Recognize when those signs and symptoms represent a crisis situation;

• Safely de-escalate individuals experiencing behavioral health crises;

• Utilize community resources and diversion strategies to provide assistance
Teacher & Education Training
8 HOURS

PRE-K TO COLLEGE (ALL STAFF)

• Recognizing Signs & Symptoms of Psychiatric and Substance Abuse
• Referrals for Support & Resources
• De-Escalation Techniques
• Recognizing signs & symptoms of psychiatric distress or substance use
School Peer to Peer Education

resilience

*Increased connectedness*

*Increased engagement at school*

long term impact
Provider Training
ALL HEALTH CARE PROFESSIONALS

- Understanding the realities of having a mental health condition
- Increased compassion for the vulnerabilities people face when seeking care
- Recognition of your role in the individual and family’s journey towards recovery
Faith Based Education

THE FIRST PLACE
most families in many countries go is to their faith community.

Most faith leaders have little to no behavioral health education

People in crisis often seek help from faith communities
Older Adult Providers

Home Visitors

Senior Caregivers

Senior Centers
education

Peer linkage

mindfulness

technology

resources

referrals

164,000 Mental Health Apps
Telemedicine

Face to Face
Via
Internet/cell phone apps
Diagnosis-Prescription
Follow Up
CONVERSATION & ENGAGEMENT REDUCE ISOLATION

Foster Open Compassionate Engagement Community Outreach
People are Thirsty for Education

All of these applications are evidence based and in use.
“There is no health without mental health; mental health is too important to be left to the professionals alone, and mental health is everyone's business.”

- Vikram Patel
Salute'
Sante'
salud
saúde
la santá
Salute'
salud
Sante'
hälsa
svaasthy
afya
jiánkang
gesundheit
zdorov’ye
la santá
Each Mind Matters!

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