

# Understanding Behavioral Health

Bill Russell  
Chief Officer, Portage Behavioral Health  
Coleman Professional Services  
5982 Rhodes Rd  
Kent, Oh 44240  
330-673-1347  
[www.colemanservices.org](http://www.colemanservices.org)



# Important Facts About Mental Illness & Recovery

- Mental Health and Substance Use disorders are medical conditions that disrupt a person's thinking, feeling, mood, behavior, ability to relate to others, and daily functioning.



# Important Facts About Mental Illness & Recovery (cont.)

- Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.
- Behavioral Health disorders are primary health disorders.

# Important Facts About Mental Illness & Recovery (cont.)

- Stigma about Mental Health and Substance Use prevents people from seeking treatment
- The good news about mental illness is that recovery is possible.
- Early identification and intervention is key to getting the best outcomes



# Important Facts About Mental Illness & Recovery (cont.)

- Mental Illnesses can affect persons of any age, race, religion, or income.
- Mental illnesses are not the result of personal weakness, lack of character or poor upbringing.
- Mental illnesses are treatable.



# Important Facts About Mental Illness and Recovery (cont.)

- Mental Health and Substance Use disorders are serious medical illnesses. They cannot be overcome through “will power” and are not related to a person’s “character” or intelligence.
- These disorders fall along a continuum of severity. Even though mental illness is widespread in the population, the main burden of illness is concentrated in a much smaller proportion-about 6%, or 1 in 17 Americans who live with a serious mental illness.

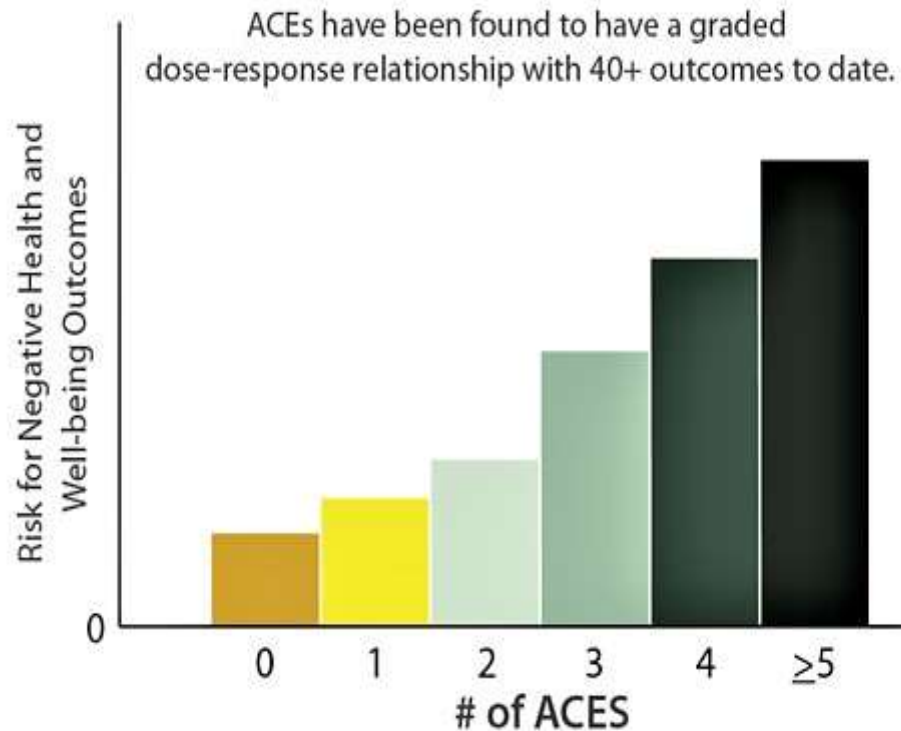


# Important Facts About Mental Illness and Recovery (cont.)

- The National Institute of Mental Health reports that 1 in 4 adults (approximately 57.7 million Americans) experience a mental health disorder in a given year. Many fewer than this are diagnosed.
- 7.9 Million adults with a diagnosed disorder had a co-occurring substance use disorder (SAMHSA, 2016)
- While research varies, up to 90% of people who have a diagnosed Mental Health or Substance Use disorder report having experienced one or more Adverse Childhood Events, resulting in trauma-related disruptions to healthy growth and development

# Adverse Childhood Events 2010 BRFSS

- 59% of respondents had 1 or more ACE
- 13% had 2+
- 8% had 3+
- 14% had 4+



\*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

\*Image courtesy CDC ACE Graphics



# Important Facts About Mental Illness and Recovery (cont.)

- The U.S. Surgeon General reports that 10% of children and adolescents in the United States suffer from serious emotional and mental disorders that cause significant functional impairment in their day-to-day lives at home, in school and with peers.



# Treatment of Mental Illness

- The best treatments for serious mental illnesses today are highly effective.
- Between 70% and 90% of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.



# Treatment of Mental Illness (cont.)

- In addition to medication treatment, psychosocial treatment such as cognitive behavioral therapy, interpersonal therapy, peer support groups and other community services can also be components of a treatment plan and that assist with recovery.
- The availability of transportation, diet, exercise, sleep, friends and meaningful paid or volunteer activities contribute to overall health and wellness, including mental illness recovery.

# Disorders

- Anxiety Disorders are the most frequently diagnosed mental health disorder effecting over 40 million individuals.
  - Panic disorder
  - Obsessive-compulsive disorder
  - Posttraumatic stress disorder
  - Generalized anxiety disorder
  - phobias

# Disorders

- Depression affects 6.7% of adults and is the leading cause of disability in the U.S
- *Sadness vs. Depression*
  - Everyone goes through “ups” and “downs” in their mood.
  - Sadness is a normal reaction to life’s struggles, setbacks and disappointments.
  - Clinical depression is more than just the “blues.”
  - Depression impacts the way a person functions socially, at work, and in relationships.
  - Depression is a medical condition that requires diagnosis and treatment.

# Other Disorders

- Posttraumatic Stress Disorder
- Psychotic Disorders
- Bipolar Disorder
- Personality Disorders
- Adjustment Disorders
- ADHD
- Oppositional Defiant Disorder
- Conduct Disorder



# 2016 Suicide Statistics

- Suicide is the 10<sup>th</sup> leading cause of death in the US
- 44965 Americans died by suicide
- 22963 by firearm (51%)
- 11642 by suffocation (26%)
- 6698 by poisoning (overdose)

# Co-occurring Disorders

- More often than not, those with a Mental Health disorder have a history of or are currently experience substance use challenges
- More often than not, those with Substance Use disorders also have or previously had a diagnosable Mental Health disorder.
- The significant majority of people with one of these types of disorders have experienced trauma

# Co-occurring Disorders

- Co-occurring disorders occur together and separately
- Some expressions of each disorder appear outwardly similar
- Both disorders need treated together in an integrated, and individually developed plan.

# Services

- Intake and Safety assessments
- Counseling (Individual and Group)
- Case Management
- Psychiatry
- Residential Services
- Employment Services