

CLARK COUNTY COMMISSION ON AGING – MENTAL HEALTH COMMITTEE



**PATTI GRAY, RN-BOARD CERTIFIED
GERONTOLOGY**

CLARK COUNTY COMMISSION ON AGING

**FOUNDER & OWNER – AT YOUR PLACE
SENIOR CARE, ANGELBROOK & FELIDA
SENIOR LIVING**

TODAY'S OVERVIEW



- **Acknowledge Members Of The CAO Mental Health Committee**
- **Describe Mental Health And Importance To The Community**
- **Outline Mental Illness Categories**
- **Surprising Suicide Statistics**
- **Review National, Regional, State And Local Statistics And Benchmarks**
- **Recruit Broader Stakeholder Participation**

COA Mental Health Committee Members



Scott Perlman

Patti Gray

Lisa Rasmussen

**Peggy McCarthy
(NAMI)**

**Mark Maggiora
(Americans Building
Community)**

What is Mental Health?



- Ability to Enjoy Life
- Resilience – Bouncing Back
- Balance – Social Versus Solitary
- Self-Actualization – Making the Most of Our Gifts and Potential
- Ability to Form Health Relationships
- Self-Esteem
- Healthy Sexuality
- Dealing with Loss and Death

Mental Illness Categories



- **Anxiety Disorders-Panic, Phobias, Obsessive Compulsive, And Post Traumatic Stress Disorder**
- **Behavioral Disorders-Attention Deficit Hyperactivity Disorder (ADHD)**
- **Eating Disorders – Anorexia, Bulimia and Binge-eating**
- **Substance Use Disorders – Illegal and legal drug and alcohol abuse**

Mental Illness Categories



- **Mood Disorders – Bipolar Types 1 & 2, Depression, Seasonal Affective Disorder and Self-Harm**
- **Personality Disorders – Borderline and Antisocial**
- **Psychotic Disorders – Schizophrenia**
- **Suicidal Behavior**

Societal Stigma



- **Illnesses stigmatized throughout history included epilepsy, cancer and diabetes.**
- **Mental illnesses remain stigmatized even though we have copious amounts of data that these illnesses are caused by biological factors, injury, brain chemistry; traumatic life experiences; genetics.**
- **Only when we begin to view these mental illnesses as we do physical illnesses can we truly be on the path of effective treatment and allotment of resources.**

Who Does Mental Illness Affect?



- **One in five American adults experienced a mental health issue. (38% received treatment)**
- **One in ten young people experienced a period of major depression. (only 20% treated)**

Source: Mentalhealth.gov 2011 statistics

Who Does Mental Illness Affect?



- One in twenty Americans lived with a serious mental illness such as schizophrenia, bipolar disorder or major depression.
- Suicide is the 10th leading cause of death in the United States - more than **DOUBLE** the number of homicides.

Source: Mentalhealth.gov 2011 statistics

Treatment is Highly Effective



- Higher Overall Productivity
- Better Educational Outcomes
- Lower Crime Rates
- Stronger Economies
- Lower Health Care Costs
- Improved Quality of Life
- Increased Life Span
- Improved Family Life

SLOW AND LOW RESOURCES



- **US APPROACH TO MENTAL ILLNESS IS REACTIONARY**
- **MENTAL HEALTH RESOURCES AND INTERVENTIONS WERE SEVERELY UNDER FUNDED AND HAD ARBITRARY LIMITS TO SERVICES**

Mental Health Parity



- Parity Act of 2013 and Affordable Care Act-
Generally requires that, when offered, health insurance coverage for mental and substance use disorder benefits is no more restrictive than benefits for physical health conditions.
 - ✦ **Co-Payments**
 - ✦ **Limits on Service Use**
 - ✦ **Criteria for Managing Care**

Benchmark Needed



Clark County Washington Access to Health Services Report (2010)

Adults with a usual source of **health** care 77.3% within
14 days

?? Access to Mental Health Services – no known
benchmark

Real Life – Where Did This Take Place



- **Caring and involved family –lifetime of developmental disability – ten years of seeking assistance**
- **Incarcerated for threats and assaults 4x in 19 months**
- **Deemed incompetent by Western State Hospital during first incarceration**
- **Admitted to medical hospital and released over 100x in 2 years**
- **Excluded from developmental disabilities resources by State due to technicality of diagnosis and average IQ**
- **Emergency mental health services requested family stop calling**
- **Predicted outcome without intervention: homelessness, injury to others, death**

Real Life – Where Did This Take Place



- **Caring and involved family – lifetime of developmental disability**
- **Ten years of seeking assistance**
- **Established own residence in an apartment**
- **Picked up by police and brought to Inpatient Psychiatric Unit whereby application for disability services was initiated**
- **Transferred to State Hospital; approved for disability and mental health services within 90 days**
- **Predicted outcome without intervention: homelessness, injury to others, death**

Straining Untrained and Scarce Resources



- **Law Enforcement/Jails**
- **Families and Community**
- **Healthcare System / Hospitals**
- **County & State Mental Health Agencies**
- **Non-profit social services**
- **Employers**

Suicide is a Growing Cause of Death for Boomers and Elders



In 2012:

- **Highest suicide rate was among 45-59 year olds (19.88)**
- **Second highest suicide rate occurred in 75+ year olds (17.0)**

Source: www.afsp.org/suicide facts and figures

Elderly Suicide-Based on 2011 Data



- One over 65 suicide every 96 minutes
- 15 suicides per day
- Over 65 white males at highest risk; over age 85 males at the greatest risk of all age-gender-race groups
- 83.5% of over 65 suicides were male – 5.25x the rate of over 65 females
- Female rate declines after age 60
- 1 in 4 attempts successful versus overall 1:100-200
- One of the leading causes of suicide among seniors is depression which in undiagnosed and/or untreated

10 Leading Causes of Death by Age Group, United States – 2011

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 5,013	Unintentional Injury 1,337	Unintentional Injury 761	Unintentional Injury 874	Unintentional Injury 12,330	Unintentional Injury 15,518	Unintentional Injury 15,230	Malignant Neoplasms 48,897	Malignant Neoplasms 112,572	Heart Disease 475,097	Heart Disease 596,577
2	Short Gestation 4,106	Congenital Anomalies 493	Malignant Neoplasms 441	Malignant Neoplasms 419	Suicide 4,822	Suicide 6,100	Malignant Neoplasms 11,717	Heart Disease 36,100	Heart Disease 69,742	Malignant Neoplasms 397,106	Malignant Neoplasms 576,691
3	SIDS 1,910	Homicide 412	Congenital Anomalies 182	Suicide 282	Homicide 4,554	Homicide 4,185	Heart Disease 10,635	Unintentional Injury 20,749	Unintentional Injury 15,158	Chronic Low. Respiratory Disease 121,869	Chronic Low. Respiratory Disease 142,943
4	Maternal Pregnancy Comp. 1,591	Malignant Neoplasms 353	Homicide 129	Congenital Anomalies 176	Malignant Neoplasms 1,611	Malignant Neoplasms 3,499	Suicide 6,599	Liver Disease 8,864	Chronic Low. Respiratory Disease 15,044	Cerebro-vascular 109,323	Cerebro-vascular 128,932
5	Unintentional Injury 1,163	Heart Disease 165	Heart Disease 92	Homicide 154	Heart Disease 998	Heart Disease 3,301	Homicide 2,519	Suicide 8,858	Diabetes Mellitus 12,688	Alzheimer's Disease 84,032	Unintentional Injury 126,438
6	Placenta Cord. Membranes 1,004	Influenza & Pneumonia 112	Chronic Low. Respiratory Disease 64	Heart Disease 111	Congenital Anomalies 432	Diabetes Mellitus 686	Liver Disease 2,449	Diabetes Mellitus 6,012	Cerebro-vascular 11,205	Diabetes Mellitus 52,402	Alzheimer's Disease 84,974
7	Bacterial Sepsis 526	Septicemia 61	Influenza & Pneumonia 63	Chronic Low Respiratory Disease 72	Influenza & Pneumonia 220	HIV 666	Diabetes Mellitus 1,842	Cerebro-vascular 5,705	Liver Disease 10,749	Influenza & Pneumonia 45,386	Diabetes Mellitus 73,831
8	Respiratory Distress 513	Chronic Low Respiratory Disease 53	Benign Neoplasms 40	Influenza & Pneumonia 55	Cerebro-vascular 186	Cerebro-vascular 530	Cerebro-vascular 1,718	Chronic Low. Respiratory Disease 4,634	Suicide 6,521	Unintentional Injury 43,258	Influenza & Pneumonia 53,826
9	Circulatory System Disease 500	Benign Neoplasms 45	Cerebro-vascular 40	Cerebro-vascular 47	Complicated Pregnancy 172	Influenza & Pneumonia 515	HIV 1,619	HIV 2,781	Septicemia 4,953	Nephritis 37,796	Nephritis 45,591
10	Neonatal Hemorrhage 456	Cerebro-vascular 42	Septicemia 38	Septicemia 31	Chronic Low. Respiratory Disease 170	Liver Disease 505	Influenza & Pneumonia 859	Septicemia 2,461	Nephritis 4,754	Septicemia 26,746	Suicide 39,518

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.

Produced by: Office of Statistics and Programming, National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

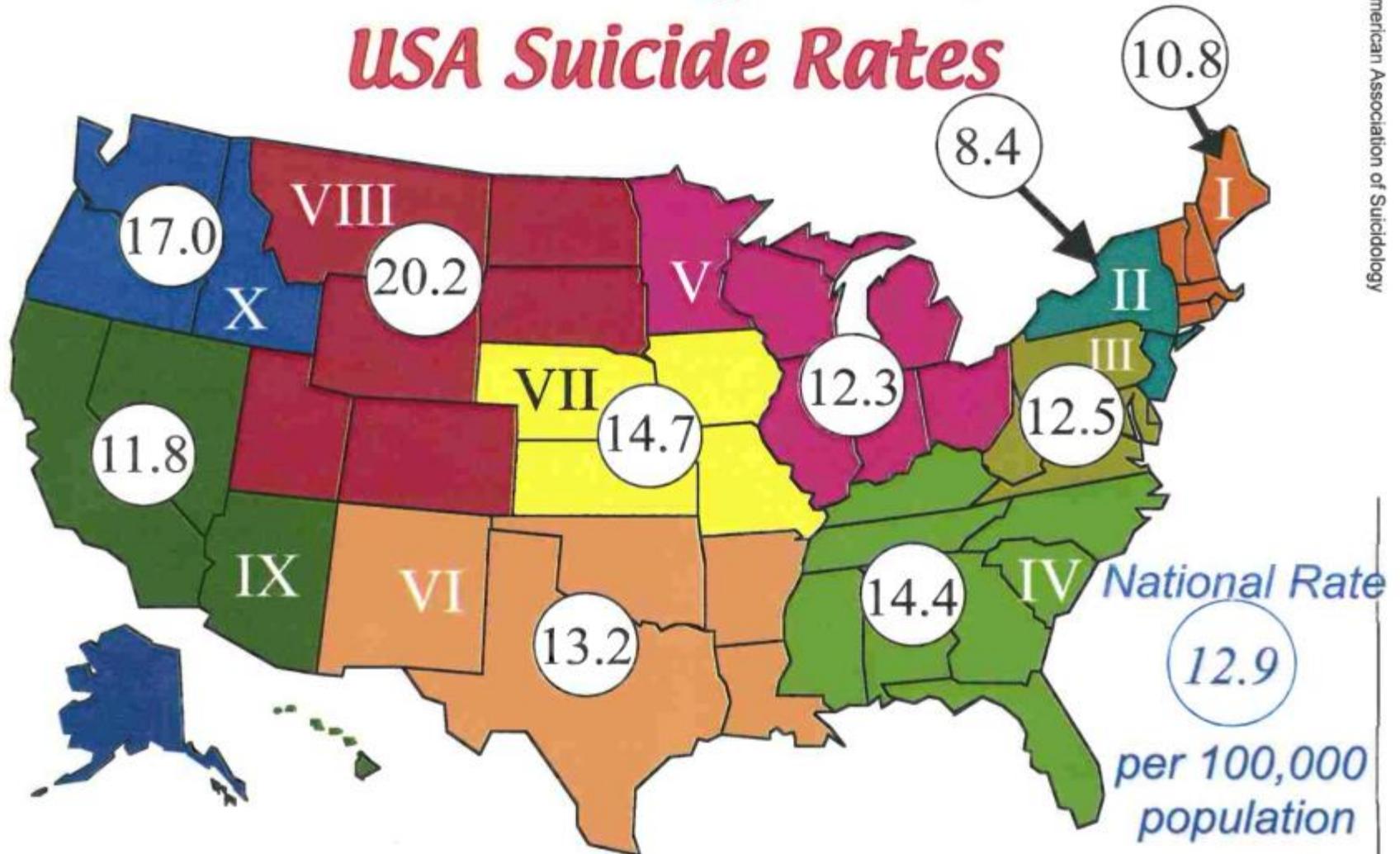
National Suicide Statistics



**2011 National Vital Statistics System, National Center
for Health Statistics, CDC**



Health Regions & USA Suicide Rates



2012 Data

Source: data calculated from figures posted at CDC's WISQARS website downloaded 16 October 2014 for 2012 data

Regional Suicide Statistics



**American Association of Suicidology: CDC WISQARS
data for 2012**

Clark County Suicide Statistics



1. Cancer
2. Heart Disease
3. Unintentional Injuries
4. **Suicide**
5. Chronic Lung Disease

Source: Clark County Health Reports 2008

Mental Health Committee Goals



- Engage county, city, law enforcement, citizen and mental and medical health providers to take specific steps to improve access, cost-effectiveness and efficacy of services to those who need mental health assistance.
- Increase community-based and inpatient psychiatric resources, responsiveness and the number and availability of inpatient beds.
- Increase contributions of local, regional and national healthcare providers to mental health services in Clark County.
- Reduce reliance on the county jail and hospital emergency rooms as emergency and chronic mental health service providers.

Call to Action



CLARK COUNTY CAN DO SO MUCH BETTER

Concrete Steps



- **National Prevention Strategy**
- **Develop Local Prevention Strategy with Actionable Steps**



Invitation to Participate



Sign Up Sheet is on Clipboard in the Back of the Room

Resource List



- National Alliance of Mental Illness - www.namiiswwa.org and www.nami.org
- US Government - www.mentalhealth.gov
- Center for Disease Control – www.cdc.gov
- American Foundation for Suicide Prevention – www.afsp.beaconfire.us
- American Association of Suicidology

QUESTIONS



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