

# Cardinal Innovations

HEALTHCARE

April 10, 2019

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# Let's Talk Behavioral Health

# Agenda

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- Mental Health Problems in the United States
  - Definition
  - Prevalence in the U.S.
- Understanding Depression and Anxiety
- Understanding Substance Use Disorders

# Agenda, cont.

- Crisis Situations for Depression and Anxiety
  - Suicidal Behavior
  - Depressive Symptoms
  - Nonsuicidal Self-Injury
  - Panic Attacks
  - Traumatic Events
  - Overdose
  - Withdrawal
- Referral
  - *Screening tools (PHQ-9, AUDIT, etc.)*
  - *What's Next?*
    - *What's available (Access lines, mobile crisis, walk-in clinics)*

# What is Mental Illness?

- A mental disorder or mental illness is a diagnosable illness that:
  - Affects a person's thinking, emotional state, and behavior
  - Disrupts the person's ability to:
    - Work
    - Carry out daily activities
    - Engage in satisfying relationships

# Prevalence

| Type of Mental Disorder   | % Adults  |
|---------------------------|-----------|
| Anxiety disorder          | 18.1      |
| Major depressive disorder | 6.8       |
| Substance use disorder    | 8.1       |
| Bipolar disorder          | 2.8       |
| Eating disorders          | 5-10      |
| Schizophrenia             | 0.3 - 0.7 |
| Any mental disorder       | 18.5      |

# Depression and Anxiety

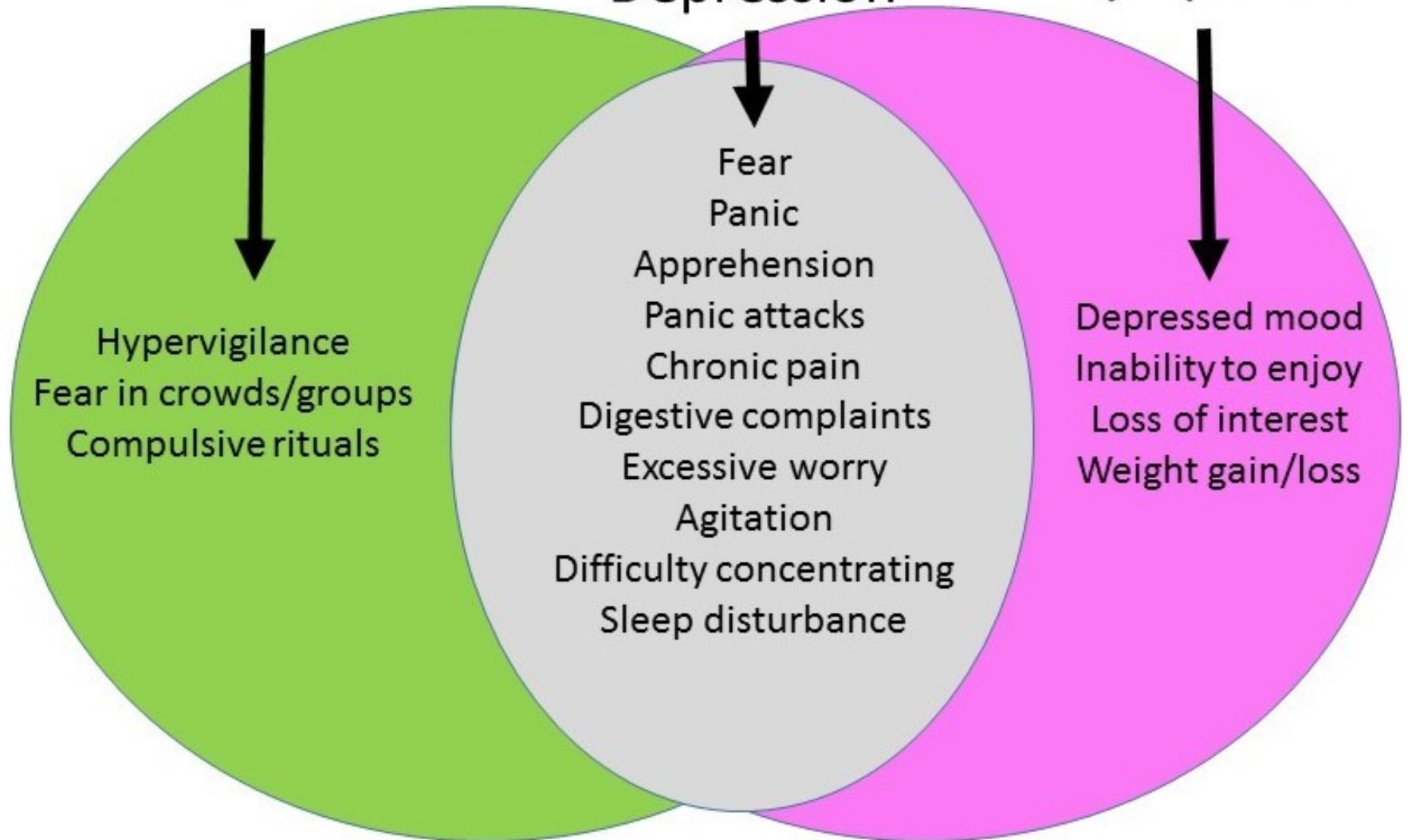
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- Are the most common mental illnesses
- Have some similar signs and symptoms
- Frequently co-occur
- Chronic Illness and Mental Health

## Anxiety Symptoms

## Symptoms of Both Anxiety & Depression

## Depression Symptoms





# Risk Factors for Depression & Anxiety

- Distressing and uncontrollable event
- Stressful or traumatic events
- Difficult childhood; history of childhood anxiety
- Ongoing stress and anxiety
- Another mental illness
- Previous episode of depression or anxiety
- Family history
- More sensitive emotional nature

# Risk Factors for Depression & Anxiety, cont.

- Illness that is life threatening, chronic or associated with pain
- Medical conditions
- Side effects of medication
- Recent childbirth
- Premenstrual changes in hormone levels
- Lack of exposure to bright light in winter
- Chemical (neurotransmitter) imbalance
- Substance misuse; intoxication, withdrawal

# Substance Use Disorders

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- Dependence
- Abuse that leads to problems at work or home
- Abuse that causes damage to health

# Understanding Substance Use Disorders

- 8.1% of the population over 12 have a substance use disorder in any given year
- The use of alcohol or drugs does not mean a person has a substance use disorder
- 75% of people who develop substance use disorders do so by age 27
- Alcohol use disorders are almost three times as common as drug use disorders

# Co-Occurrence

- Substance use disorders can co-occur with any mental illness
- Some people “self-medicate” with alcohol and/or other drugs
- People with mood or anxiety disorders are two to three times more likely to have a substance use disorder

# Warning Signs

- Increased substance use over time
- Increased tolerance for the substance
- Difficulty controlling use
- Symptoms of withdrawal
- Preoccupation with the substance
- Giving up important activities (work, social, family, etc.)
- Continued use even after recognizing problem with substance use

# Crisis Situations

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1. Suicide
2. Self-Harm
3. Panic Attacks
4. Traumatic Events
5. Intoxication with alcohol poisoning or severe withdraw
6. Aggression

# Screening Tools

- Patient Health Questionnaire (PHQ)
  - PHQ-2, PHQ-9, PHQ-15
- Generalized Anxiety Disorder Screener (GAD-7)
- Alcohol Use Disorders Identification Test (AUDIT)
- Columbia-Suicide Severity Rating Scale (C-SSRS)



# What's Next?

- What may treatment look like?
- Resources & Referral
  - Who is your LME/MCO? What is the Access Number?
  - Mobile Crisis
  - Walk-in Clinics