

Cardinal Innovations

HEALTHCARE

April 10, 2019

Let's Talk Behavioral Health, Resources and Referral

Agenda

- 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

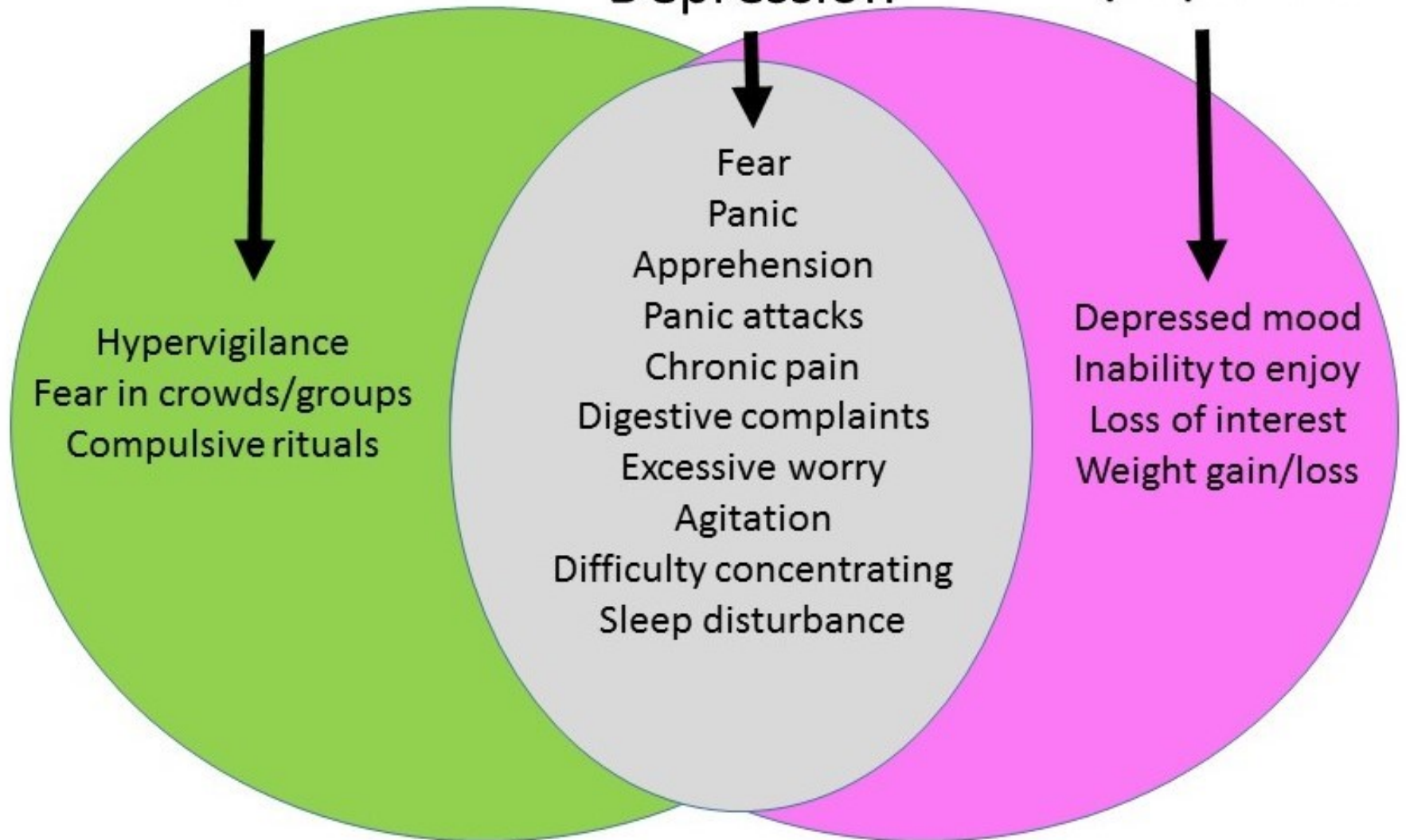
Depression and Anxiety

- 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

- 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

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

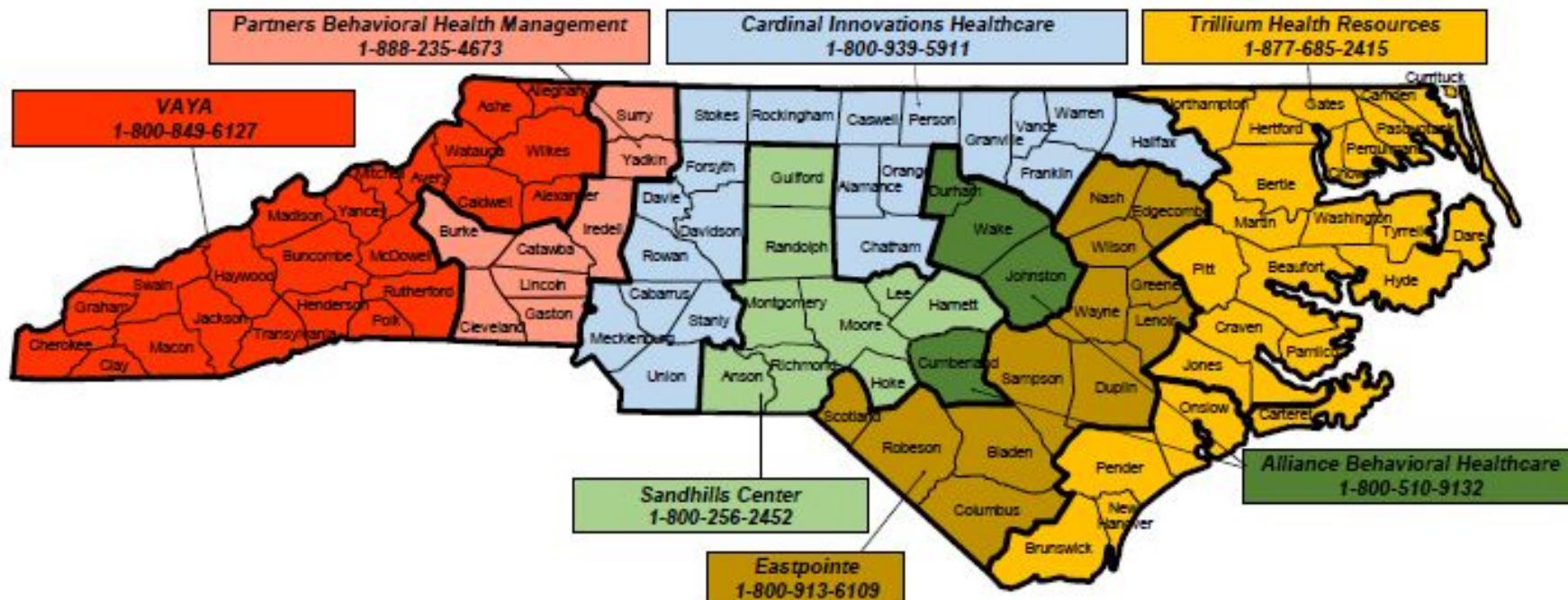
Screening Tools

- 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)
- Health Resiliency Stress Questionnaire (HRSQ)

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

Local Management Entity - Managed Care Organizations (LME-MCOs)



A clock face is shown with a red center and hands. The text "Time for Q&A" is written across the clock face. "Time" is in a large, black, serif font, "for" is in a smaller, black, serif font, and "Q&A" is in a large, red, serif font. The clock hands are black, and the center is a red circle. The background is white with faint, repeating watermarks of the word "freemove" and a circular logo.

Time for **Q&A**