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Creating a Healthier Louisiana

Mental Health IS Health:

Promoting Wellness in Louisiana

LOUISIANA PUBLIC HEALTH ASSOCIATION

An affiliate of the American Public Health Association



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Presenter Disclosures

Mental Health IS Health

1. The following personal financial relationships with commercial interests relevant to this presentation existed during the past 24 months:

No relationships to disclose

Capital Area Human Services

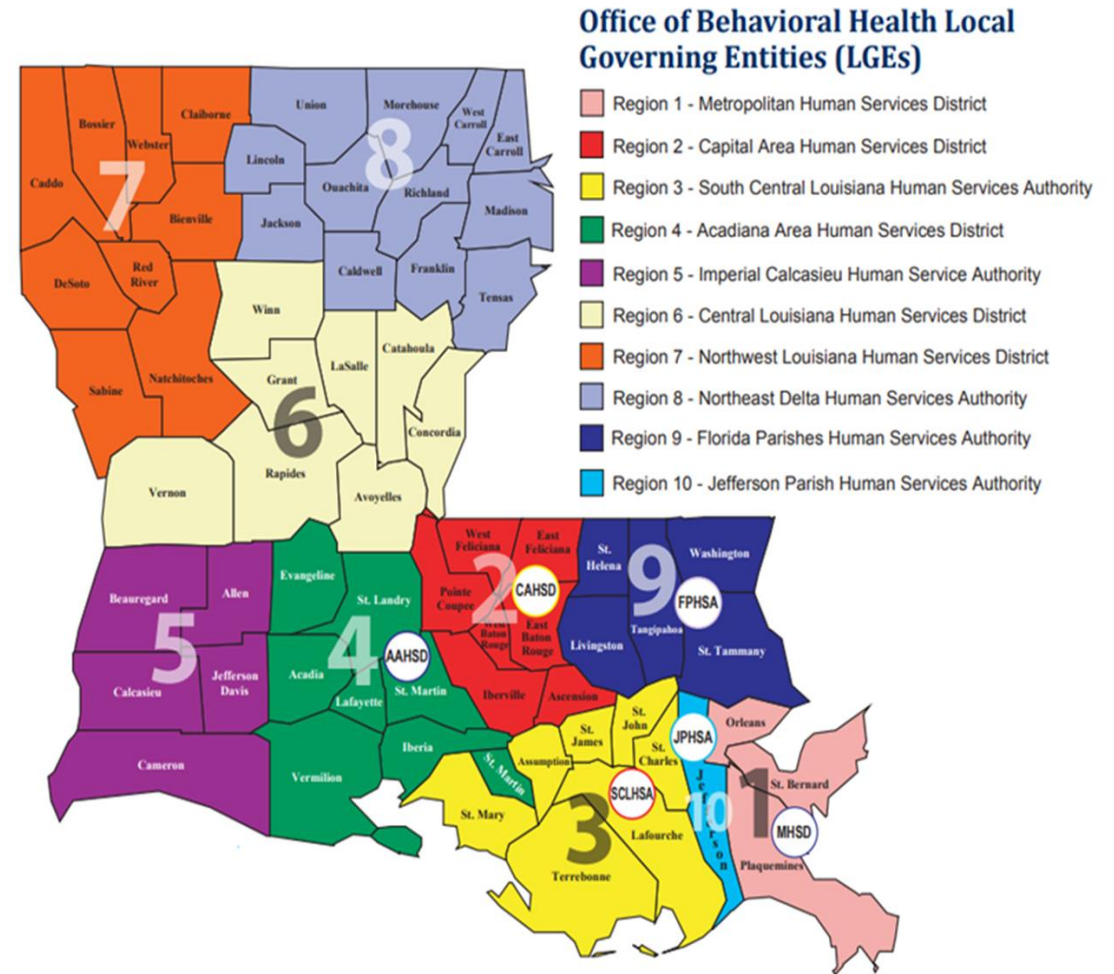
- Created by legislative Act in 1996 to replace Region 2 of LDH.
- Governed by a policy board with an Executive Director, not a state-controlled central office.
- Designed to meet local needs of the citizens in CAHS' 7-parish catchment area via partnerships with local governments, clients, advocates, and providers.

Population/Parishes Served

We are one of 10 Local Governing Entities (LGEs)

We provide services in the following seven parishes:

- Ascension
- East Baton Rouge
- East Feliciana
- Iberville
- Point Coupee
- West Baton Rouge
- West Feliciana



Understanding the Impact of Behavioral Health

- Often viewed as separate from physical health
- Mental health affects physical health and vice versa
- Positive psychological well-being linked to reduced risk of strokes and heart attacks

Source: <https://www.webmd.com/mental-health/how-does-mental-health-affect-physical-health>



Impact of Behavioral Health (cont'd)

Conversely,

- Depression has been linked to chronic diseases.
- Schizophrenia has been linked to higher risks for heart and respiratory diseases.
- Mental illness is linked to sleep problems, smoking, decreased likelihood of accessing healthcare.

Source: <https://www.webmd.com/mental-health/how-does-mental-health-affect-physical-health>



Why is Mental Health Important for Overall Health?

Source: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, 2023

Mental health = our emotional, psychological, and social well-being

- MH influences our response to psychosocial stressors
- MH influences how we navigate relationships
- MH influences our ability to make healthy choices

Mental Illness is a common condition

- More than 1 in 5 US adults live with mental illness
- Over 1 in 5 youth (ages 13-18) currently live with or have had mental illness
- 1 in 25 US adults lives with SMI

Mental Health is a Public Health Issue

MH impacts:

- Social relationships (family dysfunction, divorce, child neglect)
- Risk of SUD
- Educational success (suspension, expulsion, dropout)
- Work (productivity, absenteeism, job satisfaction, job loss, inability to earn a living)
- Life expectancy (decreased by 20 years)

Source: <https://publichealth.tulane.edu/blog/mental-health-public-health/>



From 2020-2023, Louisiana had the highest rates of anxiety and depression the US.

Source: <https://www.brproud.com/news/louisiana-news/study-louisiana-has-highest-rate-of-anxiety-depression-in-us-over-the-last-three-years/>



1 in 5 U.S. adults experience mental illness each year.



715,000 adults in Louisiana have a mental health condition.

That's more than **3X** the population of Baton Rouge.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **47.5% of adults in Louisiana** reported symptoms of **anxiety or depression**.

18.6% were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In Louisiana, **179,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

44,000 Louisianans age 12–17 have depression.

Louisianans struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **194,000 adults in Louisiana** who **did not receive needed mental health care**, **41.8%** did not because of cost.

8.9% of people in the state are uninsured.



Louisianans are over **4x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

3,398,990 people in Louisiana live in a community that **does not have enough mental health professionals**.

An inadequate mental health system affects individuals, families and communities.



High school students with depression are more than **2x more likely to drop out** than their peers.

62.3% of Louisianans age 12–17 who have depression **did not receive any care** in the last year.



3,173 people in Louisiana are homeless and **1 in 5 live with a serious mental illness.**



On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In Louisiana, **720 lives were lost to suicide** and 159,000 adults had thoughts of suicide in the last year.

1 in 4 people with a serious mental illness has been arrested by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.



7 in 10 youth in the juvenile justice system have a mental health condition.



National Alliance on Mental Illness

NAMI Louisiana is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit: nami.org/mhpolicystats.

Crisis Point



- From 2020-2022, Louisiana spending on behavioral health decreased from 9.6% of total Medicaid dollars to a total of 7.8%.

Source: Dr. Stewart Gordon, chief medical officer for the Louisiana Managed Medicaid Association, before the Louisiana House Subcommittee on Mental Health (Fall 2023)

Factors Influencing Behavioral Health

Social Determinants of Health (shaped by the social, economic, and physical environments in which one lives)

- Housing
- Education
- Employment
- Social support

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6181118/>

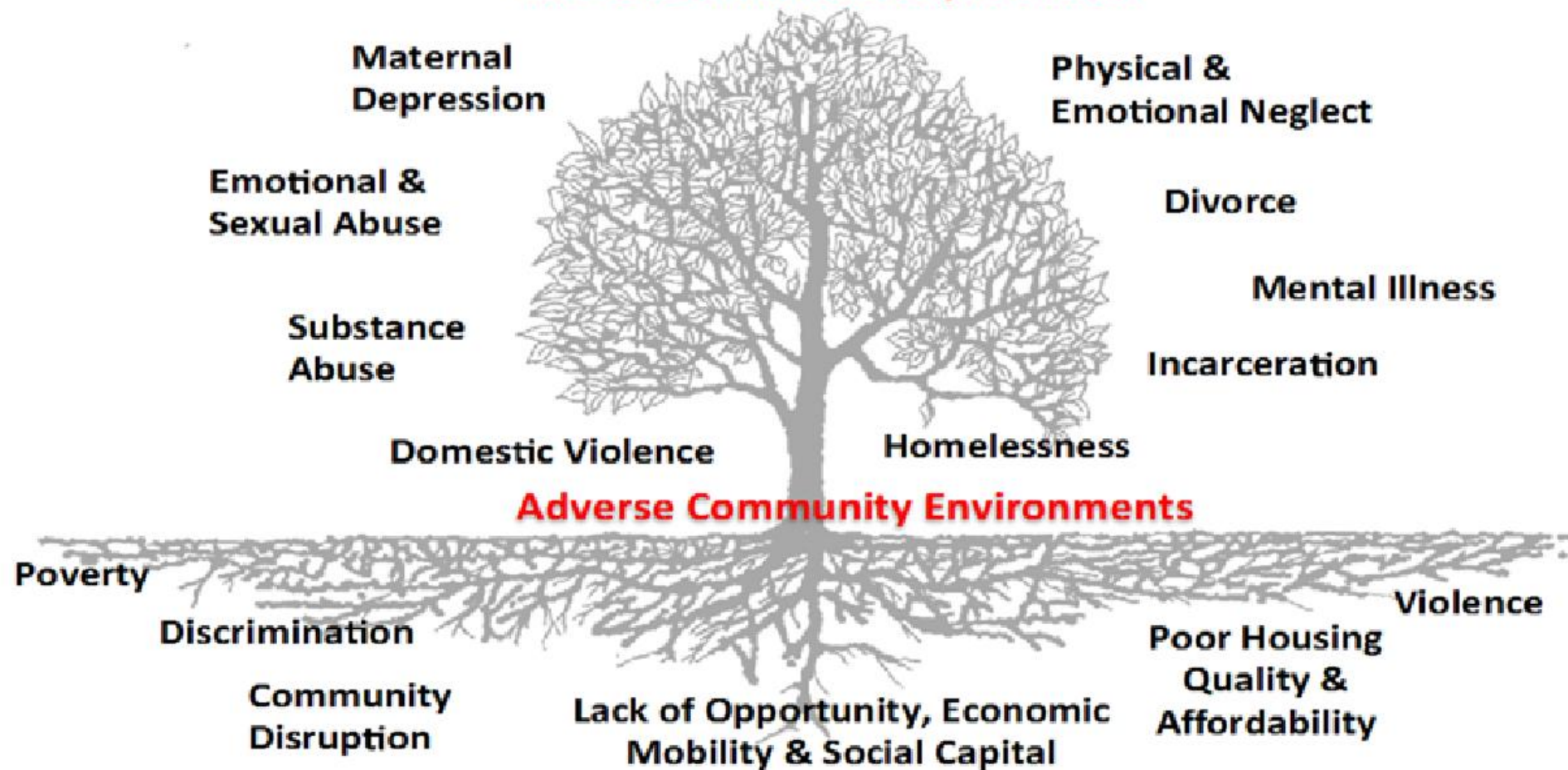
Adverse Childhood Experiences (ACES)

- Child abuse (emotional physical or sexual)
- Child neglect (emotional or physical)
- Household dysfunction (DV, SA, MI, criminal activity or parental absence)

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9036421/>

The Pair of ACEs

Adverse Childhood Experiences



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

Effects of Stigma and Discrimination

- Reluctance to seek treatment
- Social isolation
- Bullying, physical violence, or harassment
- Reduced hope
- Lower self-esteem
- Decreased treatment engagement
- Fewer opportunities for work, school, or social activities or trouble finding housing

Source: <https://www.psychiatry.org/patients-families/stigma-and-discrimination>

Types of Stigma

	Public	Self	Individual
Stereotypes & Prejudices	People with mental illness are dangerous, incompetent, to blame for their disorder, unpredictable	I am dangerous, incompetent, to blame	Stereotypes are embodied in laws and other institutions
Discrimination	Therefore, employers may not hire them, landlords may not rent to them, the health care system may offer a lower standard of care	These thoughts lead to lowered self-esteem and self-efficacy: "Why try? Someone like me is not worthy of good health."	Intended and unintended loss of opportunity

Effective Strategies for Behavioral Health Promotion

Community-level interventions

- MH education
- Destigmatization campaigns
- Peer support groups
- Understanding and preventing burnout among providers

Individual-level interventions

- Stress management techniques
- Self-care practices
- Healthy lifestyle choices
 - Exercising
 - Practicing sleep hygiene
 - Limiting social media and screen time

Promoting Access to Mental Health Services



- Addressing unmet needs
- Removing barriers
- Integrating behavioral health and physical health (collaborative care models)
- Utilizing telehealth for rural settings, SMI, and SUD

Mental Health IS Health.

Improving mental health and overall well-being in Louisiana entails:

- Addressing unmet needs
- Removing barriers to care
- Addressing stigma, discrimination, and equality
- Improving access to care
- Integrating mental and physical health care (collaborative care models)
- Expanding telehealth service

Health & Wellness



Image Source: <https://cedwvu.org/health-and-wellness/>

Thank You!

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