"Behavioral Health Options for the Bloodless Patient"

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Mental Health Awareness

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Changing minds about mental health
One conversation at a time

#thewatershed
Mental Health Facts in America

Fact: 43.8 million adults experience mental illness in a given year.

1 in 5 adults in America experience a mental illness.

Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
Prevalence of Mental Illness by Diagnosis

1. 1.1%  
   1 in 100 (2.4 million) American adults live with schizophrenia.¹

2. 2.6%  
   2.6% (6.1 million) of American adults live with bipolar disorder.¹

3. 6.9%  
   6.9% (16 million) of American adults live with major depression.¹

4. 18.1%  
   18.1% (42 million) of American adults live with anxiety disorders.¹
Consequences

**10.2m**
Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.¹

**26%**
Approximately 26% of homeless adults staying in shelters live with serious mental illness.¹

**24%**
Approximately 24% of **state prisoners** have "a recent history of a mental health condition".²

Impact

**1st**
Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹

**-$193b**
Serious mental illness costs America $193.2 billion in lost earning every year.³

**90%**
90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³
Mental Health Facts
CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹

- 20% of youth ages 13-18 live with a mental health condition¹
- 11% of youth have a mood disorder²
- 10% of youth have a behavior or conduct disorder¹
- 8% of youth have an anxiety disorder¹

¹Englewood Health
²National Institute of Mental Health
Impact

50%  50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.³

10 yrs  The average delay between onset of symptoms and intervention is 8-10 years.¹

37%  37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70%  70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd  Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹

90%  90% of those who died by suicide had an underlying mental illness.²
Treatment in America

- Nearly 60% of adults with a mental illness didn’t receive mental health services in the previous year.  
- Nearly 50% of youth aged 8-15 didn’t receive mental health services in the previous year.
- African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.

Ways to Get Help

- Talk with your doctor
- Connect with other individuals and families
- Learn more about mental illness
- Visit NAM\text{I}.org
Taking Charge of Your Mental Health

FIND THE RIGHT SPECIALIST

- Ask your doctor or nurse to help you find a specialist and make your first appointment
- There may be a long wait for your first visit, so speak up if you need to see someone right away
- If the first mental health specialist you see isn’t a good fit, keep looking for one who works for you

DON’T FORGET!

- Surround yourself with family and friends
- Talk to a counselor, social worker, nurse or trusted adult
- Continue doing what you love: reading, sports, writing, nature walks, creating art
Things to remember for today’s meeting

• It is OK to talk about mental health
• It is OK to acknowledge struggling with depression, anxiety, or other issues
• It is OK to seek support from others in times of need
• It is OK to seek help from professionals
• It is OK to take medication if directed to by medical professionals
• Sometimes even when we want to help others, we may not have the skills or education that are needed
• We should not be judgmental of others that need treatment or medication to help them – NO STIGMA –NO HIDING
Remember:

• Needing and receiving help for mental or behavioral health DOES NOT MEAN:
  • You are “weak”
  • You lack spirituality
  • You are unlovable
  • You are unforgivable
  • You are unworthy of friendship and relationships
  • You are useless
  • You are worthless

• Being here today and learning more means you are:
  • Courageous
  • Open minded
  • Strong