

There Can't Be Health Without Behavioral Health

AGC Nebraska Building Chapter Fall Event
September 29, 2022

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Helping People Live Better Lives.

There Is No Health Without Behavioral Health!

- Nebraska has 1.9 million people.
- It is estimated there are about 380,000 individuals (adults and youth) who have a mental illness or substance use disorder.



Source: National Survey of Drug Use and Health (NSDUH) 2015-2016.

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- Half of all lifetime mental illness begins at the average age of 14 and three-quarters by age 24
- 1 in 10 youth 16-17 years old have had a major depressive episode
- 1 in 5 young people ages 18 – 26 year olds have or had a mental illness

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Treatment Use in Nebraska

Of adults with any mental illness

- 47% received treatment for mental illness in past year

Of adolescents with depression

- 43% received treatment for depression in past year

Of people aged 12+ years with illicit drug use

- 11% received treatment for drug use disorder in past year

Of people aged 12+ years with alcohol dependence or abuse

- 7% received treatment for alcohol dependence or abuse in past year



There Is No Health Without Behavioral Health!

- We don't pretend to not have cancer.
- We would never hear "it's just diabetes, get over it!"
- People are not their illness.
- It's rarely one and done for any illness.
- Know science, no stigma!



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Saving Lives

TOO MANY PEOPLE
ACROSS THE U.S.
FACE SUICIDAL,
MENTAL HEALTH
AND/OR
SUBSTANCE USE
CRISIS ALONE

Nationally In 2020

there was approximately
one death by suicide
every 11 minutes

In 2020

for people aged 10–14 and
25–34 years, suicide was the
second leading cause of death

From April 2020 to 2021

over 100,000 people died from
drug overdoses

In Nebraska:

- 2nd leading cause of death for ages 10-34
- 5th leading cause of death for ages 35-44
- 6th leading cause of death for ages 45-54
- 7th leading cause of death for ages 55-64
- 18th leading cause of death for ages 65+

Overall, 10th leading cause of death in Nebraska.

On average, one person died by suicide every 32 hours.

On July 16, 2022, the soft launch of 988 took place with the transition from 1-800-273-TALK to 988



Short-term goal

A strengthened and expanded Lifeline infrastructure to respond to crisis calls, texts, and chats anytime

Long-term vision

A system that provides more opportunities for crisis services

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What Is Desired System Change for 988?

- Someone to call
- Someone to respond
- Somewhere to go/Community Support



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It's OK to NOT be OK

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Trauma – Universal Precaution

Individual trauma results from an **event**, series of events, or set of circumstances that:

- is **experienced** by an individual as physically or emotionally harmful or life threatening and
- has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional or spiritual well-being.

The way a person interprets an event that they have experienced is the single most important factor.

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ACEs – Adverse Childhood Experience Study

- ACEs are common
 - 53% of Nebraskans have at least one ACE.
 - 47% of Nebraskans had 0 ACE.
 - 34% had 1 or 2
 - 12% had 3 or 4
 - 8% had 5 or more
- Having an ACE score of 4 increases the risk of emphysema or chronic bronchitis by nearly 400 percent, and suicide by 1,200 percent.
- People with high ACE scores are more likely to be violent, to have more marriages, more broken bones, more drug prescriptions, more depression, and more autoimmune diseases.
- People with an ACE score of 6 or higher are at risk of their lifespan being shortened by 20 years.

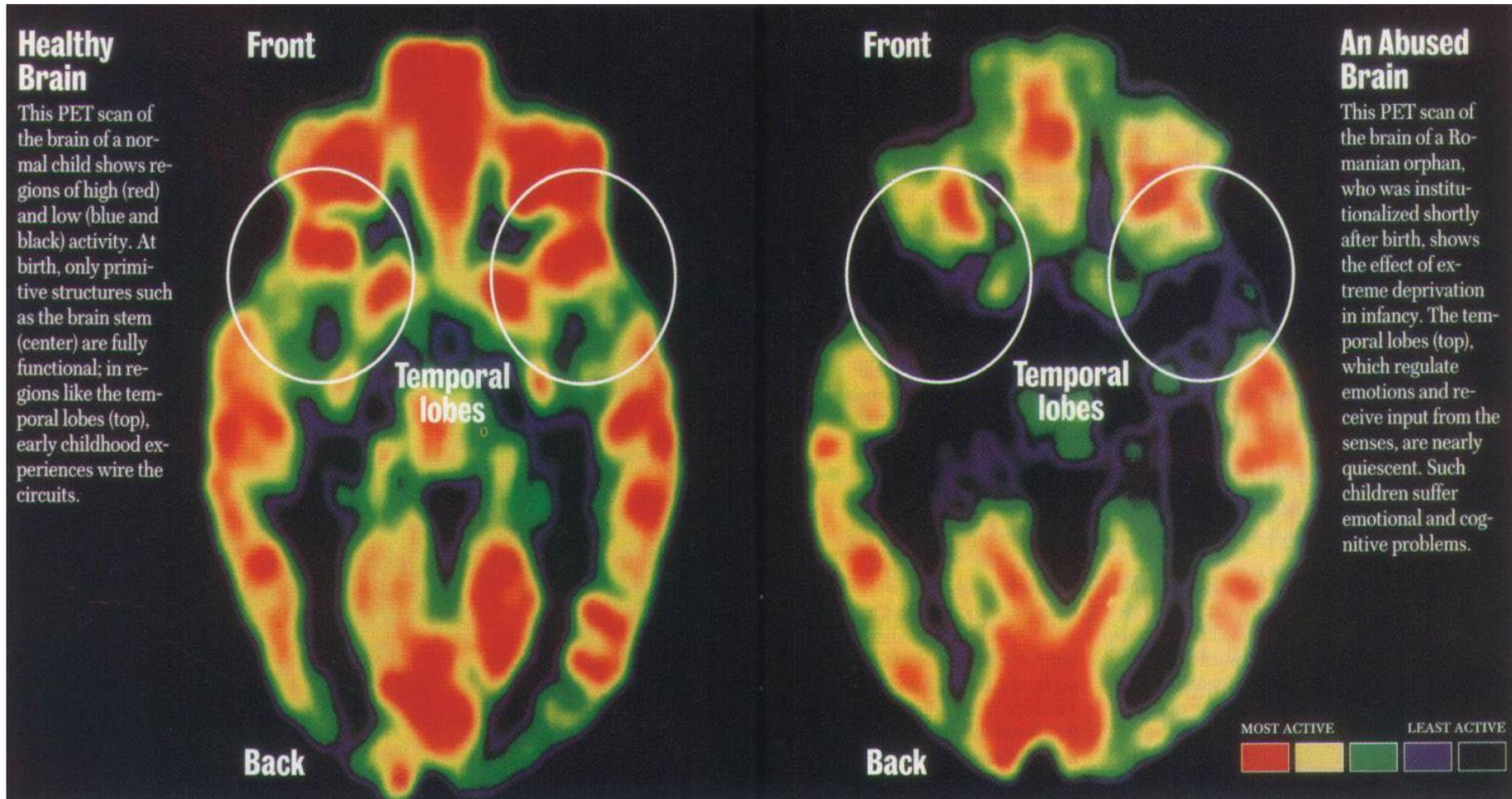
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Impact of ACEs on Early Brain Development



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It's OK to NOT be OK

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Prevention is Effective



Mental Health First Aid USA (SAMHSA)

- An 8-hour public education program.
- Introduces participants to risk factors and warning signs of mental illnesses.
- Builds understanding of the impact of risk factors, and provides overview of common supports.
- Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help.

Find a Mental Health First Aid course near you using the search tool below.

<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

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Save a Life. CPR and QPR

➤ Early Recognition of suicide

- The sooner warning signs are detected and help sought, the better the outcome of a suicidal crisis will be.

➤ Early QPR

- Asking someone about the presence of suicidal thoughts and feelings opens up a conversation that may lead to a referral for help.

➤ Early intervention and referral

- Referral to local resources or calling 1-800-Suicide for evaluation and possible referral is critical.

➤ Early Advanced Life Support

- As with any illness, early detection and treatment results in better outcomes. A person may need the emergency room, outpatient or inpatient care for a period of time.

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Wellness



- **Wellness** describes a healthy lifestyle beyond acute illness. It refers to a state of health in which people have the ability and energy to do what they want to do in life, without chronic suffering.

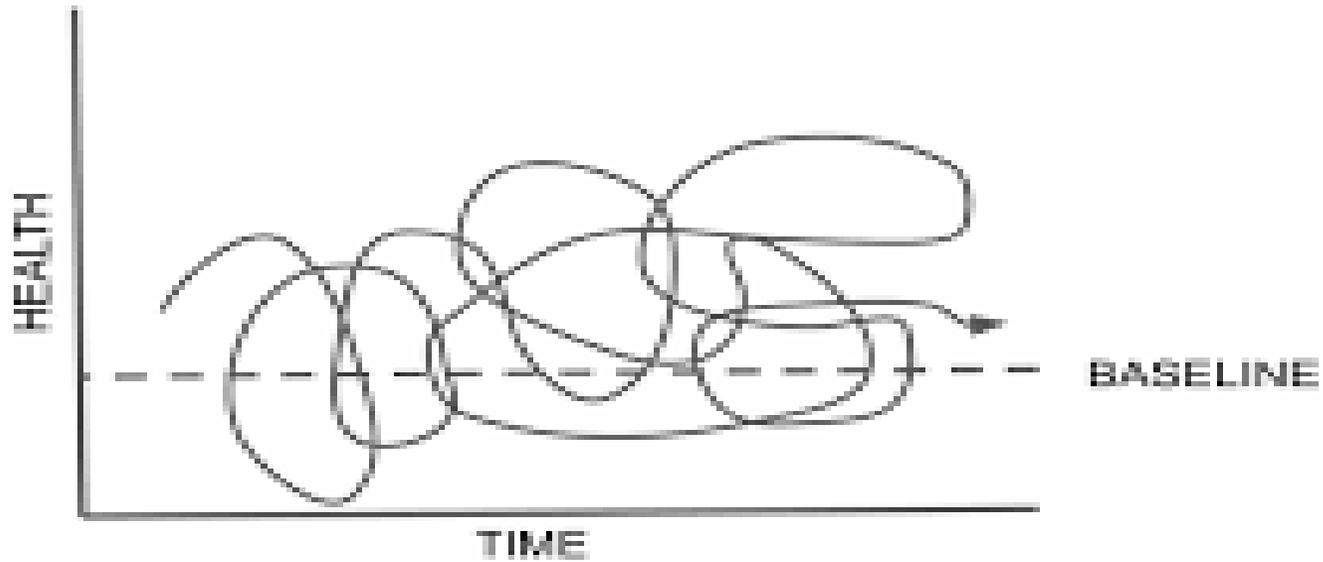
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Is this your wellness journey?



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Your Body Tells You to FOCUS!

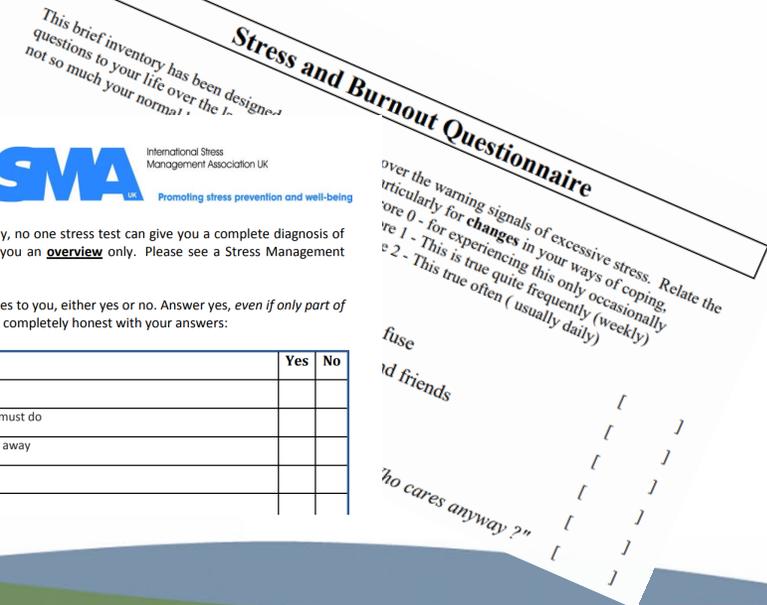
Isn't it time to listen to your body and mind?

- When we are stressed, our bodies respond in specific ways.
- If you have a self care deficit - pay attention.
- Self Care is a stress management "tool".
- Schedule your start to self care!



Assess Your Stress Level

- <https://www.stress.org/wp-content/uploads/2019/04/stress-inventory-1.pdf>
- <http://appliedpospsych.com/wp-content/uploads/2016/06/Stress-and-Burnout-Questionnaire.pdf>
- <http://www.hcei.org/uploads/5/2/4/3/52438643/stress-questionnaire.pdf>



STRESS QUESTIONNAIRE



Because everyone reacts to stress in his or her own way, no one stress test can give you a complete diagnosis of your stress levels. This stress test is intended to give you an **overview** only. Please see a Stress Management Consultant for a more in depth analysis.

Answer **all** the questions but just tick one box that applies to you, either yes or no. Answer yes, even if only part of a question applies to you. Take your time, but please be completely honest with your answers:

		Yes	No
1	I frequently bring work home at night		
2	Not enough hours in the day to do all the things that I must do		
3	I deny or ignore problems in the hope that they will go away		
4	I do the jobs myself to ensure they are done properly		
5	I underestimate how long it takes to do things		

Taking Control of Your Wellness

What's one thing I could do, that if I did it on a consistent basis, would make a positive impact on my level of **wellness**?

- Name it.
- Envision it.
- Write it down.
- Put it where you'll see it daily.
- Practice it.

To increase your odds of success:

- Get support
- Find an accountability partner.
- Honor your body, mind and soul.

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Resources: Helpline

- Implemented in 2009 under the Children and Family Behavioral Health Support Act
- The helpline connects families with crisis interventions and referrals for services, including Family Navigation:
 - Engagement with family within 72 hours of referral from helpline
 - Provides approximately 8 contact hours over 60 days of direct parent peer support to help family identify and connect with services



NEBRASKA FAMILY
HELPLINE
1-888-866-8660

A 24/7/365 resource
for families of youth
experiencing
behavioral health
challenges.

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Attention

**What you choose to give your attention
to moment to moment is the biggest
decision you make.**

Choose wisely.

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Prevention Works ~ Treatment is Effective ~ People Recover

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