

national **mental health** crisis

what to do about it

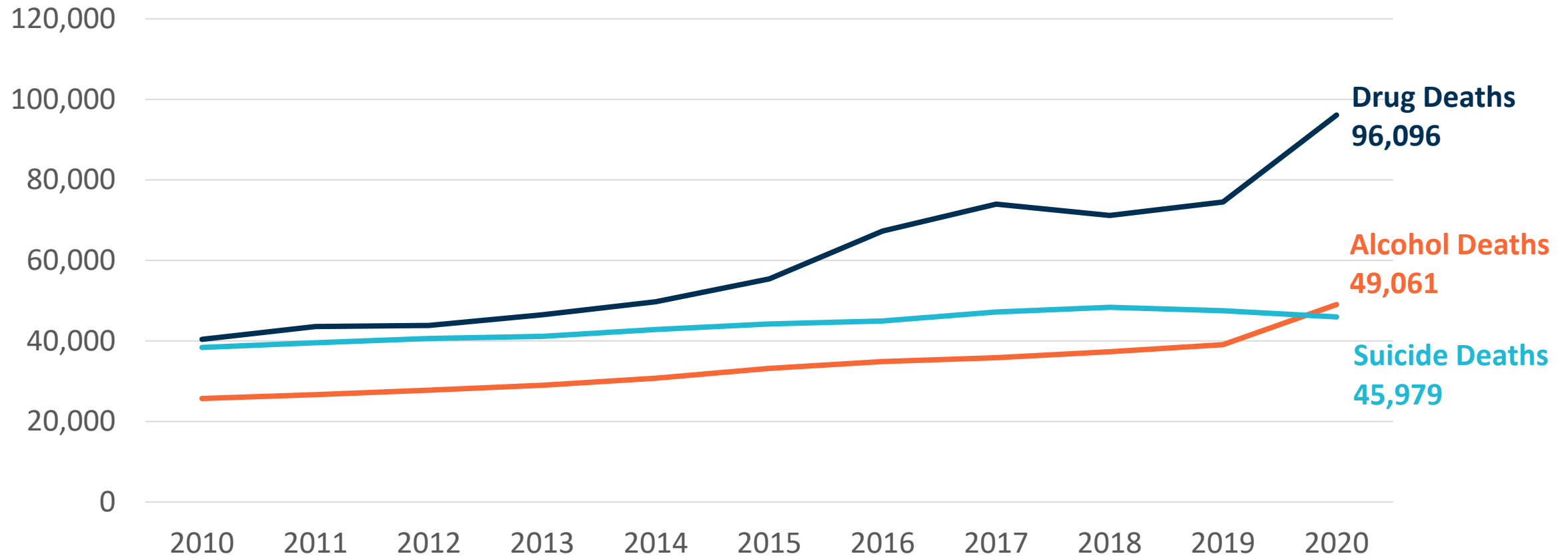








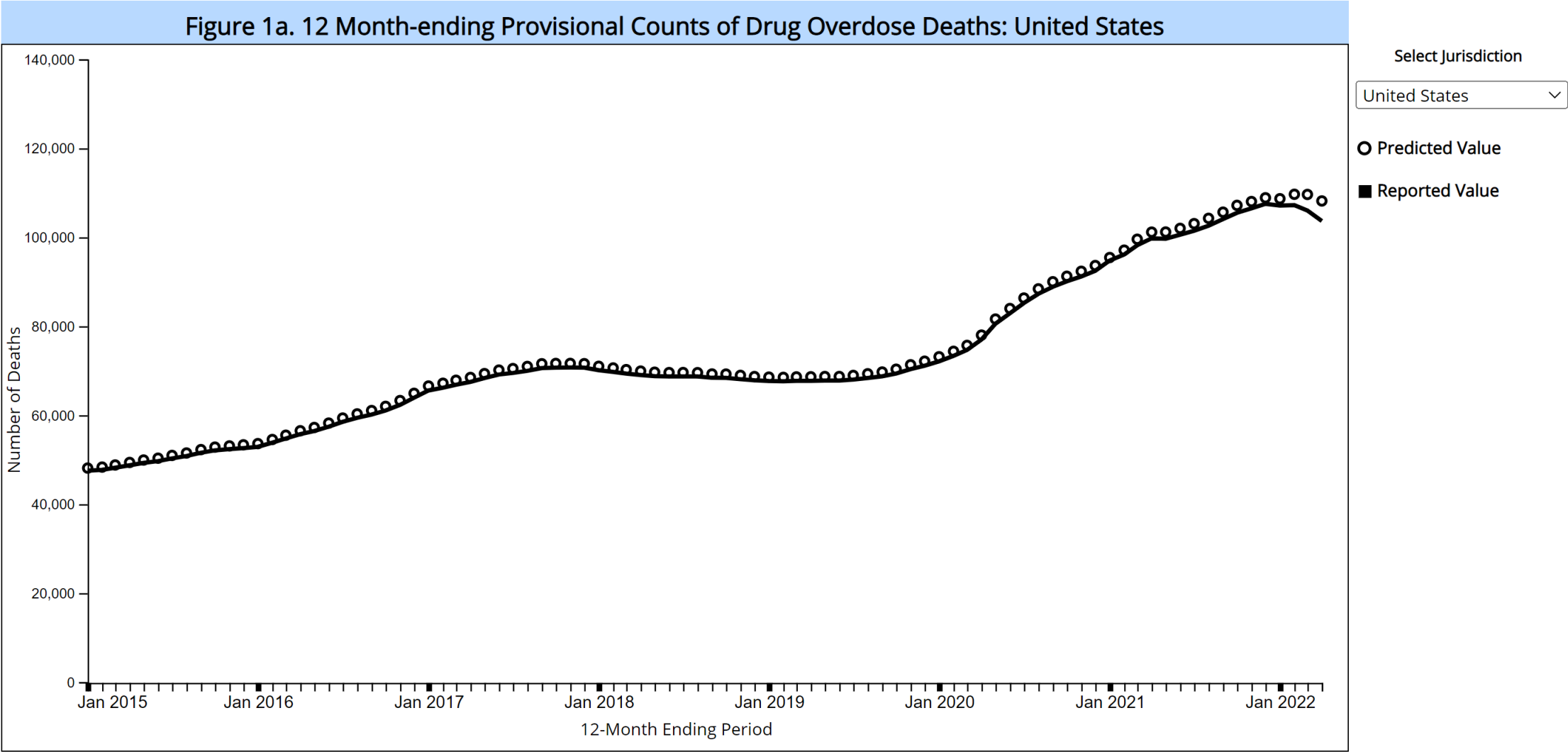
Nationally, **drug**, suicide, and **alcohol-induced** deaths continue to increase



• Source: CDC WONDER Online Database, 2010-2020

12 Month–ending Provisional Number and Percent Change of Drug Overdose Deaths

Based on data available for analysis on: September 04, 2022





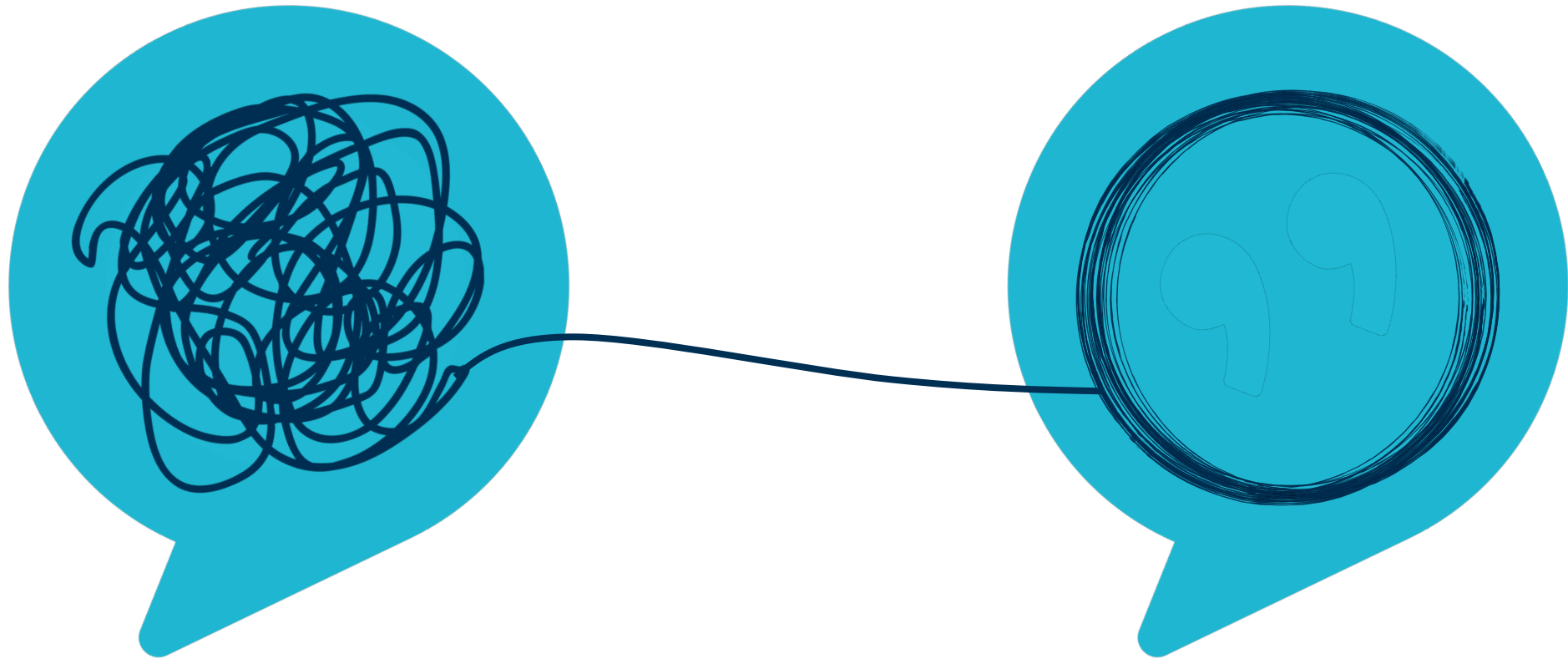
We've responded to the substance misuse crisis as if it's only about opioids

BY JOHN AUERBACH AND BENJAMIN F. MILLER, OPINION CONTRIBUTORS — 02/05/20 10:30 AM EST
THE VIEWS EXPRESSED BY CONTRIBUTORS ARE THEIR OWN AND NOT THE VIEW OF THE HILL

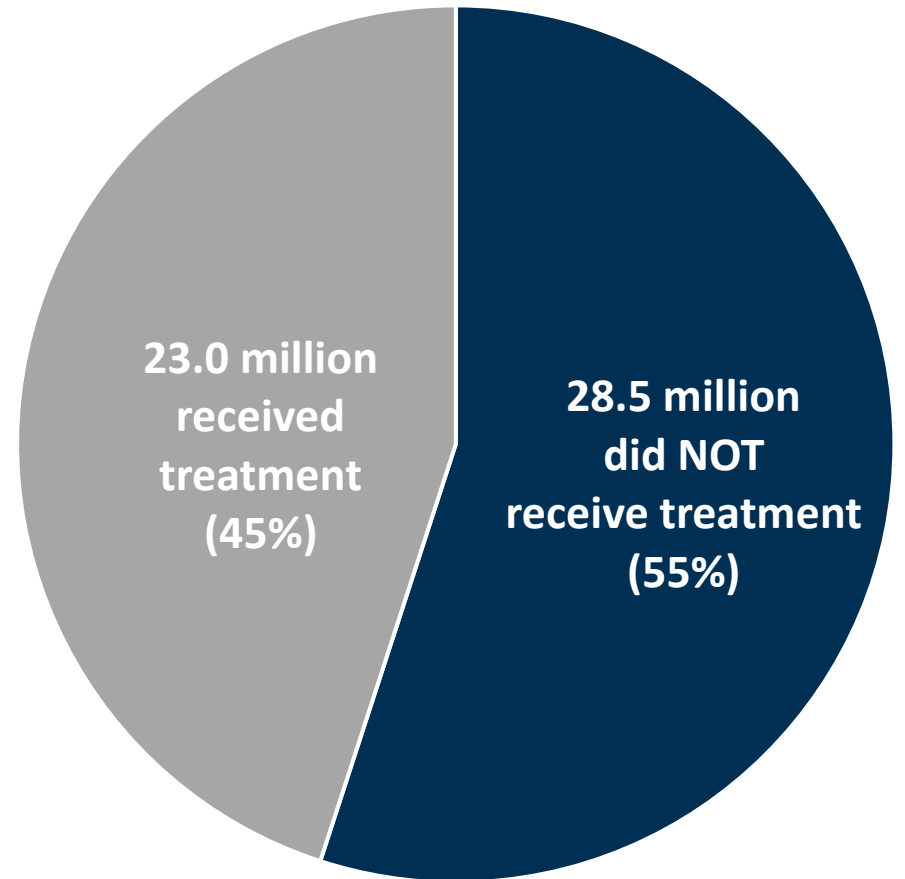
 56 COMMENTS

Fragmentation

Integration



**Our ongoing
challenge is
getting people
access to mental
health care.**

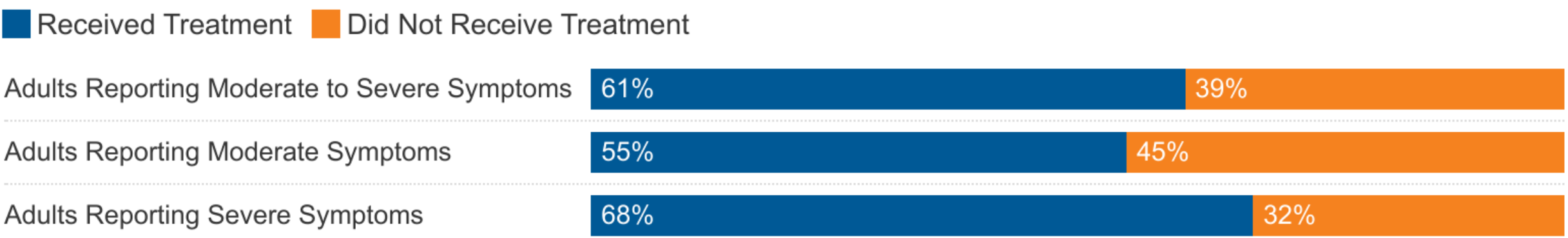


Source: National Survey on Drug Use and Health (NSDUH), 2019

Figure 2

Nearly One-third of Adults Reporting Severe Symptoms of Anxiety and/or Depression Were Not Receiving Treatment

Share of adults reporting symptoms of anxiety and/or depression, by severity of symptoms and receipt of treatment, 2019



NOTE: Moderate symptoms refers of anxiety and/or depression to a score of 10 to 14 on the GAD-7 scale and/or PHQ-8 scale; severe symptoms refers to a score of 15 or higher. Mental health treatment refers to receiving counseling and/or taking prescription medication for mental health in the past year.

SOURCE: KFF analysis of National Health Interview Survey (NHIS), 2019

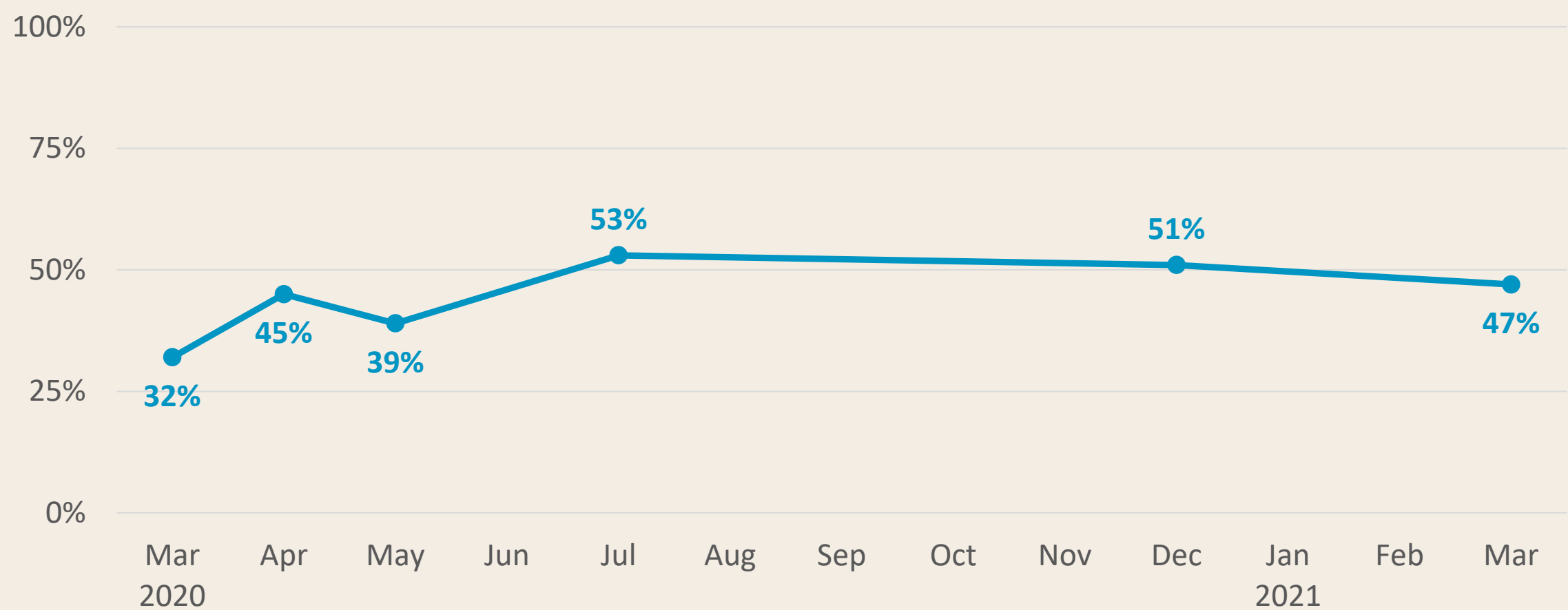




Rectangular Sign

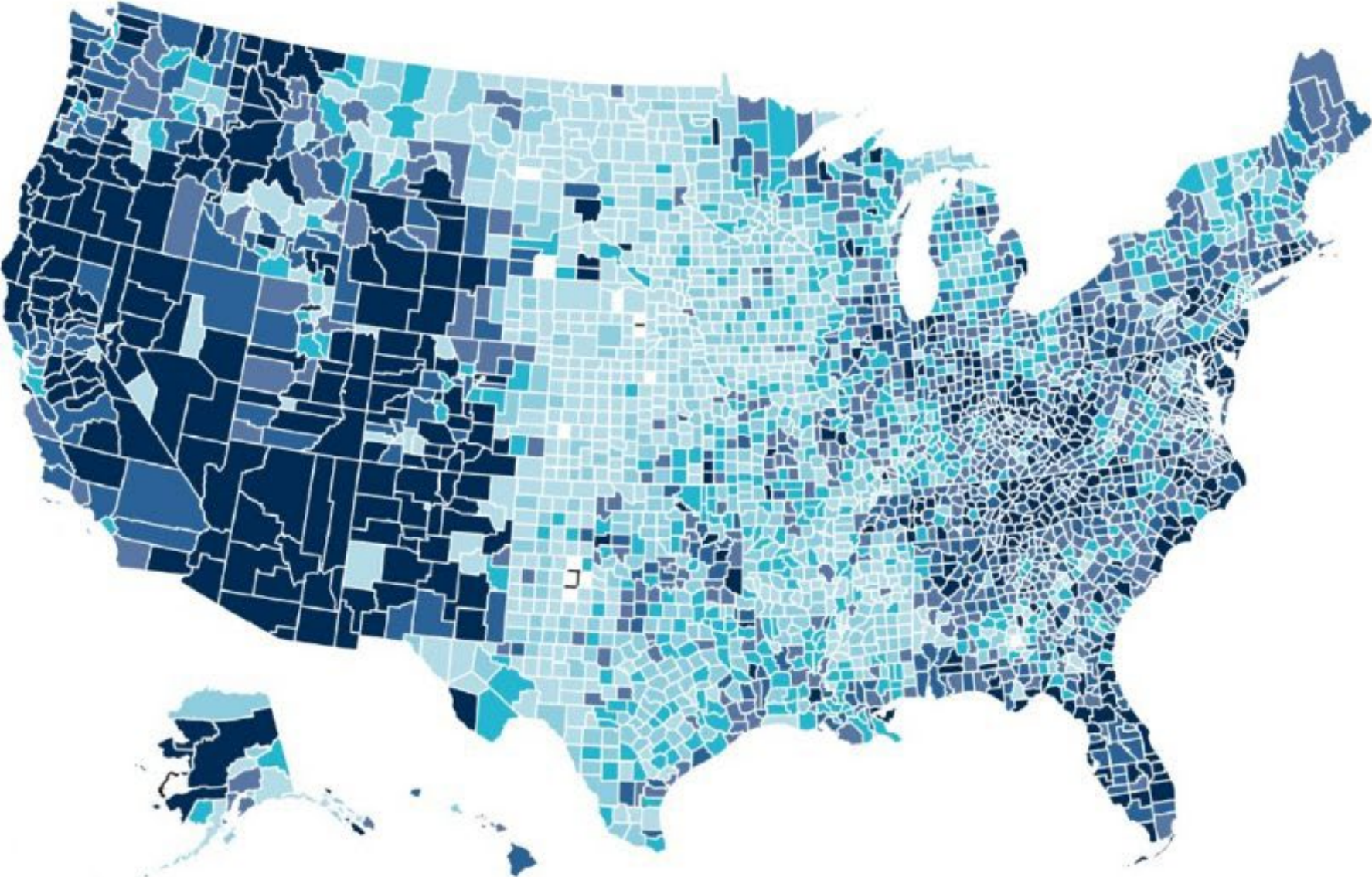


Nearly half of adults said that worry or stress from Covid-19 has negatively impacted their mental health.



• Source: Kaiser Family Foundation Health Tracking Poll (conducted April 15-20, 2020)

ESTIMATED ADDITIONAL DEATHS OF DESPAIR, COUNTIES 2020-2029



Crude Rate per 100,000 (9.22,37.27] (6.90,9.22] (5.08,6.90] (3.62,5.08] (1.73,3.62] [0.00,1.73] No data



DEATHS OF DESPAIR
AND THE FUTURE OF CAPITALISM
ANNE CASE & ANGUS DEATON



Deaths from alcohol, drugs, suicide hit record level

Psychologist Benjamin Miller says broader efforts are needed to address the underlying causes of alcohol and drug use and suicide. 'It's getting worse' »

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Covid-19 could kill an extra 75,000 Americans



LIVE UPDATES

The unemployment crisis, stress caused by isolation and lack of a definitive end date for the pandemic could significantly increase 'deaths of despair'



CORONAVIRUS PANDEMIC

REPORT: "DEATHS OF DESPAIR" MAY KILL EXTRA 75,000 DURING PANDEMIC



CORONAVIRUS PANDEMIC	
GLOBALLY	
TOTAL CASES	3,926,724
DEATHS	273,852
IN THE UNITED STATES	
TOTAL CASES	1,281,246
DEATHS	76,901
SOURCE: JOHNS HOPKINS UNIVERSITY	

LIVE



NAS ▲ 141.66

THREATENING THE POSTAL SERVICE'S ABILITY TO OPERATE" ► POSTMASTER SITUATION ROOM

Lifelines

a pandemic undertow

DEATHS OF DESPAIR

■■■■■

SUPPORT STRUCTURES

■■■■■■■

PREVENTING TRAGEDY

■■■■





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[Opinion]



OPINION *This piece expresses the views of its author(s), separate from those of this publication.*

Mental illness is epidemic within the coronavirus pandemic

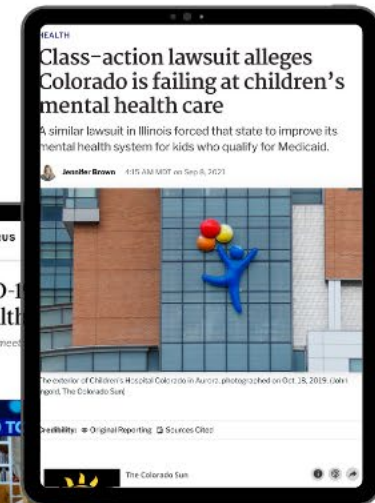
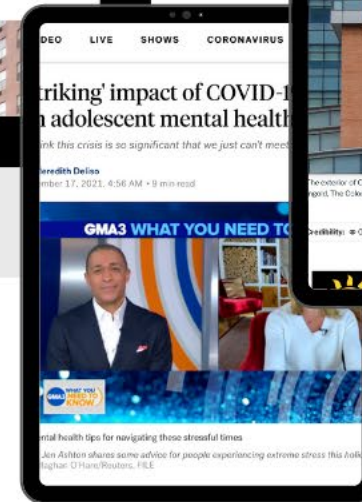
In the face of a global crisis, we are at a critical pivot point for mental health in our country and policymakers must rise to the challenge.

Benjamin F. Miller Opinion contributor

Published 1:46 p.m. ET Apr. 8, 2020

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A photograph of a broken ceramic dish lying on a dark grey, textured floor. The dish is split into several large, irregular pieces, with a blue glaze on the outside and a white interior. The text "Solution #1" is centered in the upper half, and "Break some dishes" is centered below it, with "Break some" highlighted in a blue rectangular box.

Solution #1
Break some dishes



Business Model Creation

		THREAT	OPPORTUNITY
Initial Resource Allocation	THREAT	wrong business model aggressive commitment	right business model staged commitment
	OPPORTUNITY	wrong business model no commitment	right business model no commitment



Once we realize that something is not working, it is unethical to proceed as if it is.

Solution #2
Share more
(know when to yell)

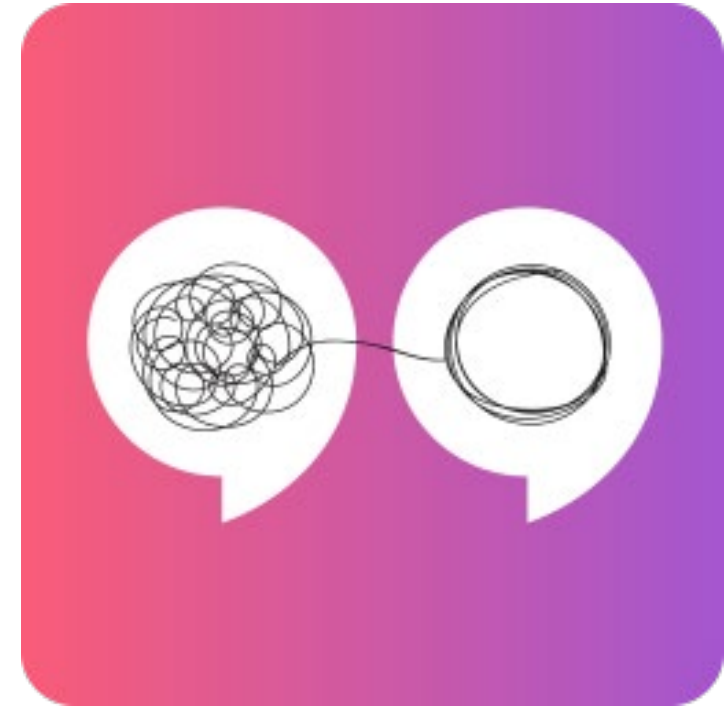


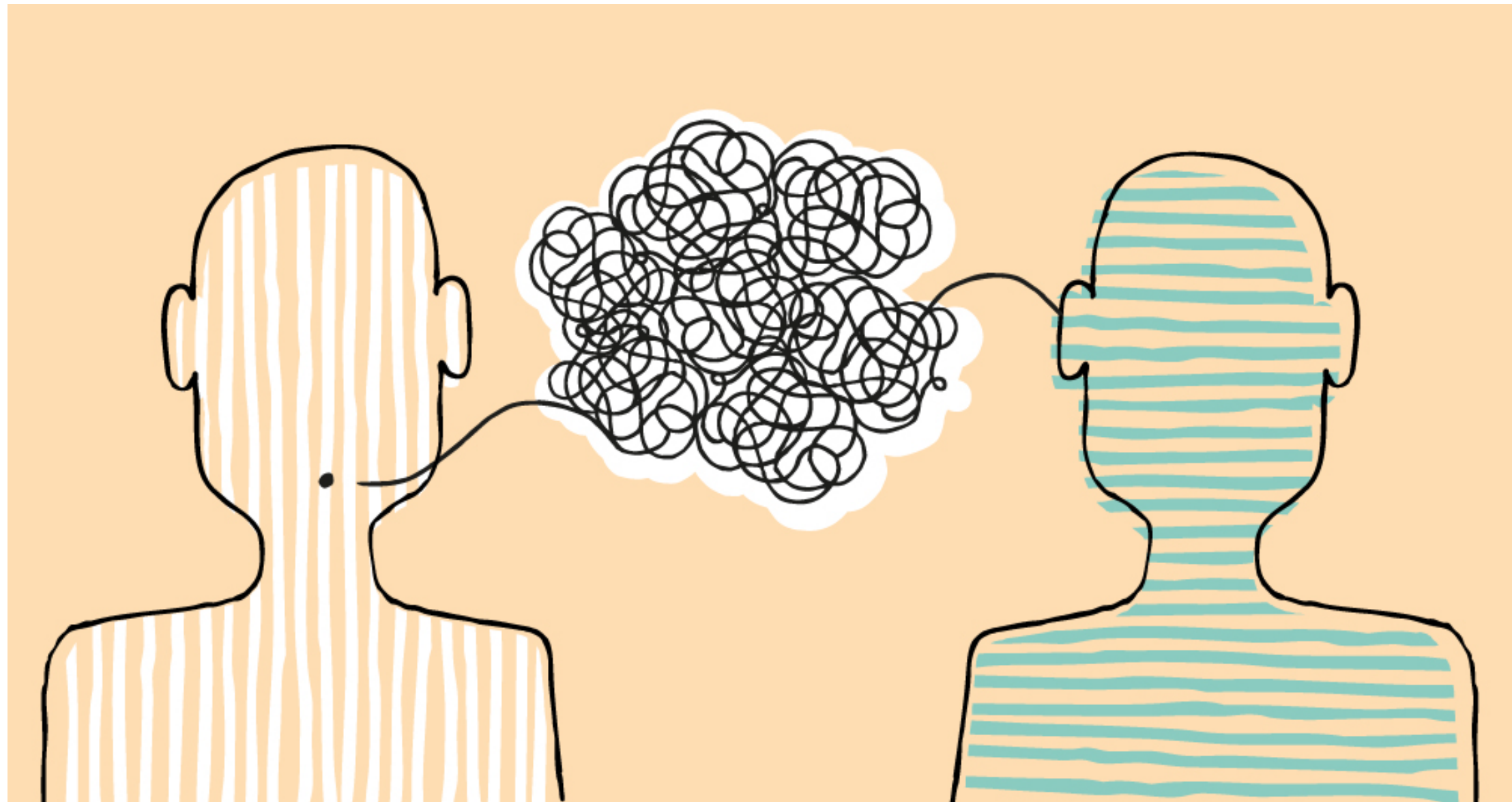



STATE of MIND

The Staggering Hypocrisy of Officials Who Are Blaming Mental Illness for Mass Shootings

BY BENJAMIN F. MILLER MAY 27, 2022 • 3:29 PM







Solution #3

Organize and mobilize (bring new friends along)



Vision and framing.

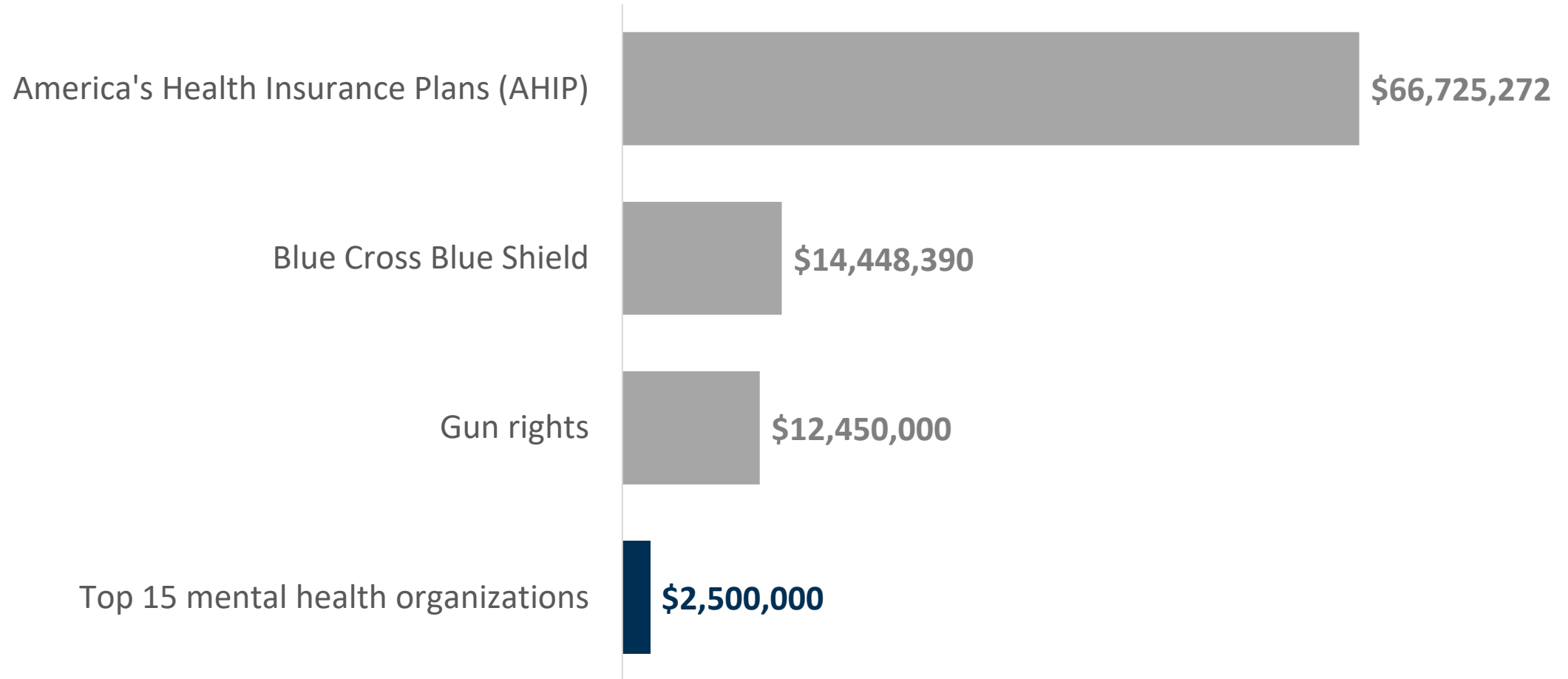
A constituency.

A long-term Commitment.



Mental health is consistently being outspent

The chart below shows 2019 expenditures



Solution #4

Be bold



“

We have **codified** the
separation of mind and
body through policy.



Solution #5

Rethink crisis 988

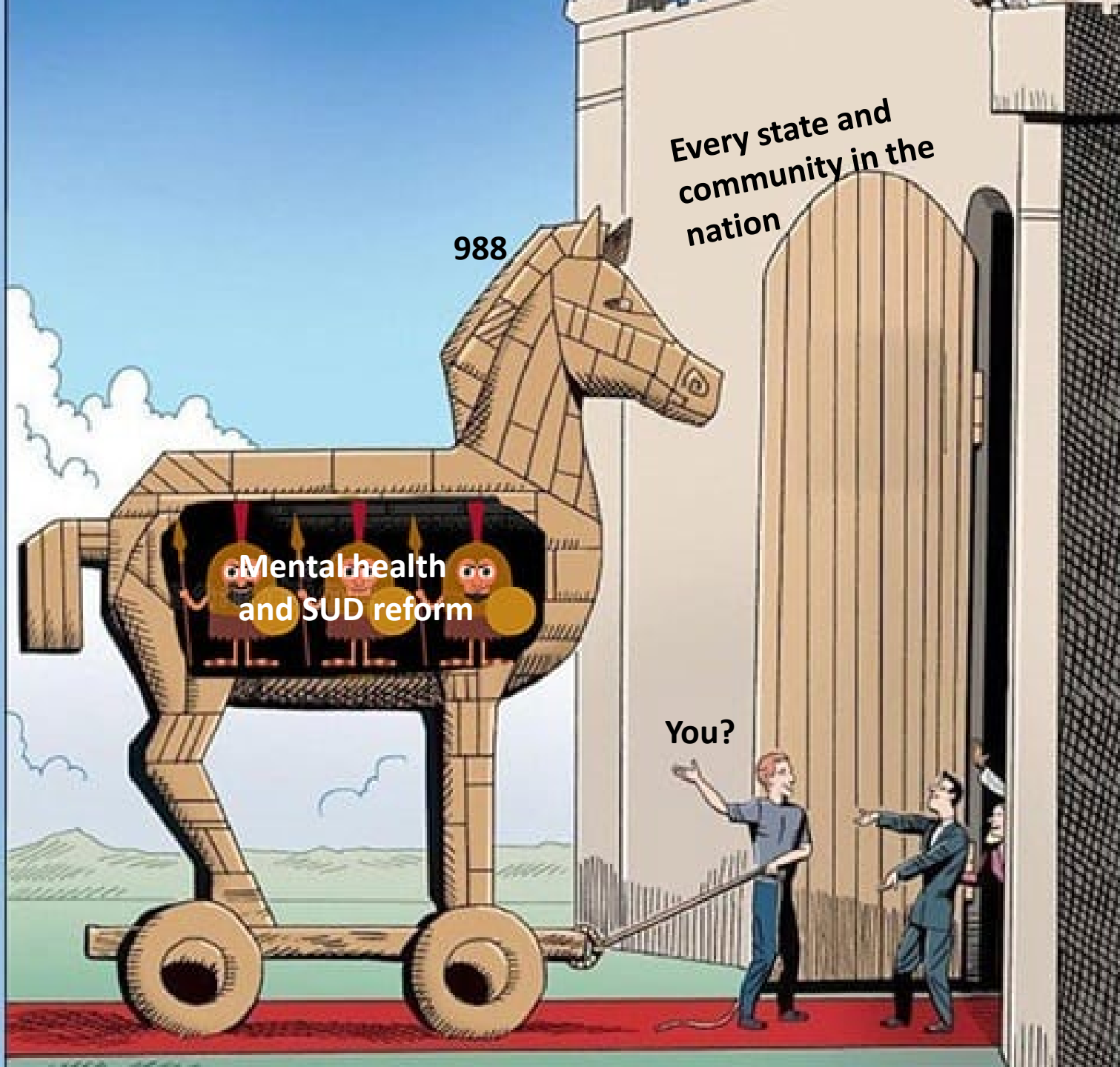




What is 988 and who should use it?

Approved by Congress in fall 2020, 988 is the nation's first three-digit crisis number dedicated to mental health and designed to help connect people with appropriate care.

988 goes live in **TWO** days. If you or someone you know is having suicidal thoughts, experiencing delusions, or displaying concerning symptoms of mental illness, you should call 988 instead of 911.





Crisis Standard of Care

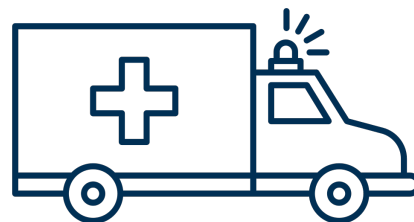
Call 988



Crisis Line



Someone to
talk to



Someone to
respond



Somewhere
to go

Crisis Response Continuum of Care

Outreach & engagement of people at risk



Many people in the early stages of crisis need referral to appropriate services and supports.

Crisis call center hubs



Evidence suggests that most crises can be resolved by skilled telecommunications responders.

Mobile crisis teams



Mobile crisis teams are able to resolve the majority of crises in the community.

Crisis stabilization options



Those requiring a higher level of care should have multiple options, such as crisis stabilization or hospitalization, corresponding to their level of need.

Post-crisis, community-based support



With appropriate care and support, most are able to remain stable in their communities post-crisis.



Crisis Hotline

SEVEN CRITICAL PILLARS



Early Identification and Prevention



Emergency and Crisis Response



Equity



Integration



Parity



Standards



Workforce

988 IS NOW AVAILABLE NATIONWIDE



Starting today, this new three-digit phone number – staffed by trained crisis counselors – is just a call or text away during a mental health, substance use or suicide crisis.

This is a tremendous step toward providing life-saving support that will help countless people in crisis. But the work is just beginning.

Everyone, everywhere in the U.S. should have access to a mental health crisis response when they need it. That is why we are working tirelessly to **#ReimagineCrisis**.

Together, we must:



Expand Lifeline capacity and capability in every community to meet increasing demand for 988



Ensure mobile crisis teams are available in every community to provide people in crisis with a mental health response



Establish crisis stabilization options to provide somewhere to go in crisis



Invest in a mental health crisis workforce to bolster the help available in every community, including leveraging peer support



We need federal, state and local policymakers to continue to act on this important issue. Everyone deserves a compassionate, equitable, effective mental health response in a crisis.

Learn more and act now at ReimagineCrisis.org.

Daniel H. Gillison, Jr.

Daniel H. Gillison, Jr.
CEO, National Alliance
on Mental Illness
Leader, #ReimagineCrisis
campaign

Robert Gebbia

Robert Gebbia
CEO, American Foundation
for Suicide Prevention

Saul Levin, M.D.

Saul Levin, M.D.
CEO, American
Psychiatric Association

Arthur C. Evans Jr., PhD

Arthur C. Evans Jr., PhD
CEO, American
Psychological Association

Bill Smith

Bill Smith
Founder, Inseparable

Patrick J. Kennedy

Former U.S. Rep.
Patrick J. Kennedy
Founder, The Kennedy Forum

Andy Keller, PhD

Andy Keller, PhD
President and CEO,
Meadows Mental Health
Policy Institute

Schroeder Stribling

Schroeder Stribling
CEO, Mental Health America

Charles Ingoglia, MSW

Charles Ingoglia, MSW
CEO, National Council
for Mental Wellbeing

Amit Paley

Amit Paley
CEO & Executive Director,
The Trevor Project

Tyler Norris, MDiv

Tyler Norris, MDiv
CEO, Well Being Trust



REIMAGINE

A close-up photograph of a Black man and a young girl. The man is in the foreground, smiling broadly at the camera. He has a short beard and is wearing a light-colored shirt with a bold, abstract pattern in shades of pink, yellow, and black. The girl is leaning her head against his shoulder, also smiling. She has curly hair and is wearing a white shirt with a black and grey pattern. They are in a kitchen with white cabinets and a dark countertop visible in the background. The lighting is bright and natural.

Solution #5
It starts with us

Fundamental workforce considerations



WHAT

does care
look like



WHERE

is care being
delivered



WHO

is providing health
care



HOW

is care being
provided



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> [Beacons of Strength: Libraries Provide Mental Health Resources to Cope With COVID](#)

Beacons of Strength: Libraries Provide Mental Health Resources to Cope With COVID

Beacons of Strength: Libraries Provide Mental Health Resources to Cope With COVID

Since the beginning of the pandemic, American communities have been faced with a myriad of stressors: not only physical safety risks, but financial and economic strife. In May, the [United Nations](#) warned that the pandemic may generate yet another potential problem: a mental health crisis due to increased psychological stress from grief, shock, isolation, and uncertainty.

Recently, the Centers for Disease Control and Prevention [reported](#) that 25 percent of young adults ages 18 to 24 have seriously contemplated suicide during the pandemic.

Public libraries exist in urban, suburban, and rural neighborhoods, and typically have a long history of providing services in their community. In recent years, many librarians have gradually taken on other functions well beyond lending out books. They have become ad hoc social workers and navigators. They help members figure out the complexities of life, from navigating the health system to helping those with housing needs.

Over the past seven months, local libraries reinvented the way they deliver services within their communities. Recently, many have found ways to provide reprieve and support to community members as they strive to manage and maintain their mental health throughout the pandemic.



Book wagon volunteers. Photo courtesy of the Meridian Library District, 2019.

Care in community, by community, and for community

Community Initiated Care (CIC) hypothesis: better equipping trusted community agents* with skills to help can change the trajectory of a person's mental health journey.

- More immediately address mental health needs
- Reduce overall demand on the clinical enterprise
- Complement traditional care that may be given
- Positively impact outcomes at both a micro and macro level

This means the field needs to develop strategies that, with an asset-based respectful approach, equips community residents and organizations with the skills and resources to be their own first response.



**helper, human, neighbor, coworker, barista*

The Method — Strength in Ourselves

Recognizing the strength in you to create a helping moment

1. Empowered to **start**

We're often hesitant to engage when others seem upset, worried, or even just having a rough day. Recognize that you have what it takes to be there and do something. Because you are enough.

2. Be **present** and notice

Before we can offer help, we have to recognize when help is needed. Take time to notice what's going on with those around you and how it makes you feel. By identifying situations and your feelings, you create space to meet someone where they are.



**S T R E
N G T H
I N *us***



FIGHT TODAY
FOR A BETTER
TOMORROW



Solution #5
Know when to lead
and when to follow

Action Areas

Have 5 mins? **Get Informed.**
Have 30 mins? **Engage Others.**
Have days? **Change minds**

Evokate can help you take action on mental health.



Racial Justice & Mental Health

Crisis response & policing, the school-to-prison pipeline, intergenerational trauma and other inequitable conditions.



LGBTQ Health & Well-being

How discrimination, housing insecurity, and non-gender-affirming care impact mental health.

“Youth gets together with their materials to build a bridge to the moon or maybe a palace on earth; then in middle age they decide to build a woodshed with them instead.”

- Henry David Thoreau



there are no shortcuts to anywhere worth going

THANK YOU

<https://mentalhealth411.substack.com/>

<https://www.benmillerpsyd.com/>

