

Moving Forward with Professionalism - Promoting mental well-being

Chief Justice's Commission on Professionalism from
the State Bar of Georgia

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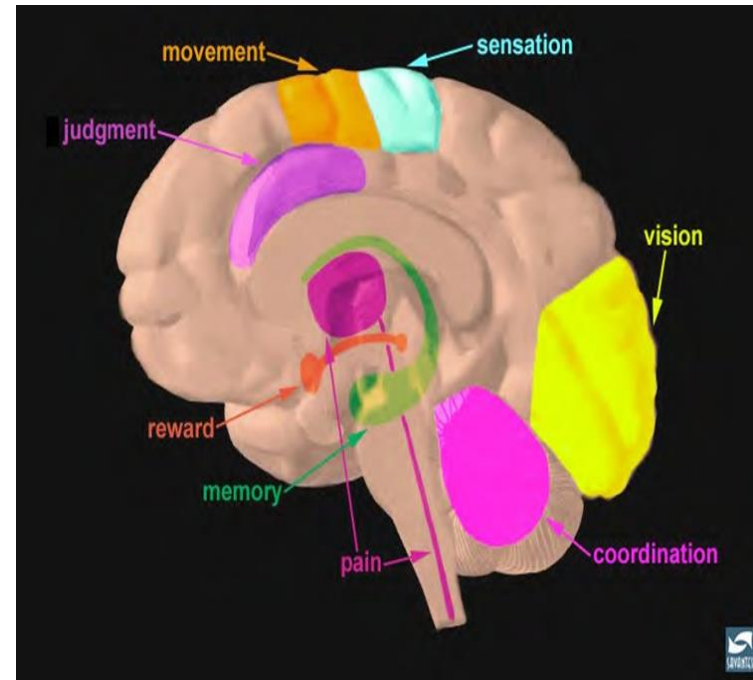
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Outline

- Define the issue
- Dispel some myths
- Describe the scale of the problem?
- Identify risk factors
- Identify protective factors
- What can be done
- Further information

Definitions

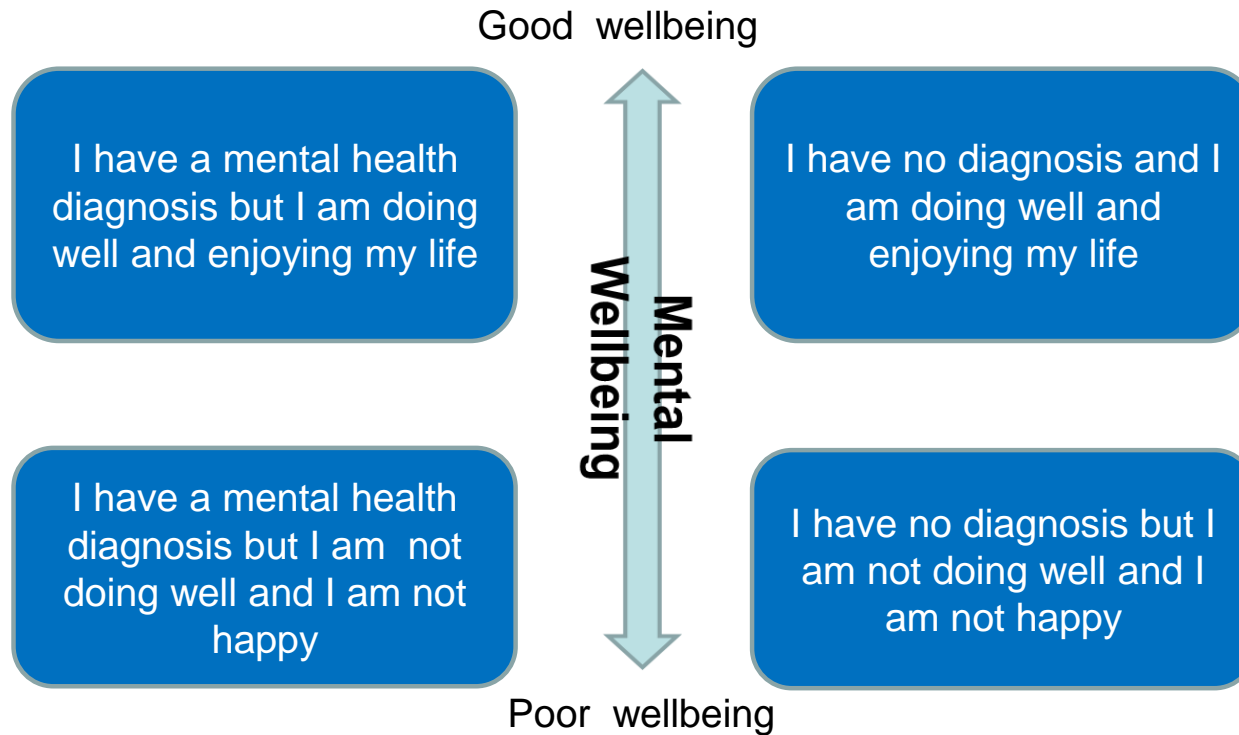
- Mental health is a state of
 - successful performance of mental function,
 - results in productive activities,
 - fulfilling relationships with other people, and
 - the ability to adapt to change and to cope with adversity.
- Mental health is indispensable to personal well-being, family and interpersonal relationships, and contribution to community or society.



Source: World Health Organization. (2004). Promoting mental health : concepts, emerging evidence, practice : summary report / a report from the World Health Organization, Department of Mental Health and Substance Abuse in collaboration with the Victorian Health Promotion Foundation and the University of Melbourne. World Health Organization.

<https://apps.who.int/iris/handle/10665/42940> and <https://www.mentalhealth.gov/basics/what-is-mental-health>

The mental health continuum



Common myths about mental health problems

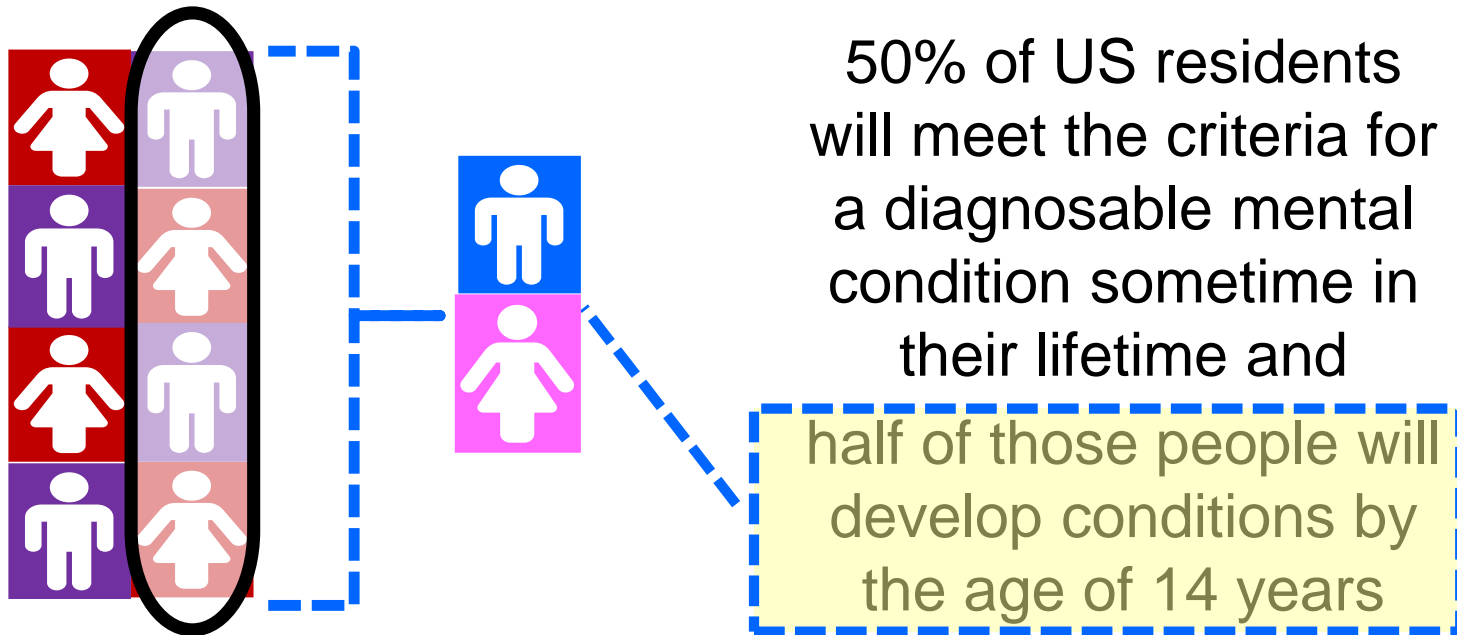
- Myth 1: Mental health problems don't affect me.
- Fact: Mental health problems are actually very common.
 - One in five American adults experienced a mental health issue in any given year
 - One in 10 young people experienced a period of major depression



Source: Substance Abuse and Mental Health Services Administration. (2019). *Key substance use and mental health indicators in the United States: Results from the 2018 National Survey on Drug Use and Health* (HHS Publication No. PEP19-5068, NSDUH Series H-54). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration.

⁵ Retrieved from <https://www.samhsa.gov/data/>

Mental health problems affect many people



Source: Kessler RC, Berglund P, Demler O, Jin R, Merikangas KR, Walters EE. Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry*. 2005;62(6):593–602. doi:10.1001/archpsyc.62.6.593

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Common myths about mental health problems

- Myth 2: Mentally ill people are violent and unpredictable
- Fact: The vast majority of people with mental health problems are less likely to be violent than the general public
 - Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness.
 - People with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population.

Source: Mental Health: A Report of the Surgeon General (U.S. Department of Health and Human Services [DHHS], 1999)

Common myths about mental health problems

- Myth 3: Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.
- Fact: Mental health problems have nothing to do with being lazy or weak and many people need help to get better.
 - Factors that contribute to mental health problems, include: Biological factors; Life experiences; and family history
 - People with mental health problems can get better and many recover completely.

Source: Mental Health: A Report of the Surgeon General (U.S. Department of Health and Human Services [DHHS], 1999)

Common myths about mental health problems

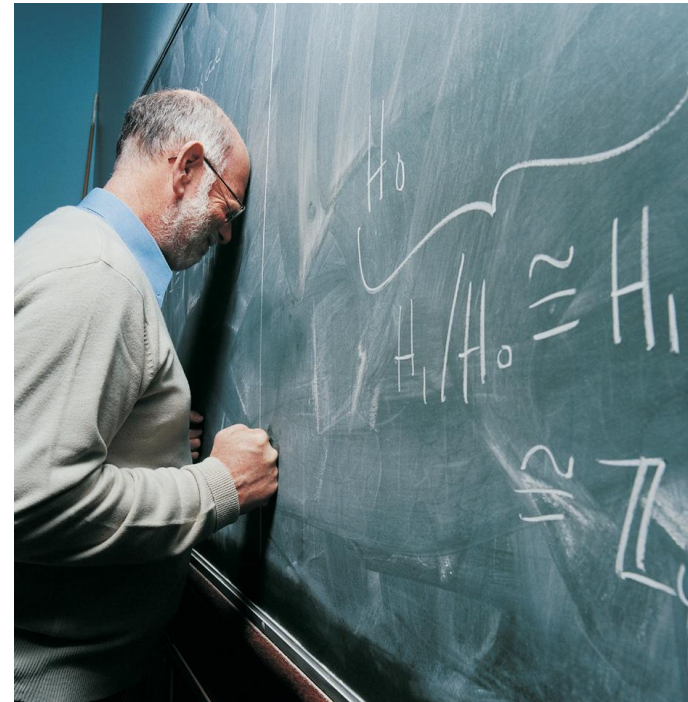
- Myth #4: Prevention doesn't work. It is impossible to prevent mental illnesses.
- Fact: Prevention of mental, emotional, and behavioral disorders focuses on addressing known risk factors such as exposure to trauma that can affect the chances that children, youth, and young adults will develop mental health problems.

Source - Institute of Medicine 2009. Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities. Washington, DC: The National Academies Press.

9 <https://doi.org/10.17226/12480>.

Common myths about mental health problems

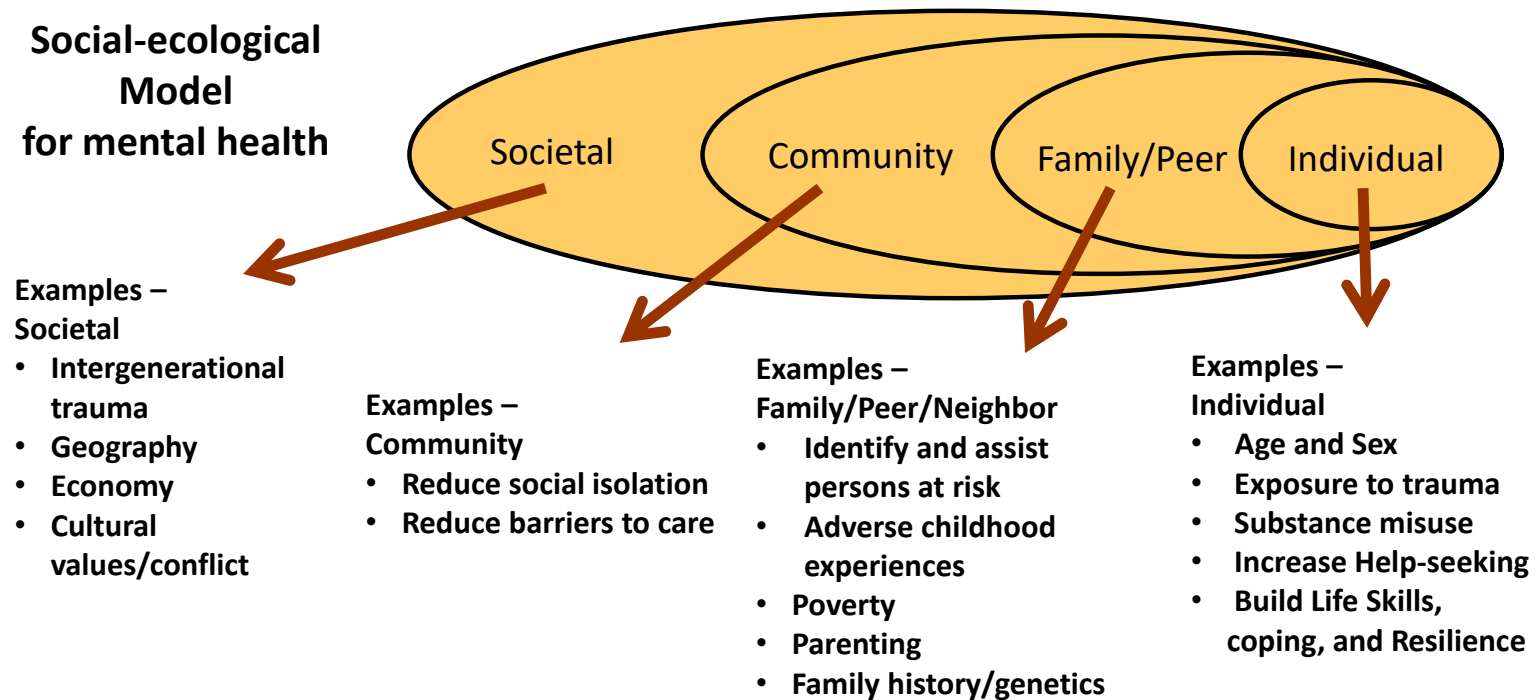
- Myth 5: People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.
- Fact: People with mental health problems are just as productive as other employees.
 - Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.



Source: Mental Health: A Report of the Surgeon General (U.S. Department of Health and Human Services [DHHS], 1999)

Selected risk and protective factors connected to mental health problems

Social-ecological Model for mental health



Strategies for improving mental health

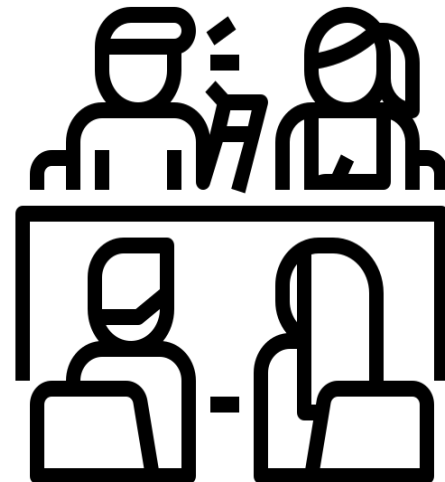
- As individual
 - Adopt behaviors that promote stress management and mental health.
 - Eat healthy, well-balanced meals, exercise regularly, and get 7 to 8 hours of sleep a night.
 - Encourage employers to offer mental health and stress management education and programs and participate.
 - Take part in activities that promote stress management and relaxation
 - Build and nurture social connections.
 - Take the time to reflect on positive experiences and express happiness and gratitude.



Source: CDC Mental health and workplace;

Strategies for improving mental health

- As employer
 - Distribute materials, such as brochures, fliers, and videos, to all employees about the signs and symptoms of poor mental health and opportunities for treatment.
 - Host seminars or workshops that address depression and stress management techniques
 - Provide managers with training to help them recognize the signs and symptoms of stress and depression in team members.
 - Give employees opportunities to participate in decisions about issues that affect job stress.
 - Offer health insurance that adequately covers mental health.



Source: CDC Mental health and workplace; Picture - Monkik

Strategies for improving mental health

- As community leader
 - Promote mental health and stress management educational programs to working adults through public health departments, parks and recreational agencies, and community centers.
 - Support community programs that indirectly reduce risks, for example, by increasing access to affordable housing, opportunities for physical activity (like sidewalks and trails), tools to promote financial well-being, and safe and tobacco-free neighborhoods.
 - Create a system that employees, employers, and health care providers can use to find community-based programs (for example, at churches and community centers) that address mental health and stress management.



Source: CDC Mental health and workplace; Picture - Monkik

Conclusion

- Mental health problems are seen frequently
- Mental health is an important part of overall health
- Research has shown many mental health problems can be prevented or treated
- Broad responsibility for addressing the issue
 - communities must work together
 - no one person or group can do it alone



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Questions and Comments



Resources

- COVID-19 and stress
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Taking care of your behavioral health
 - <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- Coping with disaster or trauma
 - <https://emergency.cdc.gov/coping/index.asp>