

Health Concern: Mental Disorders

| EXTENT OF PROBLEM AND RISK FACTORS | POTENTIAL GOAL(S) |
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| <p>Mental disorders are among the most common causes of disability in the nation. The resulting disease burden of mental illness is among the highest of all diseases.</p> <p>Mental disorders contribute to a host of problems that may include disability, pain, or death. (HealthyPeople.gov)</p> <p>Adults reporting 14+ days of “not good” mental health in last 30 days: 8.5% (Lewis and Clark County)</p> | <p>Improve mental health through prevention efforts.</p> <p>Improve mental health by ensuring access to appropriate, quality mental health services.</p> |
| <p>High school students attempting suicide: 12.5% (compared to 8.4% MT)</p> <p>Suicide rate per 100,000 people in Lewis and Clark County: 19.3 (compared to 11.0 US) Healthy People 2020 Target: 10.2</p> <p>Suicide is the 2nd leading cause of death among 15- to 44-year-olds in MT and the 3rd leading cause for children 5-14.</p> <p>Mental health plays a major role in people’s ability to maintain good physical health. Mental illnesses, such as depression and anxiety, affect people’s ability to participate in health-promoting behaviors.</p> <p>Problems with physical health, such as chronic diseases, can have a serious impact on mental health and decrease a person’s ability to participate in treatment and recovery.</p> <p>The existing model for understanding mental health and mental disorders emphasizes the interaction of social, environmental, and genetic factors throughout the lifespan. (HealthyPeople)</p> | <p>POTENTIAL OBJECTIVE(S)</p> <p>Reduce the suicide rate among adults/adolescents.</p> <p>Improve the routine screening and diagnosis of depressive disorders.</p> <p>Increase the proportion of adults/youth with mental health problems who receive treatment.</p> <p>Increase capacity of mental health treatment system in Lewis and Clark County.</p> <p>Increase awareness of mental health issues through public education.</p> |

Improving family functioning and positive parenting can have positive outcomes on mental health and can reduce poverty-related risk.

Risk factors: Family history/genetic, drug use, chronic disease, post-traumatic stress syndrome, stress

COMMUNITY PARTNERS & RESOURCES

POTENTIAL INTERVENTION STRATEGIES

- Support screening of adolescents (12-18 years of age) for major depressive disorder when systems are in place to ensure accurate diagnosis, psychotherapy, and follow-up.
- Support legislation mandating parity in health insurance benefits for mental health services and physical health services, removing a potential financial burden for people with mental health conditions and thus increasing appropriate use of mental health care.
- Support case management programs for individuals with mental health disorders.
- Promote implementation of the Montana Strategic Suicide Prevention Plan.
- Pilot and evaluate methods of integrated mental and physical health in primary care.
- Ensure that those in need, especially potentially vulnerable groups, are identified and referred to mental health care.
- Develop a public awareness campaign to reduce stigma of mental illness.