# **PRIORITY: MENTAL HEALTH**

## **GOAL:** Decrease depression and depressive symptoms.

#### **Current Situation**

In 2007, as a result of disparities identified through assessing mental health status in Washtenaw County, the HIP Implementation Team identified social support as the primary emphasis for depression prevention interventions for HIP.

In 2009, the HIP Depression Subgroup further identified four additional areas to address regarding depression prevention: access to care, surveillance, risk/protective factors, and stigma. As is true with all HIP work, we are particularly focused on health equity and eliminating disparities. Our strategies will be focused on groups with greatest health inequalities.

In Washtenaw County, there were 44 deaths due to suicide in 2010. This was up 60% over the previous year. This increase appears to be driven by the greater number of suicides in persons 15-24 years as well as those 65 years and older.

### **Alignment with State or National Initiatives**

Healthy People 2020 Depression Objectives

Mental Health Association of Michigan

The Substance Abuse and Mental Health Services Administration (SAMHSA) - Depression Prevention

#### **Source/Evidence Base**

National Prevention Strategy - Mental Health Matters

SAMHSA - Depression Prevention

Inspire Foundation of America (http://us.reachout.com/)

## **Policy Component**

Monitor, educate and support Michigan mental health related legislative agenda supporting anti-stigma and social inclusion.

Collaborate with Washtenaw Health Initiative to assure that physical and behavioral health integration designed to maximize access for those at highest risk in Washtenaw County.

# **Objectives:**

- Increase the proportion of high school students who could ask their mom or dad for help with personal problems from 78% to 85%.
- Reduce the proportion of middle school students who have ever had suicidal thoughts from 16% to 7%.
- Increase the proportion of Asian adults who have sufficient social support from 73% to 91%.
- Decrease the proportion of black or African-American adults with 15 or more poor mental health days per month from 16% to 7%.

Outcome Indicator	2010 Baseline	2020 Target	Data sources
Proportion of high school students who could ask their mom or dad for help with personal problems	78%	85%	Michigan Profile for Healthy Youth
Proportion of middle school students who have ever had suicidal thoughts	16%	7%	Michigan Profile for Healthy Youth
Proportion of Asian adults who have sufficient social support	73%	91%	HIP Survey
Proportion of black or African-American adults with 15 or more poor mental health days per month	16%	7%	HIP Survey

Action Plan:								
Program Activities	Baseline	Person/Group Responsible	Timeline	Performance Indicator				
Attend and provide technical support to Washtenaw Alive suicide prevention coalition	Ongoing	Washtenaw County Public Health	2013-2018	Meeting minutes				
Attend and provide technical support to Washtenaw Health Initiative's Mental Health and Substance Abuse Subgroup	Ongoing	Washtenaw County Public Health, Washtenaw Health Initiative	2013-2018	Meeting minutes				
Complete surveillance regarding suicide attempts, depressive symptoms, depression/anxiety diagnoses, and social support	Ongoing	Washtenaw County Public Health	2013-2018	Presentations and reports to Washtenaw Alive and HIP Community Health Committee, as well as other community groups/partners				
Monitor public policies/legislative actions related to mental health promotion in Michigan	Ongoing	WCPH HIP mental health workgroup	2015-2018	HIP Implementation minutes and reports identifying monitoring the Mental Health Association of Michigan Policy Alerts				

Action Plan: (continued)				
Program Activities	Baseline	Person/Group Responsible	Timeline	Performance Indicator
Review HIP policies and procedures to identify opportunities and plan regarding decisions, policies, meeting logistics to be more inclusive and actively promote input from mental health consumers and those with mental health disabilities	Ongoing	Health Improvement Plan Coordinating Committee	2014	Minutes
Complete a mental health access to care needs assessment for Washtenaw County. Describe system of care, capacity, access by special populations, gaps, and needs	New	Washtenaw County Public Health and partners to be identified	2015	Report
<ul> <li>Explore feasibility of implementing two media campaigns:</li> <li>"REACHOUT" media campaign for youth suicide prevention</li> <li>"Promote Acceptance, Dignity, and Social Inclusion with Mental Health" media campaign for all ages</li> </ul>	New	Washtenaw County Public Health and HIP's depression workgroup	2014	Program plans and budgets
For each campaign: a) Identify costs/benefits/potential funders		Washtenaw County Public Health and HIP's depression workgroup	2014	Program plans and budgets
b) Plan media campaign	New	Washtenaw County Public Health and HIP's depression workgroup	2014	Program plans and budgets
c) Identify key funders for campaign	New	Washtenaw County Public Health and HIP mental health workgroup	2014	Meeting minutes, commitment from funders
d) Implement campaign	New	Washtenaw County Public Health and HIP mental health workgroup	2015- 2017	Media campaign metrics such as # hits to website, # ads posted, # people reached; suicide attempt ED admissions
e) Evaluate for effectiveness	New	Washtenaw Public Health and HIP mental health workgroup	2015- 2018	Evaluation plan, report