

Mental Health Matters

{ Mental Health Spectrum
A Local Community Resource

About

- Jacqueline Ragin, MS, MPH, PhD

“There is no health without mental health; mental health is too important to be left to the professionals alone, and mental health is everyone’s business.”

Vikram Patel

Mental Health

- Mental Health is a state of wellbeing in which an individual realizes his or her abilities, can cope with normal stresses of life, can work productively and is able to make a contribution to his or her community.

Mental Illness

Any mental illness (AMI) is defined as a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment.

Mental Illness

Serious mental illness (SMI) is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities.

National Statistics

- 1 in 5 or 20% of US adults experience mental illness each year.
- 1 in 20 or 5% of US adults experience a serious mental illness each year.
- 50% of all lifetime mental illness begins by age 14 and 75% by age 24.

Mental Health in America

- 15 measures make up the overall ranking.
 1. Adults with Any Mental Illness (AMI)
 2. Adults with Substance Use Disorder in the Past Year
 3. Adults with Serious Thoughts of Suicide

Nevada Statistics

- Adults with AMI who did not receive treatment 60.3% or 282,000
- Adults with serious thoughts of suicide 4.62% or 104,000
- Youth with past year depression who did not receive treatment 71% or 23,000

Nevada Suicide Facts 2020

- Suicide was the 8th leading cause of death in Nevada.
- On average, one person died by suicide every 13 hours in the state.
- 20.83 per 100,000 was Nevada's suicide death rate compared to 14.21 nationally.

Mental Health Spectrum

- Founded in 2020
- To provide an array of information across the mental health spectrum to consumers, professionals, and the community at large in order to both facilitate timely access to resources and elevate mental health literacy.

Literacy

- A person's ability to receive, process, understand, and use health information to make informed decisions about care.
- Knowledge and beliefs about mental disorders which aid their recognition, management or prevention.

Mental Health Spectrum, 1

- Issue 1 – Mental Health 101: The Foundational Basics
- Issue 2 – Depression 111: The Depression Realm
- Issue 2 – Suicide 988 : Crisis Intervention & Prevention
- Issue 2 – Loss 211: Degrees of Grief

Mental Health Spectrum, 2

- Issue 1 – School-Based Mental Health: K-16
- Issue 2 – Post-Traumatic Stress Disorder: Civilians - Veterans
- Issue 2 – Dementia: Alzheimer's – Wernicke-Korsakoff
- Issue 2 – Substance Use: Addiction - Recovery

Contents

- Reoccurring items: Hotlines, State and Local Nonprofit listing, Hospital Map, Self-care, Outpatient listing, Helplines, Support Groups, A Matter of Words

Contents

- Theme related items: Signs and Symptoms, Articles, Shared Story, Special Alerts

Distribution

- Libraries
- Hospitals
- Community Agencies & Events
- Educational Sites
- Community Centers

Thank You

“A little knowledge that acts is worth infinitely more than much knowledge that is idle.”

Khalil Gibran