



COPY

Cindy Becker
Director

May 7, 2015

Board of County Commissioner
Clackamas County

Members of the Board:

Presentation- Mental Health Awareness Month:
The Impact of Stigma & Mental Health and Local Priorities

Purpose/Outcomes	In honor of Mental Health awareness in May, the Behavioral Health Division has prepared a presentation to the Board and citizens of Clackamas County.
Dollar Amount and Fiscal Impact	No Fiscal Impact
Funding Source	None
Safety Impact	None
Duration	May is Mental Health Awareness Month
Previous Board Action	None
Contact Person	Nina Danielsen, Health Promotions Coordinator 503-742-5309
Contract No.	N/A

BACKGROUND:

The Behavioral Health Division (BHD), a division of the Health, Housing & Human Services Department is presenting on the impact of stigma as it relates to the widespread incidence of mental health concerns and mental illness in our community. The presentation will include a brief overview on the topic of stigma and highlight some of the innovative projects that the division is employing to increase awareness and early intervention for mental illness to support the residents of our community and increase the skills and understanding of County staff and community providers. The presentation will include the following:

- Introduction: Nina Danielsen, Health Promotion Coordinator BHD
- Get Trained to HELP Mental Health Matters for All: Kathy Turner, Regional Coordinator
- Shattering Stigma Faith communities talking about mental health: Tara Rolstad
- Stand UP for Mental Health Oregon Recovery through comedy: Dave Mowry

RECOMMENDATION:

No action needed.

Respectfully submitted

Richard Swift, Interim Director



MAY-MENTAL HEALTH AWARENESS

Shine a *limelight* on mental health

Mental Health Happens



1 in 5

American adults will have a diagnosable mental health condition in any given year.

50 %

of American adults will meet the criteria for a diagnosable mental health condition sometime in their lifetime.

10 years

is the average length of time between the onset of symptoms and when someone seeks help or treatment.

Mental disorders are more common than heart disease and cancer combined.

Shine a Limelight on Mental Health



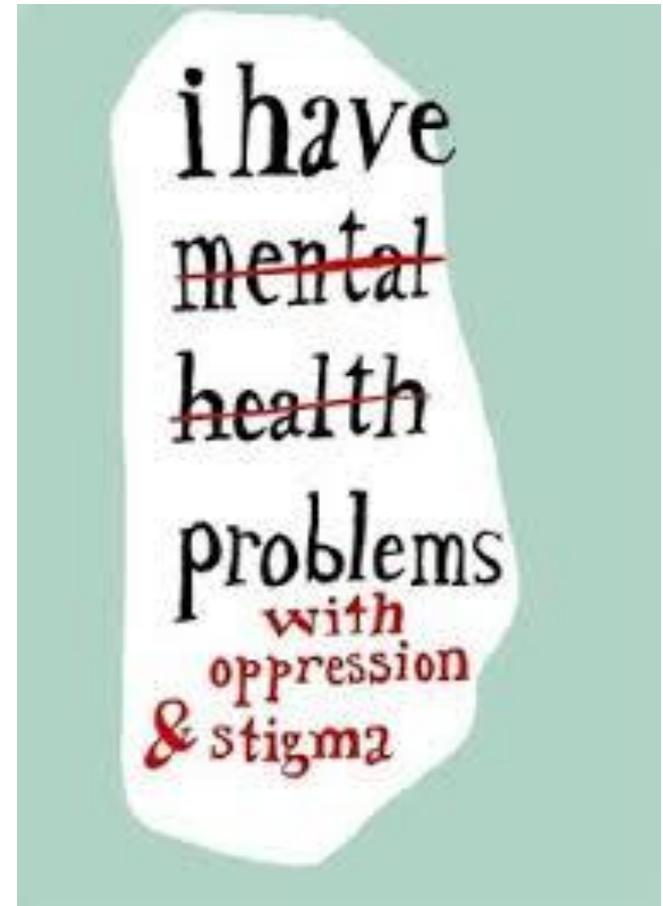
- 1. What prevents people from seeking the help they need?
- 2. How are we partnering to ensure that our citizens access the help they need?

WERE
ALL IN
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The Nature of Stigma



- Structural Stigma
 - ▣ Policy and practice
- Public Stigma
 - ▣ What people think, discriminatory behavior.
- Self Stigma
 - ▣ Personal defenses



Stuart H. (2015) New Directions: Fighting Stigma and the Lessons Learned. Keynote Address, 7th International Together Against Stigma Conference: Each Mind Matters, San Francisco, Feb 18-20.

Are We Prepared?



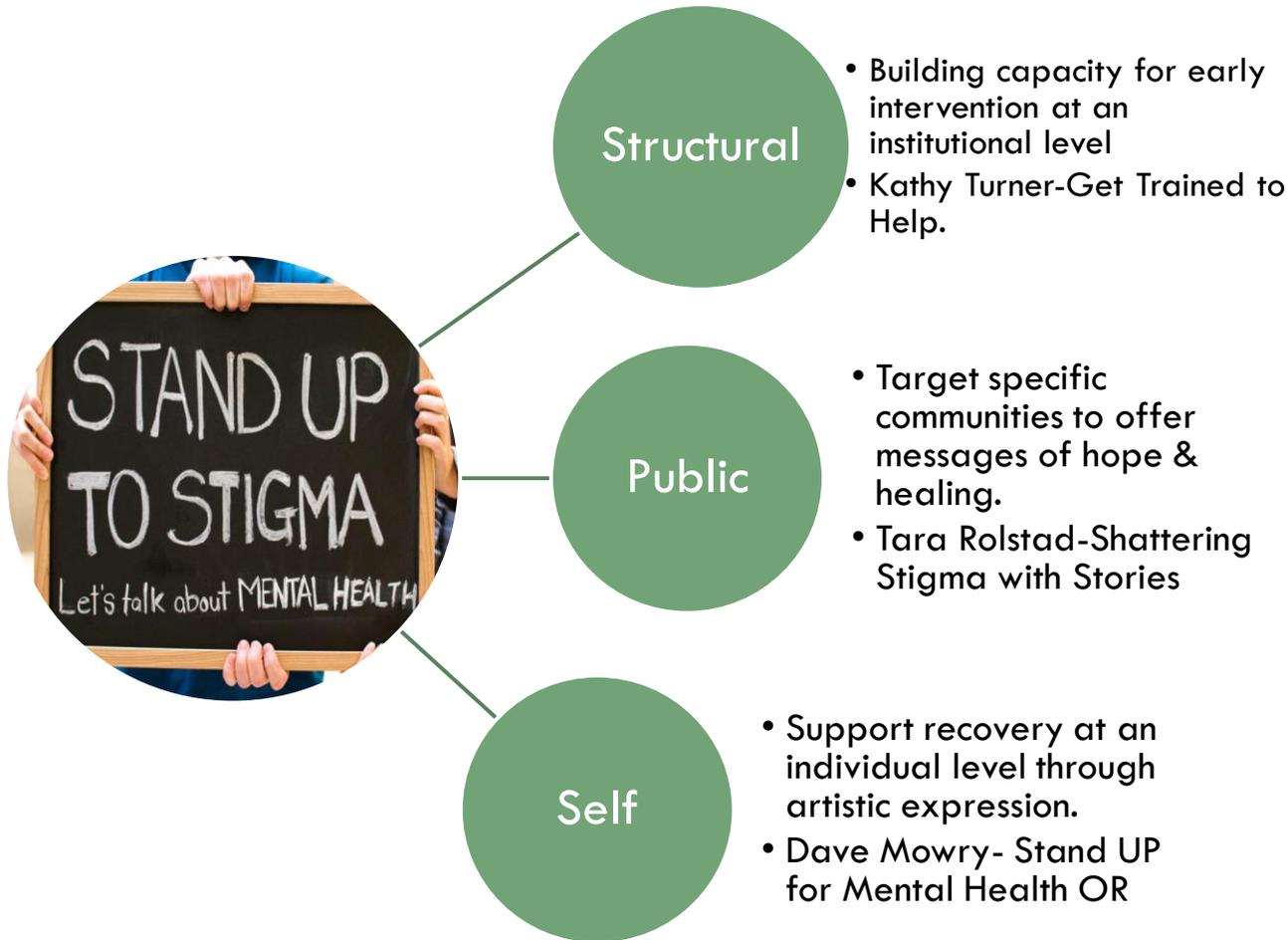
Citizens PREPARED for Emergency Response

- Are you ready for the Big Quake?

Citizens PREPARED to reach out and HELP

- Do you know how to help if someone says they are thinking about suicide.?

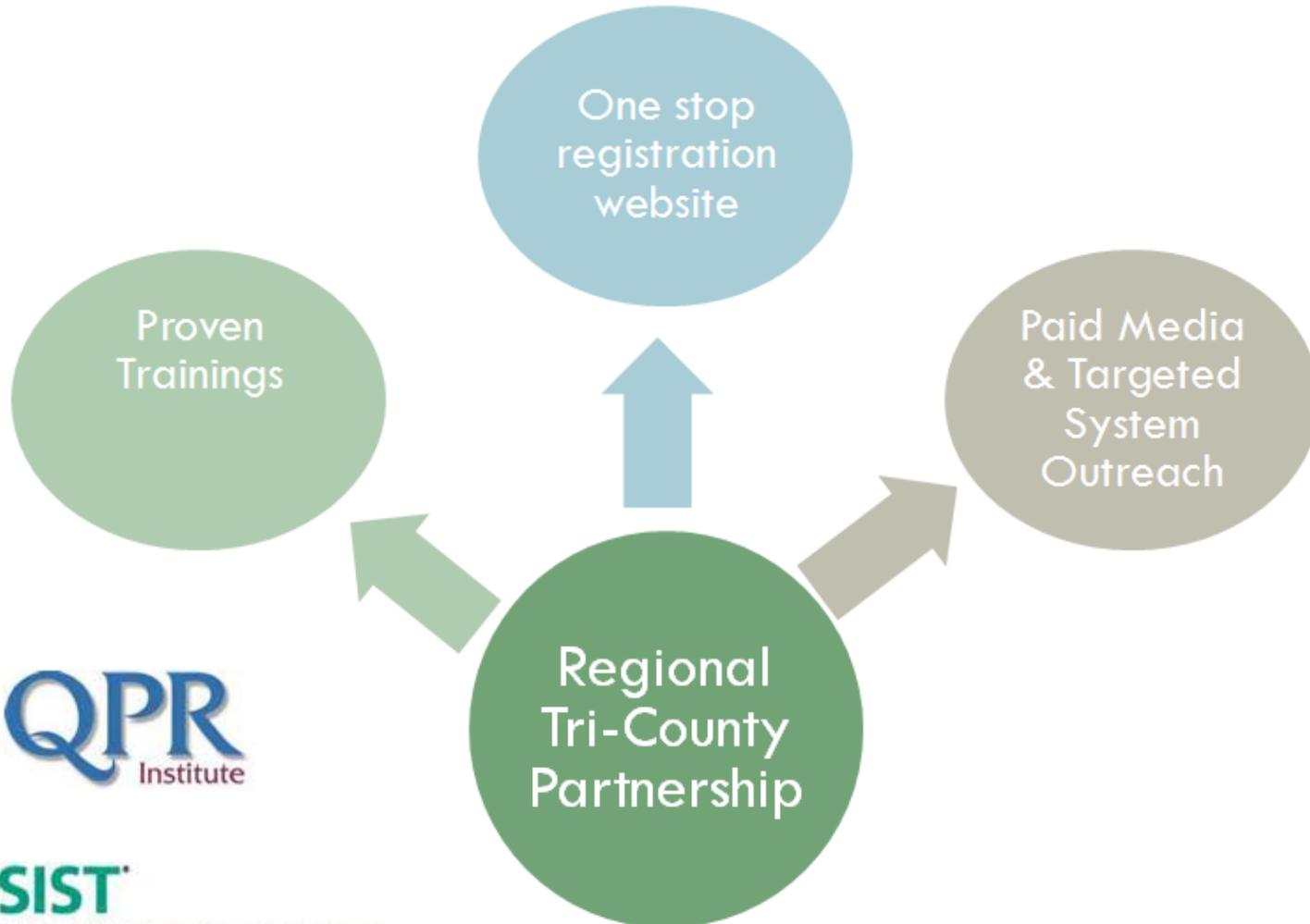
Hope & Healing in Clackamas



More Training = More HELP

GET TRAINED
TO HELP.COM

Mental health matters for all.



ASIST

Applied Suicide Intervention Skills Training

Shattering Stigma with Stories



- Conversations about Mental Health with Communities of Faith.
 - Creating an open dialogue around the issues of mental health.
 - Gaining a deeper understanding of life with mental illness.
 - Gaining skills to respond compassionately and effectively to those who live with mental illness and their families or friends.



“No Really, We Want You to Laugh”



- Stand-UP for Mental Health-Oregon
 - ▣ Transforming struggles with mental illness through the power and art of stand-up comedy.



Moving Beyond Stigma



We need
to do
more than
change
attitudes.

We need
to change
behaviors.

- Mental Health Conditions are:
 - Common & Treatable
 - The results of RECOVERY can be amazing and life changing.

- Starting the conversation is critical to:
 - Taking care of ourselves
 - Supporting each other
 - Saving lives

Shine a Limelight on Mental Health



- 1. What prevents people from seeking the help they need?
- 2. How are we partnering to ensure that our citizens access the help they need?

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THANK You!



□ Questions? Comments.



Lime-green for
#MentalHealthAwareness
I wear mine with PRIDE!



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