

# **Mental Health Awareness**



Calhoun County Mental Health Officer



## **Basic Facts About Mental Illness**

- Anyone can have a mental illness, regardless of age, gender, race or socio-economic level.
- Mental illnesses are more common than cancer, diabetes, heart disease or AIDS.
- Mental illness can occur at any age.



## **Basic Facts About Mental Illness**

- 20 – 25% of individuals may be affected by mental illness. 6% need hospitalization.
- 7.5 million children are affected by mental, developmental or behavioral disorders.
- Nearly two-thirds of all people with a diagnosable mental disorder do not seek treatment.



# Basic Facts About Mental Illness

- With proper treatment, many people affected with mental illness can return to normal, productive lives.
- Mental illness can – and should – be treated.
- Standard of care = medication & therapy



# Basic Facts About Mental Illness

- There are two distinct types of mental illness
  - Serious to persistent mental illnesses which are caused by psychological, biological, genetic, or environmental conditions.
  - Situational mental illnesses due to severe stress which may be only temporary.



## Historical Perspective

- Prior to the 1960's, involuntary treatment of the mentally ill was provided almost exclusively in long-term inpatient facilities operated by state and local governments.
- During the 60s many new mind controlling drugs were created which allowed the mentally ill to be treated in community mental health centers.



## Historical Perspective

- In 1955, more than 559,000 people were in state psychiatric hospitals; by 2010, that number had fallen to just over 43,000.
- 14 beds per 100,000 pop (1850) Eng = 63
- Because there is no one to monitor their continued use of their medications, which often have bad side effects, they discontinue use of the medication.



## Historical Perspective

- When individuals suffer psychotic episodes law enforcement is called to respond to the incident.
- By default law enforcement has become the primary caregiver for the most seriously mentally ill.





## Historical Perspective

- 2,266,800 people were incarcerated in U.S. prisons and jails in 2011.
- It is estimated that as many as 1,224,000 inmates suffer from mental illnesses.
- At least 1/3 of homeless are mentally ill



# Alabama Facts

- Total incarcerated: (as of 12/31/11)
  - Jails – 15,122
  - Prison – 31,764
  - Total 46,886
  - Est. MI 25,318



# Mentally ill in Alabama

## Facility Residents:

- 1972: MI 4,902
- 2014: MI 310

## Served by Community Mental Health Centers:

- 1972: 29,233
- 2012: 101,971

Average population for Alabama: 4,802,740

- 25%: 1,200,680 (mentally ill)
- 6% : 288,160 (need hospital)
- 1%: 2,880 (permanent hospital)



# Long Range Plan for Alabama

- The long-range plan includes:
- Move into the new Bryce facility 230 beds
- Keeping the Taylor Hardin Secure Medical Facility open
- Keeping the North Alabama Regional Hospital open reducing to 20 beds
- Keeping the Mary Starke Harper Geriatric Psychiatry Center open 60 beds
- Closed Searcy and Greil Memorial Hospitals



# Problems

- Increase in EMS calls
- Increase in ER admissions
- Increase in LE calls
- Increase in jail populations
- More homeless
- More suicides (by cop)



## **Solutions**

- < 1% need permanent hospital
- Crisis facilities (16 beds)
- Better out patient care (both group & Individ)
- Treatment meds and therapy
- Crisis response plan
- Mental Health Courts



# Solutions Continued

- Jail Diversion Programs
- Not just rehab. (Dual Diagnosis)
- Mental Health training (APOST)
- Screening / Treatment in jail
- Crisis intervention teams
- Mental Health Officer



# **Mental Health Officer**

- Hired by the Calhoun County Mental Health Advisory Board
- Paid through recording fee at Probate Office
- Is a Calhoun County Sheriff's Deputy
- Has the ability to hold a patient for 72 hours for a psychological evaluation





## **MHO works with:**

- Mental Health Department
- Probate Judge
- Law enforcement agencies
- Department of Human Resources
- Circuit and District Court Judges



## **MHO Responses:**

- **Intervention:**
  - Crisis calls
  - Welfare checks
  - Standard commitments
  - Referrals



## **MHO Responses:**

- Prevention:
  - Follow up on commitments
  - Train Law Enforcement
  - Mental Health Awareness



# Resources

- NAMI
- State Department of Mental Health
- National Institute of Corrections
- Local Mental Health Professionals
- Local social service agencies and churches



# Movies to Watch

- As Good As It Gets (OCD)
- What About Bob (Phobias)
- The Game (Gestalt Therapy)
- Rain man (Autism)
- Beautiful Mind (Schizophrenia)
- The Exorcism of Emily Rose (Schizophrenia)
- Identity (Multiple Personality Disorder)
- Sybil (Multiple Personality Disorder)



# Never Give Up

- Thank you
- Contact information
- Lt. Jon Garlick, LPC, NCC
- Calhoun County Sheriff's Office
- 400 West 8<sup>th</sup> Street
- Anniston AL. 36201
- (256) 236-6600
- [Jgarlick@calcoso.org](mailto:Jgarlick@calcoso.org)