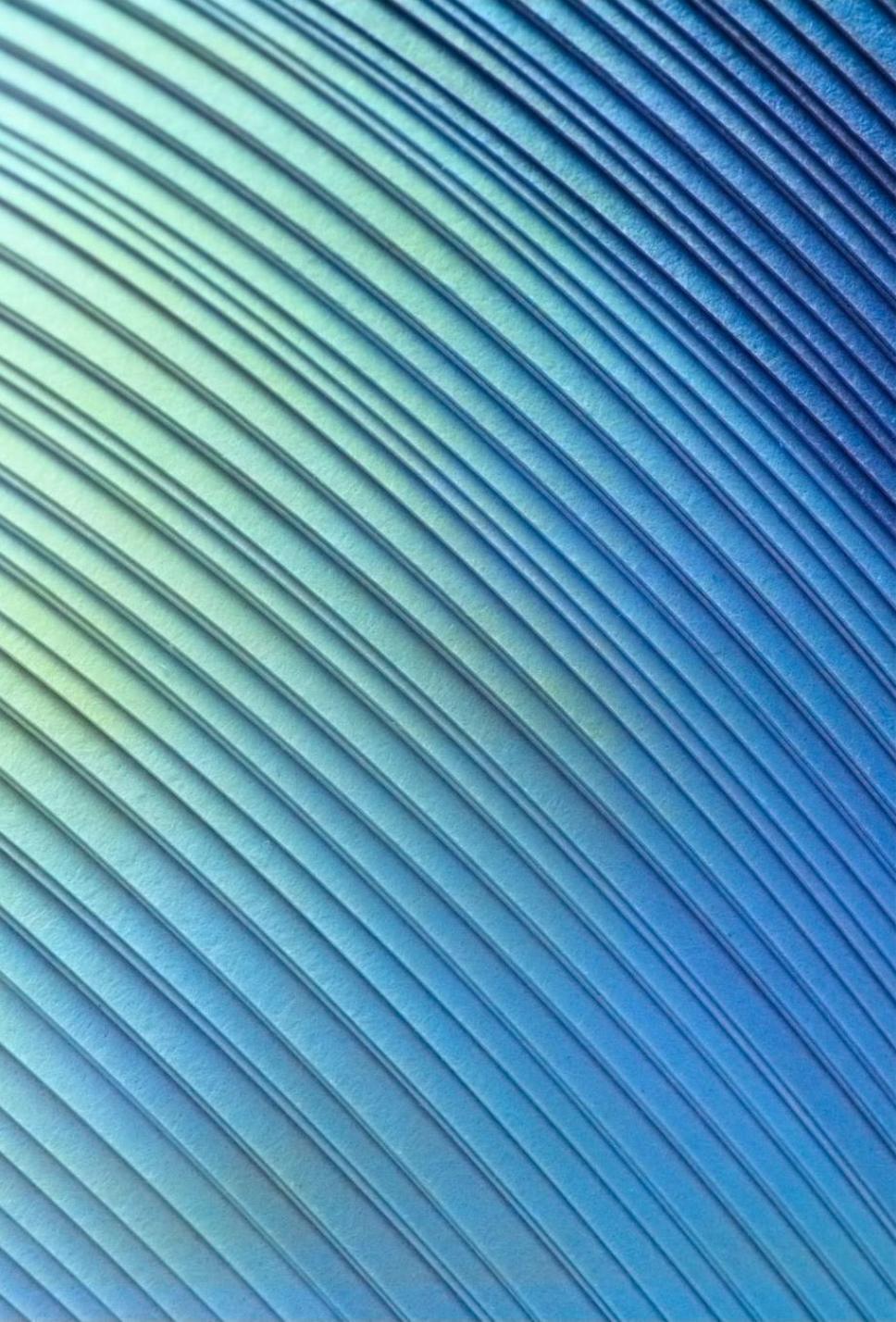
A stylized sun graphic on the left side of the slide. It features a solid yellow circle at the bottom left, with several yellow dashed lines of varying lengths curving upwards and to the right from its top edge, suggesting rays of light. The background is a solid orange color, and a large white semi-circle is positioned on the right side of the slide, partially overlapping the sun's rays.

# Launching A New State of Mind

Kim Boswell  
Commissioner



# ACCA Convention

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Brief history of mental health in  
Alabama

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Transforming mental health in  
Alabama

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Alabama's future

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The ADMH Mission:

Serve • Empower • Support

The ADMH Vision:

Promoting the health and well-being of  
Alabamians with mental illness,  
developmental disabilities and  
substance use disorders



# Strategic Priorities and Goals

## System of Care & Partnerships

In coordination with our partners, provide integrated, prevention focused care so every Alabamian has access, *without barriers*, to services that meet their needs

## Peer & Family Engagement

Benefit from the input and involvement of individuals and families through meaningful engagement and collaboration

## Professional Workforce

Attract and retain a workforce that is highly qualified, diverse and stable

## Organizational Health

Promote a work environment that emphasizes teamwork and prioritizes wellness, innovation, and a connection to mission

## Knowledge & Awareness

Strengthen knowledge and increase awareness of ADMH so Alabamians have access to the resources and opportunities they need to be happier and healthier



### State of the art facility

- Running water
- Gas lighting
- 70-degree air-conditioning

### Largest employer

With the opening of the Alabama Insane Hospital in 1861, Alabama became a national leader in the moral treatment movement through the work of Dr. Peter Bryce. The facility would later be renamed in his honor.

### State of the art treatment – moral treatment movement

- Free from restraint
- Free from warehousing in jails
- Dignity of work
- Foundation for the fields of psychiatry, psychology and social work

# *Wyatt v. Stickney*

- By the late 1960's, Bryce was overcrowded and warehousing 5,200 people with mental illness living in deplorable conditions.
- A lawsuit was filed in 1970 when the Legislature cut funds earmarked for mental health resulting in Bryce Hospital firing over 100 employees.
- The goals of the Wyatt case filed in October of 1970 included:
  - (1) establish a constitutional right to treatment on behalf of people with mental illness,
  - (2) a constitutional right to habilitation for people with mental retardation, and
  - (3) set minimum standards regarding safety, education, training, medication, nutrition, physical accommodations, staff/patient ratios, individualized treatment and aftercare.

Thirty-three years later the case was settled in 2003. At the time it was the longest running lawsuit for mental health services in the United States

- To quote Judge Myron Thompson -

“The enormity of what this case has accomplished cannot be overstated. The principles of humane treatment of people with mental illness and mental retardation embodied in this litigation have become a part of the fabric of law in this country and, indeed international law.”

With the settlement of the Wyatt case in 2003, Alabama returned to a place of national prominence as a model for treatment of individuals with mental illness and intellectual disabilities.





Did you know that it typically takes ten years from the first time someone has mental health concerns until they get a correct diagnosis and proper treatment?

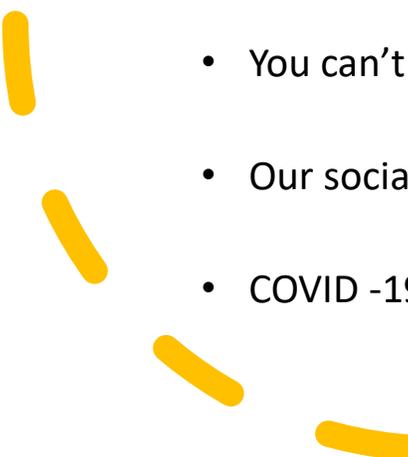
**We can't wait for that.**



- **What prompted the need for transformation – blockages in the system**

- 268 beds for the civilly committed with 35% beds filled with forensic patients and 9 beds for the deaf unit that was moved when Greil Hospital closed
- Increase in the number of individuals with mental illness and substance use disorders in emergency rooms and jails
- ADMH crisis residential programs (civilly committed – Stage 4) with lengths of stay 6 months to a year

- **Where we are now as a society - external**

- Despite medical advances and technological leaps, the average life span has declined for the third year in a row
  - Among epidemiologists, psychiatrists, public-health officials and social scientists, there is a growing consensus that the number one health crisis in America right now is not cancer, not obesity, not heart disease but loneliness
  - You can't separate the mind/head from the body
  - Our social structures no longer encourage connections and relationships that support our mental health
  - COVID -19
- 

## Core Components of a Comprehensive Behavioral Health Crisis System

**CORE COMPONENTS:** SAMHSA's National Guidelines stipulate three core services:

**“Someone to call. Someone to come to you. And, if needed, some place to go.”**

*Dr. Anita Everett  
Director Center for Mental Health Services (CMHS),  
SAMHSA*

Quote



①

**Minimum Expectations:**

24/7 Availability, Clinical Oversight,  
Assessment of Suicide Risk, Mobile Team  
and Facility Connections



**CRISIS CALL HUB**



Someone to talk to

**911**

Medical  
Emergency or  
Immediate Danger

**988**

Mental Health  
Crisis & Suicide  
Hotline

②

## Minimum Expectations:

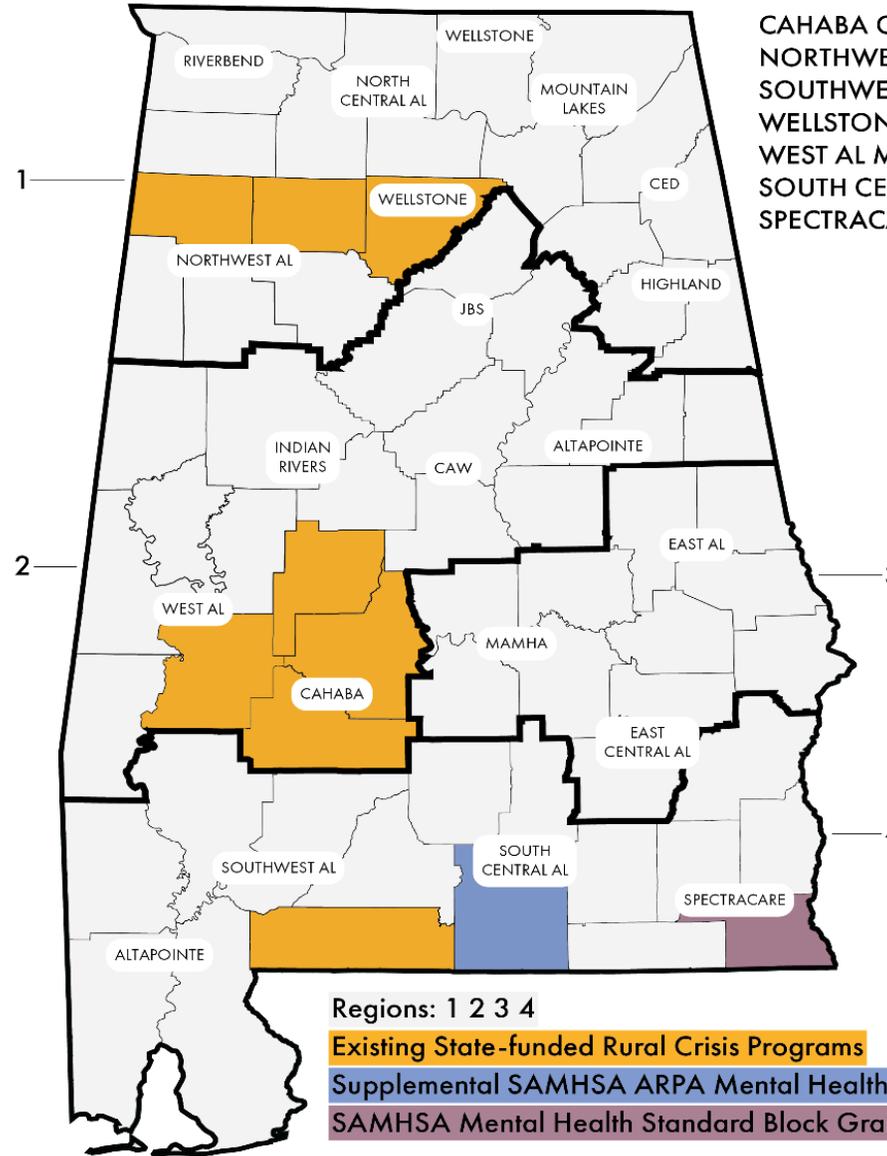
Clinician response, community-based and warm hand-off to facility, as needed

**MOBILE CRISIS**

Someone to come to you

# Mobile Crisis Services

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- CAHABA Center for Mental Health
- NORTHWEST AL Mental Health Center
- SOUTHWEST AL Mental Health Center
- WELLSTONE Behavioral Health
- WEST AL Mental Health Center
- SOUTH CENTRAL AL Mental Health Center
- SPECTRACARE Health Systems

Regions: 1 2 3 4  
 Existing State-funded Rural Crisis Programs  
 Supplemental SAMHSA ARPA Mental Health Block Grant  
 SAMHSA Mental Health Standard Block Grant

3

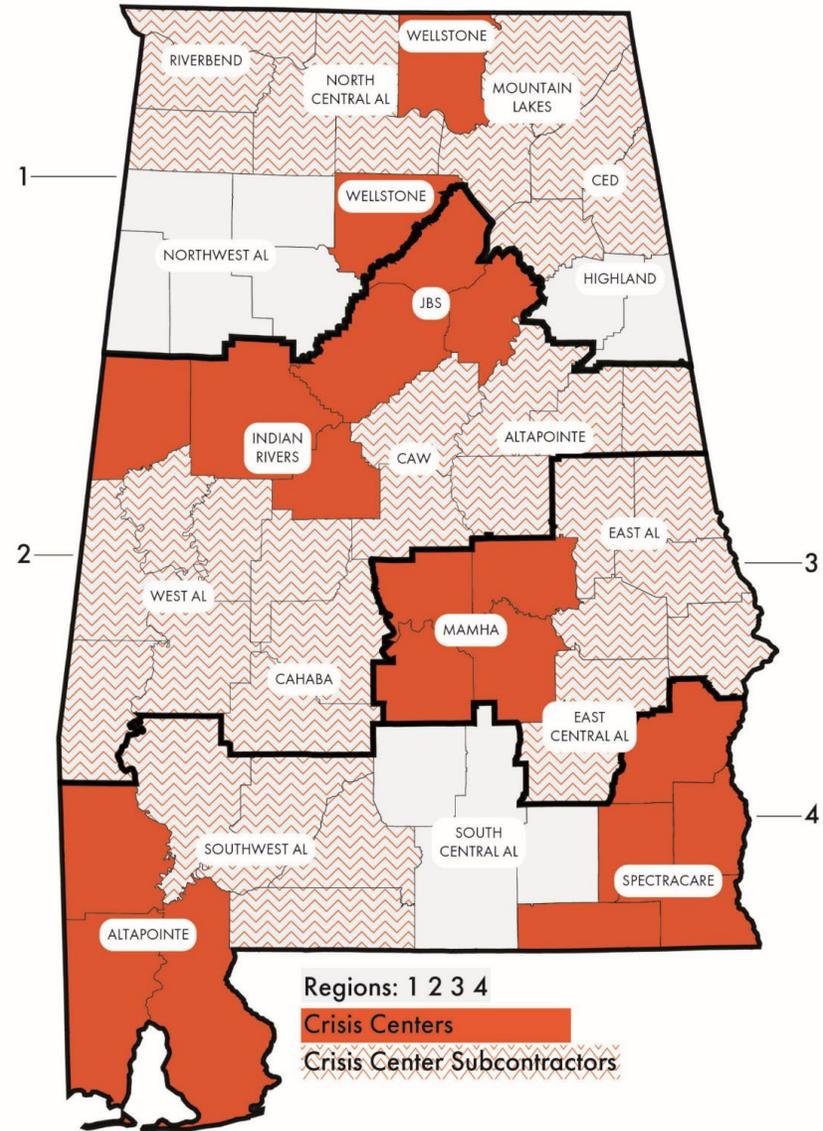
## Minimum Expectations:

Accept all referrals, No default ED first,  
24/7 staffed incl. medical and clinical

**24H CARE**

Someplace to go

# Crisis Centers in Alabama



# Alabama – leading the nation

- In 1861, Alabama led the moral treatment movement to address the warehousing of people with mental illness in jails.
- In 2003 the Wyatt case was settled and set forth standards of care and treatment for individuals.
- In 2017, ADMH began transforming care to include 24/7 availability of services to those in a mental health crisis B4stage4 and developing prevention and intervention strategies for kids.



# This is our story.

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- A 28-year-old male who has been at Taylor Hardin Secure Medical Facility for one and half years, and is working toward an imminent discharge, wrote:  
“I have gained keen insight into the importance of a work/life balance since suffering a brief psychotic break, and subsequently being admitted to Taylor Hardin Secure Medical Facility. I use my creative talents to express how I feel and to get me through this journey of heartbreak and introspection. I draw inspiration from those who have been pillars of light to those in darkness.”
- - J
- *Eye Am (A Portrait of Emmett Till)*
- 2021 ADMH Capitol Art Showcase