

Mental Health is a person's emotional, psychological, and social well-being of a person.

Behavioral Health defines a person's emotions, biology, and behaviors and how these impact his or her mental health.

PRESENTATION SUMMARY:

Mental Health:

- Significant mental illness is a mental, behavioral, or emotional disorder and can result in serious functional impairment.
- Mental Health has many causes and Impacts individuals in various levels:
 - No Impairment, Mild Impairment, Moderate Impairment, Severe Impairment

COVID Impacts on Mental Health:

- Mental Health impacts noticeable in local communities as impacted by the COVID-19 pandemic:
 - Physical Health Concerns
 - Family / Caregiver Pressures
 - Interrupted Education
 - Employment Issues
 - Poverty
 - Homelessness

Behavioral Health:

- A focus on Social Determinants of Health promotes a more informed approach to care and a changing focus for policy makers. Examples of existing social determinants:
 - Economic Stability
 - Education Access & Quality
 - Equity Gaps for Minority Groups

Strengthening Mental Health:

- *Perception*: how mental illness is perceived (*stigmatized or not*).
- *Symptoms*: how people talk about symptoms and which ones are okay to discuss.
- *Support*: support received from families and communities when someone is diagnosed with mental illness.
- *Resources*: access to professionals who understand your cultural factors, background, or experiences.

Key Takeaways:

- One in five children and adolescents experience a mental health problem during their school years¹.
 - Examples include stress, anxiety, bullying, family problems, depression, learning disability, and substance abuse.
- Behavioral Health Care is the number 1 driver of unnecessary Emergency Room visits - this can lead to a lower quality of care for minority groups under-resourced and more at risk².
- Racism and Mental Health are closely linked - they can be responsible for inequities in diagnosis, treatment, and management of mental illness.
- Common Mental Health struggles of the LGBTQ include discrimination, prejudice, victimization, chronic stressors, benign jokes, verbal mistreatment, unequal treatment, physical and sexual assault.
- People diagnosed with a severe mental illness are 8x more likely to be robbed, 15x more likely to be assaulted, 23x more likely to be raped, compared to the general population.



1 in 3 LGBTQ youth meet the criteria for a mental disorder, resulting in contemplated suicide 3x of their peers, and attempted suicide 5x more often.

1: U.S. Department of Health and Human Services, 2023

2: The Institute for Healthcare Improvement and Wellbeing Trust, 2020