

MUNSON 2015/16 COMMUNITY HEALTH NEEDS ASSESSMENT

ISSUE BRIEF: MENTAL HEALTH

Mental health is essential to a person’s well-being, healthy family and interpersonal relationships, and ability to live a full and productive life. Fortunately, a number of mental health disorders can be treated effectively, and prevention of mental health disorders is a growing area of research and practice. Early diagnosis and treatment can decrease the disease burden of mental health disorders as well as associated chronic diseases.

<p>Severity <i>Risk of mortality and morbidity associated with the problem</i></p>	<p>Magnitude <i>Number of people impacted by the problem</i></p>
<ul style="list-style-type: none"> • Approximately one in four adults in the US have a mental health disorder, most commonly anxiety or depression. • Approximately one in 17 adults in the US have a serious mental illness. • Approximately one in five children in the US have a mental health disorder, most commonly attention deficit/hyperactivity disorder. 	<ul style="list-style-type: none"> • An estimated 34,036 adults in the five-county Grand Traverse Region have mental health disorder (25% of the 136,143 residents age 18+). • An estimated 8,032 adults in the five-county region have a serious mental illness (5.9% of the 136,143 residents age 18+). • An estimated 6,949 children 17 and younger in the five-county region have a mental health disorder (20% of the 34,744 residents age 17 and younger).
<p>Impact <i>Improving this problem would have a positive impact on health, quality of life or health disparities</i></p>	<p>Sustainability <i>Resources are available and barriers are surmountable</i></p>
<ul style="list-style-type: none"> • People with untreated mental health disorders are at high risk for many unhealthy and unsafe behaviors. • Mental health disorders can have harmful and long-lasting effects, not only for people living with the disorder, but also for their families, schools, workplaces, and communities. • A child experiencing mental health issues is more likely to have problems at school and is at greater risk of entering the criminal justice system. • Less than half of the people diagnosed with a mental illness receive treatment in the US. The unmet need is greatest among underserved groups, such as those without health insurance and residents of rural areas. • More than 34,000 Americans die as a result of suicide every year—approximately one suicide every 15 minutes. Suicide rates are highest among American Indian/Alaska Native youth. 	<p>Resources in the community include:</p> <ul style="list-style-type: none"> • Munson Behavioral Health • Primary care providers and specialists • Community mental health agencies • Psychologists, counselors, and clinical social workers in private practice • Federally-qualified health centers and rural health centers • Child and Adolescent Health Centers • Telehealth Psychiatry • Catholic Human Services • Third Level Child & Family Services • Pine Rest Christian Mental Health Services • Hoarding Task Force
<p>Achievability <i>Achievable and measureable outcomes are possible within three years</i></p>	
<p>Metrics include indicators collected by Community Health Solutions:</p> <ul style="list-style-type: none"> • Age-Adjusted Death Rate due to Alzheimer's Disease • Age-Adjusted Death Rate due to Suicide • Poor Mental Health Days • Depression: Medicare Population • Inadequate Social Support • Alzheimer's Disease or Dementia: Medicare Population 	

HIGHLIGHTS FROM THE MUNSON 2015/16 COMMUNITY HEALTH NEEDS ASSESSMENT

Antrim, Benzie, Grand Traverse, Kalkaska and Leelanau Counties

Grand Traverse Region Mental Health Statistics						
Health Professions Shortage Areas (HPSAs): The US Health Resources and Services Administration designates HPSAs for mental health in Antrim, Benzie, Grand Traverse, Kalkaska and Leelanau counties.						
Supply of mental health providers: Ratios of population to mental health providers are below State (487:1) in all counties except for Grand Traverse (274:1), ranging up to 2,718:1 in Leelanau County.						
Suicide: Age-adjusted suicide rates are higher than State (10.2 per 100,000) in Antrim (20.5 per 100,000) and Grand Traverse counties (10.8 per 100,000). (Rates for Benzie, Kalkaska and Leelanau are unavailable due to low numbers).						
Depression: The proportion of depression in Medicare enrollees ranges from 16.3% in Antrim County to 20.5% in Grand Traverse. Rates are higher than State (17.1%) in Benzie (18.0%), Grand Traverse (20.5%) and Kalkaska (18.0%) counties. Leelanau county is below the State at 16.4%.						
Frequent emotional distress: The proportion of adults reporting frequent emotional distress in the five-county region is lower than State (13%), ranging from 10.2% in Leelanau County to 11.8% in Kalkaska County.						
Inadequate social support: The proportion of adults who report inadequate social support is smaller in the region compared to Michigan (20.0%), ranging from 14.2% in Grand Traverse County to 17.6% in Antrim County. (Kalkaska County rate is unavailable)						
Poor mental health days: Adults report an average of 3.7 poor mental health days per month in the State. In the five-county region, Antrim (5.4 days), Kalkaska (4.4 days) and Leelanau (4.7 days) exceed State rate.						
Community Conversations			Major Forces of Change in the Community			
<p>111 community residents and stakeholders participated in one of five Community Conversations sponsored by the local multipurpose collaborative bodies. Each one answered the question, “What can we do here to move closer to our vision of a healthy community?”</p> <p>Addressing mental health issues was part of the collective answer to this focus question in all five counties.</p>			<p>16 members of the Munson CHNA Advisory Committee participated in a facilitated discussion to identify forces of change in the community. The following impact mental health in the region:</p> <ul style="list-style-type: none"> • Munson programs and services • State Innovation Model (SIM) designation of the Northern Michigan Community Health Innovation Region • Collaboration/collective impact • Elections and implications for the Affordable Care Act • Healthy Michigan Plan • Increases in substance use, depression and anxiety • Technological improvements • Easy access to information 			
Antrim	Benzie	GT	Kalkaska	Leelanau		
✓	✓	✓	✓	✓		
What Matters to You? Survey			Health Care Provider Survey			
<p>246 residents of Antrim, Benzie, Grand Traverse, Kalkaska and Leelanau counties completed the “What Matters to You?” Survey.</p> <p>Overall, they ranked “mental health issues” as the third most important community health issue in their county, behind “substance use” and “lack of affordable health care”. Many adults reported financial barriers to accessing health care, such as high deductibles and co-pays, limited health insurance coverage, and inability to pay for visits.</p>			<p>50 physicians, nurse practitioners, and physician assistants from Kalkaska Memorial Medical Center, Munson Medical Center and Paul Oliver Hospital completed a brief Health Care Provider Survey.</p> <p>Overall, they ranked “mental health issues” as the third most important community health issue in their county, behind “overweight and obesity” and “substance use”.</p>			