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Four Distinct Understandings of Mental Health

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- A broader set of emotional/mental concerns or disorders: clinical diagnosis or not.
- Everyday ups and downs experienced by the general public.
- “Mental health and wellness” as a goal for the population as a whole. Not only responsiveness to emotional setbacks or disorders, but positive attributes, resilience, joy, and self-confidence.
Impacts and Costs of Mental Health

• 20% of adults experience some form of mental illness annually.
• Total cost of mental illness is over $300 billion per year, $100 billion in healthcare expenditures alone.
• Mental illness is 3rd leading cause of homelessness for single adults
• Drug overdoses now kill more people than gun homicides and car crashes combined.

Medical High Utilization

**MEDICAL HIGH UTILIZATION**
A Complex Challenge That Can Be Prevented

- 50% of total healthcare costs are from 5% of the total adult population, known as High Utilizers
- 9% GDP cost of high utilizers, medical care, which is almost $1.45 trillion
- High utilizers are often the most vulnerable and sickest Americans
- Tremendous impact on emergency departments, hospital admissions and healthcare providers

**Exponential Impact of Multiple Conditions**

- The effect of multiple conditions is more than just the sum of its parts. This leads to increased suffering and medical costs, as can be seen in the example below.

1 condition: Diabetes
2 conditions: Mental Health, Alcohol/Drug dependency
3 conditions: Diabetes, Heart Disease, Asthma
4 conditions: Inflammatory bowel disease, chronic obstructive pulmonary disease (COPD), Heart Disease
5 conditions: Diabetes, Heart Disease, Asthma, Inflammatory bowel disease, Chronic obstructive pulmonary disease (COPD)
6 conditions: Diabetes, Heart Disease, Asthma, Inflammatory bowel disease, Chronic obstructive pulmonary disease (COPD), Heart Disease

**What’s at Stake & How It’s Promoted**
- example: incentivize healthy food outlets
- example: increase safe and affordable housing
- example: foster peer support networks
- example: increase job and life skill training

**Community conditions shape health**
so community interventions are needed to disrupt the pathway to high utilization.

**Improving community conditions has an exponential positive impact**

- Complementing current interventions with community-wide prevention strategies reduces suffering and cost for high utilizers.

**Reduce**
- the severity of existing health conditions of high utilizers
- reduce the overall risk for preventable injury and illness among the broader population

**Prevent**
- individuals from becoming high utilizers in the first place

**Support**
- the maintenance of health of those at risk for becoming high utilizers

**Many, if not all, of these are PREVENTABLE**
by improving community conditions.

**Here’s how**

- Treating the sick + Coordinated care + Social services
- Improving community conditions

To learn how prevention can impact high utilization, check out: www.preventioninstitute.org/projects/prevention-approach-medical-high-utilization
Housing is a Public Health Issue
Community Mental Health in CA 1979-1990

• Bates Bill (1979) – established residential treatment system
• Office of Prevention and the Prevention Committee of the Conference of Local MH directors (1980s)
• Taskforce to Promote Self-Esteem (1987-1990)
Figure 2: Trudeau (February 17, 1987)
Concepts of Primary Prevention
A Framework for Program Development
No mass disorder afflicting humankind has ever been brought under control or eliminated by attempts at treating the afflicted individual

- Dr. George Albee
Lessons and Findings from Primary Prevention History that Apply to Physical and Mental Health

• Strengthen healthy social norms and promote community connections and networks
• Support thriving community environments by strengthening qualities that encourage positive interaction and interdependence
• Promote resilience and community healing
• Recognize that disenfranchised populations typically face less supportive environments
• Every sector impacts people’s lives
Mental health or ill health of a community is reflected in its institutions — “key community agents such as teachers, police, and clergy have major impacts on the mental health status of the community.”

Dr. Stephen Goldston, editor, Concepts in Primary Prevention.
Primary Prevention Interventions

- Upfront
- Population-based
- Multi-sectoral
- Actionable
- Fostering equity
- Fostering healthy norms
- Enabling people to play an active role in their own wellbeing
“Physical” Health Conditions

- Traumatic Injury
- Heart Disease
- Asthma
- COPD
- Diabetes
“Physical” Health Conditions

- Asthma
- Heart Disease
- Traumatic Injury
- COPD
- Diabetes
Mental & Behavioral Health Conditions

Mental Illness

Substance Abuse

“Physical” Health Conditions

Stress

Traumatic Injury

Asthma

Ongoing Trauma

COPD

Heart Disease

Diabetes
Experiences in our environment

- In an unsafe neighborhood
- Frustrating situation at work
- Parks closed in neighborhood
- Junk food more than health food

Health & Wellbeing

- Mental Illness
- Substance Abuse
- Stress
- Traumatic Injury
- Asthma
- COPD
- Heart Disease
- Diabetes
- Ongoing Trauma

Frustrating situation at work
- In an unsafe neighborhood
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Health & Wellbeing

- Mental Illness
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PREVENTION INSTITUTE
Determinants of Health and Wellbeing

• Community determinants
• Pillars of wellbeing
• A gendered lens
THRIVE Factors

People
- Social networks & trust
- Participation & willingness to act for the common good
- Norms & culture

Equitable Opportunity
- Education
- Living wages & local wealth/assets

Place
- What’s sold & how it’s promoted
- Look, feel, & safety
- Housing
- Parks & open space
- Air, water & soil
- Getting around
- Arts & cultural expression
MOVEMBER FOUNDATION

HELPING MEN LIVE HAPPIER, HEALTHIER, LONGER LIVES
Making Connections for Mental Health and Wellbeing Among Men and Boys

The Community of Practice is inclusive of 16 sites, with diversity in geography, organizational leadership, and population.
7 Community Determinants associated with Mental Health & Wellbeing

- Social networks & trust
- Participation & willingness to act for the common good
- Norms & culture
- Look, feel & safety
- Housing
- Arts & cultural expression
- Living wages & local wealth
Pillars of Wellbeing

- Belonging/Connectedness - A sense of acceptance
- Control of Destiny - Sense of purpose
- Dignity - Sense of own value
- Hope/Aspiration - Belief something is possible
- Safety - Sense of stability
- Trust - Reliability in self and others
Ubuntu

Concepts of connectedness and interdependence
Community Harvesting Gardens
If we’re all in agreement that we are because of others, then it must follow surely, that we all aspire to treat others the way we want to be treated, and that we all agree that we as a community should mirror the best in each of us.

Dean Peacock, Gender Justice
A Gendered Lens
Barn Raising
Mental Health: A Path Forward

Improving community conditions enhances wellbeing, social, behavioral, and physical health.

Community Conditions
Focus on changing the environment
- Social networks & trust
- Participation & willingness to act for the common good
- Norms & culture

People
Intentionally embedding healing values
- Belonging/Connectedness
- Control of Destiny
- Safety
- Hope/Aspiration
- Dignity

Place
Reframing mental health to reflect that it is more than the absence of mental illness
Realignment and expanding strategies to emphasize prevention and resilience as a complement to treatment and services

The path forward is comprehensive community prevention

Improved individual, family, and community mental health and wellbeing
- Reduce stigma, trauma, and adverse childhood experiences: support long term recovery
- Strengthen healthy social norms and promote community connection and networks
- Promote resilience and community healing
- Support thriving community environments
- Reduce severity of mental health problems, human suffering, and associated costs

Read the full report on our site:
We each have a role.
Community-Driven Planning
Restoring Social Connectedness

La Cultura Cura, National Compadres Network
New Orleans Economic Opportunity Strategy

- Unemployment as a major driver of trauma, violence, and poor health

- Collaboration of hospitals

- Organizational practice change – connecting job seekers, contracting opportunities, worker-owned co-op, job training
Housing
Development without Displacement
Arts Help Communities Thrive
Philadelphia Mural Arts Project
The Honoring Our Medicine Canoe Journey, Washington, 2017
What I’m very excited about is that Talking Stick that goes from tribe to tribe is full of all the prayers and songs, ceremonies, dances and good, strong, powerful healing medicine. That is coming to our community at a time when we really need it…this is our time and that healing is going to come to our community.

Puyallup Tribal Councilmember Annette Bryan
Questions???
Part II – Cultivating Our Roots

- Thursday, February 8
  10:00-11:00am PT / 1:00-2:00pm ET
- Register at dialogue4health.org
More information about Prevention Institute is available at [www.preventioninstitute.org](http://www.preventioninstitute.org)