

# Adventist Health Priority Area Overview

## Mental Health

### Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to other, and make choices

### Implications

**Health:** Mental health and physical health are inextricably linked. Evidence has shown that mental health disorders—most often depression—are strongly associated with the risk, occurrence, management, progression, and outcome of serious chronic diseases and health conditions, including diabetes, hypertension, stroke, heart disease, and cancer.

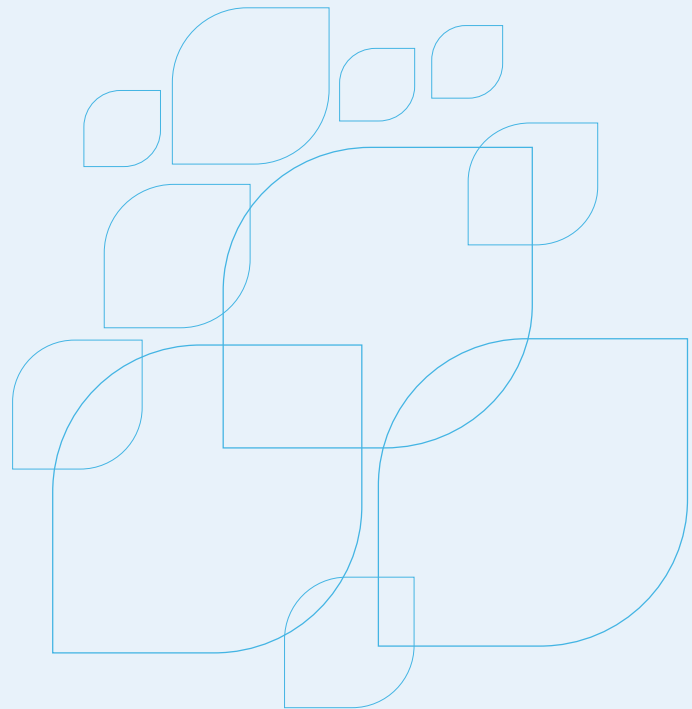
**Cost:** Using the value of a statistical life (VSL) approach, the global economic burden of mental disorders was estimated at US\$8.5 trillion in 2010. Similar to the impact on economic growth, this estimate is comparable to that of cardiovascular diseases and higher than that of cancer, chronic respiratory diseases, and diabetes.

### Potential Partner Organizations:

- Public Health Departments
- Health Centers
- School Districts
- Local Social Service Organizations

### Subject Matter Experts:

- Public Health Officer
- Counseling Center Administrator
- Local Law Enforcement Leadership



**Metrics:** Some typical metrics you may see associated with measuring activities for this priority area include:

**Mental Health & Disorders:**

Metrics	CA Value	U.S. Value	POM	Sources
Age-Adjusted Death Rate due to Suicide	10.4 deaths/100,000 population	13.6 deaths/100,000 population	2015-2017	Centers for Disease Control and Prevention
Frequent Mental Distress	10.57%	15%	2016	County Health Rankings
Poor Mental Health Days: Average # of Days	3.54	3.80	2016	County Health Rankings
Depression: Medicare Population	15.8%	17.93%	2017	Centers for Medicare & Medicaid Services
Adults Needing and Receiving Mental Health Care	60.9%		2016-2017	California Health Interview Survey

**Promising Practices**

The Promising Practices database within our Adventist Health Community Wellbeing Accelerator Platform includes local and national documented approaches to improving community health and quality of life.

**Resources:**

**National Institute of Mental Health (NIMH):** The lead federal agency for research on mental disorders. <https://www.nimh.nih.gov/index.shtml>

**National Alliance on Mental Illness (NAMI):** The nation's largest grassroots mental health organization. <https://www.nimh.nih.gov/outreach/partnership-program/index.shtml>

**Substance Abuse and Mental Health Services Administration (SAMSHA):** The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. <https://www.hhs.gov/>

**MentalHealth.gov** provides one-stop access to U.S. government mental health and mental health problems information. <https://www.mentalhealth.gov/>

**Glossary of Common Terms:**

**Dual Diagnosis:** Having a mental health disorder and an alcohol or drug problem at the same time.

**Early Intervention:** Diagnosing and treating a mental illness when it first develops.

**Evidenced Based Practice:** Treatments that are supported by clinical research.

**Intervention:** An action intended to help treat or cure a condition.

**Recovery:** The process by which people with mental illness return or begin to work, learn and participate in their communities. For some individuals and their families, recovery means the ability to live a fulfilling and productive life.