

The image features a dramatic, stylized illustration. A massive, dark blue wave with white, frothy crests is crashing from the top left towards the right. The wave's surface is textured with fine, white lines, suggesting movement and power. Below the wave, the floor is a bright red color with a grid pattern of thin white lines. In the bottom right corner, a tiny, dark silhouette of a person is sitting on a simple black chair, looking towards the viewer. The overall scene conveys a sense of overwhelming scale and vulnerability.

# Public Health Crisis:

Dramatic Need for Mental Health and  
Integrated Care

# The average life expectancy in the U.S. has been on the decline for three consecutive years.

The last three years represent the longest consecutive decline in the American lifespan at birth since the period between 1915 and 1918, which included World War I and the Spanish Flu pandemic, events that killed many millions worldwide.



- A rise in drug overdoses
- An increase in liver disease
- A rise in suicide rates

*“Diseases of Despair”*

The **Covid Pandemic** is emotionally, financially, and socially devastating to the country and our Community.  
Over 114,000 individuals in the US have died from Covid.



Although the Corona Virus has directly affected the physical health of some individuals, we have all suffered the emotion impact & trauma caused by the dramatic and immediate shut down in the effort to reduce the spread of the virus.

***We need to prepare our Health System for the possibility of a rising tide of illness and death from “Diseases of Despair” in the wake of the Covid Pandemic.***

**Although the exact number is currently unknown, many more people are suffering from Anxiety and Depression as a result of fear, social distancing isolation, and wide spread uncertainty due to the Covid Pandemic than illness from the virus itself.**



**As the economy continues its decent into a recession many more people will experience symptoms of mental illness and will need our help. As the stimulus check and unemployment payments end, many businesses will not rebound plunging many citizens into desperate situations.**

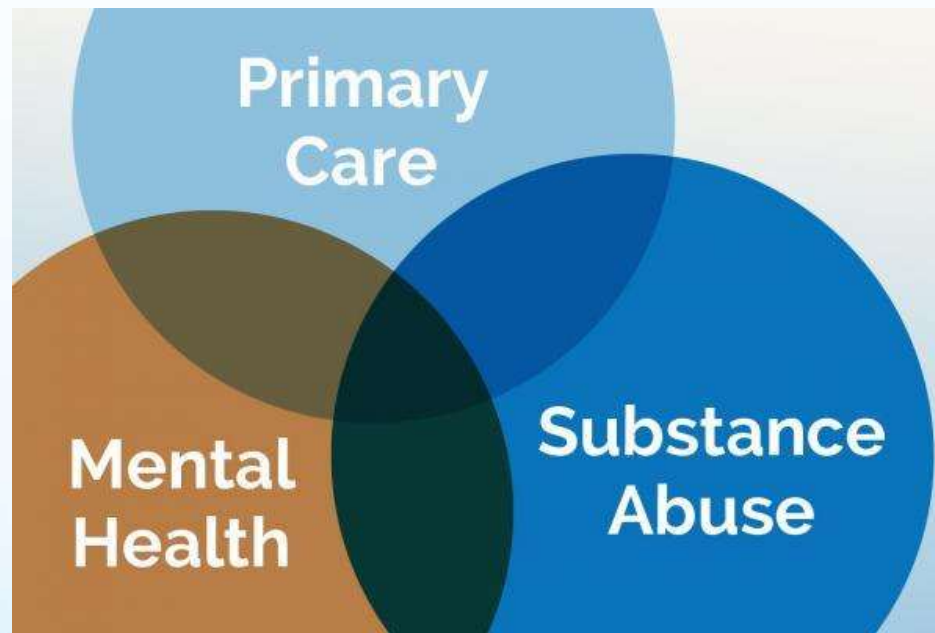


**Some individuals may turn to Alcohol and Other Substances as unhealthy coping mechanisms.**



**Some individuals in Recovery may relapse, putting themselves at higher risk for Overdose.**

**Now more than ever we need to understand that Mental Health is part of our Overall Health and Well Being.**



**Integrated Healthcare is Caring for the Whole Person.**

# The top 10 health conditions that have the greatest impact on Americans' quality of life include:

**1. Hypertension — National Health Impact 12.5%**

Hypertension is also known as the silent killer because it has no early significant symptoms but creates an extra load on the heart and blood vessels.

**2. Major Depression — National Health Impact 9%**

The condition affects adults, teens and children.

**3. High Cholesterol — National Health Impact 8.6%**

Can increase the risk of heart attack and stroke.

**4. Coronary Artery Disease — National Health Impact 7%**

Much higher risk of heart attack.

**5. Type 2 Diabetes — National Health Impact 5.5%**

Caused by obesity and lack of physical activity in about 90% of cases in the U.S.

**6. Substance Use Disorder — National Health Impact 3.4%**

Addiction can cause serious mental and physical injury, overdose and even death.

**7. Alcohol Use Disorder — National Health Impact 3.3%**

Very high blood alcohol levels can result in coma or death, and withdrawal from alcohol can cause hallucinations or even seizures.

**8. Chronic Obstructive Pulmonary Disease (COPD) — National Health Impact 3.3%**

The primary cause of COPD is cigarette smoking.

**9. Psychotic Disorder — National Health Impact 2.9%**

People with psychotic disorders, including schizophrenia and delusional disorder, often have trouble maintaining a sense of reality.

**10. Crohn's Disease/Ulcerative Colitis — National Health Impact 2.7%**

In addition to being painful and debilitating, the condition can lead to life-threatening complications.

**4 out of 10 health conditions that affect Quality of Life for Americans are Behavioral Health Conditions!**



## The top 10 causes of death for American Adults 2017:

- Heart disease: 647,457
- Cancer: 599,108
- Accidents (unintentional injuries includes drug overdose): 169,936
- Chronic lower respiratory diseases: 160,201
- Stroke (cerebrovascular diseases): 146,383
- Alzheimer's disease: 121,404
- Diabetes: 83,564
- Influenza and pneumonia: 55,672
- Kidney Disease (Nephritis, nephrotic syndrome, and nephrosis): 50,633
- Intentional self-harm (suicide): 47,173

***Covid-19 will be on the list as one of the top 5 causes of deaths in the US for 2020.***

# Integrated Healthcare is a **TEAM APPROACH** to Health and Well-being.

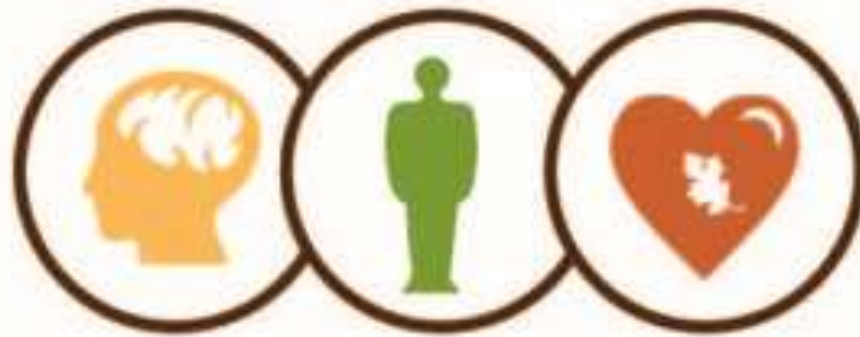
**Members of Your Integrated Healthcare Team Include:**

- Family or primary care doctor
- Nurse practitioner & Physician assistant
- Psychiatrist, a medical doctor who diagnoses and treats mental illnesses
- Psychotherapist, such as a psychologist or a licensed counselor
- Pharmacist
- Social worker



**Counseling, whether Individual or Group Therapy, is an integral component of treatment.**

# **Fully Integrate Mental Health into your Personal Wellness by:**



- **Knowing the Signs and Symptoms**
- **Reducing Stigma around Mental Health and Addictive Disease**
- **Decreasing Barriers to Treatment**

# Know the Signs and Symptoms



- Take a free class like Mental Health First Aid or QPR
- Attend a Support Group like NAMI – Columbus
- Invite a Speaker to your Faith, Work or Civic Group



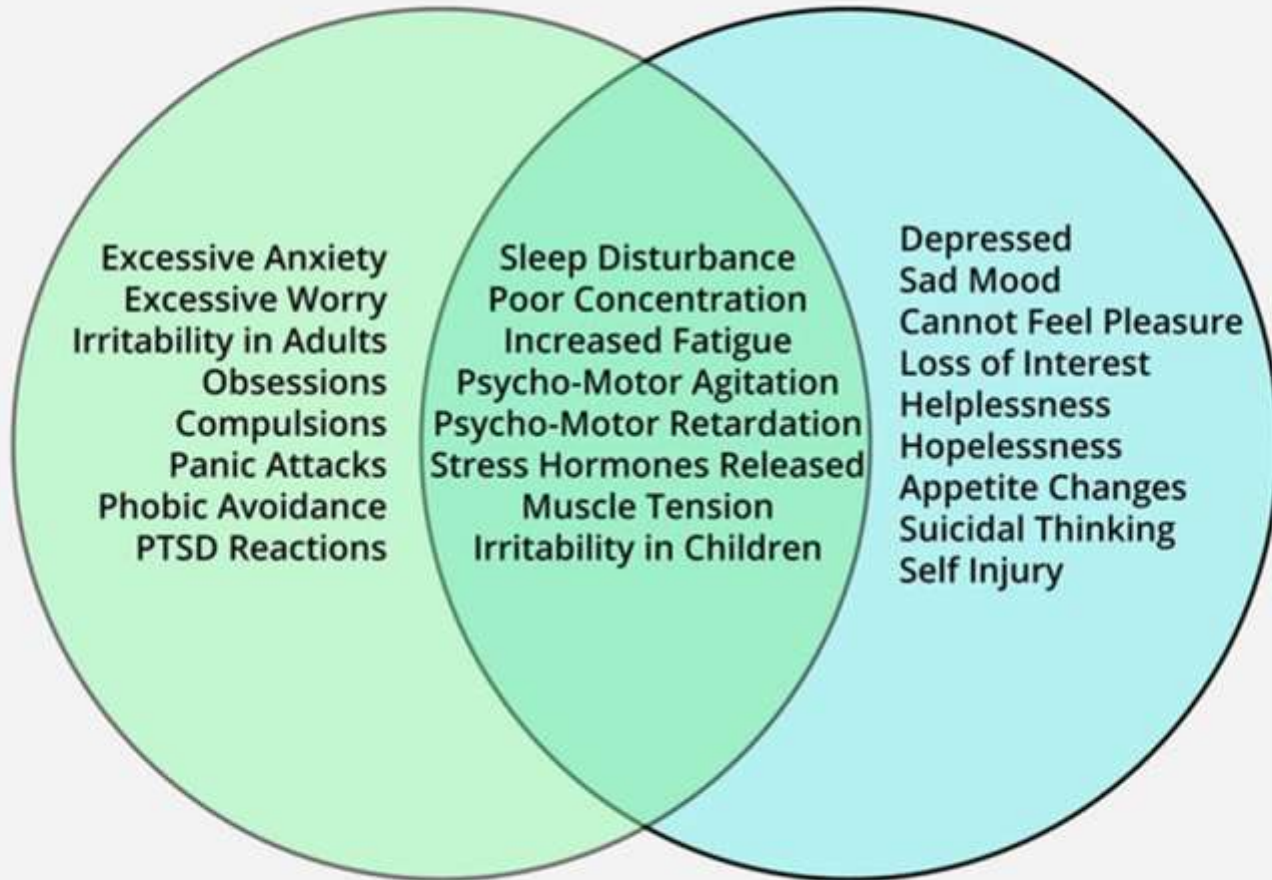
**Anxiety is a normal response to a stressful situation. But when the stress is prolonged, Anxiety may rise to a level beyond our individual coping skills and require medical intervention.**

**Most people feel Sad or Depressed at times.**

**It is a normal reaction to loss or life's struggles. But when intense sadness – including feeling helpless, hopeless, or worthless – last for many days to weeks – it may be something more than sadness; it could be Clinical Depression – a treatable medical condition.**



# Symptoms of Anxiety and Depression in Adults



**Anxiety & Depression are Treatable Medical Conditions in Adults and Children.**

# Common Responses to Trauma in Children

When people think of trauma, they often focus on physical injuries. However, people also can experience psychological trauma after witnessing or experiencing distressing events. Trauma can be caused by natural disasters, including pandemics. Reactions to trauma can be immediate or delayed. Responses may differ in severity and can include a wide range of behaviors and responses.

- **Cling to parents or caregivers.**
- **Cry and be tearful.**
- **Have tantrums and be irritable, angry and disruptive.**
- **Complain of physical problems such as stomachaches or headaches.**
- **Suddenly return to behaviors such as bed-wetting and thumb-sucking.**
- **Isolate themselves from family and friends.**
- **Have nightmares, refuse to go to bed, or experience other sleep problems.**
- **Be unable to concentrate.**
- **Develop unfounded fears.**
- **Lose interest in fun activities.**



# Reduce Stigma around Mental Health and Addictive Disease



**Have the Conversation.**

**Normalize the Conversation.**

**Welcome the Conversation.**

*With Family, Friends,  
Your Primary Care Physician and Your Therapist.*



# Decrease Barriers to Mental Health Services



*Access & Availability*    *Cost*    *Transportation*

**Integrated Healthcare is proven to reduce  
barriers and improve health outcomes.**



# Our Integrated Healthcare Partnership



Improve the Health Outcomes for  
Individuals, Children & Families in our 8 + County Service Area  
who experience high barriers to Quality Person Centered Whole-Health  
Care and are uninsured, underinsured and/or living with an SPMI or SUD .



**Our Partnership currently provides Integrated Healthcare to  
1,591 Individuals in Muscogee and the Surrounding Counties.**

**Our Integrated Healthcare is addressing both physical & mental health needs from Covid-19 simultaneously and seamlessly but we need your support. With the Governor's mandated 11% budget cut across ALL departments looming, we will most certainly see a local impact of a reduction in mental health and addictive disease services.**



**It is up to us to provide support to citizens suffering as the next, most imminent Public Health Crisis approaches like a tidal wave.**

# Local, State and National Resources



Georgia COVID-19  
Emotional Support Line  
**866-399-8938**

Georgia Department of Behavioral Health & Developmental Disabilities

BHL

beacon

Illustration of two hands shaking over a map of Georgia.



**Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**

Logo featuring a blue speech bubble with a white star and a grid of red dots.



**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE™**  
**1-800-273-TALK**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Logo featuring a green telephone handset.



**A CRISIS HAS NO SCHEDULE**

**Georgia Crisis  
& Access Line**  
**1-800-715-4225**  
[GeorgiaCollaborative.com](http://GeorgiaCollaborative.com)

Help is available 24/7 for problems with developmental disabilities, mental health, drugs, or alcohol.  
Provided through the Georgia Collaborative ASO

Logo featuring two silhouettes of heads facing each other, one green and one blue.

**New Horizons  
Appointment Line  
706-596-5500**



**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential



**2.1.1**  
Get Connected. Get Help.™

Logo featuring a blue speech bubble with a white star.



**Serving as your Safety-net  
Provider of Core Behavioral  
Health Services to Children,  
Teens, Adults and Families  
in Muscogee County and  
the surrounding  
Chattahoochee Valley.**

**Appointment Line: 706-596-5500  
Ask about our Telehealth and Integrated Healthcare Services.**