

97th CML Annual Conference

June 18–21, 2019 • Breckenridge, CO


Building Mentally Healthy Communities
 June 20, 2019 8:30-9:45 am
 Nancy VanDeMark, PhD
 Interim President & CEO
 Mental Health Colorado




COLORADO MUNICIPAL LEAGUE

Contents of this presentation reflects the view of the presenter, not of CML.


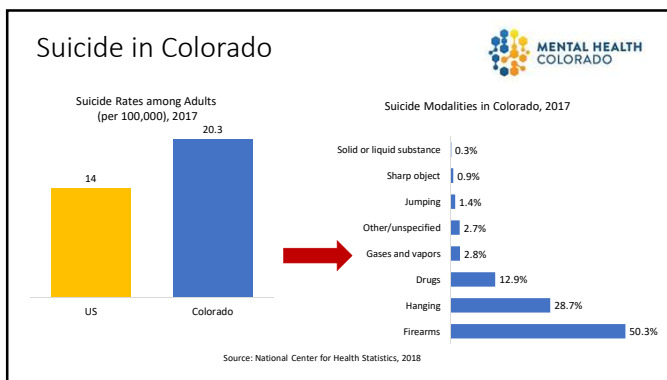
Mental Health Colorado's work






We work across Colorado to

- End stigma
- Promote mental health
- Ensure equitable access to treatment and support

Colorado adults and suicide



TOP 10

Colorado ranks in the top ten states for suicide death rates

45%

Colorado suicide deaths have increased by 45% since 2000

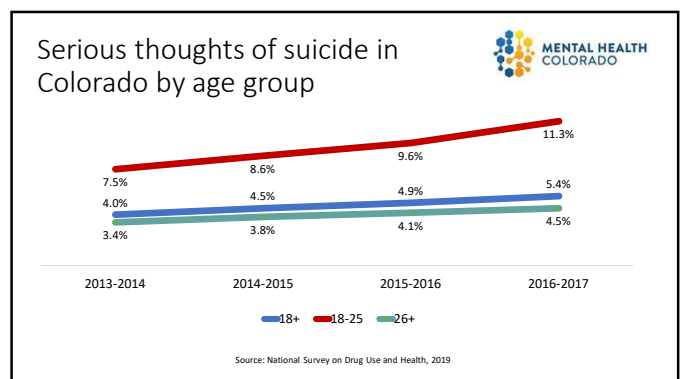
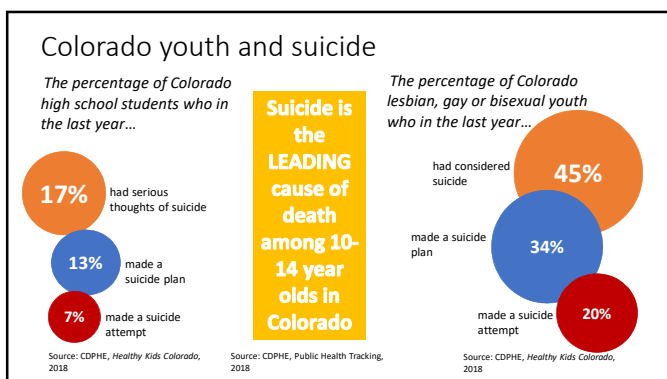
People who use alcohol and drugs are 16 times more likely to die by suicide than the general population

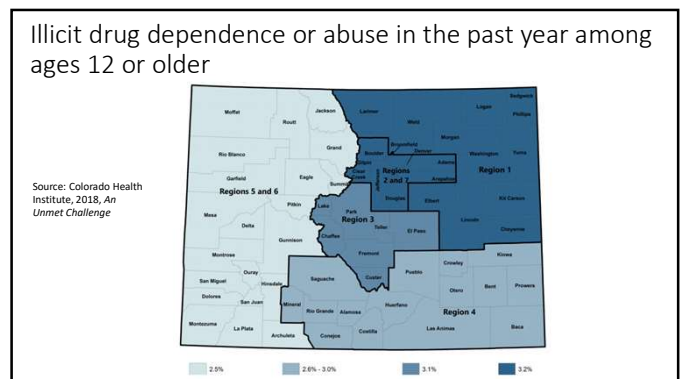
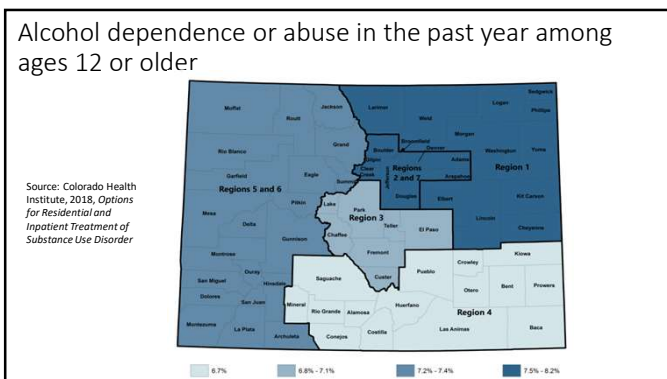
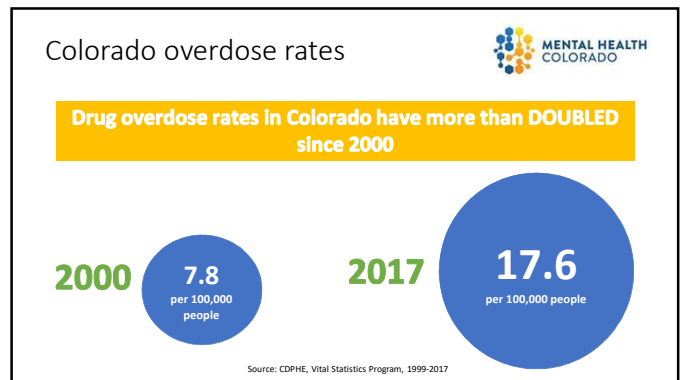
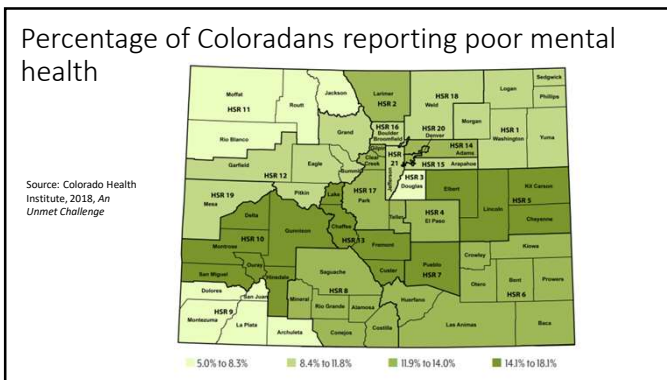
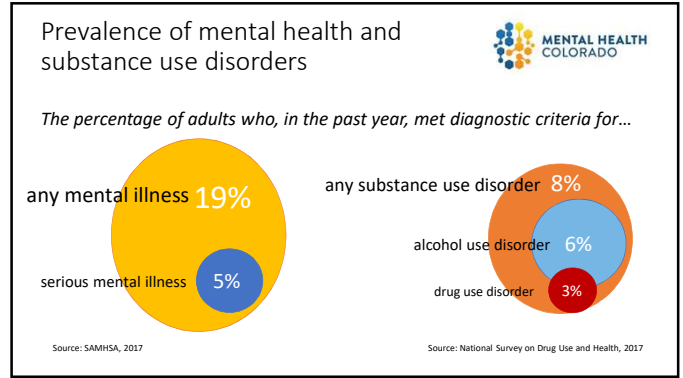
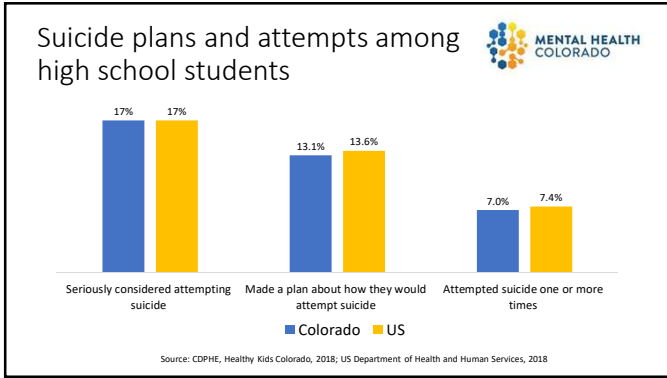
16x

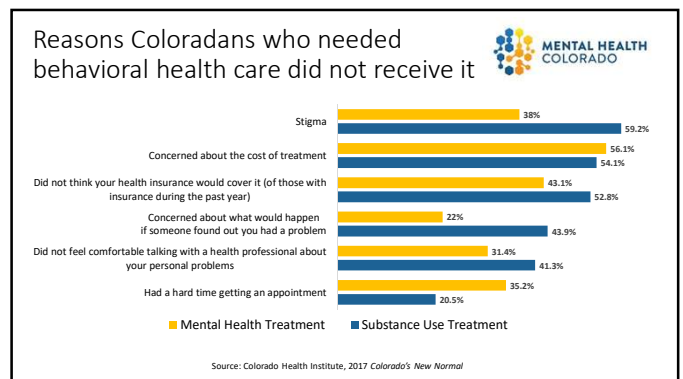
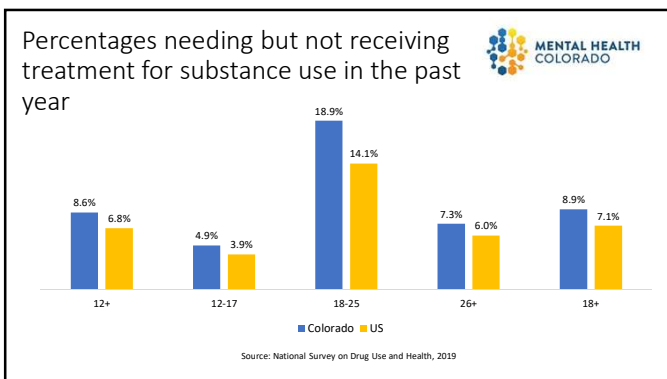
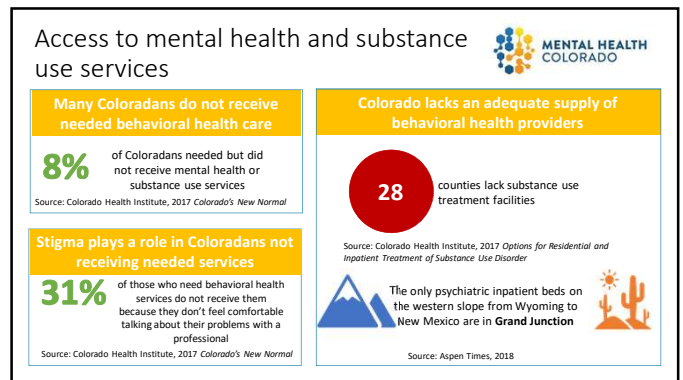
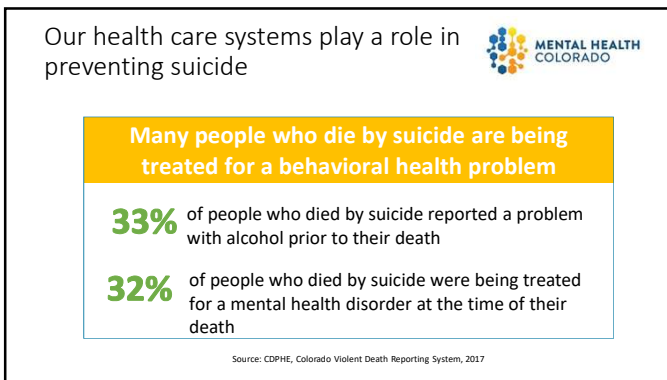
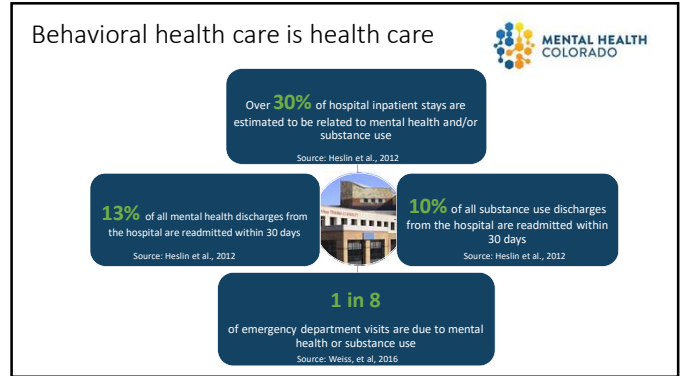
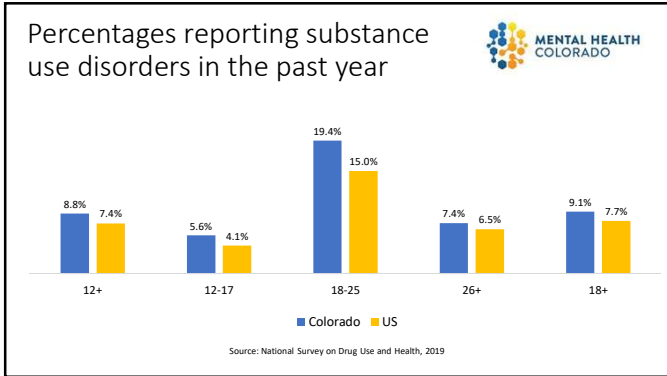
Source: National Center for Health Statistics, 2018

Source: Colorado Health Institute, 2018; Suicides in Colorado Reach All Time High

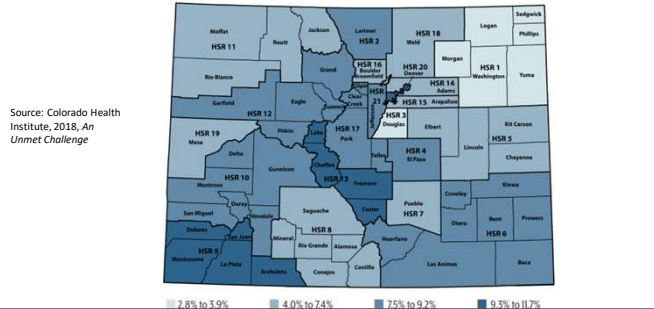
Source: Banks et al., 2017







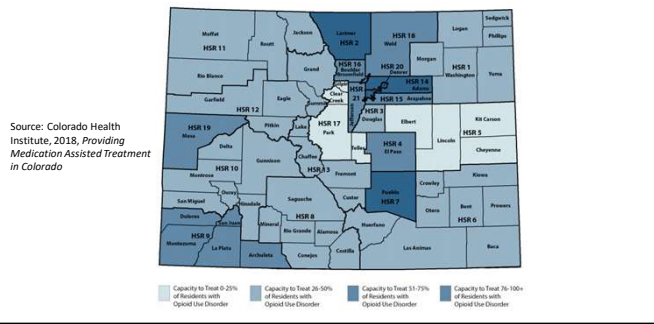
Percentage who needed but did not receive needed mental health care in the past 12 months



Availability of mental health and substance use services



Medication Assisted Treatment capacity



What can individuals do?

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- Share your own stories of struggle and recovery
- Talk with people who might be struggling
- Encourage people to seek help for mental health and substance use concerns
- Avoid labels
- Become an advocate—join the brainwave
- Volunteer in your community
- Contact local health department to support implementation of health improvement plan
- Work with schools and Early Childhood Councils

What can local government do?

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- Engage community to reduce stigma
- Assist people in locating treatment and support resources
- Promote healthy activities
- Engage in community planning efforts
- Implement strategies outlined in Early Childhood Toolkit
- Support law enforcement's participation in CIT and co-responder approaches
- Strengthen and enforce laws prohibiting discrimination
- Support schools in implementing best practices

How can Mental Health Colorado help local communities?

MENTAL HEALTH COLORADO

- Provide local data through the *Data Dashboard* providing county and health services region data on key indicators
- Champion state legislation in support of underserved areas
- Assist communities to locate funding for specific efforts
- Offer technical assistance to school districts on implementation of School Toolkit
- Assist in understanding existing funding streams and state and federal program requirements
- Provide communications and technical support for local efforts to expand resources


Join the Brain Wave



**MENTAL HEALTH
COLORADO**

Text "TAKEACTION" to 66866

mentalhealthcolorado.org



RESOURCES

More than one million Coloradans experience a mental health or substance use disorder each year. Where does your county stand?

Use the data dashboard below to compare state and local outcomes. Take a screening to learn more about your own mental health.



CO Wellness Recovery www.cowellnessrecovery.org VISIT MENTAL HEALTH COLORADO

MENTAL WELLNESS AND ADDICTION RECOVERY GUIDE
A free resource for Coloradans considering recovery



Talk with someone now

Find treatment

What to expect from treatment

Resources for caregivers

Local Communities Resource Guide



Local Communities Resource Guide

A web-based resource guide for advocates and local communities working to improve availability and access to mental health and substance use services

Coming in 2019

