



# **Cowlitz County Guidance Association**

Lower Columbia College  
October 6, 2011



# Mission

**C**ommitment to Improving Quality of Life

**A**dvocacy for Mental Well-being

**R**esponse to Community Needs

**E**ffective Treatment, with Measurable Outcomes

We **CARE** for Our Community!



# Identity

## **Lower Columbia Mental Health Center**

- Comprehensive, publicly-funded treatment

## **Riverview Psychiatric and Counseling Service**

- Insurance
- Employee Assistance Plans



# History

- Started in **1950** as a child guidance organization by members of the Longview Junior Service League
  - Located in the Cowlitz County Courthouse
- Incorporated in **1953**
- Became a Community Mental Health Center in **1965**





921 14<sup>th</sup> Avenue  
Longview





# By the Numbers

- 5,504 individuals served
- 62,484 service hours
- 1/3 of our services are provided out of the office (school, home, hospital, jail, juvenile)
- 51% Longview residents, 27% Kelso, 7% out of County



# Services

- We provide a full spectrum of outpatient mental health treatment, including:
  - Psychiatric Medication
  - Psychological Assessment
  - Therapy
  - Case Management
  - Education
  - Employment
  - Crisis Response
  - Residential Care
  - Housing
  - Employee Assistance



# Mental Health System

United States  
Centers for Medicare and  
Medicaid Services

State of Washington  
Department of Social and Health Services  
Division of Behavioral Health and Recovery

Cowlitz County  
Health and Human Services Department  
Southwest Regional Support Network

Cowlitz County Guidance Association  
Lower Columbia Mental Health Center  
*Serves all Ages*

Toutle River Ranch  
Youth and Family Link  
*Serves up to Age 20*



# Current System Issues

- Economy and State budget
- What if I don't have insurance, and I can't afford treatment?
- Cowlitz provider transition



# Community Partnerships

- Alliance with Family Health Center and the Drug Abuse Prevention Center
- Integrated health care for the whole person
- Primary, Mental and Substance Abuse health care provided in one alliance
- Future of public health care



# Justice and Mental Health

- Crisis Intervention Training
- Community Safety Staffing
- Jail and Juvenile Detention Treatment
- Mental Health Court



# Mental Illness

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning.



# Mental Health

Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.



# Major Illnesses

- Schizophrenia
- Depression
- Anxiety
- Bipolar
- Attention Deficit/Hyperactivity
- Hundreds of other diagnoses



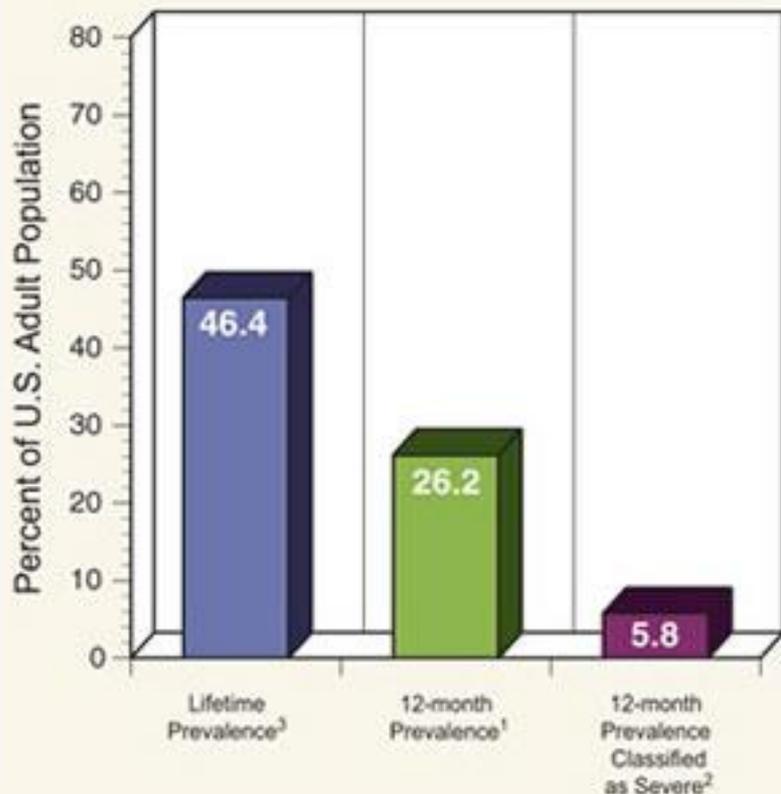
# US Prevalence

- 26% of adults suffer from some form of mental illness
- 13% of children ages 8 to 15 have a diagnosed mental illness
- Depression and Anxiety Disorders most common for adults
- ADHD most common for children

Data from the National Institute for Mental Health

## Prevalence

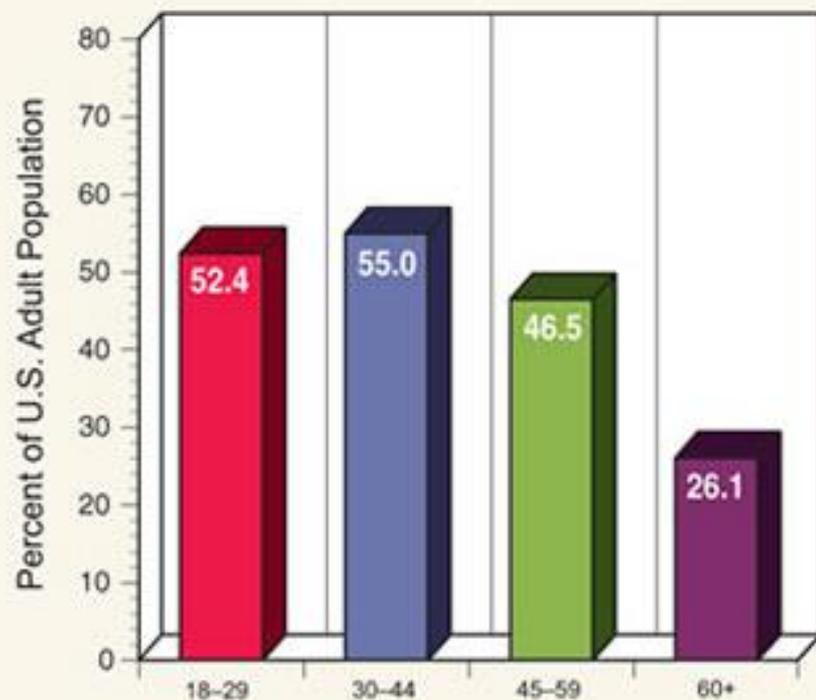
- **12-month Prevalence:** 26.2% of U.S. adult population<sup>1</sup>
- **Severe:** 22.3% of these cases (e.g., 5.8% U.S. adult population) are classified as "severe"<sup>2</sup>



**Average Age-of-Onset:** 14 years old<sup>4</sup>

## Demographics (for lifetime prevalence)<sup>5</sup>

- **Sex:** Women are no more or less likely than men to experience any disorder over their lifetime
- **Race:** Non-Hispanic blacks are 30% less likely than non-Hispanic whites to experience any disorder during their lifetime
- **Age:**





# Mental Illness and Substance Use

- On average, about 50% of individuals with a mental illness have a co-occurring substance abuse issue
- Most common abused legal drug is alcohol
- Most common abused illegal drug is marijuana followed secondly by cocaine

Data from the National Alliance on Mental Illness



# Impact of Mental Illness

- Human Suffering
- Unemployment
- Emergency Services
- Hospital
- Crime



# Impact of Mental Illness

- Number one cause of missed work days, accounting for lost earnings of \$193.2 billion dollars annually in the U.S.
- People with severe mental illnesses die, on average, 25 years earlier than the general population



# Cowlitz County

- 23% of tenth graders considered suicide last year
- 8,917 emergency department visits for mental health
- Due to budget cuts, roughly 4,000 previously successfully treated no longer receive care
- Roughly 26,000 people in Cowlitz County will deal with a mental illness this year



# Local Solution

- Transform our community's mental health
- One dime on a \$100 purchase
- Prevention, treatment, justice and emergency response



# Stigma

- Stigma is the number one reason people do not receive treatment for mental illness
- How you can combat stigma
  - Share your experience with mental illness.
  - Help people with mental illness reenter society.
  - Respond to false statements about mental illness or people with mental illnesses.



# Recovery Happens Every Day

- The best treatments for serious mental illnesses today are highly effective.
- 70 to 90% have significant reduction of symptoms and improved quality of life.
- With appropriate medication and therapeutic services, most people with serious mental illnesses can lead happy and productive lives.



# One Person's Story

Kathleen





# Mental Health Defined

- Mental Health is a Dynamic Issue
- Situational
- Chronic/Severe
- Acute



# What to Look For

## **In adults:**

- Confused thinking
- Prolonged sadness or irritability
- Feelings of extreme highs and lows
- Excessive fears and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger



# What to Look For

## **In adults:**

- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse



# What to Look For

## **In older children and pre-adolescents:**

- Substance abuse
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear of weight gain
- Prolonged negative mood
- Frequent outbursts of anger



# What to Look For

## **In younger children:**

- Changes in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety (i.e. refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression



# When and Who to Call

- Don't hesitate. Make the call.
- If you perceive a problem, you can talk to any person you trust
  - Natural Supports
  - Proactive: Mental Health Agency or Counselor
  - Mental Health Emergency: Crisis Response Services
  - 911



# Natural Supports

- Faith
- Culture
- Family
- Friends
- Work
- Teachers



# Mental Health Providers

- Lower Columbia Mental Health Center
- Youth and Family Link
- Private Providers



# Access to Care

- Public Providers
  - Contact directly by phone
  - Receive an Intake Assessment
  - Assessment determines Treatment Plan
- Private Providers
  - Contact directly
  - Access standards vary by provider



# Eligibility

- Public Services
  - Medicaid
  - Primary psychiatric diagnosis or lesser diagnosis plus special circumstances
- Private Services
  - Sliding Fee Schedule
  - Determined by insurances and individual providers



# Confidentiality

- Mental Health has an extra layer of protection
- Health Insurance Portability and Accountability Act (HIPAA)
- Age of consent
- Provisions to resolve crises, communicate with justice systems and provide for continuity of care



# Age Considerations

- When a child turns 13, they largely control their mental health treatment
  - Confidentiality, including from parents
  - Types of service
  - Involuntary treatment exception
- Older generations seek less care



# What is a Crisis?

- A Crisis is Self-Defined
- Case Examples Include:
  - “I’ve run out of my mental health medications. What do I do?”
  - “My friend just told me they were suicidal. What do I say?”
  - “My aunt says demons are breaking into her home at night. What do I do?”
  - “My wife left me. I have nothing left. I’m not feeling safe right now. Please help me.”



# Signs and Symptoms of Suicide

- Preoccupation with death or dying
- Giving things away and/or preparing a will
- Loss of interest in favorite activities
- Increase or decrease in sleeping and/or eating patterns
- Increased substance use



# Signs and Symptoms of Suicide

- Withdrawn or Isolating
- Feeling helpless or hopeless or worthless
- Unstable affect and mood (tearful, rage, anhedonia)
- Increased health, financial, environmental and/or legal stressors
- Age and gender factors



# Involuntary Treatment

- It's not against the law to be mentally ill.
- It is against civil law to be mentally ill and dangerous.
  - Imminent Danger to Others
  - Imminent Danger to Self
  - Imminent Danger to Property
  - Grave Disability



# Mental Health Resources On the Web

- Cowlitz County Guidance Association  
[www.ccgacares.com](http://www.ccgacares.com)
- National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)
- Advocacy and Support  
[www.nami.org](http://www.nami.org)



# Contact Information

425-6064 24-hour Crisis Response Services  
423-0203 Request Mental Health Treatment

Eric Yakovich, Chief Executive Officer

577-0249 ext.111

[eric.yakovich@ccgacares.com](mailto:eric.yakovich@ccgacares.com)

Drew McDaniel, Director of Crisis Services

423-0245 ext.137

[drew.mcdaniel@ccgacares.com](mailto:drew.mcdaniel@ccgacares.com)

## QUESTIONS?