

# 2013 CLALLAM COUNTY HEALTH PRIORITIES

**BACKGROUND:** In August and September 2013, a Partnership Group reviewed and discussed community health assessment data to guide prioritization of health issues. In October 2013, Community Participants voted for final Health Priorities at a Community Health Summit. Multi-disciplinary groups are meeting to determine strategies to address the priorities.

## **PRIORITY: MENTAL HEALTH— EARLY IDENTIFICATION, ACCESS TO OUTPATIENT SERVICES, CRISIS INTERVENTION**

**GOAL: Promote a Healthy & Safe Community through the provision of mental health outreach & support services to vulnerable children & adults**

**NOVEMBER 2014 Overview:** Preventing mental health and substance use disorders is fundamental to reducing the impact of behavioral health conditions and suicide in communities. Despite a shortage of psychiatric providers and counselors in Clallam County, many residents receive behavioral healthcare. In 2013, Peninsula Behavioral Health and West End Outreach served 3,950 clients in Clallam County and delivered over 80,000 services. Together they responded to 445 crisis calls and provided nearly 3,000 crisis contacts. In 2014, through the Accountable Care Act and Medicaid expansion, they admitted nearly 1,000 new clients for services. Yet, as the data suggest, there are continued challenges to meeting the behavioral health needs of Clallam children and adults.

### **ACTION AREAS (AS OF NOVEMBER 2014, NOT UPDATED):**

#### **GEOGRAPHIC PRESCRIBER MENTAL HEALTH PROFESSIONAL SHORTAGE AREA:**

All 3 mental health agencies serving the Olympic Peninsula have a 6-8 week wait time for new clients to be seen for a psychiatric evaluation because of ARNP/MD shortages.

##### **STRATEGIES:**

- Increase Recruitment Efforts: use Search Firms, contact national providers, visit Medical Schools
- Health Professional Shortage Area score was re-evaluated from 9 to a 15 indicating greater need

#### **ADULT MENTAL DISTRESS STRATEGIES:**

- Promote availability of NAMI Mental Health services via media, presentations, events
- Continue distributing Crisis Line phone number to clients, residents, and organizations
- Encourage PCPs to increase/improve depression screening and utilize integrated BH specialists
- Provide Adult Mental Health First Aid training to law & justice, business, community
- Assess and intervene with individuals in acute crises; utilize appropriate interventions

#### **YOUTH DEPRESSION AND SUICIDE IDEATION STRATEGIES:**

- Work with schools to promote safe/positive messages about mental illness, substance abuse, and suicide to help reduce associated stigma and foster help-seeking behavior
- Encourage pediatricians to increase depression screening and provide resources
- Provide a teen crisis line; develop a teen drop-in center; continue school counseling
- Provide Youth Mental Health First Aid training for schools, families, community

#### **SUICIDE STRATEGIES:**

- Provide information on National Suicide Prevention Life Line and local Crisis Line
- Provide suicide prevention activities in schools/community to increase awareness that mental and substance abuse disorders can respond to treatment and that recovery is possible

## **UPDATED FACTS**

### **GEOGRAPHIC PRESCRIBER MENTAL HEALTH PROFESSIONAL SHORTAGE AREA<sup>1</sup>**

**11% OF ADULTS REPORT MENTAL DISTRESS IN THE PAST MONTH; HIGHER AMONG ADULTS WITH LOW INCOMES; 26% OF ADULTS REPORT EVER HAVING A DEPRESSIVE DISORDER DIAGNOSIS<sup>2</sup>**

**30% OF 8TH AND 40% OF 10TH GRADERS STOPPED USUAL ACTIVITIES IN PAST YEAR FOR 2+ WEEKS BECAUSE THEY FELT SAD OR HOPELESS UP FROM 28% AND 32% IN 2010<sup>3</sup>**

**16% OF 8TH AND 27% OF 10TH GRADERS SERIOUSLY CONSIDERED SUICIDE IN THE PAST YEAR; WAS 17% AND 15% IN 2010<sup>3</sup>**

**18 SUICIDE DEATHS PER YEAR ON AVERAGE; 6TH HIGHEST RATE AMONG WA COUNTIES<sup>4</sup>**

**2013 DATA REVIEW AND PRIORITIES PROCESS FACILITATED BY CLALLAM COUNTY HEALTH & HUMAN SERVICES AND OLYMPIC MEDICAL CENTER**

Data updates to 2012 Assessment and Fact Sheet by: Siri Kushner, Kitsap Public Health District

Sources: 1. HRSA, HPSA; 2. Behavioral Risk Factor Surveillance System; 3. Healthy Youth Survey; 4. WA State Dept. of Health, Death Certificate Database

UPDATED 11/2015