



STATISTICS IN THE USA

- 18% adults have a serious mental condition
 - 1 in 5 adults in the USA (40+ million)
 - ½ of those also experience substance use disorder
 - 56% do not have access to care
- 9.6% (9+ million) consider suicide



INDIANA STATISTICS

- 19.5% (954K) adults suffer from any mental illness (AMI)
- 9.12% (444K) adults have a substance use disorder
- 8.2% (200+K) adults experience suicidal ideation
- Rank: 44th in Mental Illness (MI) prevalence
- Rank: 36th in access to care
 - 20% (222+K) are not insured
 - 6% (260K) could not afford to pay for care
- 1 mental health care provider for every 750

THE WORKPLACE

- 62% workers: Job Stress is their Main Form of Stress
 - Estimated cost of job stress: \$300 Billion per year
- 26% of workers report being “burned out” by their work
- ~ 300 Reportedly Died By Suicide at Work in 2017
 - The Majority: Ages 35-55
- *It is estimated that Not Taking Action to Assist Employees with all types of Mental Health Issues at Work Costs Businesses Nearly \$1 Trillion per Year*



IMPACT OF SUICIDE IN THE WORKPLACE

- Huge Human Cost of Death
- Decrease in Productivity
- Loss of Workplace Morale
- Increased Instances of Negative Mental Health Issues
 - Guilt
 - Trauma
 - Grief
- Increased Confusion
- People Do Not Know What to Do



WHAT CAN EMPLOYERS DO TO HELP?

- Teach Everyone About Mental Health
 - Knowledge Reduces Stigma, Fear, & Inhibitions
 - Knowledge Increases Understanding, Knowledge, & Confidence
- Create an Organizational Plan of Action
- Keep a List of Hotlines in Strategic Locations
- Ensure Employees & Families Have Access to Care
- Stay Informed
- Ensure Personnel are Certified



SUGGESTED TRAINING

- Crisis Intervention Training (CIT)
- Suicide Prevention
 - ASIST
 - QPR
- Mental Health First Aid



MENTAL HEALTH FIRST AID

- MHFA is for Everyone
- The Same Basic Level of Training as:
 - Red Cross First Aid & Safety
 - Red Cross CPR
- Teaches About Key Mental Health Issues
 - Risk Factors, Signs & Symptoms
 - ALGEE Action Plan
 - What to Do in Crisis Situations
- Culminates in National Certification



THE ALGEE ACTION PLAN

- Associated with Both Mental Health First Aid & YOUTH Mental Health First Aid
- 5 Steps You Can Use to Assist a Person Who is Suffering From a Mental Health Crisis or Who is Exhibiting Signs of Mental Health Challenges Until You Can Help Them Get Professional Help or Until the Crisis Subsides.
- Steps That Anyone Can Practice to Be Prepared

ALGEE ACTION PLAN

Assess for Risk of Suicide or Harm



ALGEE ACTION PLAN

Listen Nonjudgmentally



ALGEE ACTION PLAN

Give Reassurance & Information



ALGEE ACTION PLAN

Encourage Appropriate
Professional Help



ALGEE ACTION PLAN

Encourage Self-Help & Other Support Strategies



THE GOOD NEWS

Recovery is Possible!



WELLNESS = GREAT WORK PLACES



Pam Tina, MLD

REFERENCES

- The information from this presentation came from the following sources:
 - The World Health Organization (WHO)
 - Mental Health America (MHA)
 - The National Alliance on Mental Illness (NAMI)
 - Substance Abuse and Mental Health Services Administration (SAMHSA)
 - The Harvard Health Newsletter
 - Equal Employment Opportunity Commission (EEOC)
 - US Department of Labor
 - Centers for Disease Control and Prevention (CDC)
 - The National Council for Behavioral Health (NatCon)
 - The National Council is the regulatory and certifying agency for Mental; Health First Aid USA and YOUTH Mental Health First Aid USA

THANK YOU FOR ATTENDING!

If you have any questions or want additional information,
please feel free to contact me:

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