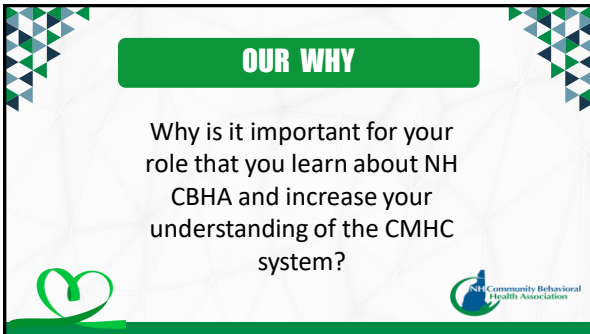




COMMUNITY MENTAL HEALTH 101

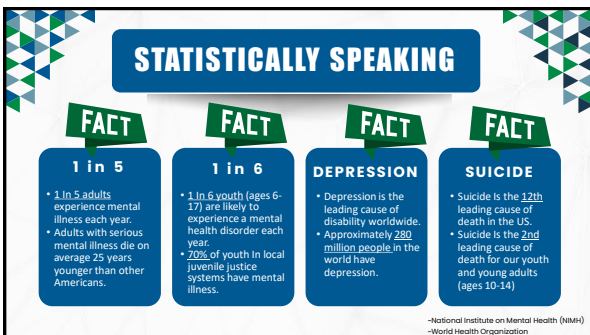
Maggie Pritchard, Chief Executive Officer
Lakes Region Mental Health Center

Dr. Cynthia Whitaker, President and CEO
Greater Nashua Mental Health



OUR WHY

Why is it important for your role that you learn about NH CBHA and increase your understanding of the CMHC system?



STATISTICALLY SPEAKING

FACT

1 in 5

- 1 in 5 adults experience mental illness each year.
- Adults with serious mental illness die on average 25 years younger than other Americans.

FACT

1 in 6

- 1 in 6 youth (ages 6-17) are likely to experience a mental health disorder each year.
- 20% of youth in local juvenile justice systems have mental illness.

FACT

DEPRESSION

- Depression is the leading cause of disability worldwide.
- Approximately 280 million people in the world have depression.

FACT

SUICIDE

- Suicide is the 12th leading cause of death in the US.
- Suicide is the 2nd leading cause of death for our youth and young adults (ages 10-14).

—National Institute on Mental Health (NIMH)
—World Health Organization

HISTORY OF CMHCs

Community Mental Health Act of 1963

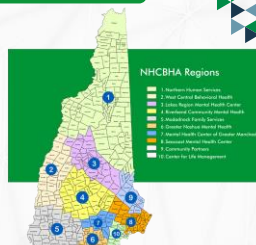
- Supported by President John F. Kennedy
- Provided funding for community mental health centers and research facilities across the US
- Established community-based care as an alternative to institutionalization
- Contributed to deinstitutionalization

for Life Management

NH Community Behavioral Health Association

NH COMMUNITY MENTAL HEALTH TODAY

- 10 separate non-profit agencies
- State designated to provide Community Mental Health Services
- Each has a catchment area
- Accept all types of insurance
- Part of a comprehensive system of care



CORE CMHC SERVICES

- Broad, comprehensive array of high quality, evidence-based services
 - "Medically necessary"
- Support improved functioning and overall wellbeing
- Provided in office, in home, and in community
- Specialized for different age groups
- Include Acute Care Services and Mobile Crisis Teams
- Incorporate principles of Recovery-Oriented Care and Family Support



EVIDENCE-BASED PRACTICES

- Researched, proven effective, and widely implemented
- "The gold standard of care."

Some of the EBP's at CMHCs include:

- ACT – Assertive Community Treatment
- IPS – Individual Placement & Support/Supported Employment
- In-Shape
- IMR – Illness Management & Recovery
- IRT – Individual Resiliency Training
- DBT – Dialectical Behavioral Therapy

- CBT – Cognitive Behavioral Therapy
- MATCH – Modular Approach To Treatment for Children
- RENEW – Resilience, Empowerment, and Natural supports for Education and Work
- TFCBT – Trauma Focused Cognitive Behavioral Therapy
- CPP – Child Parent Psychotherapy

PART OF A SYSTEM

CMHCs are a vital part of the mental health system in NH... and so are you!

Family, Friends, Clergy, Community

Peer and Family Support, Warm Lines, Hotlines

Traditional Office-Based Outpatient

Multi-Disciplinary Community-Based Outpatient

Intensive Community-Based Treatment, Mobile Crisis

Hospitals, Residential

NHCBA Community Behavioral Health Association

THE COMMUNITY MENTAL HEALTH DIFFERENCE

- More than traditional office-based therapy and medication services
- Multiple levels of care
- Care provided within system in collaboration with other providers
- Case/Care Management & Functional Support Services are core services
- Integrated care programs

NHCBA Regions

- 1. Southern Regional Center
- 2. West Central Behavioral Health
- 3. North Central Behavioral Health
- 4. Eastern Central Behavioral Health
- 5. Southern Central Behavioral Health
- 6. Northern Central Behavioral Health
- 7. Western Central Behavioral Health
- 8. Eastern Central Behavioral Health
- 9. Northern Central Behavioral Health
- 10. Western Central Behavioral Health

3

Partnerships & Collaborations

- SCHOOLS/CAMPS
- LAW ENFORCEMENT/FIRE/EMS
- JAILS/CORRECTIONS
- NURSING HOMES
- HOMELESS INITIATIVE PARTNERS
- GENERAL & PSYCHIATRIC HOSPITALS
- COMMUNITY HEALTH CENTERS/FQHCs
- PCPs/SPECIALISTS

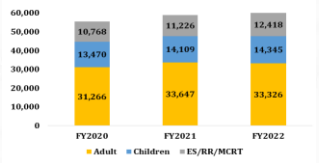
- RESIDENTIAL/HOUSING SERVICES
- PEER AND RECOVERY SUPPORT AGENCIES
- SOCIAL SERVICE AGENCIES
- CITIES & TOWNS/PUBLIC HEALTH
- NH DHHS, DOE, & OTHERS
- NAMI/NAMI-NH
- NATIONAL COUNCIL FOR MENTAL WELL BEING

[NH CBHA and Camp Partnership](#)


Who We Serve

- People of all ages
- Various levels of care
- Increased from about 55,000 to 60,000 (8%) from FY2020 to FY2022
- Increase in people receiving IPS-Supported Employment and other EBPs

Unique Patients Served by Service Type by Year



Year	Adult	Children	ES/BB/MCHT	Total
FY2020	31,266	13,470	10,768	55,504
FY2021	33,647	14,109	11,226	58,982
FY2022	33,326	14,345	12,418	60,089

Access to Care

- Increased demand amidst nationwide workforce challenges has resulted in increased wait times
- 2 models – wait for evaluation or wait after evaluation
- Like other healthcare providers, we have systems to triage
- Improved center to center transfer process developed in response to increased movement across NH
- Intake process results in an individualized treatment plan
 - Meeting with a Clinician
 - Preliminary Diagnosis
 - Develop Initial Treatment Plan
 - Review of Benefits
 - Review Social Determinants of Health
 - Develop Case Management Care Plan
 - Connect to Resources

CMHC WORKFORCE

NH Community Mental Health Centers employ a diverse and dedicated group of professionals who are part of multidisciplinary teams and support systems.

```
graph TD; Medical[Medical Staff] --- Center(( )); Peer[Peer Support Specialists] --- Center; Admin[Admin & Support Staff] --- Center; Acute[Acute Care/Crisis Intervention Staff] --- Center; Case[Case/Care Managers] --- Center; Clinical[Clinical Staff] --- Center; Center --- Figure[Central Figure];
```

ONE CMHC EXAMPLE

<https://youtu.be/duJRehmkQJc?list=PL8dRfGda>

Greater Nashua
100NMH
Mental Health
Keeping our community strong for 100 years!

NH Community Behavioral Health Association

YOU HAVE A ROLE

- Be a collaborator
- Be a continuous learner
- Consider political advocacy for mental health
- Consider volunteer opportunities
 - Boards, Advisory Groups, etc.
- Promote careers in mental health
- Support your local center
- Remember your own self-care

REFLECTION AND QUESTIONS

- What do you want to learn more about?
- What will you do (today, this week, this month, this year) to support the MH system in NH?
- How might we work together to make our vision of an even more accessible, integrated MH system of care come to life in NH?

