Integrating Mental Health Into Your Work With Patients

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Overview of Today’s Webinar

- What is SAMHSA?
- Spotlight on Mental Health
- Caring for the Whole Patient
- Why Mental Health Matters in Nursing
- How SAMHSA Can Help: SAMHSA’s Products and Services
Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
Spotlight on Mental Health

- Over 17% of the population (approximately 54 million people) self-identify as Hispanic.\(^1\)
- One in five adults in the United States report experiencing a mental illness in the last year.\(^2\)
- Latinos are identified as a high-risk group for depression, anxiety, and substance abuse.\(^3\)

Spotlight on Mental Health

- Over 10% of Hispanic high school males report suicidal thinking, and close to 7% are likely to attempt suicide.¹

- Hispanic high school females are more likely to report suicidal thinking than non-Latino white females (20.2% to 16.1%, respectively), and more likely to attempt suicide (13.5% to 7.9%, respectively).¹

¹ Centers for Disease Control and Prevention, 2012.
Spotlight on Mental Health

- One in three Latinas has reported experiencing intimate partner violence (IPV) victimization.¹
- In one study of same-sex IPV where race was recorded, 25% of victims were Latino.²
- Almost 10% (3.4 million) Hispanics were in need of substance use treatment services between 2003 and 2011.³

Mental Health Integration

The systematic coordination of general and behavioral health, including the integration of mental health, substance use, and primary care services.

Mental health parity: Federal regulations require insurers to cover mental health treatment and prevention at the same levels they cover primary care.

SAMHSA-Health Resources and Services Administration Center for Integrated Health Solutions provides evidence, examples, and models supporting real solutions.
Why Mental Health Matters in Nursing

- Mental health is an integral—and essential—part of the nursing assessment process:
  - Domains of psycho-social and mental health assessment common to the most frequently applied domains of nursing assessment.

- Mental health issues influence and intersect with other disease and illness processes:
  - Recovery times
  - Immune function
  - Nutrition, mobility, and activity
  - Sleep disruptions
  - Medication effects and interactions.
Why Mental Health Matters in Nursing

- Interactions between nurse and patient are important:
  - Fostering the therapeutic and trusting patient/nurse relationship
  - Ethical and legal obligations
  - Listening for crisis clues.
- Key areas to assess include:
  - Substance use
  - Intimate partner violence
  - Depression
  - Suicidality.
- SAMHSA’s Suicide Safe mobile app.
Suicide Safe: SAMHSA’s Suicide Prevention App for Health Care Professionals

- Helps professionals integrate suicide prevention efforts into their work and address real or perceived suicide risk.
- Designed with health providers in mind, content is applicable to a range of professionals.
- Based on SAMHSA’s SAFE-T card and other research-based resources.

Suicide Safe Helps You:
- Browse conversation starters.
- Locate treatment options.
- Explore interactive sample case studies.
- Quickly access and share information and resources.

Visit bit.ly/suicide_safe to learn more.
Access SAMHSA’s One-Stop App Shop at store.samhsa.gov/apps.
How SAMHSA Can Help: SAMHSA’s Treatment Locators

Behavioral Health Treatment Services:
- [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

Other Treatment Locators:
- Buprenorphine treatment or physicians
- Opioid Treatment Programs
- National Suicide Prevention Lifeline
Locate resources (in English and Spanish) to help you address the behavioral health needs of your patients.
How SAMHSA Can Help: SAMHSA Store

- Access the latest SAMHSA materials and publications at store.samhsa.gov.
- Find products you need easily:
  - Search by topic.
  - Use filters to narrow results.
How SAMHSA Can Help: Eblasts

- Sign up to receive the latest information from SAMHSA.

- Twenty-one (21) topic areas include:
  - Substance use, and mental health prevention and treatment
  - Suicide and suicide prevention
  - Children’s behavioral health
  - Professional development.

- How to sign up:
  - Click the sign-up button on SAMHSA’s homepage.
More Information

Search using key words such as “suicide prevention” or “depression.”
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