

The Importance of Early Detection and Appropriate Care for Mental Illnesses

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Mental Health

- An important part of overall health
- Cognitive and emotional wellbeing
- Can be measured by functioning at home, work, school, in relationships, and in community
- Is not the same as lack of mental illness

Mental Illness

- Refers to all the different types of mental disorders, including disorders of thought, mood or behavior
- Must cause distress and result in a reduced ability to function psychologically, socially, occupationally or interpersonally
- Range from Mild to Severe and Persistent

Mental Illness

Common- up to 20 % of American Adults will have a diagnosable mental illness each year

Early Age of Onset – depression, bipolar mood disorder, anxiety disorders, and schizophrenia often start in teenage-young adult years

Treatable- Most illnesses are very treatable, especially with early treatment initiation

Chronic—Most of these illnesses are now considered to have a chronic or lifelong course especially when there is a delay in detection and initiation of treatment

Disability- mental illnesses are among the leading causes of disability

Causes of Mental Illness

- Certain Inherited Dispositions (Genetic) interact with triggering environmental factors
- Distinction between “physical illness” and “mental illness” can be misleading.
 - Mental illnesses have a biological basis.
 - Many “physical illnesses” can also have a strong emotional component.

Importance of Early Detection and Effective Treatment

- Early Treatment can keep illness from getting worse or lasting a long time
- Helps people return to their “normal selves” and restores functioning
- Minimizes disability
- This is true for depression, schizophrenia, bipolar mood disorder, alcohol and drug abuse, and many other illnesses.

Barriers to Early Treatment

- Public Lack of Awareness
 - of common symptoms of illnesses
 - Of effectiveness and necessity for treatment
- Stigma against seeking help
 - increased for men, as a group, and for many minority groups
- Difficulty Initiating treatment
 - Primary care often not well connected with mental health resources

Barriers to Early Treatment

- Lack of resources
 - Access to mental health providers
 - Insurance to cover services and medications
 - Noninsured
 - Insured with lack of parity for mental health coverage
 - Inadequate numbers of hospital beds for mental illness
 - Inadequate urgent services in most communities

Innovative programs at MSU

- Counseling Center, Psychiatry, and Primary Care Services linked
- Active outreach to dorms and students groups
 - MECCA
- Question, Persuade, Refer training for housing, academic, advising, counseling and health care staff
- Goal is to provide web of services, many ways for students to enter services

Major Depression

- One out of 4 young adults will experience depression by age 24.
- Nearly half of all college students report feeling so depressed at some point in time that they have trouble functioning
- If left untreated, depression can lead to suicide. Suicide is the second leading cause of death in college students.
- Depression is highly treatable

College Depression Collaborative

- Twenty Universities and colleges working together to improve recognition and treatment of depression in college students
- Screening for depression in primary care
- Using a care manager to provide additional education and make sure student follows through with treatment
- Coordination with counseling services

College Depression Collaborative

- Follow through using standard screening tools to treat depression to remission
- Flourishing scale