

PATRICIA LASHLEY, M.S., CSOTP, LPC

Mental Health 2021



Where do we go from here?

Patricia (Patti) Lashley, M.S., CSOTP, LPC

Resources

www.mhanational.org

www.lifeseniorsservices.org

www.nami.org

www.aca.org

www.samhsa.gov

www.springwoodsbehavioral.com

www.pillarcr.com

www.alleviant.com

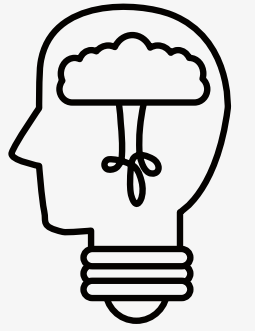


TOPICS TO DISCUSS

- Why Mental Health is Important
- Promoting Mental Health
- Barriers
- Encouraging Awareness Mental Health
- Mental Health Resources



About Mental Health



WHY WE SHOULD CARE

Mental Health issues have a longstanding stigma that professionals have been trying to overcome. Since the Coronavirus pandemic those suffering from mental health issues have significantly increased, by 891%



Facts About Depression

Depression

Also known as major depressive disorder (MDD), is a serious but common condition that affects how you think, feel, and carry out your daily activities

Depression

Is a real medical condition. About 17.3 million adults a year will experience a major depressive episode, and 16.6% of adults in the US have had at least 1 episode in their lifetime

Depression

Is the number one cause of disability in the US among people ages 15-44, and more people are being diagnosed with mental disorders every year.

1 in 5

**U.S. adults experience mental
illness each year**

1 in 20

**U.S. adults experience serious
mental illness each year**



20.6%

of U.S. adults experienced mental illness in 2019 (51.5 million people)

This represents 1 in 5 adults

Cost of Care

67% of adults ages 35-64 and over half (53%) adults over 65 reported that they did not think they would be able to afford mental health care, even if they did report their concerns

Treatment

57% of adults with a mental health illness receive no treatment

In the 2021 State of Mental Health Report

Arkansas overall ranking was 42 out of 51 states, and ranked 30 out of 51 for the adult prevalence of mental illness and 40 for access to care. Which is a sharp contrast to the previous year where we ranked 33 overall.

Mental Health America



Barriers



Over half of adults Indicated that they did not know how to bring up their mental health concerns, or did not know with whom to discuss their mental health concerns. They were also nervous about what would happen If they were diagnosed with a mental health disorder

Mental Health America

Symptoms of Depression

- Depressed Mood
- Loss of Interest or Pleasure In Activity
- Disturbed Sleep
- Weight loss or gain
- Lack of Energy
- Feelings of Worthlessness or Extreme Guilt
- Difficulties with Concentration or decision making
- Noticeable Restlessness or Slow movement
- Frequent thoughts of death or Suicide, or an Attempt

Checking for Risk Factors

- Medical Illness
- Overall feelings of poor health, disability, or chronic pain
- Progressive sensory loss
- Sleep Disturbances
- Mental impairments or dementia
- prior depressive, or family history of depression
- Extended mourning due to death or other loss
- Any type of stressful life event(ie: financial difficulties, retirement, job loss, new illness/disability, and interpersonal conflict
-

Mental Health Access Improvement Act of 2021

CHS | Mental Health

- INCREASE ACCESS TO MENTAL HEALTH SERVICES FOR SENIORS, VETERANS, AND THOSE WITH DISABILITIES

Permitting Licensed Professional Mental Health Counselors to be reimbursed by Medicare-

- Mental health clients of LPC's are unable to continue services with their counselors due to current Center for Medicare and Medicare Services regulations that have not been updated since 1989.

- 54 MILLION + U.S. RESIDENTS AGE 65 AND OLDER WOULD HAVE ACCESS TO AN INCREASED NUMBER OF MENTAL HEALTH PROVIDERS.

The COVID-19 pandemic has hit Medicare beneficiaries hard , due to isolation and stress

- SUPPORTING THE MENTAL HEALTH ACCESS IMPROVEMENT ACT OF 2021 IS VITAL TO THE HEALTH OF OUR NATION

For more information, contact the ACA Government Affairs and Public Policy team at advocacy@counseling.org.



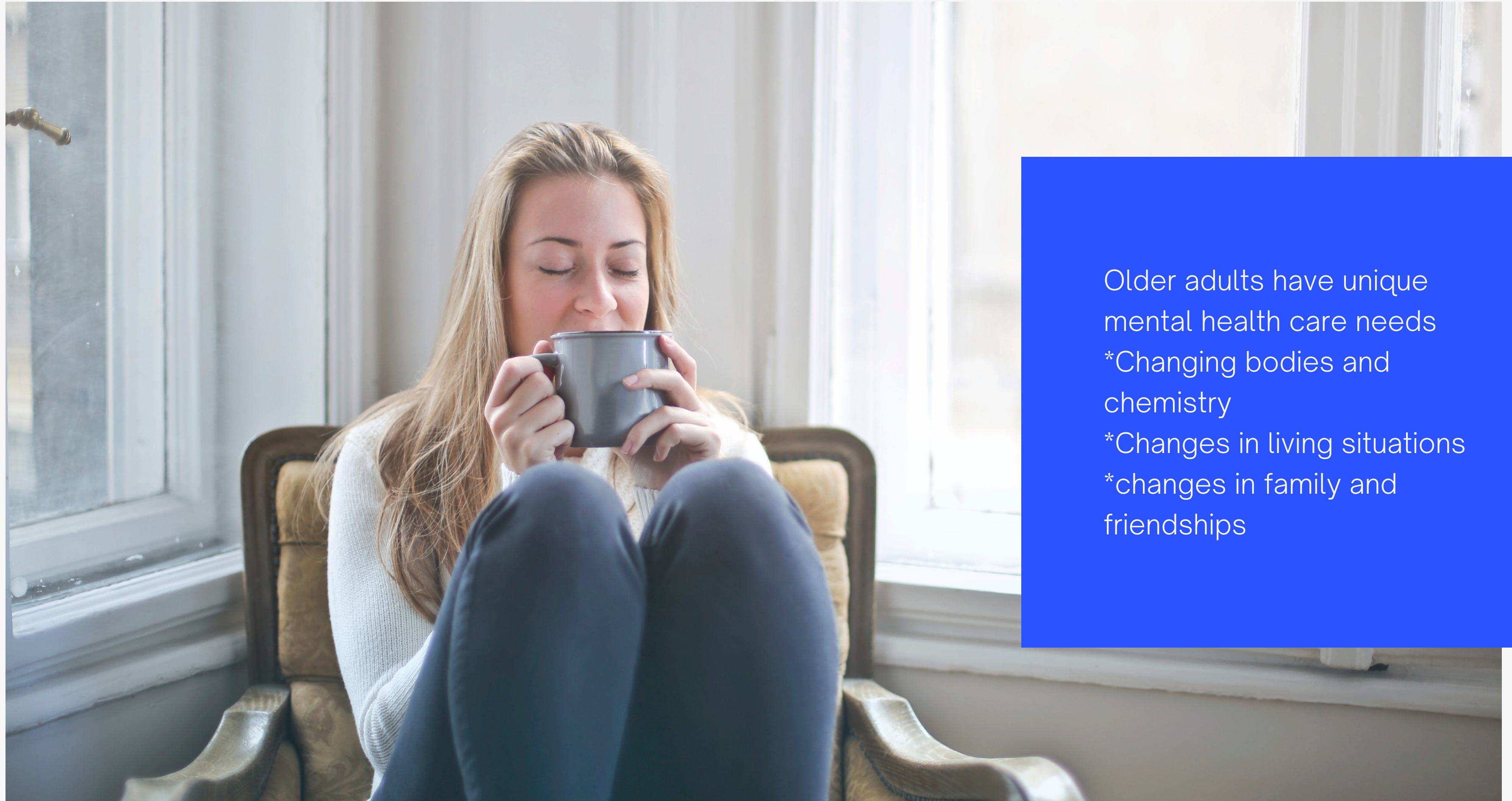
Facts About Mental Health and Aging

NUMBERS ON THE RISE

1 out of 5 older adults experience mental health concerns that are not part of aging.

6% of older adults have a diagnosable depressive illness.

Suicide is a risk among older adults- as they have the highest suicide rate in the country.



Older adults have unique mental health care needs

- *Changing bodies and chemistry
- *Changes in living situations
- *changes in family and friendships

Encouraging Awareness

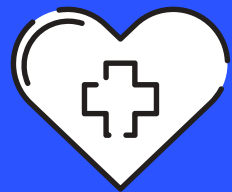
Break the Stigma

Ask questions

Lower the Costs

Advocate for the passing of Mental Health
Access Improvement Act of 2021

Prioritizing Mental Health



Spreading the Word

Having conversations about the importance of mental health



More Openness

Asking questions and listening to the answers



Accessible Help

Network and Collaboration

Changes Counseling LLC



Interpersonal Psychotherapy



Group Therapy



Family Therapy

www.changescounselingllc.net

Services

Online Therapy

HIPPA complaint and
Secure

Face to Face Visits

Located in the River Valley
and NWA

24/7 Hotline

Medication Management

Able to refer and have
collaboration with service
providers

Our Partners

WE'RE IN THIS TOGETHER

Springwoods, Pillar Research, Alleviant Health
Centers



Mailing Address

In the River Valley we are located at:
3514 Country Club Ave. Suite 6
Fort Smith, Arkansas 72903

In NWA we are located at:
1916 W. Sunset Ave. Suite C Springdale, Arkansas 72762

Email Address

info@changescounselingllc.net

Phone Number

479-222-6806
Fax: 479-222-6665
or
479-318-2490
Fax: 479-318-2491

Contact Information



Mental Health Resources

mhanation.org

National Suicide prevention Lifeline

Email - <https://suicidepreventionlifeline.org/>

Call - 1-800-273-8255

Disaster Distress Helpline

Email - [https://www.samhsa.gov/find-](https://www.samhsa.gov/find-help/disaster-distress-helpline)

help/disaster-distress-helpline

Call or Text - 1-800-985-5990

Crisis Text Line

Email - <https://www.crisistextline.org/>

Text MHA to 741741 and you will be

connected to a trained Crisis Counselor

Dial 2-1-1

Email - <http://211.org/services/covid19>

Call - 211 If you need assistance finding food, paying for housing bills, or other essential services.

