

# Mental Health in Midland

How one community is addressing  
the problem



# Midland's Journey

- Mid-Michigan Medical Center – 288 people sought help for suicide attempts (2012-14)
- Midland City Police – 154 calls reporting suicide thoughts, attempts, deaths
- 8 deaths identified as suicide
- Legacy Center data (2015-students in 9-12 grades)  
14%/798 reported suicide attempts; 17%/969 reported sadness/depression



# Mental Health Cost/Barriers

- Mental illness often results in high rate of additional illnesses
- Individuals with mental illness often die 25 years younger than general population
- Lack of mental health providers:
  - Provider rate in Midland is 501:1
  - Provider rate in Michigan is 487:1



# Substance Abuse

- Overdose deaths/suicides quadrupled in Michigan since 1999 (Michigan Department, Health and Human Services)
- Locally, only 10% of those struggling with drugs/alcohol are seeking help
- Alcohol preferred drug for youth
- Marijuana use growing significantly
- Last 8 years, Midland treats more people for opiate addiction than alcoholism (MidMichigan Medical Center, Midland)



# Barriers for Treatment

- STIGMA
- Transportation issues
- Lack of funds for copay/deductibles
- Lack of childcare
- Lack of time off from work



# Is there a solution? YES

- Community Health Improvement Plan (CHIP)
- Part of Midland Area Community Foundation
- Currently looking at Aging Quality, Obesity and Substance Abuse
- Agreed to include Mental Health
- Enlisted 30+ interested parties to help draft Midland's Mental Health Plan
- Report yearly to community on results



# Mental Health Gaps Taskforce

Community Mental Health  
for Central Michigan  
Safe Communities  
Charles J. Strosacker Foundation  
MSU-College of Human Medicine  
MidMichigan Health System  
Senior Services  
Cancer Services  
Memorial Presbyterian Church  
Midland Police Department  
ROCK Center for Youth Development  
Ten 16 Recovery Network  
The ARC  
Trapani Communications

Legacy Center for Community Success  
Midland County Health Department  
Midland Area Community Foundation  
Family and Children's Services  
Shelterhouse  
Community Volunteers and Advocates  
Partners in Change  
Midland County Public School Districts  
Prosecutor's Office  
Midland Reformed Church  
Midland County Sheriff's Department  
211 Northeast Michigan  
Disability Network of Mid-Michigan  
The Dow Chemical Company



# Mental Health Objectives

- Suicide prevention efforts
- Jail Diversion
- Mental Health services in schools
- Public Awareness/communications
- Mental Health Portal, powered by 211
- Research Advisory Council





# Suicide Prevention

- At risk individuals screened at every health encounter (Developed by local hospital and health department)
- Plan for on-going intervention in place
- Develop best practices for screening, assessment and prevention
- Enhance referral process and after care support



# Jail Diversion

- Individuals with mental illness will be diverted out of jail system when appropriate
- Increase number of inmates (with mental illness or development disabilities) to correct services
- Lower recidivism for those in community treatment



# Increase Public School Services

- Train school professionals to respond
- Promote use of classroom mental health website
- Implement Youth intervention Program
- Promote OK2Say program
- Use MindUp Curriculum for teachers/students
- Start Middle School Suspension Program



# Public Awareness

- Educate Community/Keep Updated on mental health/suicide services available
- Lessen stigma associated with mental health issues
- Drive down the number of suicides and attempts



# HOPE PORTAL

- Information and referral for mental health services
- Collect, organize and disseminate info about mental health resources
- Serve as information portal versus 911
- Launch October 10



# Research Advisory Group

- Pilot monthly committee meetings
- Identify/apply for research grants to improve mental health
- Provide feedback for programs, research and media efforts from Mental Health Gap Group



# QUESTIONS?



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AMERICA.  
MIDLAND, MI  
NATIONAL SAFETY COUNCIL