Topic for Friday, June 19, 2020:

**Make It OK**

Speakers:

- Carol Meade
  Make It OK Planning Representative

- Christy Aquino
  Employee Assistance Coordinator & Clinical Social Worker
Today’s Format

• Each speaker will give a brief presentation and then speakers will take questions from participants attending virtually.

• If you have a question to submit, use the chat function within GoToMeeting to submit your question, or email it to LCPH.meetings@linncounty.org. We will get to your question as soon as possible.

• This meeting is being recorded and will be posted publicly.
Iowa’s Top Health Issues – Mental Health
Any mental health-related issue

86 counties and 19 stakeholder groups
Make It OK is a community campaign to reduce stigma by increasing understanding and creating caring conversations about mental illness.
What is Make It OK?

Make It OK is a community campaign to reduce stigma by starting conversations and increasing understanding about mental illness.

Learn
- What is stigma and learn its impact
- Common diagnoses and symptoms

Talk
- Scenarios
- Practice tips for talking
- What to Say & What Not to Say

Share
- How to help
- What you can do to “Make It OK”
Stigma

• A negative perception that causes someone to devalue or think less of the whole person.

• Stereotyping or labeling a person because of their condition.
What kind of images are used to portray people experiencing mental illness?
It’s OK…
to have a mental illness, many people do.

1 in 5 adults will experience a mental illness.

Mental illnesses–as common as silver cars.

Make It OK
MakeItOK.org/IOWA
Let’s talk about stigma

What are common terms for describing a person experiencing a mental illness?

What are common terms for describing a person experiencing cancer?
“We are taught as children about illness like colds, broken bones, or surgeries, but mental illness isn't discussed. Mental illness should be discussed like diabetes…it needs to be seen as a 'normal' illness.”

IMPACT Survey Respondent, 2018
Why it matters

Stigma may be a barrier to seeking support and care

- Isolation
- Jail
- Lose job and income
- Drop out of school
- Suicide

MakeItOK.org/IOWA
It’s OK…
It’s a medical illness, not a character flaw

Mental illnesses are biological in nature
- Environment
- Genetics
- Chemical imbalances
- Trauma

Make It OK
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Learn about Common Symptoms

Changes in sleep, energy, appetite

Lack of interest or pleasure

Difficulty thinking, concentrating, remembering

Pounding heart, sweating, trembling or dizziness

Delusions or hallucinations

Grandiose plans

Persistently sad

Impulsiveness
Learn about Mental Illness

- Anxiety
- Depression
- Bipolar Disorder
- Schizophrenia
- Post Traumatic Stress Disorder
- Substance Use Disorder
- Eating Disorders
- ADD/ADHD
- Borderline Personality Disorder
- Postpartum Depression
- Obsessive Compulsive Disorder

MakeItOK.org/IOWA
It’s OK...
Mental illnesses are treatable. Life can get better.

Did You Know?
Most mental illnesses can be treated effectively with medication, therapy, diet, exercise, and support.
Recovery is possible.

Make It OK
MakeItOK.org/IOWA
Tips for supporting someone

- Stop the silence
- Be nice
- Listen
- Keep in contact
- Don’t ignore it
- Offer to help
- Keep the conversation moving

MakeItOK.org/IOWA
Learn What To Say

**don’t say:**

“It could be worse.”

“Snap out of it.”

“Everyone feels that way sometimes.”

“We’ve all been there.”

“Pull yourself together.”

“What’s wrong with you?”

“Try thinking happy thoughts.”

**do say:**

“Thanks for opening up to me.”

“How can I help?”

“Do you want to talk about it?”

“I’m sorry to hear that. It must be tough.”

“I’m here for you when you need me.”

“Can I drive you to an appointment?”

“How are you feeling today?”

Other unhelpful language?

Other helpful language?
Make It OK Key Messages

- Mental illness is common
- Mental illness is a treatable health condition
- Stigma keeps people from getting treatment
- Learning and talking openly helps to reduce stigma
- Reducing stigma can save lives
- It’s never too late and never too early to get help for a mental illness

1 in 5 adults will experience a mental illness
How to submit a question:

• If you have a question to submit, use the chat function within GoToMeeting to submit your question, or email it to LCPH.meetings@linncounty.org. We will get to your question as soon as possible.

• Please indicate who the question is for, if possible.

• If we do not get to your questions during the town hall, we will record the question and provide a written response as follow up.
Questions

1. What are common concerns/worries that you hear being expressed?

2. What gets in the way of people seeking help (stigma, concerns about getting COVID if you go to therapist or doctors office, etc)?

3. What are words you can use to be supportive?
Mental Health Resources

• Foundation 2 Crisis Line: 319-362-2174
• Tanager Place: 319-286-4545
• Abbe Community Mental Health
  • Mental Health Treatment: 319-398-3562
  • Warm Line: 844-775-WARM (9276) Peer-run, non-crisis, confidential listening line for anyone struggling with mental health or substance use issues
  • Mental Health Coaching: 319-398-3562
• St. Luke's Counseling Center: 319-369-7952
Mental Health Resources

• Mercy Medical Center
  • Family Counseling and Outpatient Psychiatry: 319-398-6575
    • Offers medication management and individual or family counseling by telephone, video or in office, for multiple conditions including depression, anxiety, grief and how to discuss COVID-19 with your children.

• Inpatient Crisis Stabilization, Access Crisis and Assessment, Mercy Medical Center’s Behavioral Health Unit, Mercy Access Crisis and Assessment Phone: 319-398-6476
  • For Behavioral Health Unit: Admission criteria must be met by presenting at the Emergency Room. For Mercy Crisis and Assessment: Helps patients learn to stabilize during crisis through inpatient programs. On a 24-hour basis, a mental health professional is available for telephone consultation.
Mental Health Resources

• Make It OK in Iowa [MakeItOK.org/Iowa](https://MakeItOK.org/Iowa)
• Your Life Iowa: 855-581-8111 (talk) or 855-895-8398 (text)
• Iowa Healthiest State Initiative: Mental Health Monday Facebook Events [www.facebook.com/HealthiestIowa/](https://www.facebook.com/HealthiestIowa/)
• The Gazette Coronavirus Resident Resources [https://www.thegazette.com/coronavirus-resident-resource](https://www.thegazette.com/coronavirus-resident-resource)
VIRTUAL TOWN HALL

Friday at 12 p.m.

To watch and view slides of previous COVID-19 town halls, visit:
www.linncounty.org/1388/Virtual-Town-Halls