Mental Healthcare

Originally Discussed: January 2019

Description: How are we handling mental healthcare in the United States?

Estimated time: 90 minutes

(1)   Getting acquainted and comfortable   5 - 10 min.

Welcome
- Thank you for coming…
- We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

The Pillars of The Great Reset
- To share our own thoughts and perspectives with humility
- To learn from others and listen with respect

Ground Rules
- Every comment is valid and deserving of respect
- We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking
- In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

Confidentiality
I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space**.

Personal Introductions

Please share your name, where you live, and if you currently have a 'go-to' activity or exercise when you are stressed?

(2) Is Mental Health and Mental Healthcare stigmatized?   **5 - 10 min.**
    Prompts (if needed):
- How?
- By whom?

(3) Overall, how are we managing Mental Healthcare in the US?   **10 -15 min.**
    Prompts (if needed):
- Is there a problem or are we okay on this front?
- Does anyone/group get passed over when it comes to care?
- How is it handled in the schools/for our youth? Is it working?
- How much of this is due to availability, affordability or stigma?
  - _Several facts:_
    - _64.1% of youth with major depression do not receive any mental health treatment._
    - _56.5% of adults with mental illness received no past year treatment_
    - _17% (over 7.5 million) of adults with a mental illness remain uninsured._
    - _7.9% of youth had private health insurance that did not cover mental or emotional problems._
    - _Nationally, there is one mental health provider for every 529 individuals._

(4) Is our method proactive or reactive and is one way better than the other?   **15 - 20 min.**
    Prompts (if needed):
- What happens if people who need the care don't get it?
  - _A couple facts:_
    - _A great amount of mental healthcare is being carried out in our Emergency Rooms, Jails and Prisons_
    - _One out of five (20.3%) adults with a mental illness report they are not able to get the treatment they need._

(5) Is access to affordable Mental Healthcare a right or a privilege?   **5 - 10 min.**
    A couple facts:
- _The ACA includes provisions that offered the biggest expansion of mental health and substance abuse services in a generation_
- _Medicaid accounted for 25% of all spending on mental health services_

(6) Does access to all help the community at large?   **5 - 10 min.**

(7) Is there something very real we could do to effect positive change in regard to Mental Healthcare in the US?   **5 - 10 min.**

(5) Closing comments   **5 - 10min.**

- Any additional comments or questions about reducing stress, resetting yourself, mindfulness or meditation?

Resources:

http://www.mentalhealthamerica.net/issues/2017-state-mental-health-america-access-care-data

https://www.asaging.org/blog/implications-affordable-care-act-mental-health-care

https://www.nasponline.org/resources-and-publications/resources/mental-health/school-psychology-and-mental-health/school-based-mental-health-services

https://slate.com/technology/2018/02/how-to-fix-americas-broken-mental-health-care-system.html

https://www.kff.org/report-section/medicaids-role-in-financing-behavioral-health-services-for-low-income-individuals-issue-brief/

https://www.statnews.com/2018/10/18/mental-health-care-emergency-departments/