Linden Oaks at Edward Behavioral Health Services
Agenda

- Organizational Overview
- Mental Health First Aid
- Signs of Suicide
- Aware Programs
- Summary
Who is Linden Oaks at Edward?

- Full Service Behavioral Health Organization
- Levels of Care
  - Inpatient (108 beds)
  - Outpatient (5 Locations)
  - Arabella Group Home
  - Support Groups
- 24/7 Resource and Referral Center
- Community Partner
- Highly Trained Board Certified Psychiatrists
Treatment Locations
Western Suburbs of Chicago

Naperville Outpatient Center
1335 North Mill Street
Naperville, IL

Hospital Campus
852 S. West Street
Naperville, IL

Plainfield Outpatient Center
24600 W. 127th Street
Plainfield, IL

St. Charles Outpatient Center
3805 East Main Street
St. Charles, IL

Elmhurst Outpatient Center
55 E. Brush Hill Road
Elmhurst Hospital, IL
The Joint Commission’s behavioral health care accreditation requirements address important functions and outcomes relating to the care, treatment or services of individuals and the management of behavioral health care organizations.

*Linden Oaks holds the most Certifications compared to any other psychiatric program in the United States!*

**Joint Commission Disease-Specific Certifications**
- Eating Disorder
- Chemical Dependency
- Bi-Polar Disorder
- Self Injury
- Dementia
- Depression
Mission Vision and Values

Mission:
- Behavioral Health Care with Compassion, Dignity, Excellence!

Values:
- Partnerships
- Caring
- Respect
- Hope
- Safety
- Recovery
Mental Health First Aid Initiative

Barry Groesch, Community Liaison
Mental Health Prevalence

- **One in four** Americans suffers from diagnosable mental health disorder every year
- **Half** of all Americans will experience a mental health disorder at some point in their life
- **Second** leading cause of disability
- Half of adults and 70-80% of children are **not receiving any treatment** for their mental illness
Assessment of the issues

- Mental health problems are common.
- **Stigma** is associated with mental health problems.
- Many people are **not well informed** about mental health problems.
- Professional **help is not always on hand**.
- People often do **not know how to respond**.
- People with mental health problems often **do not seek help**.
What is Mental Health First Aid?

Mental Health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis.

The first aid is given until appropriate treatment and support are received or until the crisis resolves.
Mental Health First Aid (MHFA)

- Evidence Based Public Education Program for Adults (>16)
- 8-hour Training Course
- Increases mental health literacy
- Helps individuals manage a mental health crisis
- Improves mental health of those who participate in the training
- Provides for a healthier community
Spectrum of mental health interventions from wellness to mental disorders and through to recovery, showing the contribution of MHFA.
Mental Health First Aid

- Each of the common problems within the disorder has a Mental Health First Aid Action Plan
- The Action Plan is key to Mental Health First Aid

“ALGEE”

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies
Program Roll Out

- Linden Oaks former CEO researches MHFA
- Four Directors trained as instructors in the program
- Over 25 community partners formed to assist in MHFA
- MHFA Community Liaison position created
- Linden Oaks at Edward Mental Health First Aid Consortium of Instructors introduced
- First MHFA Instructors Class Completed
- Numerous MHFA basic classes taught
- Second MHFA Instructors Class Completed
- Classes for evermore
MHFA Consortium Infrastructure

- Curriculum Integrity
- Classroom Support
- All materials supplied
- Class Registration & National Registration
- CNE, IAODAPCA, LCSW, LMFT, LCPC, CPDU
- MHFA Quarterly Newsletters
- New Instructor Support
- Annual Luncheon
Outcomes

- Trained over 3,200 individuals through 150 classes
- Grown the consortium of trainers to 50 community members from 25 different organizations
- Original goal was 3,000 participants trained in MHFA in 3 years
- Revised goal is 7,000 participants trained in MHFA in 5 years

*Annualized through November
Future Plans

- Continue MHFA Cable Talk Show
- Form new community partnerships
- Youth Mental Health First Aid
- Work with other existing MHFA instructors to build a solid community coalition
- Work with different media outlets to build a stronger acceptance of Mental Health issues
Success Story
Youth Suicide Prevention

Katie Anderson, Community Liaison
Prevalence of Suicide Among Youth

Nationally, suicide is the 3rd leading cause of death among youth ages 15-24.

Source: National Center for Injury Prevention & Control
Assessment of the issues

- Mental Health problem are common among youths
- Alarmingly, 80% of youth with mental illness are not receiving services.
- Many adolescents are not well informed about mental health problems.
- Many who attempt suicide never seek professional care.
- Schools play a vital role

Kataoka, et al 2002
What Can Schools Do?

Schools are at times a source of the problem and need to take steps to minimize factors that lead to student alienation and despair.

- Schools cannot achieve their mission of educating the young when students’ problems are major barriers to learning and development.

- Schools also are in a unique position to promote healthy development and protective buffers, offer risk prevention programs, and help to identify and guide students in need of special assistance.
What is SOS Program?

SOS Program is a proactive prevention program designed to reduce the incidence of suicide among youth.

The evidence based program is developed by Screening for Mental Health, Inc.
SOS Program

- Evidence Based Adolescent Education Program
- 1-hour Training Course, typically taught during Health Class
- Separate curriculum for Junior/Middle School and High School
- Educates students on key skills needed to help someone with a mental health problem or crisis
- Proven successful at increasing student requests for assistance with themselves or a friend from a trusted adult.
- The only school-based suicide prevention program selected by Substance Abuse and Mental Health Services Administration (SAMHSA)
- Provides for a healthier community
SOS Signs of Suicide Program Goals

- **Decrease suicide and attempts** by increasing knowledge and adaptive attitudes about depression
- **Reduce stigma** - link suicide to mental illness that, like physical illness, requires treatment
- **Engage parents and school staff** as partners in prevention by educating them to identify signs of depression and suicide and by providing information about referral resources
- Encourage schools to develop **community-based partnerships**.
- Encourage **students** and their **parents** to **engage in discussion** about these issues.
- Encourage peer-to-peer communication about the **ACT® help-seeking message**.
ACT

**Acknowledge**

Acknowledge that you are seeing the signs of depression or suicide in a friend and that it is serious

**Care**

Let your friend know you care about them and that you are concerned that he or she needs help you cannot provide

**Tell**

Tell a trusted adult that you are worried about your friend
Program Roll Out

Identify team & train staff

Decide on Format

School Administration Buy In

Create Back End Process for Student Follow Up

Start small and Pilot-test Get Student Feedback!
On the Day of the Program

- Introduce program
- Show video
- Facilitate discussion
- Students complete screening forms and Response Card
- Set expectation about when follow-up can be expected; provide referral information
- Follow up with students requesting help
- Respond to requests for help; track students seeking help using the Student Follow-Up form
Outcomes

To date, Linden Oaks has facilitated the Signs of Suicide prevention program for over 9,000 students over the past two years.

In 2013 alone, in only three months, we have more than doubled the number of students trained in all of 2012.
Future Plans

- Earlier this year, Linden Oaks was recognized from the city of Naperville and awarded a grant to educate students, staff, and parents on the Signs of Suicide program.
- We are currently lead the program in 18 area schools, plan to expand to 32 schools by mid 2014
- Create a consortium of community trainers to assist with facilitation
- Original Goal was to provide training to 10,000 students in 3 years, 90% achieved in year 2
- Revised Goal is to provide training to 15,000 students in 3 years
Tips and Tricks

- Involve teachers from the start
- Strong collaboration is required
- Speak their language
- Keep change small and simple
- Everyone is different
- Change is reversible
- Maintaining change
- Minimize the risks
Success Story
Aware Program

Maureen Kunz, Director of Behavioral Health Integration
Access To Care

- Increase Self-awareness/Early intervention
- Stigma creates a barrier
- Symptomology makes it difficult to reach out for help
- Increase patient accountability
- Increase direct connection with community providers
On-Line Screenings

- Consumer exposed to Depression Aware/Anxiety advertisement – clicks through to access
- Completes online screening in less than 5 minutes
- Encouraged to provide contact information
- Consumer is provided an assessment summary
- Those who stratify as at-risk generate email sent to Linden Oaks
- Linden Oaks contacts at-risk patients to schedule an assessment
Take a free 5 minute test that could save your life.

1. Learn.
   Take the free, confidential risk assessment and learn if you are at risk.

2. Listen.
   If eligible, accept the free clinical screening where you’ll learn steps to improve your health.

3. Live.
   Follow the clinical recommendations and visit your doctor for a longer, healthier life.

**Stroke Aware**
Stroke is the leading cause of adult disability. And anyone can have a stroke regardless of age, sex or race. Are you at risk?

**Heart Aware**
Heart disease can be scary. That’s no excuse for ignoring it. Know your risk and learn to manage it.

**Breast Aware**
Detect breast cancer at its earliest, most treatable stage. Are you at higher risk than other women?

**Lung Aware**
Keeping your lungs healthy is vital. Early detection of disease such as COPD or Lung Cancer can save lives.

**Sleep Aware**
Snoring can be a sign of something more serious. Getting diagnosed and treated can be a life saver, for you and your family.

**Depression Aware**
Major depressive disorder is the leading cause of disability among Americans age 15 to 44. Are you at risk?
Handout Cards

Major depressive disorder is the leading cause of disability among Americans age 15 to 44, and has a serious impact on your physical health. In fact, mental health disorders are associated with some of today’s chronic diseases, including diabetes, heart disease and cancer.

Through the resources at Linden Oaks at Edward, we can get you the treatment you need to help get your life back. Go to www.edward.org/depressionaware to take the first step.

Promotional card distributed at events, health fairs, lectures, etc.
Statistics: Completion Rate

- Started: 7,552
- Hits: 4,244
- Completed: 2,380
- Submitted: 1,119
- At Risk: 396
- Accepted: 263

Depression Aware
Heart Aware
Anxiety Aware
Marketing Source

- Website: 49%
- E-Mail: 22%
- Other: 12%
- Word of Mouth: 7%
- Newspaper: 2%
- Doctor's Office: 5%
- Television/Radio: 1%
- Direct Mail: 2%
Success Story

- Adult Female, Scored at High Risk
- Ideations to overdose
- No support systems
- Family History Significant Bipolar
- Respond <24hours, assessment next day
- Admitted for 13 days, transitioned to services closer to home.
Success Story #2

- Adult Female, Scored at High Risk
- Depressed, self-injury, substance abuse
- Suicidal ideation
- Contact within 24 hours, appointment next day
- Patient no-showed, but walked in
- Inpatient 9 days, transitioned to outpatient
Consumer feedback

- “I had no idea who or where to turn to. I saw the depression aware screening, and through this, was able to schedule an interview.”

- “Having these resources helped me take the next step”

- “I was surprised at your response time”

- “It made me feel good that people reached out to me”
What “AWARE will be next?

Eating Disorder- coming Summer 2014

Substance Abuse- coming Fall 2014
Organizational Summary

Annual Expenses

- Mental Heath First Aid – $100K
- Signs of Suicide – $25K
- Aware Programs – $70K

Portions of each counted towards annual Community Benefit
Contact Information

- Gina Sharp – President of Linden Oaks
  - gsharp@edward.org; 630-305-5830

- Barry Groesch – Mental Health First Aid
  - bgroesch@edward.org; 630-646-5154

- Katie Andersen – Signs of Suicide
  - kandersen@edward.org; 630-646-5151

- Maureen Kunz – Aware Online Assessment Tools
  - mkunz@edward.org; 630-305-5869
References