

The Center for Health Care Services

MENTAL HEALTH AND YOU



Presentation to:
MIOCR - Adult Programs 2015
Words to Deeds X



THE CENTER
FOR HEALTH CARE SERVICES
Mental Health & Substance Abuse Solutions

CELEBRATING
2016
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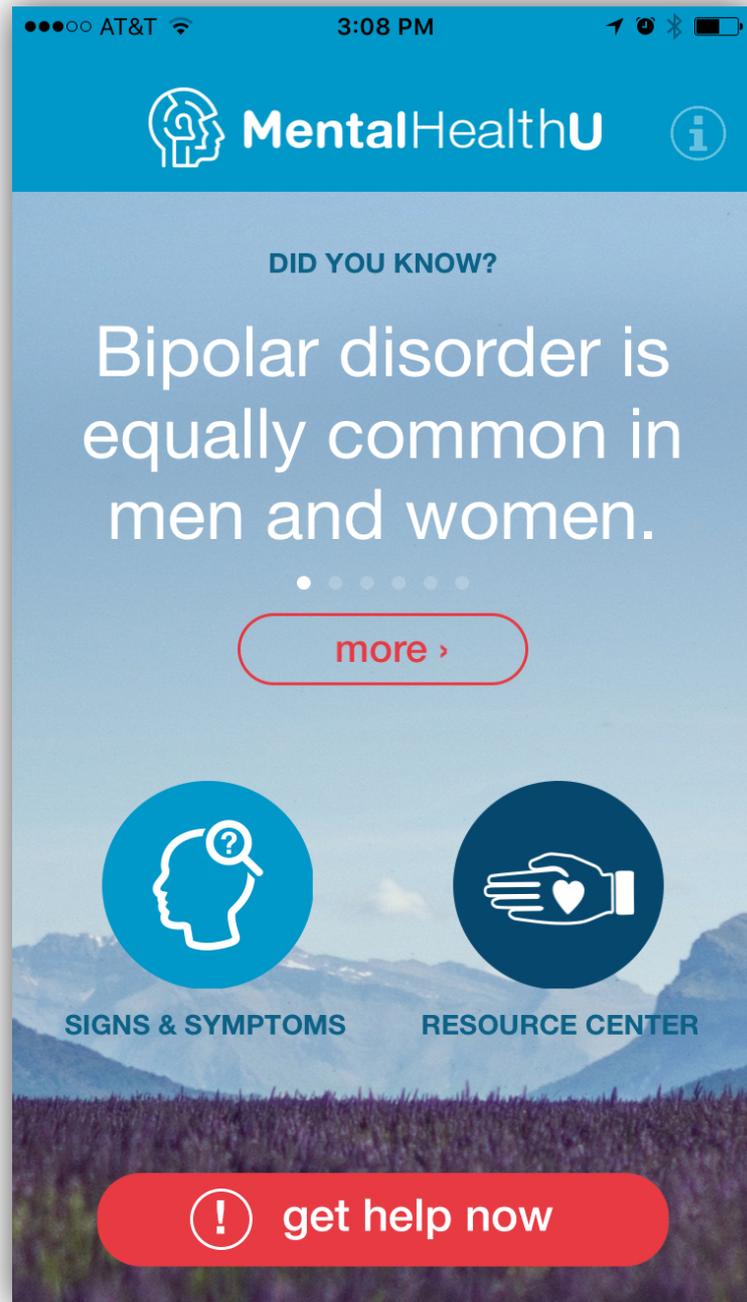
ADDRESSING THE PARADOX

- One in five of us will suffer from some form of mental illness in our lifetime
- Yet, our society, which speaks openly about everything, is largely silent when it comes to mental illness
- Over 60% of those struggling with mental illness do not seek treatment
- These illnesses cost our society billions of dollars in lost productivity
- We can remain silent no longer . . .



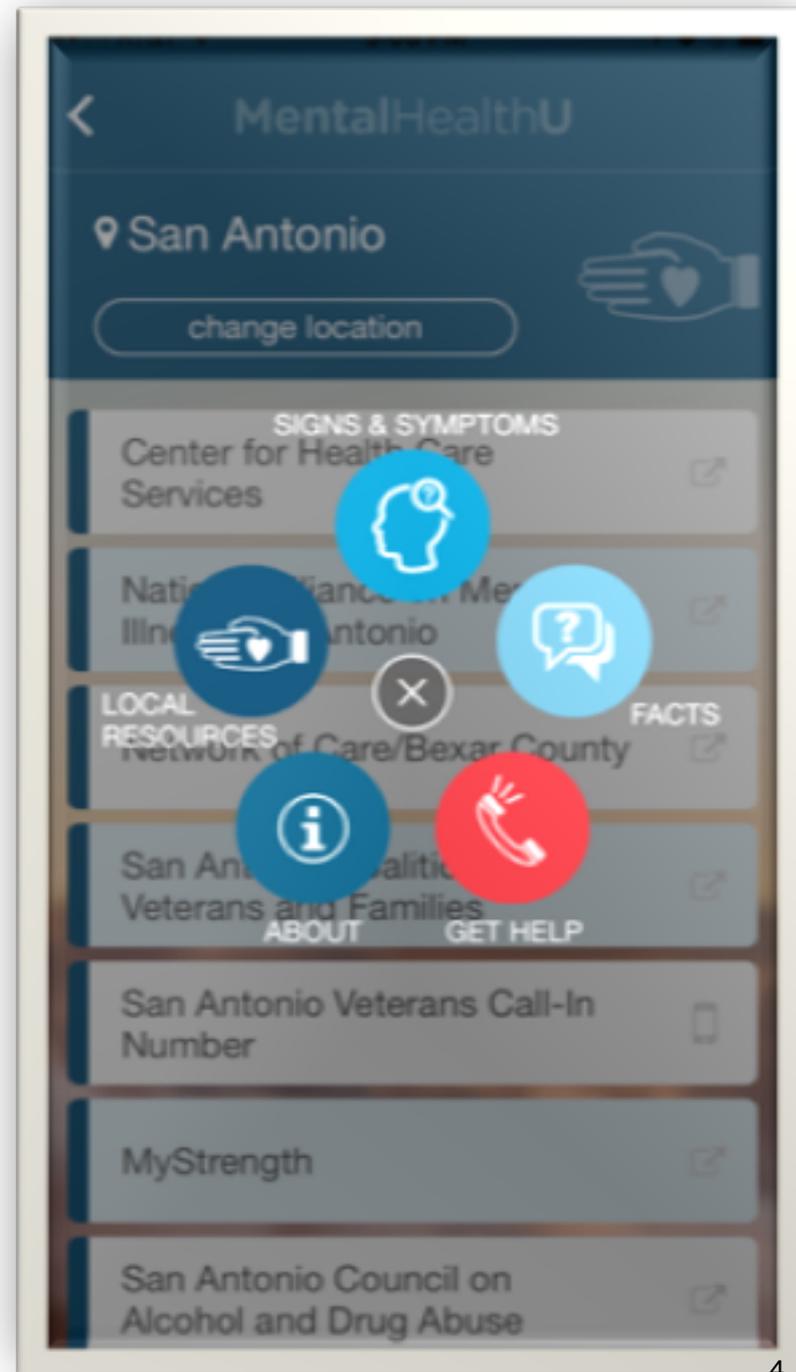
OUR GOAL FOR MHU

- Design a mobile app similar to Mental Health First Aid model, but less lengthy and more easily accessible
- Educate the public about the signs and symptoms of mental illness
- Provide linkages to local and national resources
- Provide direct links to crisis hotlines and local 911 dispatch for crisis situations



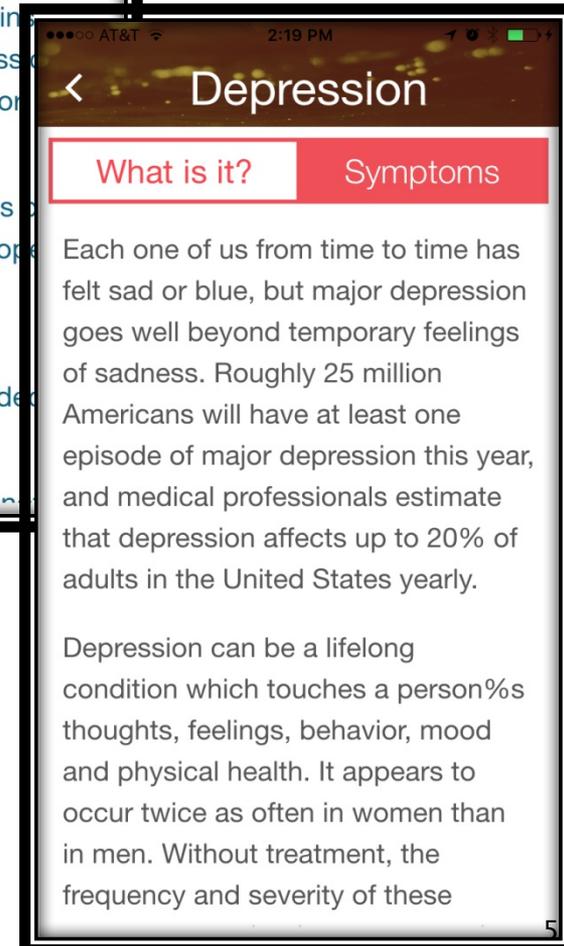
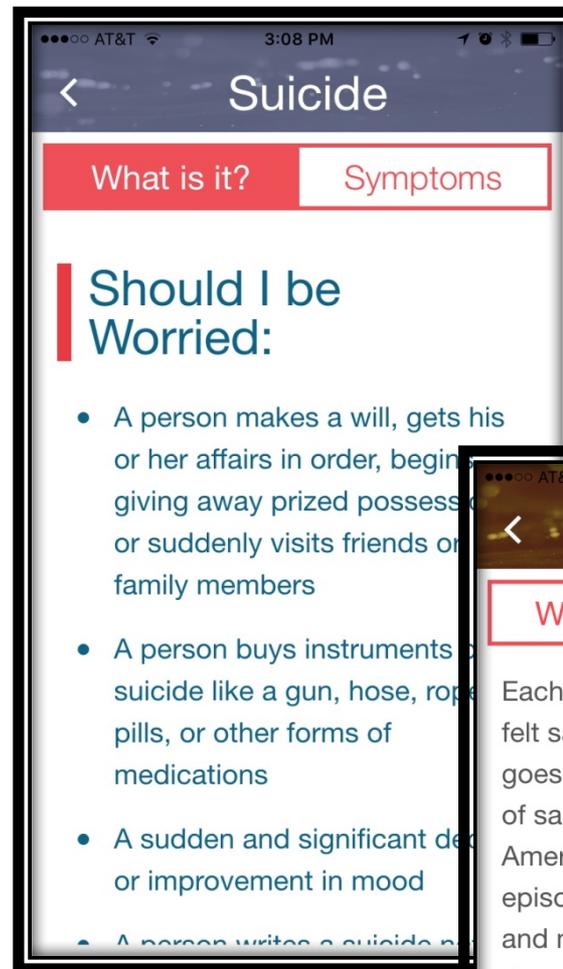
INFORMATIONAL PAGE

- MH “University” features three sections:
 - Signs & Symptoms
 - Did You Know? FAQs, factoids about mental illness
 - Resource Center
- Did You Know section contains scrolling “stigma buster” statements
- Get Help Now button is at the bottom of every screen



SIGNS & SYMPTOMS

- Information on the top seven mental disorders included in scroll
- ADD/ADHD and Eating Disorders were added due to their prevalence in our society
- “Should I Be Worried?” symptoms provide the reader with additional warning signs to look for



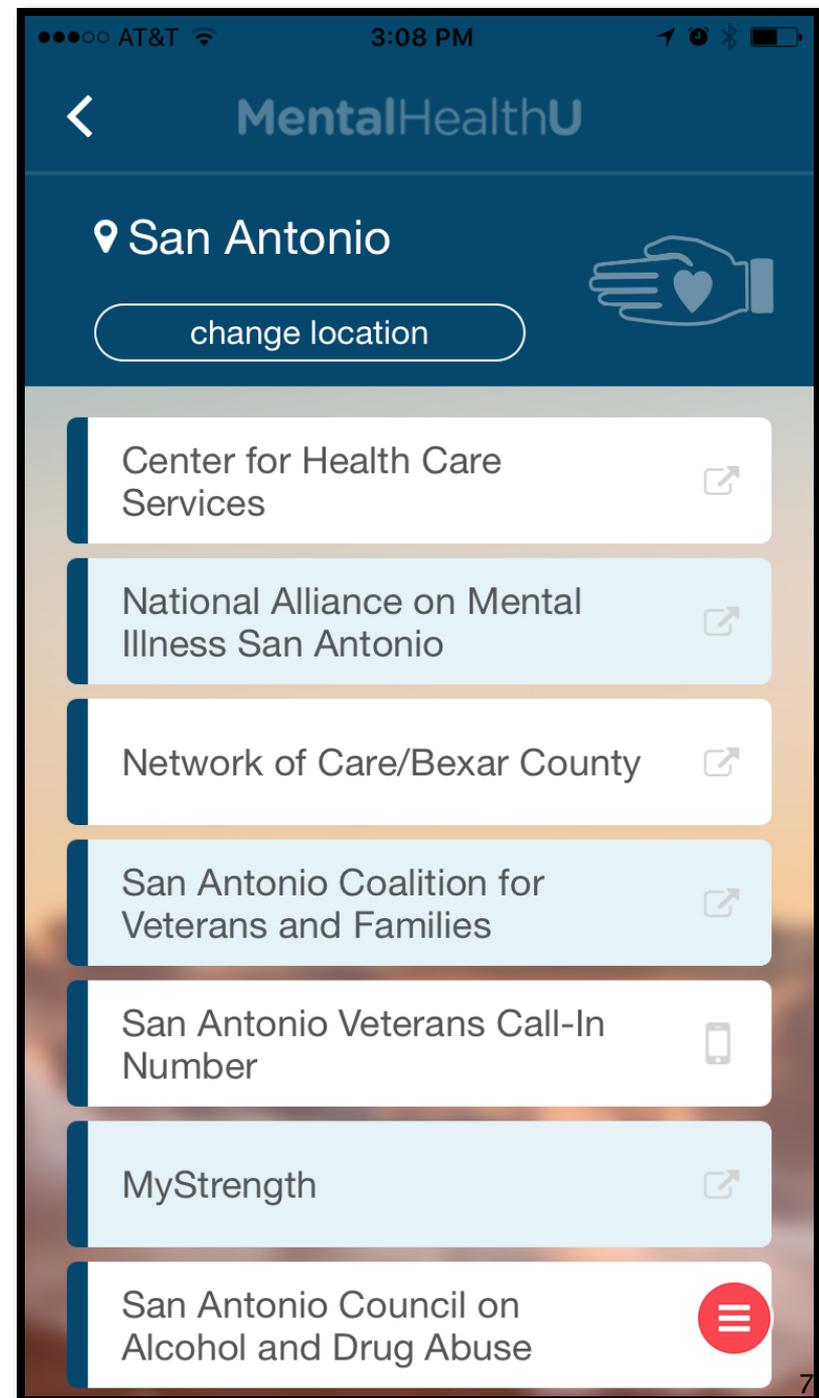
DID YOU KNOW?

- Contains information on famous people who struggle with mental illness
- Describes movies portraying mental illness
- Contains stigma busters, factoids and FAQ's designed to dispel myths about mental illness



RESOURCE CENTER

- Provides linkage to local and national resources for treatment
- Contains information on treatment programs for adults, children, veterans
- Includes information on substance abuse, active shooter situations and family violence
- Up to 12 local resources may be selected, including an interactive 211 feature



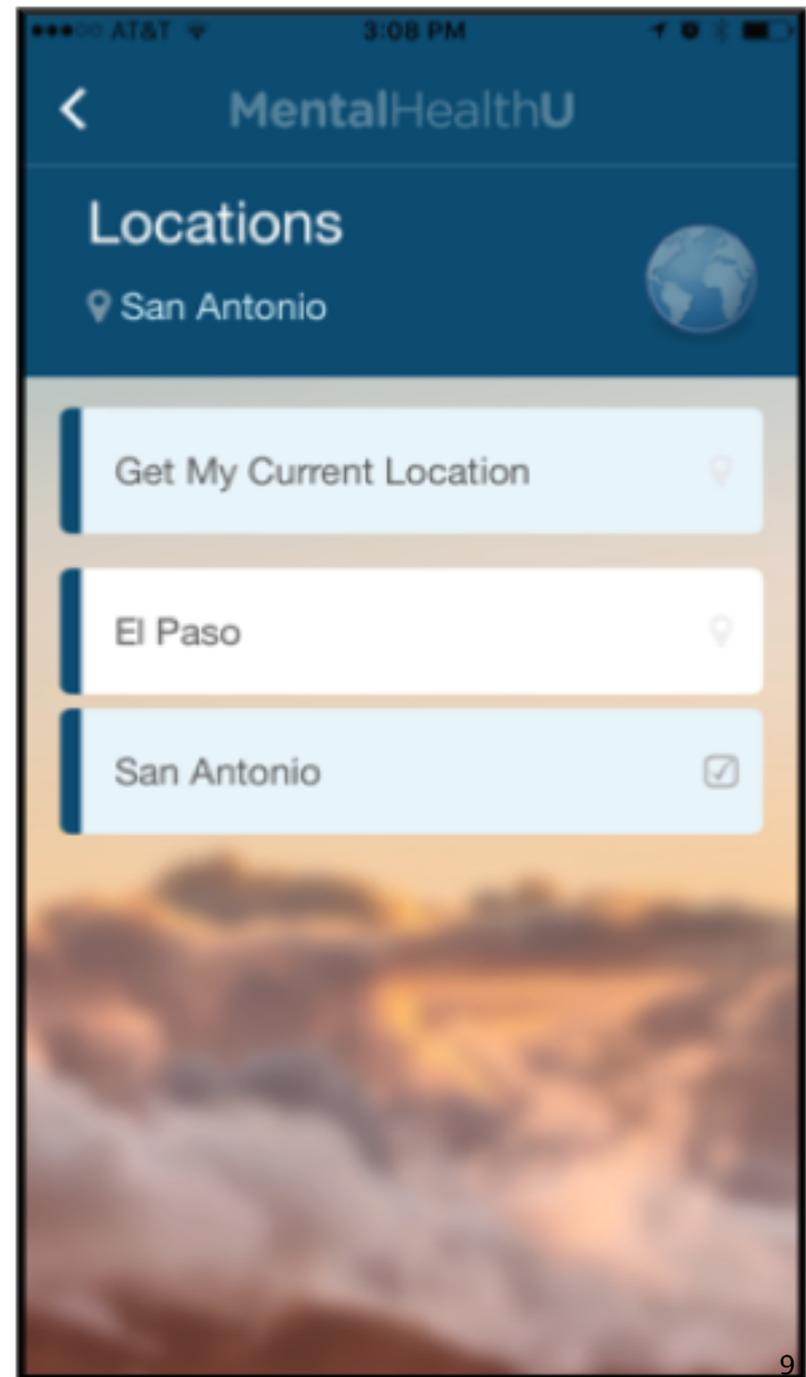
GET HELP NOW

- Information on who and what to expect when you call the Crisis Line
- All hotline calls are answered by QMHP (San Antonio area)
- Direct link to 911 Dispatch in case of life threatening emergency
- Mobile Crisis Outreach Team can be dispatched (San Antonio area)
- Linkage to local hotline is provided in MHU

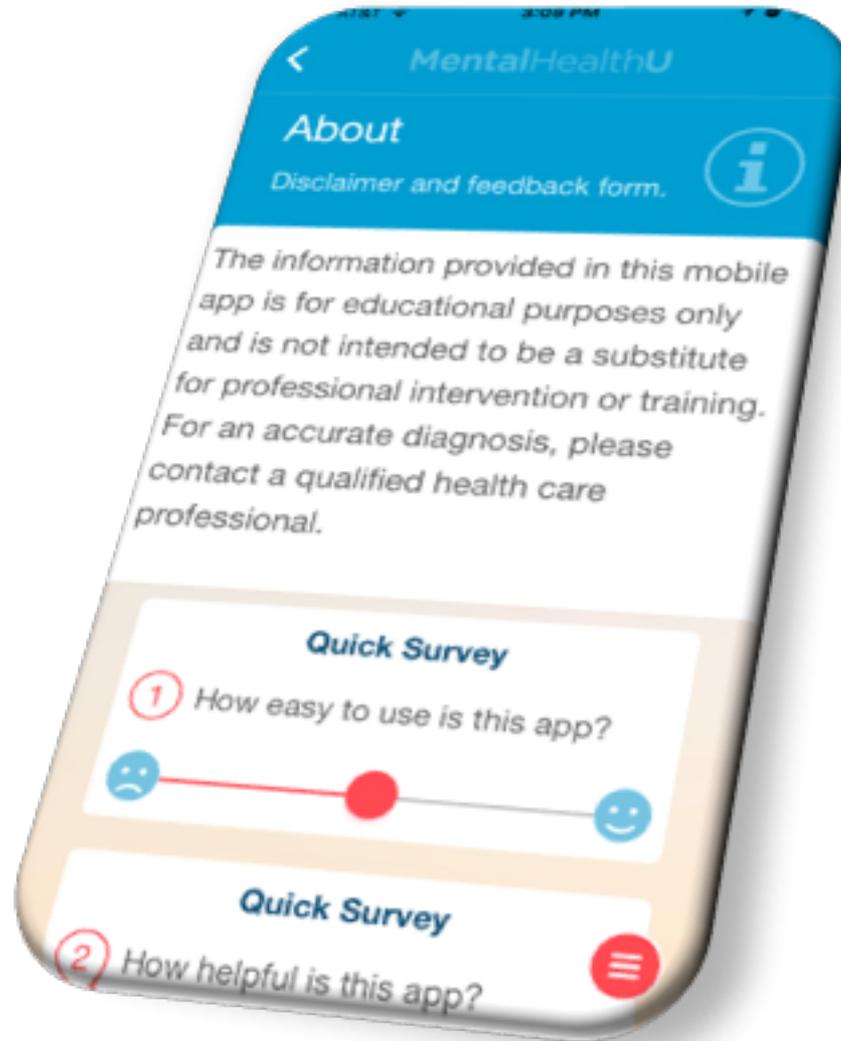


GEOLOCATION

- User's location determines which resources and crisis line are provided
- Geolocation is an approximate 50 miles radius
- Zip codes are provided by organization for each version of MHU
- Default location for this sample page is Bexar County, Texas



DISCLAIMER AND FEEDBACK



What is Your Why?

- I want to get help so I can save my life or somebody else's
- I want to have a network of resources I can call so I feel safe
- I want to find help so I don't feel lost
- I want to know what to say to my friend or loved one so I can help them get better
- I want to understand the prevalence of mental illness so I can reduce stigma

QUESTIONS?

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