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Mental Health

2019 Collaborative CHNA Health Issue Key Findings

Traditional treatment models do not necessarily fit the lifestyles of the growing number of people who struggle with mental/behavioral health. We must identify solutions to address the barriers, stigmas and disparities between the treatment of general and mental health, as found to be the highest prioritized issue throughout this process.

- Results from the community survey indicated that 30% of survey respondents reported four or more traumatic experiences during childhood.
- According to a sampling of four Pinellas hospitals, in 2018 there were about 650 visits to an emergency center for mental health (including suicide) for those 17 and younger.
- Suicide is the second leading cause of death among people ages 10 to 34 in the United States, according to the Centers for Disease Control and Prevention. Additionally, a study published in the *Journal of Abnormal Psychology* says depression rates among teenagers are on the rise.

Outcomes-Driven Activities

Build Coping and Resiliency Techniques

By learning and developing positive coping skills in the teenage years, children will build resiliency, wellbeing and important skills for life.

Remove stigma of “Mental Illness”

Mental health disorders can have a powerful effect on the health of individuals, families and the community. Promoting and implementing prevention and early intervention strategies to reduce the impact of mental health disorders is essential for length and quality of life.

Reach & Educate Community Providers

Education and training opportunities for our mental health and primary care providers is needed now that this issue is at an all-time high. Providers need more education on how to recognize signs and symptoms and eventually to treat.



PROPOSED OBJECTIVES

1. Build coping and resiliency mechanisms/programs for every developmental age for all children in Pinellas County by Dec. 31, 2022.
2. Establish a marketing and/or public relations plan to engage key stakeholders to remove the stigma of “mental illness” in Pinellas County by Dec. 31, 2022.
3. Enhance Pinellas County provider and community education in evidence-based treatments for children by Dec. 31, 2022.
4. Review and revise apparent pediatric suicide reporting process to require death review from Medical Examiner for improved knowledge on the suicide rate, ability to determine vulnerable populations and additional interventions needed by Dec. 31, 2022.

