

Fond du Lac County
Community Health Priority:
Mental Health



Why it matters: The definition of health is a state of complete physical, MENTAL, and social well-being, not just the absence of illness or disease.

Mental health is something we all have, and it varies in its degree from time to time. It is only when there is a significant impact on our thinking, feeling and/or behavior that treatment services or intervention may be required. In general, the sooner one gets treatment, the better the outcome. Treatment works!

At any given time, between 20% and 25% of adults are being impacted by a mental disorder, yet less than half receive treatment.

Fact: Studies show that people with mental health problems can get better and many recover completely, meaning that they are able to live, work, learn, and participate fully in their communities.

Our Goal: Reduce stigma around mental health and increase access to behavioral health services across the lifespan, and for those in high-risk groups.

Having an **untreated** mental disorder can create serious problems such as increasing the chance of risky behaviors, drug or alcohol addiction, and in extreme cases, death. It also can ruin relationships, cause problems at work, and make it difficult to overcome serious illnesses.

Stigma (negative perceptions and labels) creates barriers and discourages individuals and their families from getting the help they need due to fear of discrimination.

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What can I do?

Be an active partner in improving community health:

Individual level | Knowledge, Attitude, Skills

- Read articles that appear in the newspaper about mental health issues. Attend a community training on mental health awareness.
- Talk with your human resources department about your mental health benefits; know if your employer offers Employee Assistance Program (EAP) services.

Interpersonal level | Family, Friends, Social Networks

- Train healthcare providers to screen for mental disorders and how to make appropriate referrals.
- Train adults who provide supervision of our youth in Mental Health First Aid and/or Question, Persuade, Refer in order to recognize signs of mental disorders and suicide risk.

Organizational level | Organizations, Schools, Workplaces

- Train supervisors in the workforce to recognize the signs of a mental disorder and how to respond to take appropriate steps. Look for affordable ways to provide coverage for mental health issues.
- Develop policies and procedures that promote early identification of anyone with a mental health concern and how to make an appropriate referral.

Community level | Design, Access, Connectedness, Spaces

- Implement a public awareness campaign that educates on the commonness of mental disorders, services available, and the effectiveness of treatment services.
- Make a commitment to increase the number of mental health providers in the community through collaborative recruitment efforts.

Policy level | National or Local Laws and Policies, Elected Officials

- Promote mental health parity in insurance coverage and advocate for more affordable care through reasonable deductibles and co-pay options.



Comprehensive Service Integration of Fond du Lac County, Inc. (CSI) is a coalition of over 25 community stakeholders who recognize the need to improve the social, emotional and behavioral well-being of all of our residents across the lifespan by reducing stigma, increasing prevention efforts and early identification, and enhancing access to care.

For more information visit www.csifdl.org or our Facebook page.