

# MENTAL HEALTH: A MEDICAL PROBLEM OR A SOCIAL ONE?

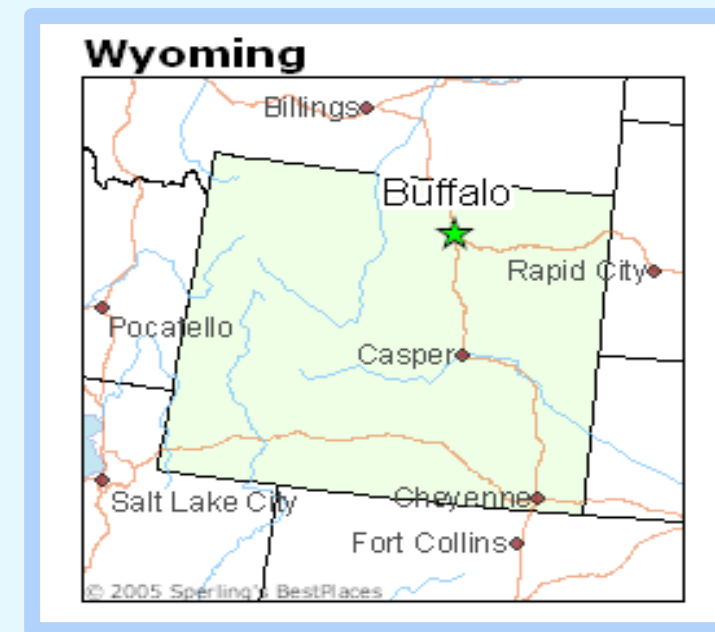
CALEB BRACKETT // RUOP III-3 // 2019 // UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE

**HYPOTHESIS: TAKING A HOLISTIC APPROACH TO MENTAL HEALTH IS THE KEY TO TREATMENT.**



## Background

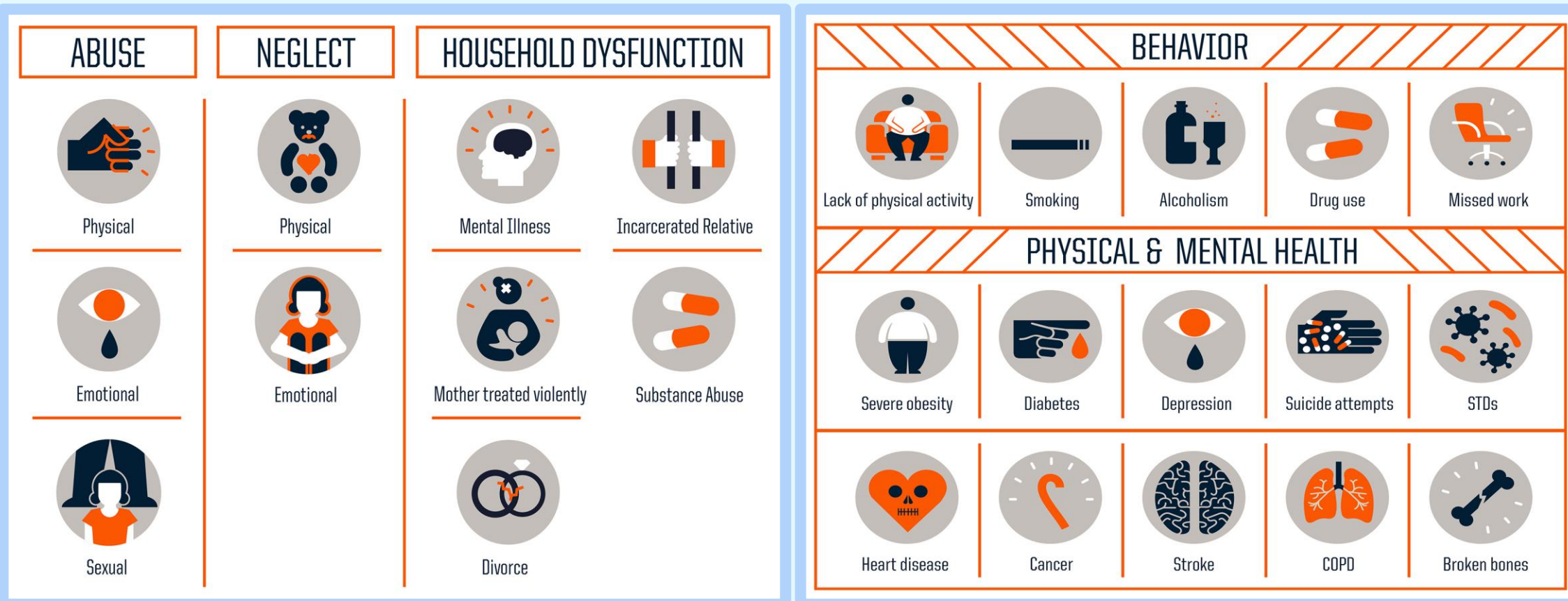
- Buffalo, Wyoming attracts many tourists who are traveling to see National Parks and Monuments.
- Population: 4584
- 770 People: 1 Physician



## Public Health Concern

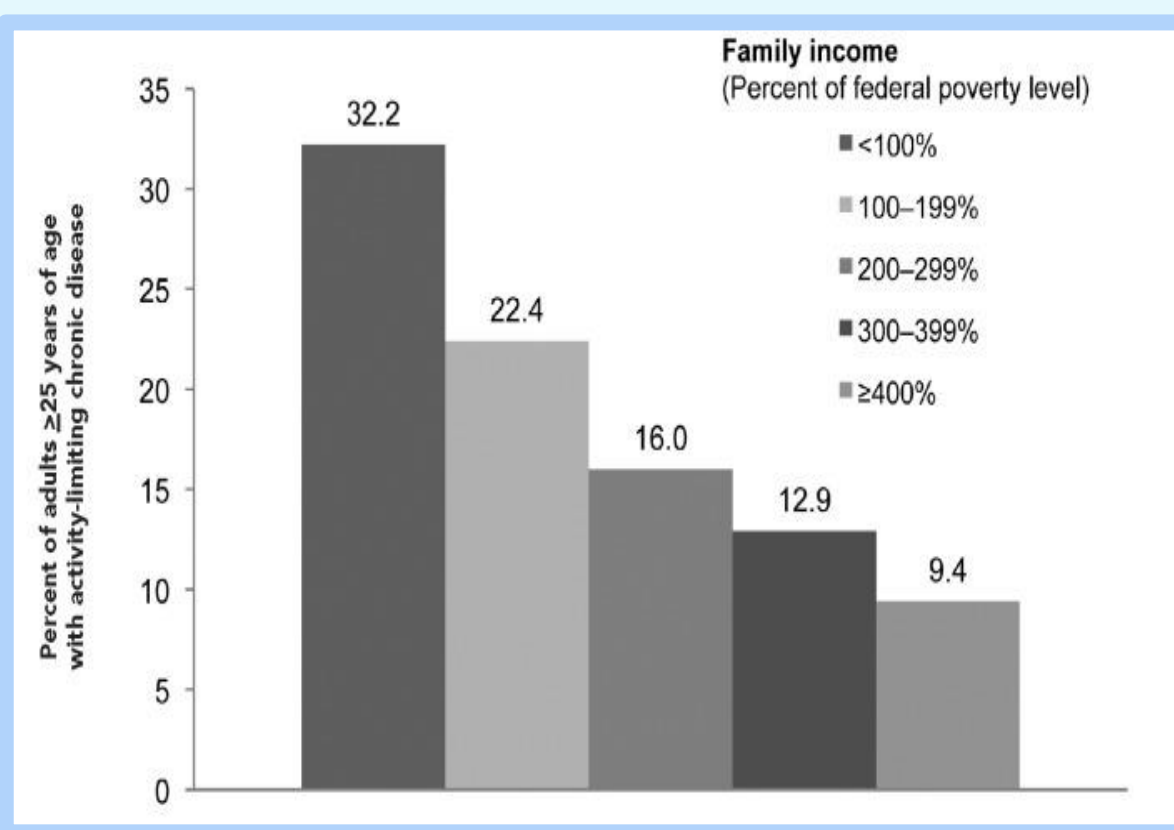
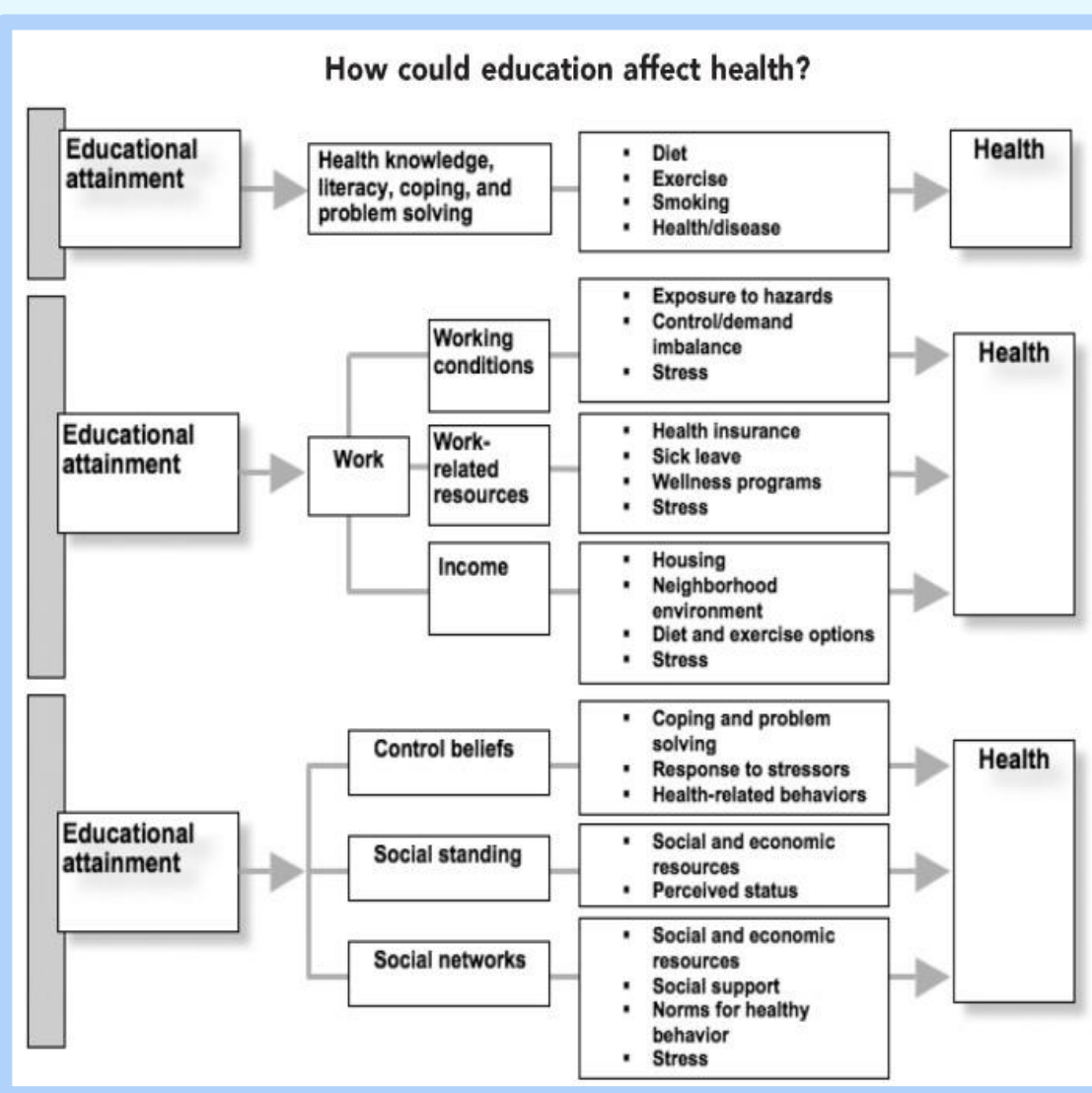
1 in 5 Americans will experience mental illness in a given year, caused by adverse life experiences, chronic medical conditions, and feelings of isolation. There is evidence of increased utilization of the Emergency Department, increased smoking, alcohol, and substance abuse, inactivity, obesity, T1DM, stroke and heart disease. Additionally, Wyoming's suicide rate is almost twice the national average and is the 2<sup>nd</sup> leading cause of death in the US among people aged 15-34.

### ACEs (Adverse Childhood Experiences)



### Social Determinants of Health (SDOH)

- Decreased access to resources needed to meet needs including: Local food markets. Housing. Education. Economic and job opportunities. Availability of community-based recreation and leisure activities. Transportation. Public Safety. Healthcare services. Social support.



## Literature Review

### Exercise and Mental Health

- Comparable effects to patients on antidepressant meds and psychotherapy for mild to moderate depression and complementary Tx for severe cases.
- Reduces cost of drugs, hospitalizations, and improves physical health and physiological stress responses
- Improves other co-morbidities, self-esteem, quality of life, stress maintenance and coping, and ease with ADLs in older adults
- Establish a walking program with incr. intensity
- Address personal barriers



### Motivational Interviewing (MI)

- Demonstrates: greater mean attendance, higher Tx readiness and initiation
- Draw out patient's motivation and commitment toward change: resolving ambivalence, asking questions that elicit change talk, expressing empathy, reflective listening, feedback in a non-judgmental way, and rolling with resistance with a collaboration focus.
- Goal: Raise patient awareness. Elicit hope and optimism in feasibility of change through discovery of patient's strengths and community resources.

### PHQ-9 Questionnaire- Gauging depression

- A PHQ9 score >10 has 88% sensitivity and specificity for major depression.
- Question 9 is a good predictor of suicide attempts and deaths, regardless of age. Of the ages sampled, younger (ages 18-29) and middle-aged (ages 45-64) patients had more suicide attempts, however suicide deaths in those 65+ was more frequent.

## Community Profile Assets

- Buffalo Senior Center- Meals, Trips, BATS bus, Exercise classes, Caregiver respite, In-home care
- Johnson County Family Crisis Center
- Northern Wyoming Mental Health
- YMCA + Free outdoor pool
- Bread of Life Food Pantry
- Grief & Loss Groups- Hospice, Grace Fellowship
- Community Counselors
- Johnson County Medical Center- Social Work, PT, Primary Care, Health Fairs, Home Health



## Conclusion

Awareness of the factors that contribute to mental health illness and taking preventative action is key to solving the growing problem of mental health illness as a society. This means creating programs to help avoid ACEs and mitigate adverse Social Determinants of Health.

Healthcare providers serve a unique role in the care for a family. It is therefore important for providers to know what resources are available in their prospective communities and which would most benefit their patients.

Along with this is better recognition of mental health and making the most of short clinic appointments with evidence-based motivational interviewing to improve patient adherence and healthy lifestyle modification.



### Application:

Motivational Interviewing: train providers on MI, so they are better equipped to coach patients.

Exercise: Educate on the benefits of exercise and coach patients on a walking plan with increasing intensity.

PHQ9: Incorporate into visits for patients with depression to better quantitate and track depression progress. Always ask about suicidal ideation (Q9).

Studies support that all these interventions could benefit mental health in Buffalo, WY.

### Acknowledgement:

A special thanks to Dr. Gonzalez, the Family Medical Center in Buffalo, and Dr. Kirven.