

THROUGH A DIFFERENT LENS: STORIES OF BEHAVIORAL HEALTH CRISIS EXPERIENCES IN MISSOULA COUNTY

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PARTNERSHIP

- MPH Capstones
 - Applied Practice Experience (APE): Provides students with opportunity to attain and demonstrate understanding of public health competencies through **practice-based experience**.
 - Integrative Learning Experience (ILE): Demonstrate synthesis and integration of public health knowledge in foundational and concentration-specific competencies via a **high quality written document**.
- The Missoula City-County Health Department and UM's School of Public & Community Health Sciences have joined forces to create an Academic Health Department.
 - Mission = Foster collaboration on public health research, practice, and service with a focus on public health workforce education and training.

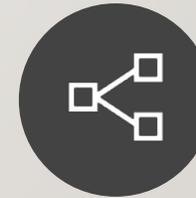
STATE BEHAVIORAL HEALTH DATA



One in ten Montana adults (nearly 84,000) report frequent mental distress, with 14 or more days of poor mental/emotional health in the past month.



Suicide-related deaths in Montana are two times higher than the U.S.; an average of 240 suicide deaths occur each year in Montana.



Nearly one in ten Montanans have a substance use disorder.



Adults (aged 18–25 years) in Montana rank among the highest nationwide for Alcohol Use Disorder (14%) and Alcohol Dependence (6%).



Opioids are the leading cause of drug overdose deaths in Montana, accounting for 44% of all drug overdose deaths.

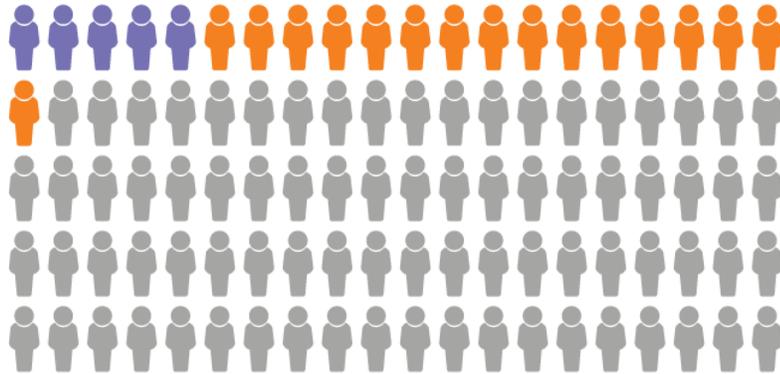


During 2015 and 2016, an estimated 72,000 Montanans aged 12 years and older needed, but did not receive, treatment for substance use in the past year.

How widespread is mental illness?

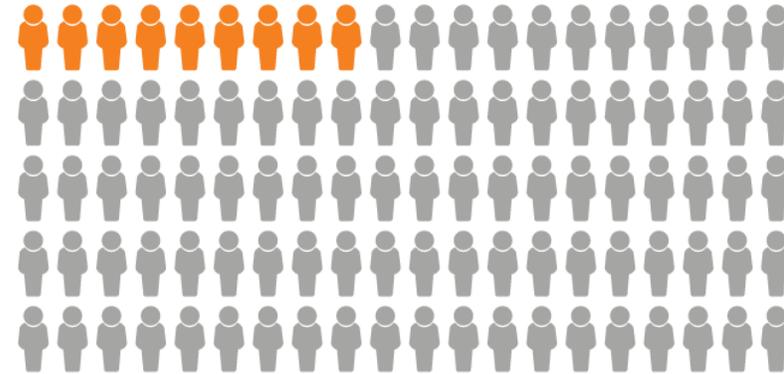
Mental illness and addiction are in fact fairly common, survey data indicates. And Montanans suffer at rates slightly above the national average.

21 in 100 Montana adults report symptoms of mental illness, compared to 18 in 100 nationally. **5 in 100 report serious mental illness,** versus 4 in 100 nationally.



That's 42,600 Montanans with a serious mental health issue, about the population of Bozeman.

9 in 100 Montana adults report symptoms of a substance use disorder. The national figure is 8.



This is 73,000 people, about the population of Missoula.

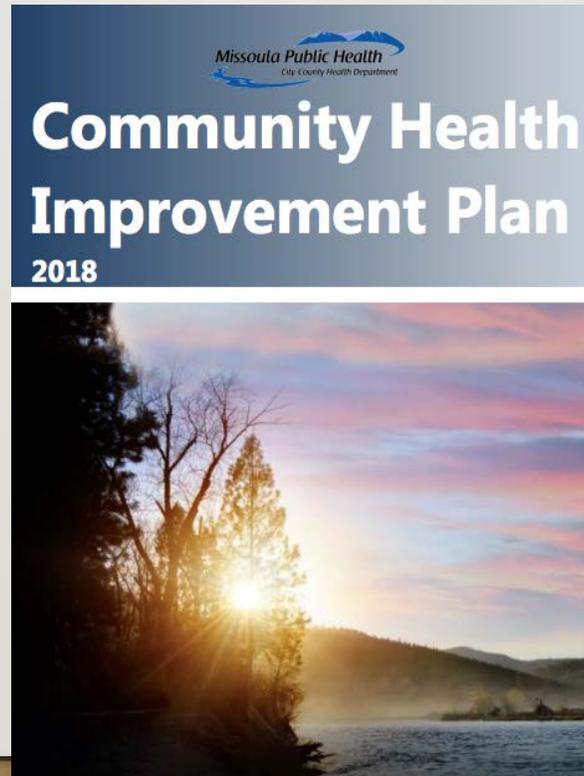
Source: National Survey on Drug Use and Health, 2015 and 2016

DATA DRIVEN PROJECT - MCCHD

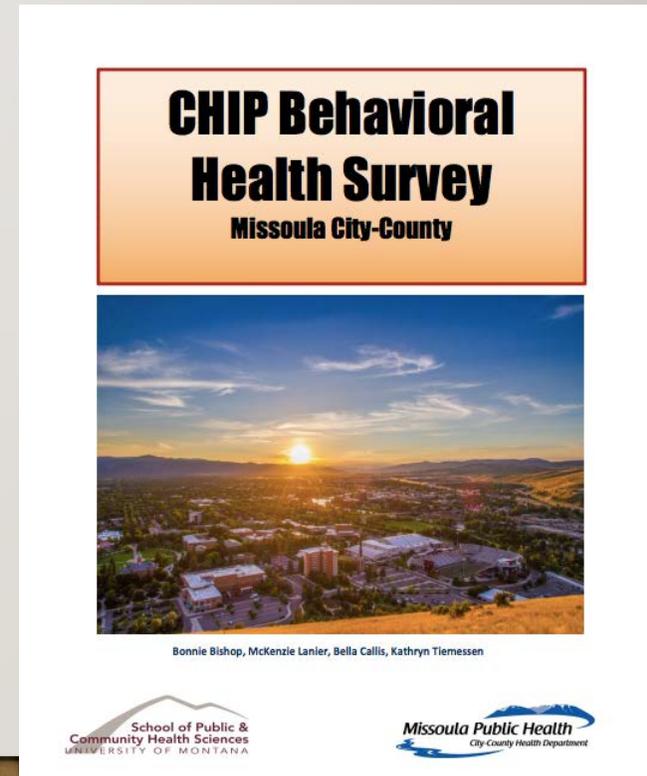
CHA, 2017



CHIP, 2018



CHIP SURVEY, 2019



HIGHLIGHTS

According to BRFSS Data, Missoula County has historically shown higher rates of mentally unhealthy days compared to the nation (CHA)

- Nationwide top 10% = 2.8 days in one month
- Missoula average = 3.5 days in one month

Priority Area: Behavioral Health (CHIP)

- Determine gaps and barriers in systems that provide behavioral health services
 - Community Health Promotion Strategies Class with Dr. Annie Sondag
 - Survey sent to front-line medical and social service providers in Missoula County
- Strengthen community connectivity to improve mental health and resilience
 - Partnered with MCCHD for capstone project

Qualtrics survey distributed to 68 people in 38 organizations within Missoula County, n=62 responses (Behavioral Health Survey)

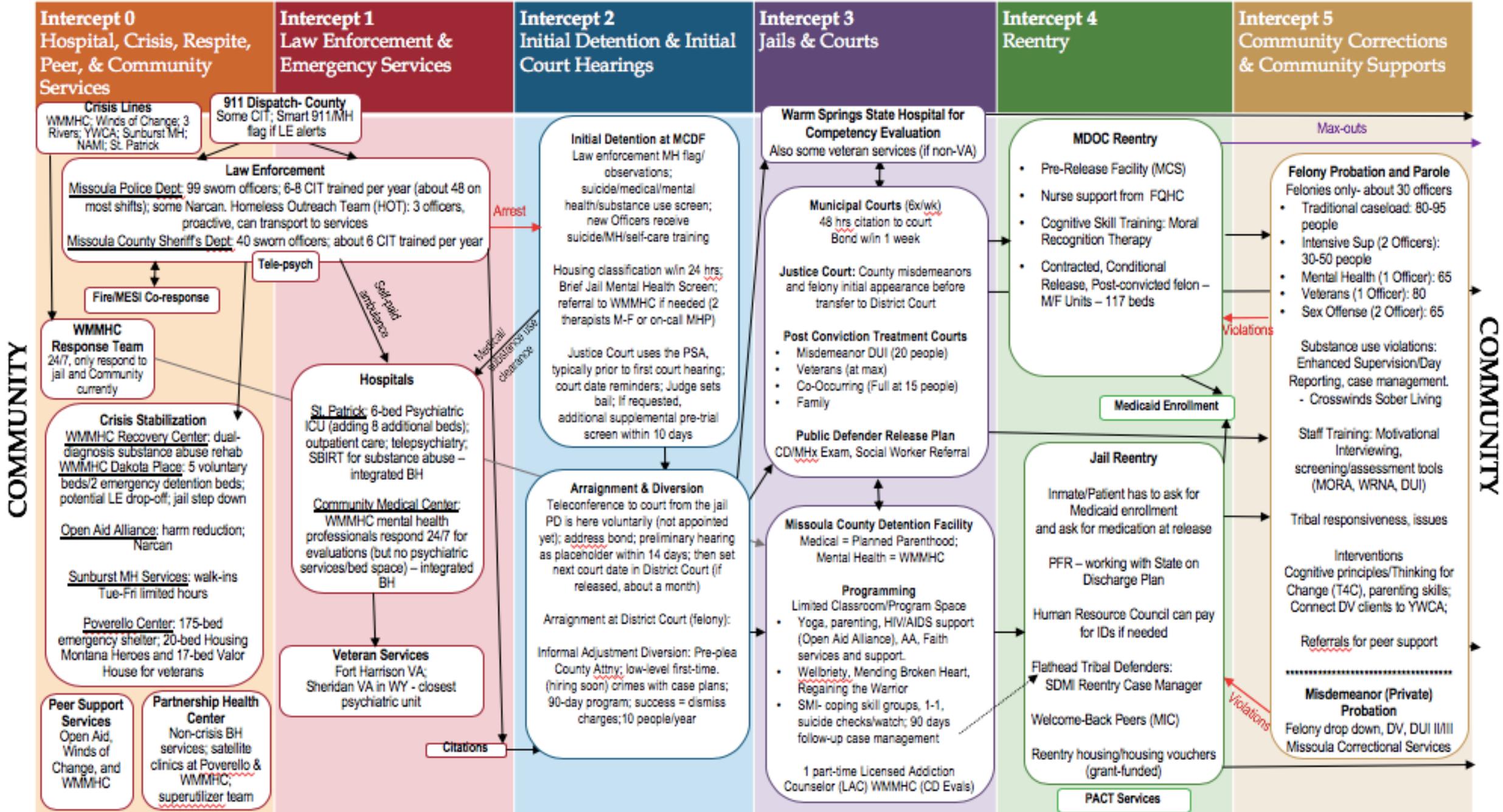
- **81% of our survey respondents reported interacting with individuals in a state of crisis either often or somewhat often**



SEQUENTIAL INTERCEPT MAPPING (SIM)

- In April 2019 there were 35+ Missoula agencies who participated in a SIM workshop
- SIM = Tool used by states and communities to assess available resources, determine gaps in services, and plan for community change.
- Resulting visual map illustrates how people with behavioral health needs come in contact with and flow through the criminal justice system at different intercepts.

Support for the workshop was provided to Missoula County by the John D. and Catherine T. MacArthur Foundation through the Safety and Justice Challenge.





Data are just summaries of thousands of stories – tell a few of those stories to help make the data meaningful.

Dan Heath

“ quote fancy



Photovoice is a tool that allows people to identify local issues and problems and work for solutions, and communicate these through images and photos. It is a participatory action research where participants reflect and document on community needs visually, promote dialogue, and reach policymakers toward village improvement.

Steps in Conducting a Photovoice Project



1 Recruit a group of photovoice participants.

2



Introduce the photovoice methodology to participants and facilitate a group discussion.

3

Obtain informed consent.



4

Pose an initial theme for taking pictures.



5

Distribute cameras to participants and review how to use them.



Provide time for participants to take pictures.

6



Meet to discuss photographs.

7

Select and recruit a target audience of policy makers or community leaders.



8



Participants to write their stories and prepare for exhibit

9

Plan with participants a format to share photographs and stories with policy makers or community leaders.

12

Stakeholders' dialogue



Village exhibit

11

COMMUNITY PRESENTATION



- Hosted a First Friday event at Downtown Dance Collective
 - 200+ people in attendance
 - Opportunities for attendees to leave a message of hope
 - Resource Table
- PhotoVoice exhibit displayed at Missoula Aging Services and Community Medical Center
- Presented at Friday Medical Conference to 100+ medical providers
- Continuing the project with graduate students (SW, MPH, etc). Contact lfitch@missoulacounty.us

OUTCOME → 6 STORIES & 12 PHOTOS



A VISION OF HOPE

