

Mental Health Provider Education Resources

According to SAMHSA surveys from 2012, more than 40 million adults in the United States experienced a mental illness in the past year at a rate of almost 20% of adults.ⁱ Research has shown that more than 70 percent of primary care visits are related to mental health issues.ⁱⁱ It's clear that the demand for mental health services in all primary care settings – including the safety net sector - is significant and that free and low-cost care is critically needed. Depression in particular is projected to become the leading cause of disability and the second leading contributor to the global burden of disease by 2020.ⁱⁱⁱ It is estimated that the devastation caused by depression—defined as the number of years lost to death or disability—by 2020 will be surpassed only by heart disease.^{iv}

Since 1949, May has been officially recognized as Mental Health Month. This year's Mental Health Month theme is "Mind Your Health." The goals are to build public recognition about the importance of mental health to overall health and wellness; inform people of the ways that the mind and body interact with each other; and provide tips and tools for taking positive actions to protect mental health and promote whole health.

Below are professional education resources identified as comprehensive, user-friendly and practical for the safety net sector. All of these resources are free and available for download or mail order. A list of patient education resources was also compiled with easy-to-read guides and low-literacy websites. Please refer to the Patient Education Resource tool for educational materials appropriate for patients.

Mental Health, General Information

- **Mental Health America:** MHA offers a host of resources for organizations around the observance of Mental Health Month, including media and marketing materials, fact sheets on a range of issues including alcohol use and coping with stress, and a mental health calendar to be hung in organizations (<http://www.mentalhealthamerica.net/may#mayorg>).
- **National Alliance on Mental Illness:** NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness (<http://www.nami.org/>). The site includes definitions of mental illness, treatment, support & programs, advocacy and finding local NAMIs.
- **National Council for Behavioral Health:** Use the Find a Provider Guide on the National Council's website to locate mental health and addictions treatment facilities and referrals in your community (<http://www.thenationalcouncil.org/>).
- **National Institute of Mental Health:** NIMH's site provides statistics pertaining to mental disorders, including prevalence data by age, race and average age of onset (<http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml>). The site also offers up-to-date information on all behavioral health concerns in the form of downloadable booklets and fact sheets.
- **Kaiser Health News:** KHN provides coverage of health policy issues and developments at the federal levels and offers a centralized resource for coverage of specific health topics,

including mental health (http://www.kaiserhealthnews.org/Topics/Mental-Health.aspx?utm_source=khn&utm_medium=internal&utm_campaign=nav-bar).

Screening Tools

- **SAMSHA:** The SAMHSA-HRSA Center for Integrated Health Solutions houses downloadable screening tools for depression, drug & alcohol abuse, bipolar disorder, suicide, anxiety disorders and trauma. Many of the screening tools are also available in Spanish (<http://www.integration.samhsa.gov/clinical-practice/screening-tools#depression>).

Depression & Anxiety

- **American College of Physicians:** The ACP's Depression Care Guide provides information, strategies and tools to enable clinicians to reduce the treatment gaps that exist for depression. Guides are specific to physicians, PA's, nurses and psychologists (<http://depression.acponline.org/>)
- **American Association of Suicidology:** For a fee of \$25, practitioners may access "Suicide Risk: Essential Skills in Primary Care." This one-hour training program provides physicians, nurses/nurse practitioners, and PAs with the knowledge they need in order to integrate suicide risk assessments into routine office visits, to formulate relative risk, and to work collaboratively with patients to create treatment plans (<http://www.suicidology.org/training-accreditation/recognizing-responding-suicide-risk-primary-care>).
- **Anxiety and Depression Association of America:** The ADAA provides professional resources specific to anxiety and anxiety-related disorders and offers a free twice-a-month newsletter entitled "Anxiety & Depression Insights." (<http://www.adaa.org/resources-professional>)

Substance Use Disorders

- **National Institute on Alcohol Abuse and Alcoholism:** As a lead agency for U.S. research on alcohol use disorders and health, the NIAAA hosts an extensive database of professional education materials, from practitioner guides on alcohol screenings to a brief on improving the delivery of alcohol treatment and preventive services in health services (<http://niaaa.nih.gov/publications/clinical-guides-and-manuals>).
- **National Institute on Drug Abuse:** Similar to the NIAAA above, the NIDA has an extensive database of research and resources developed for health and medical professionals focused specifically on the delivery of services around drug abuse (<http://www.drugabuse.gov/publications/term/47/Health%20and%20Medical%20Professionals>)

ⁱ Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (February 28, 2014). *The NSDUH Report: State Estimates of Adult Mental Illness from the 2011 and 2012 National Surveys on Drug Use and Health*. Rockville, MD.

ⁱⁱ Robinson, P., and Reiter, J. (2007). *Behavioral Consultation and Primary Care: A Guide to Integrating Services*. New York: Springer.

ⁱⁱⁱ World Health Organization. *Mental Health and Brain Disorders: What Is Depression?* www.who.int/mental_health/Topic_Depression/depression1.htm. Accessed August 10, 2001.

^{iv} National DMDA anticipate health care trends. Newsletter of the National Depressive and Manic Depressive Association 1998. Summer, p 1.