



PUBLIC HEALTH

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HEALTHIER WASHINGTON**

Prevention in a Mental Health Context

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Strategy 2.5.2: Promote a public health approach to mental health

- **Activity 2.5.2.1:** Monitor and support Transformation Grant-funded mental health reform activities that take a public health approach.
- **Activity 2.5.2.2:** Develop a report that examines capacity in the state to deliver preventive, community-oriented, population-based mental health services, articulates a vision for a public health approach to mental health, and makes policy recommendations.



Prevention Advisory Group

- Ad hoc work group of TWG (not part of original work plan)
- Diverse participants (DSHS, SBOH, DOH, UW, providers, OSPI, FPC, Children's Trust, nonprofits, consumers)
- Debated what is meant by prevention
- Identified specific populations (lifespan)
- Developed multi-stage approach



Prevention Definition: Public Health

- **Primary:** Prevention of a disease before it occurs (reduce incidence)
- **Secondary:** Prevention of recurrences or exacerbations of a diagnosed disease (reduce prevalence)
- **Tertiary:** Reduction disability to achieve the highest level of function (reduce long-term morbidity)

(based on Commission on Chronic Illness, 1957, in IOM 1994)



Prevention Definition: Gordon

- **Universal:** For everyone in an eligible population.
- **Selective:** For member of subgroup (or individuals) with higher than average risk.
- **Indicated:** For individuals with early signs, symptoms or markers (pre-diagnosis); also with risk factor, condition or abnormality making them, individually, at high risk.

(based on Gordon, 1983, 1987, in IOM 1994)



Prevention Definition: Mental Health

- **Prevention:** Ward off initial onset (similar to primary prevention)
- **Treatment:** Identify individuals with disorders and provide standard treatment (and reduce future co-occurring disorders)
- **Maintenance:** Reduce relapse and recurrence and provide rehabilitation (incorporates some traditional secondary and all traditional tertiary prevention)

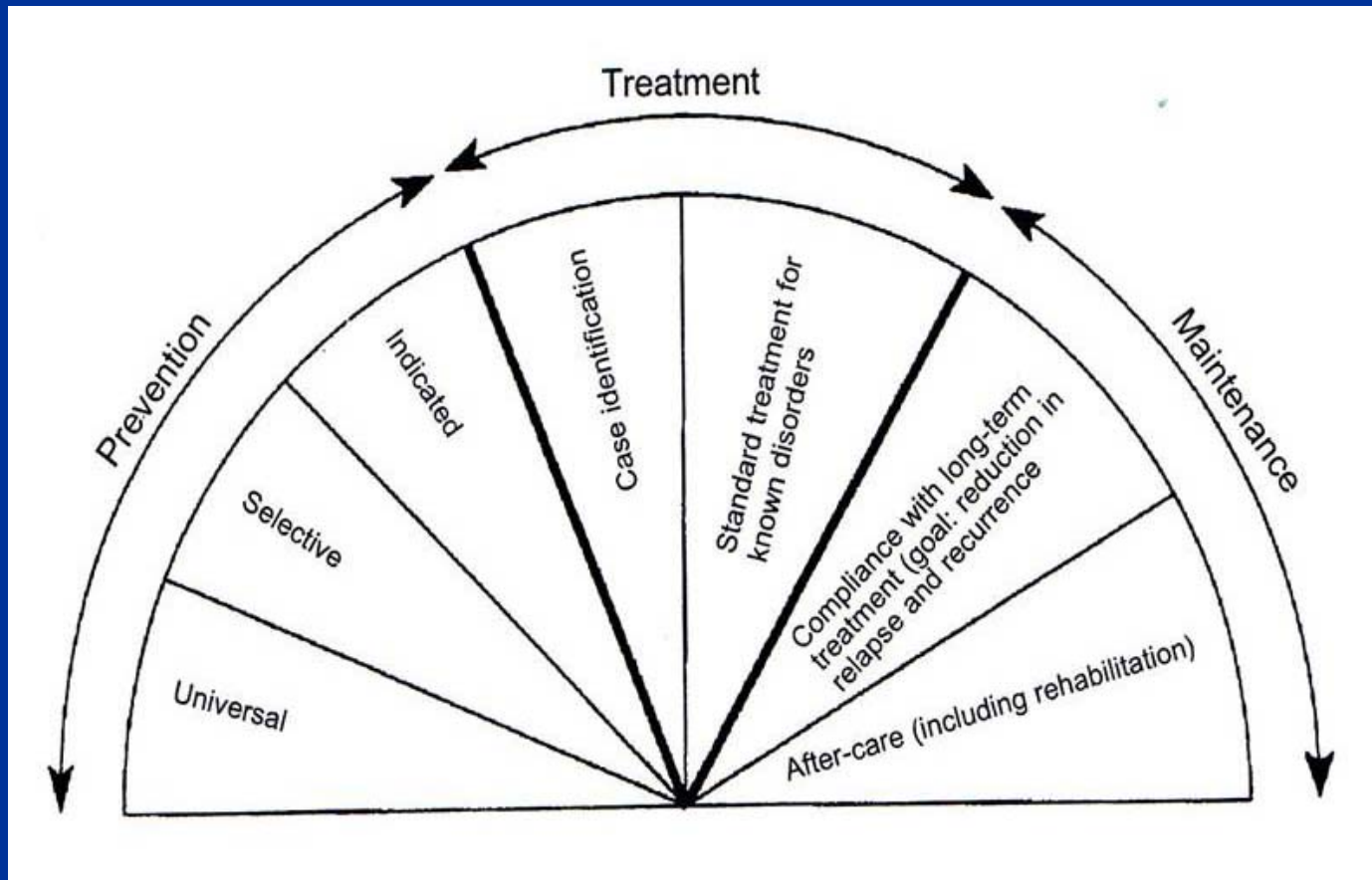
(based on Institute of Medicine, 1994)



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Prevention Definition: IOM Solution





Concerns about the IOM model

- Not universally (widely?) accepted
- Loses tertiary prevention (too diffuse), not enough about preventing impacts (zero sum)
- Does not distinguish early detection and intervention from “case identification”
- Treats prevention of co-occurring disorders within treatment (mixes terms)
- Still a disease model, not about wellness



And what about...

- Wellness?
 - *Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.* (WHO Constitution Preamble)
- Health education and health promotion?
- Early screening, diagnosis, and treatment?



Prevention Advisory Group solution

Promotes mental health, intervenes early to address emerging mental health problems, and reduces the devastating impacts of mental illness



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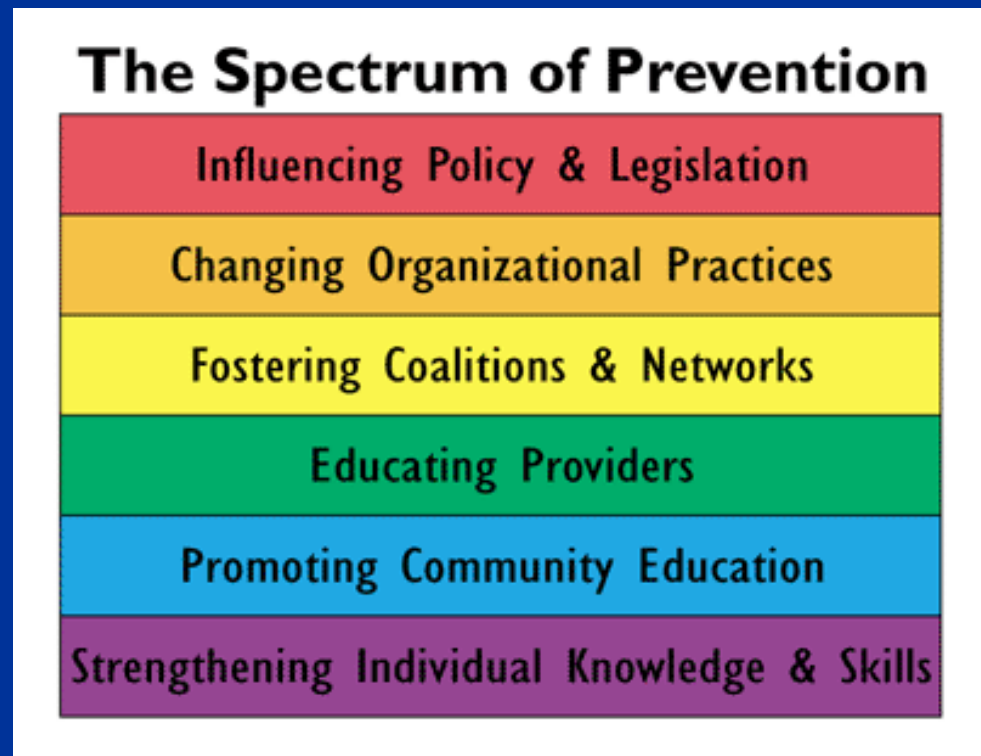
Vocabulary Quiz

Synecdoche is figure of speech in which:

- a term denoting a part of something is used to refer to the whole thing, or
- a term denoting a thing (a "whole") is used to refer to part of it, or
- a term denoting a specific class of thing (a "species") is used to refer to a larger, more general class (a "genus"), or
- a term denoting a general class of thing (genus) is used to refer to a smaller, more specific class (species), or
- a term denoting a material is used to refer to an object composed of that material.

Spectrum of Prevention

- Developed by Larry Cohen
- Based on work of Dr. Marshall Swift
- Tool used by The Prevention Institute





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LEVEL OF SPECTRUM	DEFINITION OF LEVEL
6. Influencing Policy and Legislation	Developing strategies to change laws and policies to influence outcomes
5. Changing Organizational Practices	Adopting regulations and shaping norms to improve health and safety
4. Fostering Coalitions and Networks	Convening groups and individuals for broader goals and greater impact
3. Educating Providers	Informing providers who will transmit skills and knowledge to others
2. Promoting Community Education	Reaching groups of people with information and resources to promote health and safety
1. Strengthening Individual Knowledge and Skills	Enhancing an individual's capability of preventing injury or illness and promoting safety



Multi-Step Process

- **TWG Presentation (April 27, 2007):** TWG agrees work is consistent with its goals.
- **First Prevention Day (July 13, 2007):** Consumers, providers, and agency staff help frame white paper, begin policy discussions.
- **Focus Groups (Sept./Oct.):** Policy discussions with key informants about specific populations; also questionnaires.



Multi-Step Process (to date)

- **Partial White Paper Draft (Nov. 2)**
- **Second Prevention Work Day (Nov. 9):**
Synthesize material in white paper, look at overarching themes and set policy priorities.
- **White Paper Draft presented to Board (Dec. 13)**



White Paper Outline

SECTION 1: Overview

- Prevalence of mental illness/its impact
- The grant and SBOH involvement
- Public health model for mental health
- What is meant by prevention?
- Disparities in mental health
- Is mental illness preventable?
- Barriers to prevention



White Paper Outline

SECTION 2: Specific populations

- Birth to Five
- School-Age
- Transition to adulthood
- Adults, Focus on Severe Illness
- Older adults



White Paper Outline

SECTION 3: Summary and analysis

- Cross-cutting themes (reintegrate silos)
- Criteria
- Conclusion



Next Steps

- **Jan. 4:** Presented to TWG
- **Jan. 9:** Board second review??
- **Jan-March:** Community meetings; comments and recommendations
- **April or May:** Policy summit
- **Jan. 2009:** Legislative session

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