

MAY

This month, *Health is Primary* is focusing on the importance of mental health and the value of primary care in improving mental health in America. We are sharing the facts about how primary care can help support better mental health outcomes for patients. **Join us and spread the word.**

#MakeHealthPrimary

#MentalHealthisPrimary

#IntegratedCareisPrimary #DotsConnected

BE A CHAMPION

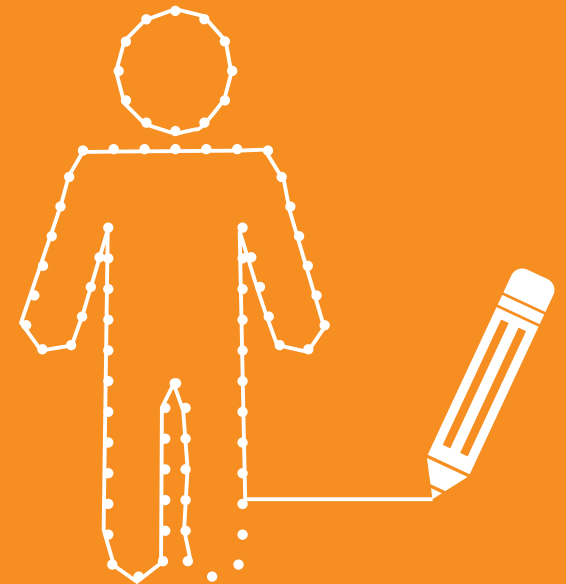
- **Write** an op-ed or letter to the editor in your local paper highlighting the facts about the role of primary care in mental health.
- **Share** the campaign's Mental Health infographic on social media and your website.
- **Distribute** patient information materials (tear sheets) on mental health in your primary care practice.
- **Share** the facts about mental health and primary care through social media. Post regularly on Twitter and Facebook using the facts listed here. Don't forget to follow the campaign (Facebook and Twitter: @HealthisPrimary). Retweet and share our posts!
- **Share** your stories about how primary care is improving mental health in your practice, community or state. Go to www.healthisprimary.org and click on the "stories" tab.



THE FACTS ABOUT MENTAL HEALTH

- Only about 17 percent of U.S. adults are considered to be in a state of optimal mental health. (HHS)
- One in four adults – approximately 61.5 million Americans – experience mental illness in a given year. (NIH, 2013)
- Integrating mental health services into primary care is the most viable way of closing the treatment gap and ensuring that people get the mental health care they need. (WHO and WONKA, 2008)
- Primary care for mental health is affordable and cost effective and leads to positive patient outcomes. (WHO and WONKA, 2008)
- Through residency training and continuing medical education, family physicians are prepared to manage mental health problems in children, adolescents and adults. (AAFP)

DOTS CONNECTED

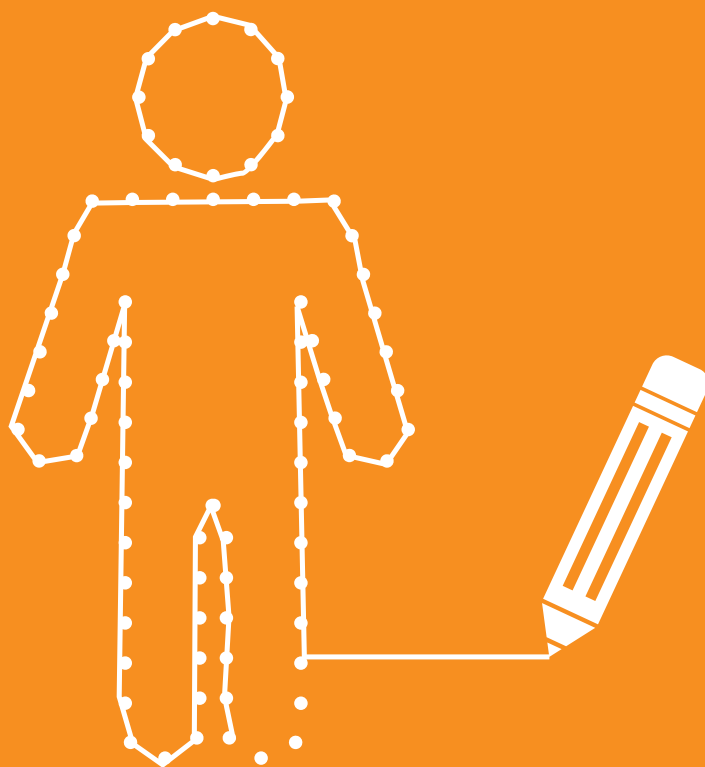


MAY FOCUS: MENTAL HEALTH

05 | 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
		MAY IS MENTAL HEALTH MONTH				
6	7	8	9	10	11	12
13	14	15	16	17	18	19
MOTHER'S DAY						
20	21	22	23	24	25	26
27	28	29	30	31	04 2018	
	MEMORIAL DAY				06 2018	
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DOTS CONNECTED



WHERE HEALTH IS PRIMARY.

THE ROLE OF PRIMARY CARE IN MENTAL HEALTH CARE

Mental health issues are frequently unrecognized and even when diagnosed are often not treated adequately.

POOR MENTAL HEALTH IS GOING UNNOTICED AND UNTREATED:



One in four adults

– approximately 61.5 million Americans –experiences mental illness in a given year.¹

Only 17% of U.S. adults

are considered to be in a state of optimal mental health.²



Only 44% of adults

with diagnosable mental health problems and less than

20% of children

and adolescents receive needed treatment.³

Family physicians are often better able to recognize mental health problems and provide interventions because they treat the whole family. Family physicians are also able to treat individuals who would not access traditional mental health services because of the social stigma associated with mental illness.

HOW PRIMARY CARE IS KEY TO MENTAL HEALTH CARE DELIVERY:



Integrating mental health

services into primary care is the most viable way of closing the treatment gap and ensuring that people get the mental health care they need.⁴



Primary care for mental health is
affordable and cost effective
and leads to positive patient outcomes.⁴



Through residency training and continuing medical education, family physicians are

prepared to manage

mental health problems in children, adolescents, and adults.⁵

With a stronger use of the primary care setting to address mental health care delivery, more patients will start to receive the attention and care they need to aid their mental health disorders and illnesses.

Visit **HealthisPrimary.org** for more information and access to our mental health tear sheet.

¹ National Institutes of Health, National Institute of Mental Health. (n.d.). Statistics: Any Disorder Among Adults. Retrieved March 5, 2013, from http://www.nimh.nih.gov/statistics/1ANYDIS_ADULT.shtml.

² Reeves WC, Strine TW, Pratt LA, et al. Mental illness surveillance among adults in the United States. MMWR. 2011;60 (3):1–32. Atlanta, GA: Centers for Disease Control and Prevention. Available from http://www.cdc.gov/mmwr/preview/mmwrhtml/su6003a1.htm?s_cid=su6003a1_w.

³ Mental Health Myths and Facts. MentalHealth.gov. U.S. Department of Health and Human Services. <https://www.mentalhealth.gov/basics/myths-facts/>.

⁴ "Integrating Mental Health into Primary Care." World Health Organization. A Global Perspective. 2008.

⁵ "Mental Health Care Services by Family Physicians (Position Paper)." American Academy of Family Physicians. 2011. <http://www.aafp.org/about/policies/all/mental-services.html#references>.

WHAT IS MENTAL HEALTH?

The term mental health is commonly used in reference to mental illness. However, knowledge in the field has progressed to a level that appropriately differentiates the two. Although mental health and mental illness are related, they represent different psychological states.

MENTAL HEALTH BASICS

Mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” It is estimated that only about 17% of U.S. adults are considered to be in a state of optimal mental health. There is emerging evidence that positive mental health is associated with improved health outcomes.

Mental illness is defined as “collectively all diagnosable mental disorders” or “health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning.” Depression is the most common type of mental illness, affecting more than 26% of the U.S. adult population.

Evidence has shown that mental disorders, especially depressive disorders, are strongly related to the occurrence and course of many chronic diseases including diabetes, cancer, cardiovascular disease, asthma, and obesity and many risk behaviors for chronic disease; such as, physical inactivity, smoking, excessive drinking, and insufficient sleep.

MENTAL HEALTH INDICATORS

In the health care and public health arena, more emphasis and resources have been devoted to screening, diagnosis, and treatment of mental illness than mental health. Little has been done to protect the mental health of those free of mental illness. Researchers suggest that there are indicators of mental health, representing three domains.

These include the following:

- ✓ Emotional well-being, such as perceived life satisfaction, happiness, cheerfulness, peacefulness.
- ✓ Psychological well-being, such as self-acceptance, personal growth including openness to new experiences, optimism, hopefulness, purpose in life, control of one's environment, spirituality, self-direction, and positive relationships.
- ✓ Social well-being, such as social acceptance, beliefs in the potential of people and society as a whole, personal self-worth and usefulness to society, sense of community.

There are social determinants of mental health as there are social determinants of general health that need to be in place to support mental health. These include adequate housing, safe neighborhoods, equitable jobs and wages, quality education, and equity in access to health care.

EMOTIONAL HEALTH

WHAT IS GOOD EMOTIONAL HEALTH?

People who are emotionally healthy are in control of their thoughts, feelings and behaviors. Even people who have good emotional health can sometimes have emotional problems or mental illness. Mental illness often has a physical cause, such as a chemical imbalance in the brain. Stress and problems with family, work or school can sometimes trigger mental illness or make it worse. However, people who are emotionally healthy have learned ways to cope with stress and problems. They know when to seek help from their doctor or a counselor.

HOW DOES STRESS AFFECT MY EMOTIONS?

Your body responds to stress by making stress hormones. These hormones help your body respond to situations of extreme need, such as when you are in danger. But when your body makes too many of these hormones for a long period of time, the hormones wear down your body – and your emotions. People who are under stress a lot are often emotional, anxious, irritable and even depressed. Relaxation methods, such as deep breathing and meditation, and exercise are also useful ways to cope with stress.

WHAT ABOUT ANGER?

People are sometimes not aware of what causes their anger, how much anger they are holding inside or how to express anger appropriately. You may be angry about certain events, your own actions or other people's actions. If you find yourself becoming increasingly irritable or taking unhealthy risks (such as drinking too much or abusing drugs), you may have a problem dealing with anger. It's very important to talk with your doctor or a counselor about getting help.

WHAT CAN I DO TO AVOID PROBLEMS?

Try to be more aware of your emotions and reactions. Learn to identify and address the reasons for sadness, frustration and anger in your life.

- ✔ Learn to express your feelings in appropriate ways. It's important to let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside takes extra energy. It can also cause problems in your relationships and at work or school.
- ✔ Think before you act. Before you get carried away by your emotions and say or do something you might regret, give yourself time to think.
- ✔ Strive for balance in your life. Make time for things you enjoy. Focus on positive things in your life.
- ✔ Take care of your physical health by exercising regularly, eating healthy meals and getting enough sleep. Don't abuse drugs or alcohol. Your physical health can affect your emotional health.

ANXIETY AND DEPRESSION

WHAT IS DEPRESSION AND HOW IS IT TREATED?

When doctors talk about depression, they mean the medical illness called major depression. Someone who has major depression has symptoms nearly every day, all day, for 2 weeks or longer. There is also a minor form of depression that causes less severe symptoms. Both kinds of depression have the same causes and treatment. A person who has depression can't control his or her feelings.

Depression can be treated with medicine, counseling or both. A nutritious diet, exercising on a regular basis, and avoiding alcohol, drugs, and too much caffeine can also help. Talk to your doctor to find the right treatment for you.

WHAT IS ANXIETY?

Anxiety is a word that describes feelings of worry, nervousness, fear, apprehension, concern or restlessness. Normal feelings of anxiety often serve as an "alarm system," alerting you to danger. But sometimes anxiety can be out of control, giving you a sense of dread and fear for no apparent reason. This kind of anxiety can disrupt your life and can include a general feeling of worry, a sudden attack of panicky feelings, or a fear of a certain situation or object.

WHAT IS GENERALIZED ANXIETY DISORDER AND HOW IS IT TREATED?

Generalized anxiety disorder (GAD) is ongoing anxiety that isn't related to a particular event or situation, or is out of proportion to what you would expect. For instance, a person who has generalized anxiety disorder may constantly worry about a child who is perfectly healthy. About 4 million adults in the United States have GAD. Women are more likely to have it than men. It usually begins to affect people when they are in their early 20s.

People who have GAD must learn ways to cope with anxiety and worry. If you think you have GAD your doctor can help you form a plan to develop skills to cope with your anxiety. You'll probably need some counseling to help you figure out what's making you so tense. Also, you may need to take some medicine to help you feel less anxious. Your doctor can recommend the treatment that is right for you.

REFERENCES

All information sourced from Centers for Disease Control and Prevention (CDC) and FamilyDoctor.org, a resource operated by the American Academy of Family Physicians (AAFP)

¿QUÉ ES LA SALUD MENTAL?

El término “salud mental” se usa frecuentemente para referirse a enfermedades mentales. Sin embargo, gracias al gran avance de los conocimientos en el campo, es posible diferenciar ambos términos de forma adecuada. Si bien la salud mental y las enfermedades mentales están relacionadas, representan estados psicológicos diferentes.

NOCIONES BÁSICAS SOBRE LA SALUD MENTAL

La **salud mental** es “un estado de bienestar en el cual el individuo es consciente de sus propias aptitudes, puede sobrellevar el estrés propio de la vida, tiene la capacidad de trabajar de forma productiva y provechosa y es capaz de contribuir a su comunidad”. Se calcula que solo cerca del 17 % de los adultos estadounidenses cuenta con un estado de salud mental óptimo. Según los últimos indicios, la salud mental positiva está relacionada con mejores resultados en salud.

Las **enfermedades mentales** se definen como “el conjunto de trastornos mentales diagnosticables” o “las afecciones mentales caracterizadas por alteraciones en el pensamiento, el carácter o el comportamiento (o alguna combinación de estos) relacionadas con una sensación de angustia o un deterioro en el funcionamiento”. La depresión, que afecta a más del 26 % de la población adulta estadounidense, es el tipo más común de enfermedad mental.

Se ha demostrado que los trastornos mentales, especialmente los trastornos depresivos, están fuertemente relacionados con la incidencia y el padecimiento de muchas enfermedades crónicas, lo que incluye la diabetes, el cáncer, las enfermedades cardiovasculares, el asma y la obesidad. Asimismo, tienen relación con muchas conductas de riesgo de enfermedades crónicas, como no hacer actividad física, fumar, beber en exceso y no dormir lo suficiente.

INDICADORES DE LA SALUD MENTAL

En el ámbito de la atención sanitaria y la salud pública, se han dedicado más recursos y se ha puesto un mayor énfasis en la detección, el diagnóstico y el tratamiento de enfermedades mentales en comparación con la salud mental. Se ha hecho poco por proteger la salud mental de aquellas personas que no padecen de una enfermedad mental. Según los investigadores, existen indicadores de la salud mental, que representan tres aspectos.

Los aspectos y los indicadores son los siguientes:

- ✓ Bienestar emocional, como satisfacción con la vida, felicidad, alegría y tranquilidad.
- ✓ Bienestar psicológico, como aceptación de uno mismo, crecimiento personal, lo que incluye predisposición a vivir experiencias nuevas, optimismo, esperanza, propósito en la vida, control del entorno propio, espiritualidad, autosuficiencia y relaciones positivas.
- ✓ Bienestar social, como aceptación social, confianza en el potencial de las personas y la sociedad en general, autoestima, utilidad de uno mismo para la sociedad y sentido de comunidad.

Existen determinantes sociales de la salud mental, de la misma manera que existen determinantes sociales de la salud en general, que deben estar en su lugar para sostener la salud mental. Estos determinantes incluyen viviendas adecuadas, barrios seguros, trabajos e ingresos equitativos, educación de calidad y equidad en el acceso a la atención sanitaria.

SALUD EMOCIONAL

¿QUÉ ES UNA BUENA SALUD EMOCIONAL?

Las personas que son emocionalmente sanas tienen el control de sus pensamientos, sentimientos y comportamientos. Incluso las personas que tienen una buena salud emocional en ocasiones pueden tener problemas emocionales o alguna enfermedad mental. Las enfermedades mentales a menudo tienen una causa física, como un desequilibrio químico en el cerebro. El estrés y los problemas familiares, escolares o laborales a veces pueden provocar la aparición de enfermedades mentales o incluso empeorarlas. Sin embargo, las personas sanas desde el aspecto emocional han aprendido a sobrellevar el estrés y los problemas. Saben cuándo deben visitar a su médico o un terapeuta para obtener ayuda.

¿CÓMO SE VEN AFECTADAS MIS EMOCIONES POR EL ESTRÉS?

Su cuerpo responde al estrés produciendo hormonas de estrés. Estas hormonas ayudan al cuerpo a responder ante situaciones de extrema necesidad, como cuando está en peligro. Pero cuando su cuerpo produce demasiadas de estas hormonas por un período prolongado, las hormonas agotan su cuerpo, y sus emociones. Las personas que sufren de mucho estrés están a menudo más emocionales, ansiosas, irritables e incluso deprimidas. Ciertos métodos de relajación, como respirar profundamente y meditar, y la práctica de ejercicio son maneras muy útiles de sobrellevar el estrés.

¿Y LA IRA?

A veces, las personas no son conscientes de lo que les provoca ira, cuánta ira están conteniendo o cómo expresar su ira de manera apropiada. Puede sentir ira por ciertas situaciones, sus propias acciones o las de los demás. Si nota que últimamente está más irritable o que toma riesgos poco saludables, como beber mucho o abusar de las drogas, es posible que tenga un problema para lidiar con la ira. Es muy importante que hable con su médico o un terapeuta sobre cómo obtener ayuda.

¿QUÉ PUEDO HACER PARA EVITAR LOS PROBLEMAS?

Trate de ser más consciente de sus emociones y reacciones. Aprenda a identificar y enfrentar las razones que le provocan tristeza, frustración e ira en su vida.

- ✓ Aprenda a expresar sus sentimientos de forma adecuada. Es importante que las personas cercanas a usted sepan si algo le molesta. Contener los sentimientos de tristeza o ira requiere de energía adicional. También puede causar problemas en sus relaciones y en el trabajo o la escuela.
- ✓ Piense antes de actuar. Antes de dejarse llevar por sus emociones y decir o hacer algo de lo que se pueda arrepentir, permítase un momento para pensar.
- ✓ Esfuércese por conseguir un equilibrio en su vida. Permítase un tiempo para las cosas que disfruta. Concéntrese en las cosas positivas en su vida.
- ✓ Cuide su salud física haciendo ejercicio de forma regular, comiendo alimentos saludables y durmiendo suficientes horas. No abuse de las drogas ni el alcohol. Su salud física puede afectar su salud emocional.

ANSIEDAD Y DEPRESIÓN

¿QUÉ ES LA DEPRESIÓN Y CÓMO SE LA TRATA?

Cuando los médicos hablan de depresión, se refieren a la enfermedad mental llamada depresión mayor. Alguien que sufre de depresión mayor tiene síntomas casi a diario, durante todo el día, por el transcurso de 2 semanas o más. Existe también una forma de depresión menor que provoca síntomas menos graves. Estos dos tipos de depresión tienen las mismas causas y el mismo tratamiento. Una persona con depresión no es capaz de controlar sus sentimientos.

Se puede tratar la depresión con medicamentos, terapia o una combinación de ambos. Llevar una dieta nutritiva, hacer ejercicio de forma regular y evitar el consumo de alcohol, drogas y demasiada cafeína también puede resultar beneficioso. Consulte a su médico para buscar el tratamiento adecuado para usted.

¿QUÉ ES LA ANSIEDAD?

La palabra “ansiedad” describe los sentimientos de preocupación, nerviosismo, temor, aprensión, inquietud o impaciencia. Los sentimientos comunes de ansiedad a menudo funcionan como un “sistema de alarma” que le alerta del peligro. Pero, a veces, la ansiedad puede estar fuera de control, lo que provoca que sienta miedo y pavor sin motivo aparente. Este tipo de ansiedad puede afectar su vida y añadirle un sentimiento general de preocupación, un ataque de pánico repentino o una sensación de temor de cierta situación o cierto objeto.

¿QUÉ ES EL TRASTORNO DE ANSIEDAD GENERALIZADA Y CÓMO SE LO TRATA?

El trastorno de ansiedad generalizada (TAG) es la ansiedad prolongada que no está relacionada con ningún evento ni situación en particular o que está desproporcionada en comparación con lo que se esperaría. Por ejemplo, una persona con un trastorno de ansiedad generalizada puede preocuparse constantemente por un niño en perfecto estado de salud. Cerca de 4 millones de adultos en los Estados Unidos sufren de TAG. Las mujeres son más propensas a padecer este trastorno que los hombres. Generalmente, este trastorno empieza a manifestarse a partir de los 20 años de edad.

Las personas que tienen TAG deben aprender a sobrellevar el estrés y las preocupaciones. Si cree que sufre de TAG, su médico puede ayudarlo a crear un plan para desarrollar las aptitudes que le permitan sobrellevar la ansiedad. Es probable que necesite consultar a un terapeuta que lo ayude a descubrir lo que le provoca tanto nerviosismo. Además, quizá necesite tomar algún medicamento que le permita tener menos ansiedad. Su médico puede recomendarle el tratamiento adecuado para usted.

REFERENCIAS

Toda la información proviene de los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC) y FamilyDoctor.org, un recurso administrado por la Academia Estadounidense de Médicos de Familia (American Academy of Family Physicians, AAFP)