HOW NORTHEAST INDIANA IS SHINING LIGHT ON MENTAL HEALTH

Regional Mental Health Coalition
NORTHEAST INDIANA
Suicide is a major preventable public health problem endemic throughout the U.S. Individuals who die by suicide cross all economic, racial/ethnic, age and social boundaries. Death by suicide accounted for 44,965 lives lost in the United States in 2016, which equates to 122.9 suicides per day, ranking suicide as the 10\textsuperscript{th} leading cause of death. However, many suicides or suicide attempts are unreported or misreported as accidents, causing the magnitude of the problem to be far greater than current statistics indicate.

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<th>\textbf{4,826}</th>
<th>\textbf{79.4%}</th>
<th>\textbf{4x}</th>
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<tbody>
<tr>
<td>The number of Hoosiers who died by suicide from 2012-2016</td>
<td>Percentage of males accounted for of all suicides; of those, 93.4% are white males.</td>
<td>Approximate likelihood of males to complete suicide compared to females.</td>
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<th>\textbf{45-54}</th>
<th>\textbf{15-34}</th>
<th>\textbf{29.3%}</th>
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<td>Age range of Hoosiers who had the highest rate of suicide, followed by 35-44 years and then 55-64 years.</td>
<td>Age range where suicide is the 2\textsuperscript{nd} leading cause of death; the 3\textsuperscript{rd} among 10-14 year-olds, and 4\textsuperscript{th} among 35-54 year-olds.</td>
<td>Percentage of high school students reported feeling sad or hopeless almost every day (for two weeks or more in a row) resulting in changes in behavior during the past 12 months.</td>
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<th>\textbf{9.9%}</th>
<th>\textbf{34.2%}</th>
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<td>Percentage of high school students reported that they attempted suicide during the past 12 months.</td>
<td>Percentage of those students who attempted suicide during the 12 months before the survey who asked for help from someone before their attempt, such as a doctor, counselor or hotline.</td>
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Are you and those in your workplace, school or church prepared in the event someone you know should share having suicidal thoughts? Do you know what signs to look for? Visit LookUpIndiana.org for more information. For a suicide prevention training for your work, school or church, please email RMHC@LookUpIndiana.org.
One in two will struggle with it in their lifetime. Anxiety disorders are among the most common mental health conditions in the United States, affecting 40 million adults, or 18 percent of the population. Per the Centers for Disease Control and Prevention (CDC), depression is a major cause of disability, absenteeism, presenteeism, and productivity loss among working-age adults. Depression, alone, is estimated to cause 200 million lost workdays each year, a cost to employers of $17 to $44 billion.

Opioid abuse is an epidemic sweeping the nation, according to the CDC, and Indiana is at ground zero. In 2015, 1,245 Hoosiers died due to drug overdose. And, Indiana ranks 34th in drug deaths with 17.9 deaths per 100,000 people in 2017, compared to the national rate of 16 deaths per 100,000.

- Hoosiers are more likely to die due to drug overdose than a car accident.
- Death by drug overdose has increased in Indiana by 500% since 1999.
- Newborns exposed to opioids in utero have a 60-80% likelihood of suffering from Neonatal Abstinence Syndrome (NAS), which could impact the child’s long-term growth, behaviors, language abilities, cognitive development and academic achievement.

Opioid abuse takes a tremendous toll on the health of our state with drug overdose fatalities, costing Indiana $1.5 billion, as well as resulting in:

- $31.9 million for nonfatal ER visits
- $64.1 million for hospitalizations of babies with NAS
- $350 million for related hospitalizations

And, substance use disorder affects 80 percent of Indiana employers. Fifty-eight percent of Hoosiers suffering from addiction are in the workforce. Prescription painkiller abuse cost employers almost $42 billion because employees were less productive while at work or were not at work at all.

The good news is that recovery is possible. With treatment, most Hoosiers struggling with mental illness or substance use disorder can improve their quality of life. For more information on a variety of mental health conditions, and substance use disorder, visit LookUpIndiana.org. To arrange a complimentary mental health presentation in your workplace, school, or church, email RMHC@LookUpIndiana.org.
GREATER impact

The Fort Wayne Allen County Task Force for Opioid Strategic Planning (FATOS) published “Turning Hope Into Action: Evaluating the Opioid Crisis in Fort Wayne and Allen County” in May 2018. The suggested recommendations stemming from this work will be implemented through collaborative efforts between both FATOS and the Regional Mental Health Coalition of Northeast Indiana.

Facilitator Rachel Blakeman, JD, Purdue-Fort Wayne, states, “In the work of FATOS, our multidisciplinary team identified the stigma of substance use disorder as an obstacle that stops people from seeking treatment and recovery services, just as it is for other mental and behavioral health issues. These services are available, and they work. Recovery is a long-term process and can take many forms, such as consulting with a peer recovery coach, attending a 12-step program, or using medication-assisted treatment with counseling. It will look different for every person, but recovery is possible.”

Substance use disorder is a medical disease, like diabetes and high blood pressure. To connect to services, please visit LookUpIndiana.org for a provider directory and resources near you. Visit LookUpIndiana.link/FATOS to download a copy of the report.

Do not give up hope.
LEADER

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WANE-TV

DR. THERESA BRADTMILLER
Chief Nursing Officer
Adams Memorial Hospital

BECKY BUHNK
Deputy Director Addiction & Forensic Treatment Services
Indiana Division of Mental Health and Addiction

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MARCIA HAAFF
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Department of Child Services

CAPT. KEVIN HUNTER
Vice & Narcotics
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DR. DANIEL ROTH
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Summit Pain Management

JOSEPH SALEM
Community Advocate

MICHELLE WENGLIKOWSKI
Director of Student Services
East Allen County Schools
In my tenure as Allen County Health Commissioner I have been involved in a number of serious public health issues/epidemics including West Nile Virus, SARS and even a pandemic. Thankfully, our public health and healthcare systems collaborated to help mitigate the crisis and minimize the negative impact on our community in a timely manner. But none of these outbreaks prepared me for the current epidemic. This epidemic is subtle, silent and is quietly impacting people, families and businesses all throughout this country, including our own community.

We are in an epidemic of despair. When folks have untreated medical issues, like depression or anxiety, the illness itself can worsen over time, and also make us vulnerable to making choices that may temporarily relieve anxiety but leave us with family and work issues that only exacerbate the underlying problem. When you are living a life that you feel is out of control, inauthentic and even chaotic, you can easily become filled with despair. When this happens to an increasing number of folks, we have an epidemic of despair.

In 2015, two Princeton professors identified that middle-aged non-Hispanic whites in the U.S. with a high school diploma or less have experienced increasing midlife mortality since the late 1990s. In addition they determined that the etiology of this increase was due to what they call “deaths of despair”.

The increase in deaths in this population can be attributed to three issues: death by drugs and alcohol; suicide; and liver disease and cirrhosis.

This epidemic has affected us locally. In 2017, Allen county experienced a 44% increase in both suicides and accidental drug overdoses. In both cases, the average age of these individuals was early forties.

So, what can we do about this? This medical problem, like most, requires a multidisciplinary approach and augmenting our current medical and mental health infrastructure to effectively identify and treat medical problems like depression or anxiety. This will take new public-private partnerships like the Regional Mental Health Coalition of Northeast Indiana. With representation from multiple entities, we are trying to better understand the issue in our community and identify best practices to assist in mitigating this epidemic of despair. You can help by arranging a complimentary mental health presentation in your workplace, school or church by emailing RMHC@LookUpIndiana.org. Let’s work together to turn this epidemic around.
KEEP LOOKup IN YOUR TOOLBOX OF RESOURCES FOR YOUR MENTAL AND BEHAVIORAL HEALTH NEEDS.

• Provider search to find help near you
• Articles and videos on common mental health topics
• Current mental health events
• Tool kits and data library specific to community segments
• Training
• Frequently updated blog
• Free and confidential chat available 24/7
• Connect to System of Care
• Recent news
• Connect to Indiana School Mental Health Initiative

For more information contact us at Info@LookUpIndiana.org

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