

Days 1 and 2 Interim Report Summary: Addressing the Mental Health Crisis in the Great Lakes Bay Region

Workshop Purpose

Convene Great Lakes Bay Region stakeholders, including health systems, higher education, community foundations, private sector companies, non-profits, K-12 schools, mental health providers, government officials, concerned citizens, spiritual leaders and some experiencing their own mental health issues to identify actionable and concrete ideas to urgently address the mental health crisis in the Great Lakes Bay Region.

Intended Outcomes

- Shared understanding around ensuring everyone in the Great Lakes Bay Region:
 - Seeks mental health help without fear of stigma;
 - Knows where to turn for help when struggling with a mental health issue;
 - Receives prompt access to excellent mental health care.
- Development of concrete problem statements to engage with other colleagues and organizations
- Have all participants commit to engage **at least one other person or organization** not in attendance on Days 1 and 2 to:
 - Identify potential stakeholders who are interested in participating in the initiative
 - Begin talking and thinking through solutions to the verified problem statements
 - Attend the **February 5, 2019** reconvening

Working Groups

The November meeting produced nine working groups and their problem statements. The working groups information, important links, and resources can be accessed by following this [link](#) or by inputting this URL into a web browser:

<https://www.greatlakesbaymentalhealth.com/addressing-the-mental-health-crisis-in-the-great-lakes-bay-region.html>. The password to access this page is MHP.

1. **Youth Prevention Group:** *There is no integrated, effective approach to preventing mental illness in children (0-17)*
2. **Youth Information Group:** *Readily available community resources are unknown to families in need and frontline (health) staff*
3. **Young Adult Stigma Group:** *Stigma prevents dialogue, intervention, and appropriate care*
4. **Middle-aged Adult Employee Assistance Group:** *Employed middle-aged (34-64 year-old) people often fail to recognize and/or disclose mental health problems and are undertreated*



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- 5. Stigma Group (With a Focus on Working Adults):** *We need to address stigma of mental illness for all ages in the Great Lakes Bay Region to improve everyone's sense of belonging and give them courage to manage illness and their lives. The highest point of leverage is to start with employers and focus on employed adults*
- 6. Senior Adults Group (With a Focus on Loneliness):** *There is no early warning or simple indicator to identify if senior adults are experiencing a problem with loneliness; we need a pathway to assess so that we can intervene early before it turns into depression and substance abuse*
- 7. Mental Health & Wellness Provider Community Group:** *It is difficult to attract, retain MHPs; Lack of connection/community between MHPs*
- 8. Mental Health & Primary Care Provider Wellness Group:** Mental health care providers may not recognize the need; access services; or have coverage. It is not 'normalized' for this group
- 9. Mental Health & Primary Care Providers System of Care Group:** Mental health providers may not recognize the need or access health care services for themselves

Next Steps

1. Review the [Full Interim Report](#) or this Interim Report Summary
2. [Take the Interim Report Feedback Survey](#)
3. Share the Interim Reports with stakeholders
4. [Invite additional stakeholders](#) to attend in February
5. Reconvene February 5, 2019