WHY IS MENTAL HEALTH IMPORTANT TO ME?
WHO is Kevin Fischer?

I serve as Executive Director of NAMI Michigan, Director of The Dominique Fischer Memorial Foundation and CEO of EVERYBODY – VS- STIGMA.COM. President of CIT International (Crisis Intervention Team), on the Advisory Board of Directors of several behavioral health organizations throughout Michigan, including Governor Whitmer’s Suicide Prevention Commission, the Michigan Department of Health & Human Services (MDHHS) Mental Health Diversion Council and Behavioral Health Advisory Council (BHAC), Disability Rights Michigan’s (DRM) Protection & Advocacy for Individuals with Mental Illness (PAIMI) Advisory Board, Executive Producer of the Mind Matters with Dr. Michele Show, and others.
WHO/WHAT IS NAMI?

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 650 local Affiliates and 48 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.
WHY DISCUSS MENTAL ILLNESS?

1 in 5 U.S. adults are affected by mental illness each year.
1 in 20 U.S. adults experience serious mental illness each year.
1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.

66 MILLION PEOPLE
WHY DISCUSS MENTAL ILLNESS?

**Myths About Mental Illness:**

*Mental illnesses are brought on by a weakness of character.*

66 MILLION PEOPLE
WHY DISCUSS MENTAL ILLNESS?

Mental Health:
Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental Illness:
Mental illnesses are a product of the interaction of biological, psychological, and social factors. Research has shown genetic and biological factors are associated with mental illnesses, substance use disorders and suicide.
WHY DISCUSS MENTAL ILLNESS?

What Causes Mental Illness?
There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

• Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
• Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
• Biological factors or chemical imbalances in the brain
• Use of alcohol or drugs
• Having feelings of loneliness or isolation
WHY DISCUSS MENTAL ILLNESS?

50% of all lifetime cases of mental illness begin by age 14.

75% of all lifetime cases of mental illness begin by age 24.
NEARLY 37% of students ages 12-21 with a mental illness drop out of school.
of U.S. youth (ages 6-17) experienced a mental health disorder in 2020.

of people with anxiety disorder seek treatment.

of students report being harassed or bullied online

of students identified as being stressed to the point of being unable to cope

of high school students seriously considered suicide in the last year.
WHY DISCUSS MENTAL ILLNESS?

- 70% of youth in juvenile justice systems have at least one mental health condition.
- 20% of youth in the juvenile justice system live with a serious mental illness.
- 37% of state and federal prisoners have a diagnosed mental illness.
- 44% of local jail prisoners have a recent history with a mental health condition.
- 45% of adults in the U.S. with a mental health condition received mental health services in the past year.
WHY DISCUSS MENTAL ILLNESS?

- **11yrs**: Average delay between onset of mental illness symptoms and treatment for U.S. adults.
- **10.9%**: Of U.S. adults with mental illness had no insurance coverage in 2019.
- **55%**: Of U.S. counties with mental illness also experienced a substance use disorder in 2019 (9.5 million individuals).
- **18.4%**: Of U.S. adults with mental illness also experienced a substance use disorder.
- **41%**: Of Veteran’s Health Administration patients have a diagnosed mental illness or substance use disorder.
“Racism is a public health crisis!”

“While there is much we need to do to address racism in our country, we must not forget the importance of mental health as we do so.”

“The effect of racism and racial trauma on mental health is real and cannot be ignored. The disparity in access to mental health care in communities of color cannot be ignored. The inequality and lack of cultural competency in mental health treatment cannot be ignored.”

Daniel H. Gillison, Jr., CEO NAMI
“Racism is a public health crisis!”

- **Annual treatment rates among U.S. adults with any mental illness, by demographic group:**
  
  - **Asian-Americans**: 23.3%
  - **Non-Hispanic black or African-American**: 32.9%
  - **Non-Hispanic mixed/multiracial**: 43.0%
  - **Hispanic or Latino**: 33.9%

  *there is NO good data for Arab-Americans*
WHAT IS STIGMA?

STIGMA is defined as a mark of disgrace associated with a particular circumstance, quality, or person.
WHAT IS STIGMA?

Like mental illness, **STIGMA does not discriminate**. It affects us all, but it does vary by community and culture!
WHAT IS STIGMA?

Stigma is a mark of disgrace that sets a person apart. When a person is labelled by their illness they are seen as part of a stereotyped group.

Have experienced STIGMA

87% PEOPLE WITH MENTAL HEALTH CONDITIONS

STIGMA is the leading barrier to early diagnoses and treatment that leads to better outcomes.
STIGMA KILLED MY SON!
WHY DISCUSS MENTAL ILLNESS?

Suicide

Leading cause of death for young people between 10-34.
Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time. Suicide is one of the most preventable causes of death!
Suicide by the Numbers

47,646 people died by suicide in 2021, a 4% increase over 2020. There are almost twice as many suicides in the United States as there were homicides (24,576). In 2020, suicide rates among American Indians, Black and Latino increased, while the overall rate declined. In Michigan we lost 1,444 to suicide.

According to the CDC.....
Suicide is the 12th leading cause of death in the U.S.
The overall suicide rate in the U.S. has increased by 35% since 1999; by 78% for African-Americans.
46% of people who die by suicide had a diagnosed mental health condition.
90% of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends and medical professionals (also known as psychological autopsy).
78% of people who die by suicide are male.
Lesbian, gay and bisexual youth are 4x more likely to attempt suicide than straight youth.
Transgender adults are nearly 12x more likely to attempt suicide than the general population.

ACCORDING TO THE CDC.....
WHY DISCUSS MENTAL ILLNESS?

Facts About SUICIDE: Most people who die by suicide DO NOT want to die; they just don’t want to live with the pain they are experiencing at that time!

PRO-ACTIVE MENTAL HEALTHCARE “IS” SUICIDE PREVENTION!

66 MILLION PEOPLE
WHAT PEOPLE THINK SUICIDE PREVENTION IS

National Mental Health Crisis Line 988

WHAT SUICIDE PREVENTION ACTUALLY IS

Food Security
Affordable Housing
Peer Norm Activities
Affordable Health Care
Mental Health Parity
Destigmatizing Mental Illness
Youth Suicide Prevention Courses
Destigmatizing Mental Health Care
Community Engagement Activities
Strengthening Household Financial Security
Increasing Awareness of, and Access to Mental Health Resources
Every year people overcome the challenges of mental illness to do the things they enjoy. Through developing and following a treatment plan, you can dramatically reduce many of your symptoms. People with mental health conditions can and do pursue higher education, succeed in their careers, make friends and have relationships. Mental illness can slow us down, but we don't need to let it stop us.
NAMI PROGRAMS

- NAMI Basics
- NAMI Family Support Group
- NAMI Connection
- NAMI Homefront
- NAMI FaithNet
- NAMI In Our Own Voice
- NAMI Family-to-Family
- NAMI Peer-to-Peer
How can YOU support NAMI?

1. Volunteer with a NAMI local affiliate or at a NAMI MI event.
2. Share NAMI resources with family members and friends.
3. Support upcoming events:
   - Join your local NAMI @ namimi.org
   - Annual NAMI Conference May 20th-23rd 2024 Novi, MI
   - Annual NAMI Walks: September 16th @ Wayne State University
EVERYBODY-VS-STIGMA!

everybodyvsstigma.com
TOGETHER WE CAN DEFEAT STIGMA!
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