

New York Association of Psychiatric Rehabilitation Services (NYAPRS)

“Mental Health Challenges of the COVID-19 Pandemic”

September 29, 2020
Atlanta, GA

David Satcher, MD, PhD

**Founder & Senior Advisor
The Satcher Health Leadership Institute and
Morehouse School of Medicine
16th U.S. Surgeon General**

Satcher Health Leadership Institute Mission



The mission of the Satcher Health Leadership Institute (SHLI) is to develop a diverse group of exceptional health leaders, advance and support comprehensive health system strategies, and actively promote policies and practices that will reduce and ultimately eliminate disparities in health.



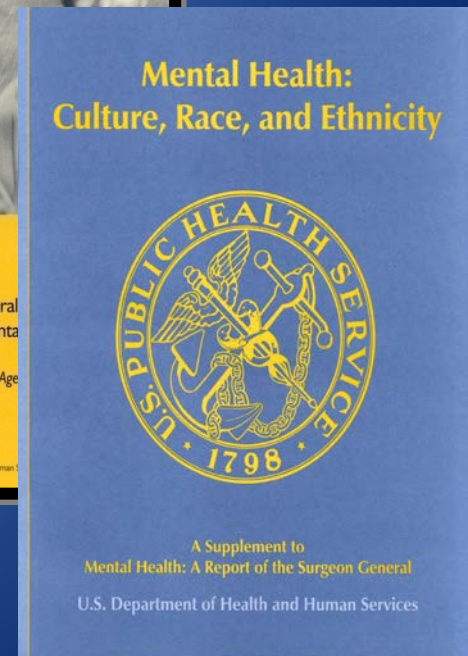
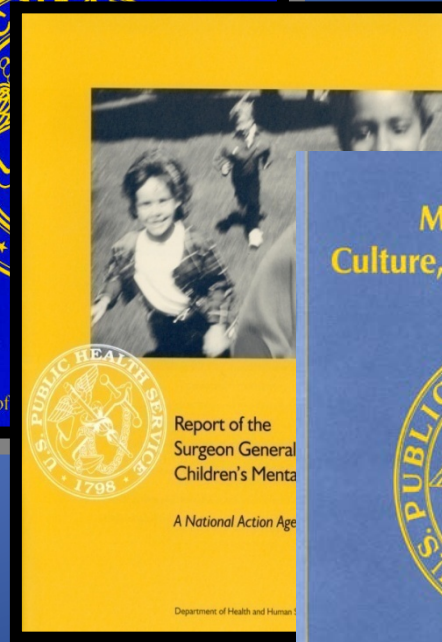
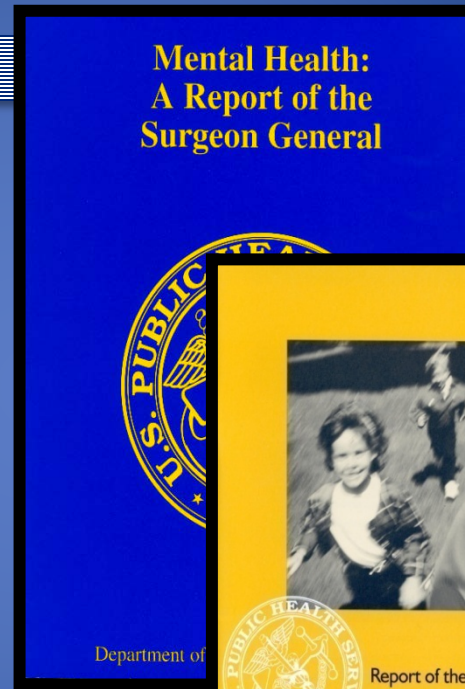
***"Today, the need for leaders
is too great to leave their
emergence to chance."***

Surgeon General's Mental Health Reports

Mental Health: A Report of the Surgeon General
December 1999

Supplements

- Children's Mental Health
January 2001
- Culture, Race & Ethnicity
August 2001
- Mental Retardation
February 2002

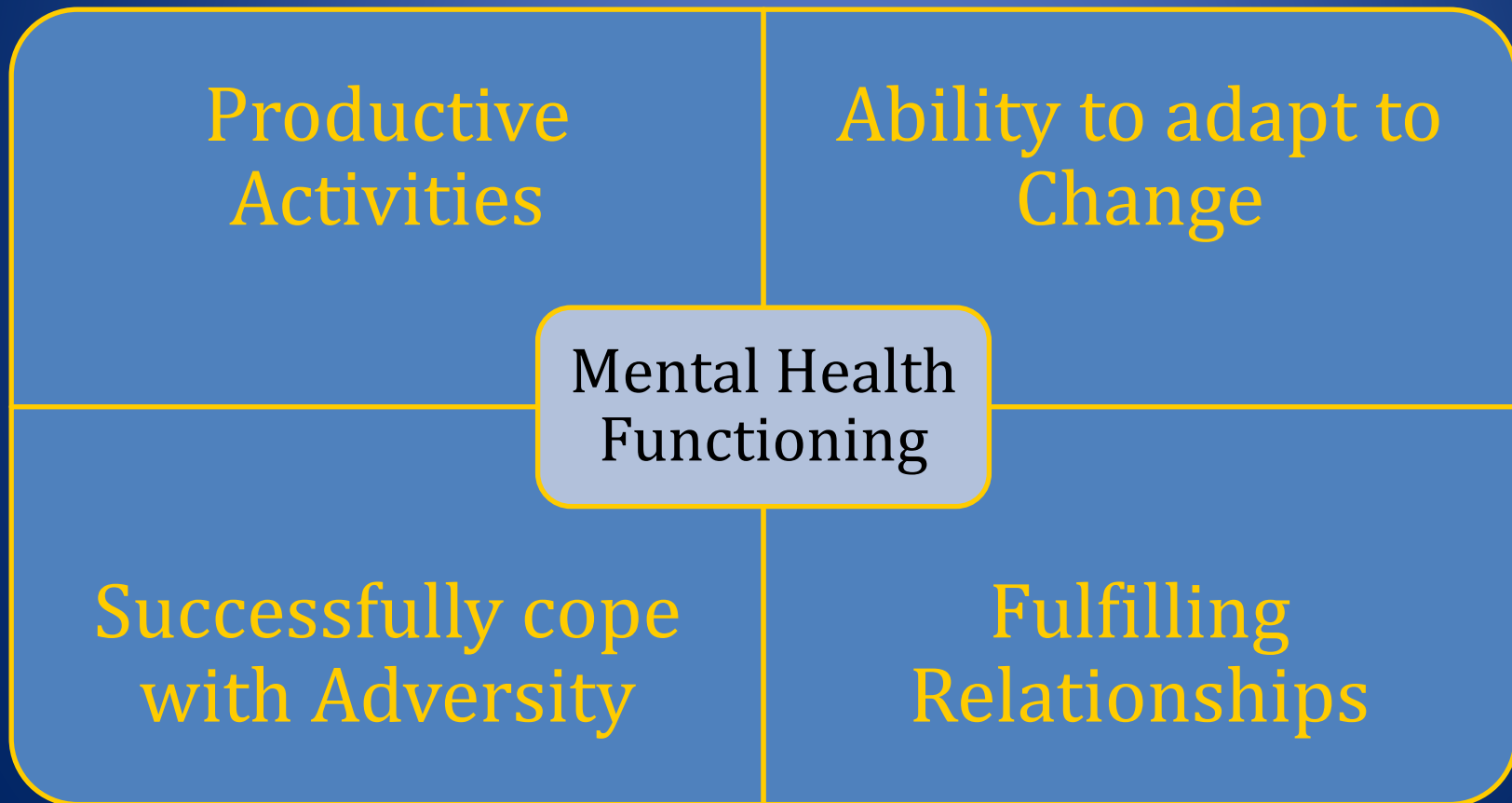


Mental Health

The successful performance of mental function, resulting in productive activities, fulfilling relationships with others, and the ability to adapt to change and to successfully cope with adversity.



MENTAL HEALTH MATRIX



KEY MESSAGES

- Mental health is fundamental to overall health and well-being.
- Mental disorders are real.



KEY MESSAGES

- Mental disorders are disabling.
- Mental disorders are as disabling as cancer or heart disease in terms of premature death and lost productivity. Life expectancy- 25 years less than population.



KEY MESSAGES

- Mental disorders are common (U.S.).
- 1 in 5 Americans has a diagnosable mental disorder each year.
 - 👤 44 million adults
 - 👤 13.7 million children



THE GOOD NEWS

Research has improved our ability to recognize, diagnose, and treat conditions effectively.

80-90% of mental disorders are treatable using medication and other therapies



THE BAD NEWS

- Of those with diagnosable mental disorder...
 - 👤 Fewer than half of adults get help
 - 👤 Only one-third of children get help



Stigma Deters Treatment

Individual

- keeps people who are experiencing a problem from acknowledging problem and seeking help

Family/Community/Societal

- keeps people from recommending help or acknowledging problem for family and friends

Policy Arena

- keeps government and private sector from addressing problems



3 Ways the Affordable Care Act is Increasing Access to Mental Health and Substance Use Disorder Services

- **ONE:** The Affordable Care Act will expand mental health and substance use disorder benefits and parity* protections for 62 million Americans.
- **TWO:** Most health plans must now cover preventive services like depression screening for adults and behavioral assessments for children at no cost.
- **THREE:** Starting in 2014, plans won't be able to deny coverage or charge more due to pre-existing health conditions, including mental illnesses.

**Parity means coverage for behavioral health services must be generally comparable to coverage for medical and surgical care.*



Physical Activity & Mental Health Health Impact



Studies show that physical activity reduces depression & elevates mood.

Studies show that physical activity improves mental acuity.

Mental Health:
A Report of the
Surgeon General

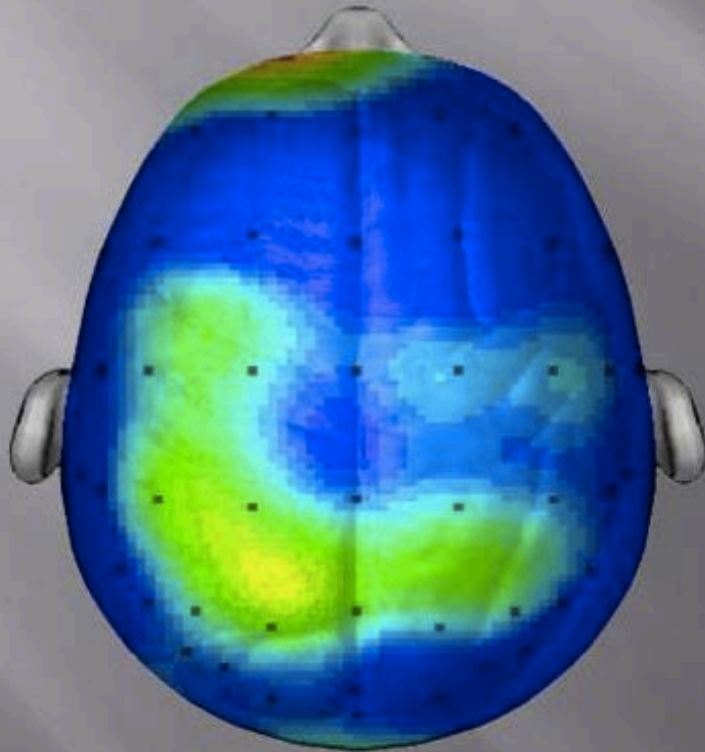


Studies show that physical activity improves sleeping.

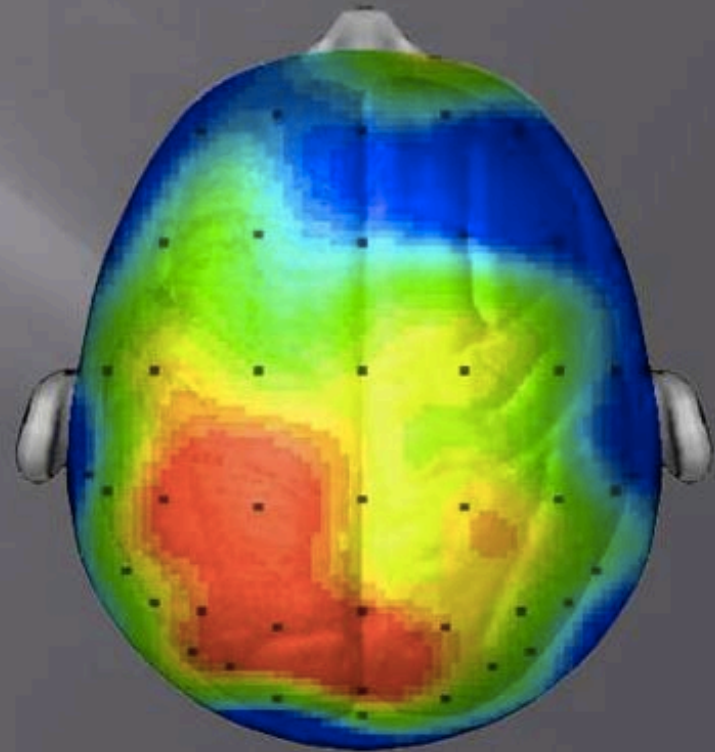
Studies show that physical activity reduces stress and anxiety.

Departm

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

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" In order to eliminate disparities in health, we need leaders who care enough, know enough, will do enough and are persistent enough."

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