



Alabama Department of Mental Health

***Helping People with Mental Illness
Be Successful in Community Housing***

Jessica Hales, M.S.

Director, Mental Illness Community Programs

Cynthia Bisbee, Ph.D.

Housing Consultant

The ADMH Mission:
Serve • Empower • Support

The ADMH Vision:
Promoting the health and well-being of
Alabamians with mental illness,
developmental disabilities and substance
use disorders

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Session Objectives

1. Understand some of the causes, symptoms, behavior, and treatment for mental illnesses
2. Learn some techniques for interacting with a person experiencing a mental health crisis
3. Become aware of resources in the community that are available for assistance in working with people with mental illness.

Understanding Mental Illness

Mental Illness Facts - Adults

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

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Mental Illness Facts - Adults

Consequences



10.2m

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.¹



26%

Approximately 26% of **homeless** adults staying in shelters live with serious mental illness.¹



24%

Approximately 24% of **state prisoners** have "a recent history of a mental health condition".²

Impact



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



-\$193b

Serious mental illness costs America \$193.2 billion in lost earning every year.³



90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³

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Mental Illness Facts – Children & Teens

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹



10 yrs

The average delay between onset of symptoms and intervention is 8-10 years.¹

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide



3rd

Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

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Facts about Mental Illness

- Mental disorders are biologically based brain disorders
- Mental disorders fall along a continuum of severity
- Mental disorders are the leading cause of disability
- Mental illnesses strike individuals in the prime of their lives
- Without treatment the consequences of mental illness for the individual and society are staggering
- The best treatments for serious mental illnesses today are highly effective
- Early identification and treatment is of vital importance
- Stigma erodes confidence that mental disorders are real, treatable health conditions

What is **SERIOUS** Mental Illness?

- ❖ Serious Mental Illness is a disease
- ❖ It can create disturbances in how someone thinks, feels, and behaves
- ❖ Results in a loss or reduction in functioning
- ❖ Includes the following disorders:
 - Major depression,
 - Bipolar disorder,
 - Schizophrenia,
 - Severe anxiety disorders

Causes of Mental Illness

Popular theories as to what causes mental illness suggest that there are multiple contributing factors:

- ❖ Environmental stresses and trauma
- ❖ Genetic factors
- ❖ Biochemical imbalances in the brain

Symptoms of Mental Illness

❖ Mood/emotional

- Fear, anxiety, panic
- Depression
- Mania

❖ Cognitive

(perception/thought)

- Hallucinations
- Disorganized thoughts
- Difficulty thinking
- Concentration problems
- Slowed or speeded up thoughts
- Delusions

❖ Behavioral

- Behavior change
- Bizarre/unusual behavior
- Aggression/violence
- Suicidal/self-harm behavior
- Withdrawal
- Behavior excesses
- High risk behavior

Warning Signs & Symptoms

- ❖ Prolonged depression (sadness or irritability)
- ❖ Feelings of extreme highs and lows
- ❖ Excessive fears worry and anxieties
- ❖ Social withdrawal
- ❖ Dramatic changes in eating or sleeping habits
- ❖ Numerous unexplained physical ailments
- ❖ Substance use
- ❖ Strong feelings of anger
- ❖ Confused thinking
- ❖ Strange thoughts (delusions)
- ❖ Seeing or hearing things that aren't there (hallucinations)
- ❖ Growing inability to cope with daily problems and activities
- ❖ Suicidal thoughts

Treatment of Mental Illness

- ❖ Medications in most cases
- ❖ Consumer and family education
- ❖ Solution-based therapy
- ❖ Rehabilitative programs
- ❖ Co-occurring disorders treatment
- ❖ Case management

Barriers to Seeking Help

- Stigma
- Lack of support (family & friends)
- Cultural perceptions
- Financial resources
- Access to services limited
- Lack of Transportation
- Not properly diagnosed
- Lack of awareness of resources

SAMHSA:

(Substance Abuse and Mental Health Services Administration)

Prevention Works

Treatment Is Effective

People Can and Do Recover

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Recovery:

Rebuilding One's Life after a mental illness or substance use disorders

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SAMHSA:

Four Major Dimensions that Support Recovery:

- **Health**—overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being
- **Home**—having a stable and safe place to live
- **Purpose**—conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
- **Community**—having relationships and social networks that provide support, friendship, love, and hope

Providing Housing for People with Mental Illness

Issues in providing housing
Interacting with a person in crisis

Tenants with Mental Illness: 14 Guidelines Housing Providers Need to Know

<https://www.buildium.com/blog/accommodating-mentally-ill-tenants/>

- Mental illness affects 43.8 million Americans each year (National Alliance on Mental Illness)
- Most people manage mental illness well day-to-day
- Debilitating symptoms can occasionally prevent some people from performing necessary functions
- On rare occasions, a person can present a risk to self, other tenants, staff, or property
- The Landlord's Dilemma: Balancing Act
 - Obligation to protect other tenants
 - Rights of mentally ill under the Fair Housing Act

Tenants with Mental Illness: 14 Guidelines Housing Providers Need to Know

1. Cannot discriminate against tenants with mental illness with regard to housing access
2. Cannot ask a tenant about nature or severity of illness
3. Can't evict tenant for having a mental illness
4. Tenants with mental illness still need to adhere to terms of their lease to best of their ability
5. Eviction may be blocked by court until tenant can access medical or support services

Tenants with Mental Illness: 14 Guidelines Housing Providers Need to Know

6. Landlord/property manager should be prepared to offer reasonable accommodations
 - Relaxing standards for employment history
 - Assisting with filling out rental application
 - Allowing tenant to transfer to quieter unit
 - Enabling use of separate entrance to limit interactions with other tenants
7. Reasonable accommodations should be practical and feasible and not impose undue burden

Tenants with Mental Illness: 14 Guidelines Housing Providers Need to Know

8. Tenant needs to request accommodation for it to be granted
9. Housing provider can request documentation to verify disability
10. Waive no-pets policy for service or emotional support animals
11. You are not obligated to allow threats to safety of residents or staff

Tenants with Mental Illness: 14 Guidelines Housing Providers Need to Know

- 12. Be prepared to present evidence of direct threat in court
- 13. Landlords aren't required to allow illegal drug use
- 14. While landlords are not expected to be social workers, a timely referral to services in lieu of eviction could be a lifesaver.

<https://www.buildium.com/blog/accommodating-mentally-ill-tenants/>

Communicating with Persons Who Have Mental Illness

❖ Use Person-first language

- Person with mental illness
- Person with depression
- Person who receives mental health services

❖ Language no-no's

- Derogatory words such as crazy, psycho, schizo
- A schizophrenic
- The mentally ill

Working with Persons in Mental Illness Crisis

DO NOT

- Lose your composure
- Get excited
- Act in anger
- Challenge the person
- Argue
- Threaten
- Deceive the person

DO NOT

- Agree or disagree with delusions
- Ridicule
- Tease or joke
- Whisper to others
- Touch

*Copyright Henry Stough

Working with Persons in Mental Illness Crisis

DO

- Remain calm
- Take your time
- Be respectful
- Be supportive
- Express desire to help
- Continually assess the situation
- Ask others causing agitation to leave area

DO

- Be supportive
- One person communicate with the person
- Focus on situation/behavior not the person
- Give clear directions

*Copyright Henry Stough

Welcoming People with Mental Illness

- Be flexible to accommodate disorganization
- Be patient in communicating
- Remember they are people first and the illness is something they have

Resources

- ❖ Mental health treatment & support
 - ❖ Housing opportunities

Alabama's System of Care

Target Populations

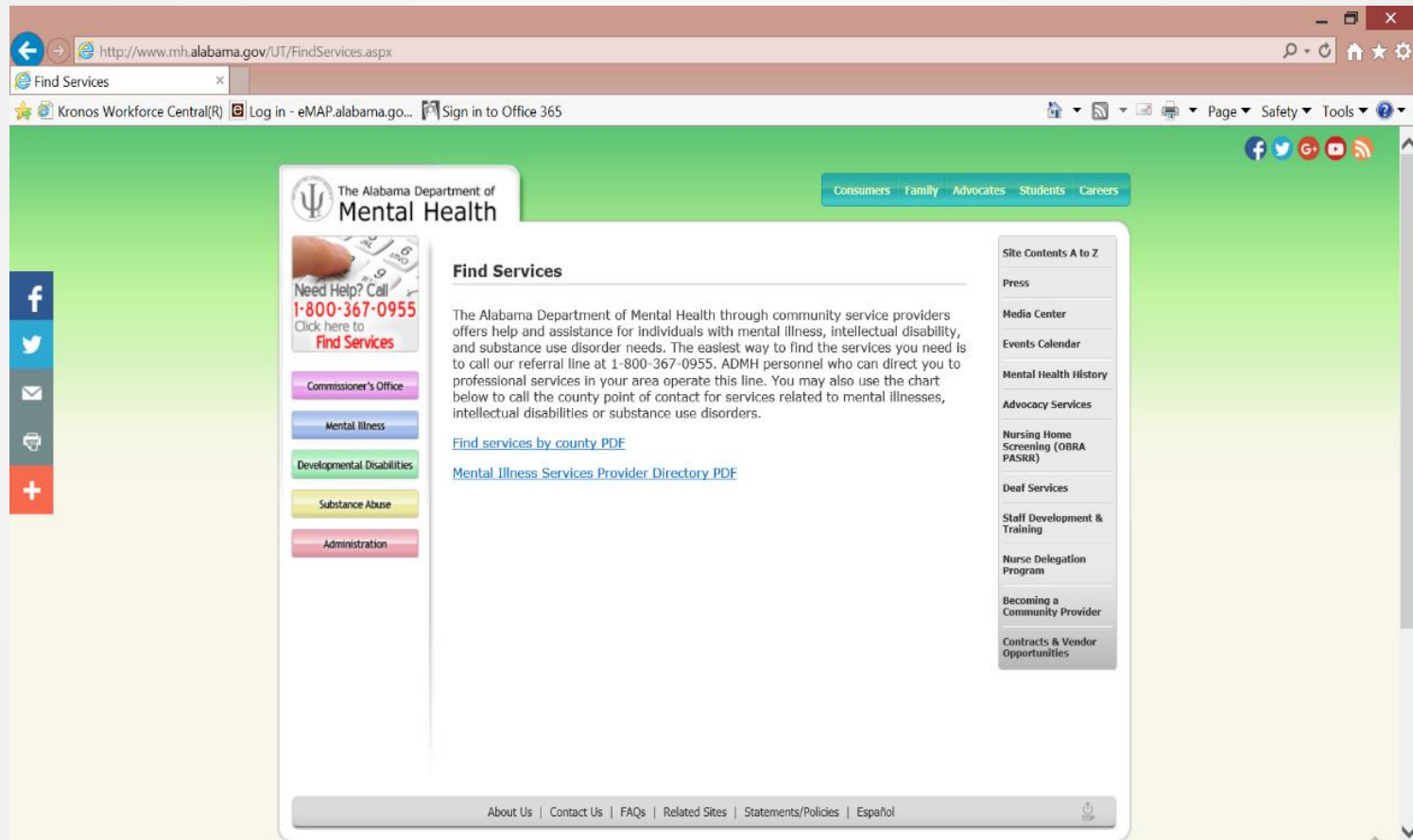
- Seriously Mentally Ill (SMI)
- Severely Emotionally Disturbed (SED)

Service System

- Community based care
- Inpatient based care



ADMH Website: www.mh.alabama.gov



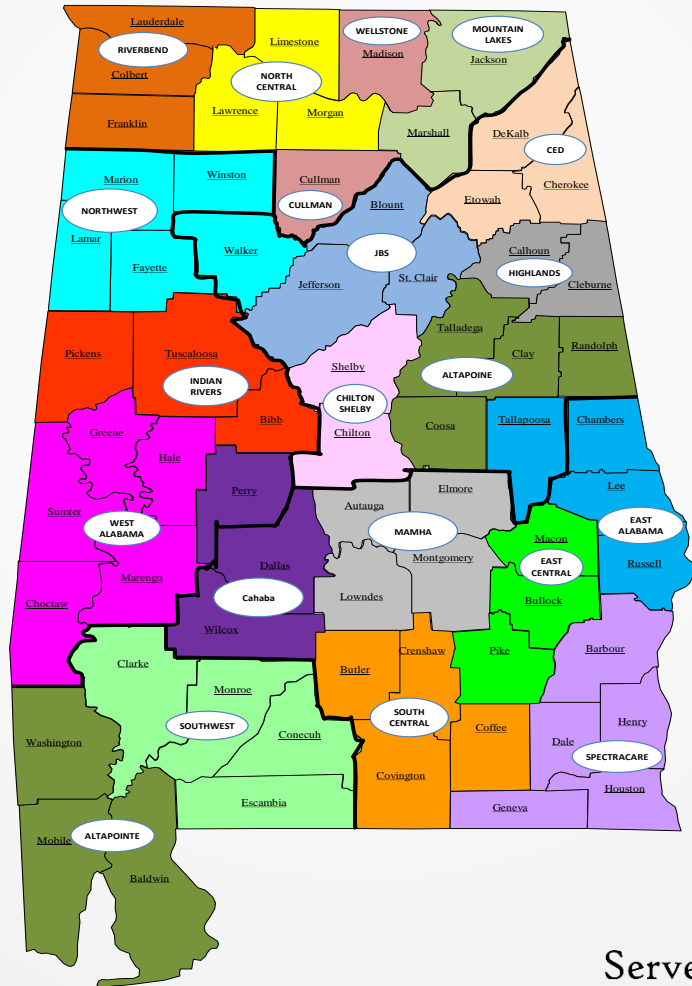
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How to Find Help

- ❖ Reach out to your health insurance, primary care doctor or pediatrician
- ❖ Work with other service providers and schools
- ❖ Call state/country mental health authority for more resources.
- ❖ Connect with others for support : Contact the [NAMI HelpLine](#) to find out what services and supports are available in your community.
- ❖ If you or someone you know needs help now, you should immediately call the National Suicide Prevention Lifeline at 1-800-273-8255 or call 911.

Accessing Care in Alabama Community Mental Health Centers



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Community Mental Health Center Service Requirements

Every CMHC must provide the following services:

- **Emergency Services** (*crisis & after hours*)
- **Outpatient Services** (*includes Case Management*)
- **Consultation and Education Services**, and
- **Partial Hospitalization/Intensive Day Treatment/Rehabilitative Day Program**
- **Residential Services** (*directly or through contract with other certified providers*)

Specialty Services such as ACT and In-Home are elective

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Points of Contact



THERE IS HOPE!

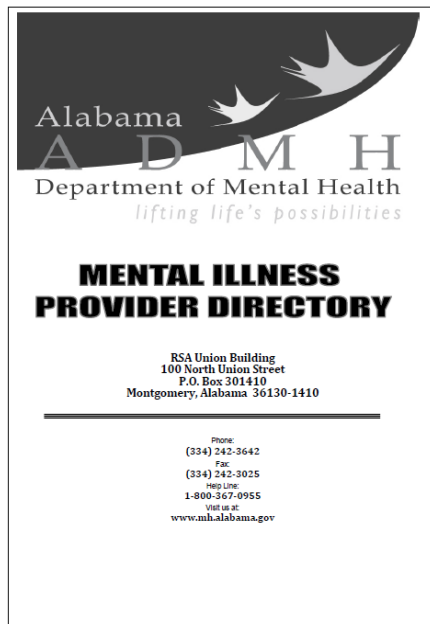
*Through community service providers,
the Alabama Department
of Mental Health
offers help and assistance*

POINTS OF CONTACT			
COUNTY	MENTAL ILLNESS SERVICES	INTELLECTUAL DISABILITY SERVICES	SUBSTANCE USE DISORDER SERVICES
AUTAUGA	334-365-2207	334-285-2608	334-365-2207
BALDWIN	251-928-2871	251-947-5608	251-928-2871
BARBOUR	334-687-2323	334-687-9889	334-673-2143
BIBB	205-926-4681	205-333-1577	205-926-4681
BLOUNT	205-595-4555	205-625-3201	205-595-4555
BULLOCK	334-738-5279	334-738-5279	334-738-5279
BUTLER	1-877-530-0002	1-877-530-0002	1-877-530-0002
CALHOUN	256-236-3403	256-236-3403	256-236-3403
CHAMBERS	1-800-815-0630	1-800-815-0630	1-800-815-0630
CHEROKEE	256-927-3601	256-547-4407	256-927-3601
CHILTON	205-755-5933	205-668-1327	205-755-5985
CHOCTAW	1-800-239-2901	1-800-239-2901	1-800-239-2901
CLARKE	251-275-4165	251-947-5608	251-275-4165
CLAY	256-396-2150	256-396-2150	256-396-2150
CLEBURNE	256-463-2969	256-463-2969	256-463-2969
COFFEE	1-877-530-0002	1-877-530-0002	1-877-530-0002
COLBERT	256-764-3431	256-768-0901	256-764-3431

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MI Provider Directory



*State-Funded providers are shaded in gray

5/3/2016

AIDS ALABAMA
Executive Director: Elaine Cottle, LCSW
3521 7th Avenue South
Birmingham, AL 35222
Telephone: (205) 324-9822
Fax: (205) 324-6311
www.aidsalabama.org
Services Offered:
Specialized Behavioral Residential Care
Rehabilitative Day
(FOR HIV+ ADULTS ONLY)

ALABAMA CLINICAL SCHOOLS
Executive Director: Jennifer Snyder
1221 Alton Drive
Birmingham, AL 35210
Telephone: (205) 636-5923
Fax: (205) 636-5483
www.alabamainitalschools.com
Services Offered:
Specialized Residential Treatment
(Nurses only, ages 9 - 18)

DMH certifies only the residential component of services provided at Alabama Clinical Schools

***ALTAPOINTE HEALTH SYSTEMS (GREATER MOBILE MENTAL HEALTH CENTER)**

Executive Director: J. Tuark Schiesinger
5750-A Southland Drive
Mobile, Alabama 36683
Telephone: (251) 473-4423
Toll Free: 888-335-3044
Fax: (251) 450-2213
www.altapointe.org
Main Office

COUNTIES SERVED: Mobile, Baldwin & Washington

Services Offered:
Adult Case Management
Adult Crisis Stabilization Unit
Adult In-Home Intervention
Adult Intensive Day Treatment
Adult Outpatient
Assertive Community Treatment
Child & Adolescent Case Management
Child & Adolescent Day Treatment
Child & Adolescent In-Home Intervention
Child & Adolescent Outpatient
Consultation and Education
Emergency Services
Forensic Case Management
Geriatric Adult Outpatient
Geriatric Adult Case Management
Inpatient Drug Program
Partial Hospitalization Program
Rehabilitative Day Program
Residential Services

Satellite Offices:
Washington County: (251) 947-2301
Baldwin County: (251) 450-2211

***BIBB/PICKENS/TUSCALOOSA MENTAL HEALTH CTR. (INDIAN RIVERS MHC)**

Executive Director: J. Randall Phillips
2209 9th Street
Tuscaloosa, Alabama 35601
Telephone: (205) 391-2131
Toll Free: 800-264-1960
Fax: (205) 391-1853
www.tmrhc.org
Main Office

COUNTIES SERVED: Bibb, Pickens, Tuscaloosa

Services Offered:
Adult Case Management
Adult In-Home Intervention
Adult Outpatient
Assertive Community Treatment
Child/Adolescent Case Management
Child/Adolescent Day Treatment
Child/Adolescent In-Home Intervention
Child/Adolescent Outpatient
Consultation and Education
Crisis Stabilization Unit
Crisis - Outpatient Commitments
Emergency Services
Inpatient Drug Program
Rehabilitative Day Program
Residential Services

SATELLITE OFFICES:
Bibb County: (205) 326-4481
Pickens County: (205) 367-4159



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- Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders in your community.
- Like CPR MHFA training helps a person assist someone experiencing a mental health crisis.
- MHFA is designed for everyone in the community. Ex: Hospitals, civic clubs, churches, professional associations.
- 8 hour course (can be customized)
- Participants receive certification for three years
- ADMH is currently providing one free training per organization/group.



Resources – Learn More & Get Connected

Alabama Department of Mental Health:

www.mh.alabama.gov

Helpline (24 hours): 800-307-1760

For MI Services: 800-367-0955

Mental Health America (MHA):

<http://www.mentalhealthamerica.net>

24 Hour Crisis Line: 800-273-TALK (8255) or text MHA to 741741

Locate a local affiliate

National Alliance on Mental Illness (NAMI):

<https://www.nami.org>

Main Phone: 703-524-7600

Helpline: 800-950-6264

Locate a local chapter

National Institute of Mental Health (NIMH)

Information Resources and Inquiries Branch

<http://www.nimh.gov>

Phone 866-615-6464

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov>

Phone 877-SAMHSA-7 (877-726-4727)

Disaster Distress Helpline (24 hours): 800-985-5990 or text “TalkWithUs” to 66746

National Suicide Prevention Hotline (24 hours): 800-273-8255

National Helpline: 800-662-HELP (4357)

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Questions & Answers

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For more information contact:

Jessica Hales, MS

**Alabama Department of Mental Health
Mental Health/Substance Abuse Division**

334-242-3229

jessica.hales@mh.alabama.gov

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Thank you!