

# Mental Health & Wellness in Kentucky

Lee Look, PhD  
MHAKY Board Member

# A brief history of MHAKY....

- Established in 1951 as a 501(c)3
- Advocates who set up the conditions for the first Department of Mental Health in the USA to be established
- Proponents of Trauma-Informed Care
- Education: Mental Health Month, Mental Health First Aid, QPR, Self-Care, Boundary Setting, Grief, The Bell Podcast, & more
- Research: Reviewing latest research & getting the latest information to patients & families in the commonwealth
- Advocacy in 2024: Fund988KY, against many other bills

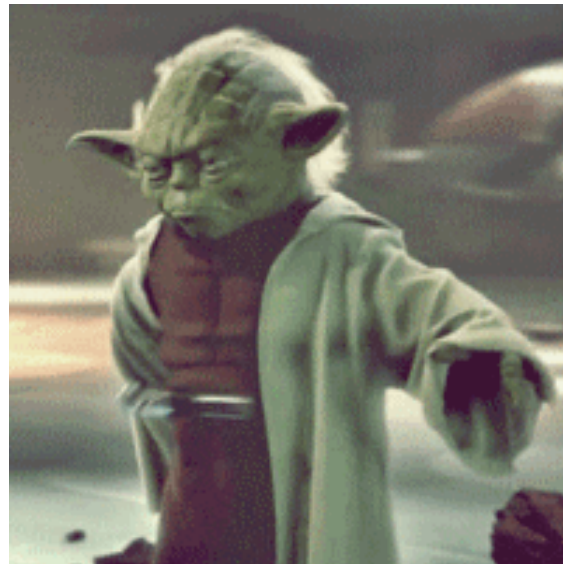


Why the bell?

<https://mhaky.org/the-mental-health-bell/>

# Some starting facts....

- **Everyone** has a brain!
- There's **no** health without mental health.
- **3 in 5** people in the United States have a mental health issue.
- It takes an average of **10 years** before an adult receives treatment for a mental illness.
- Half of Kentucky kids with severe mental health symptoms aren't in treatment.
- **YOU can be the changing force!**





**1 in 20 U.S. adults** experience serious mental illness each year.

In Kentucky, **189,000 adults** have a **serious mental illness**.



**7 in 10 youth** in the juvenile justice system have a mental health condition.

# May is Mental Health Month: 2024 Toolkit



- Negative News Coverage
- Things You Can Say When You're Not Fine
- What To Say When Someone Tells You They're Fine But They're Not
- Building Your Coping Toolbox
- Helpful vs. Harmful Ways to Manage Emotions

Toolkit Copies offered, printed and delivered to all takers at CMHCS and state psychiatric hospitals, as well as other entities. "Order" your copies here: <https://mhaky.org/programs/mental-health-month/>

# Mental Health Screenings

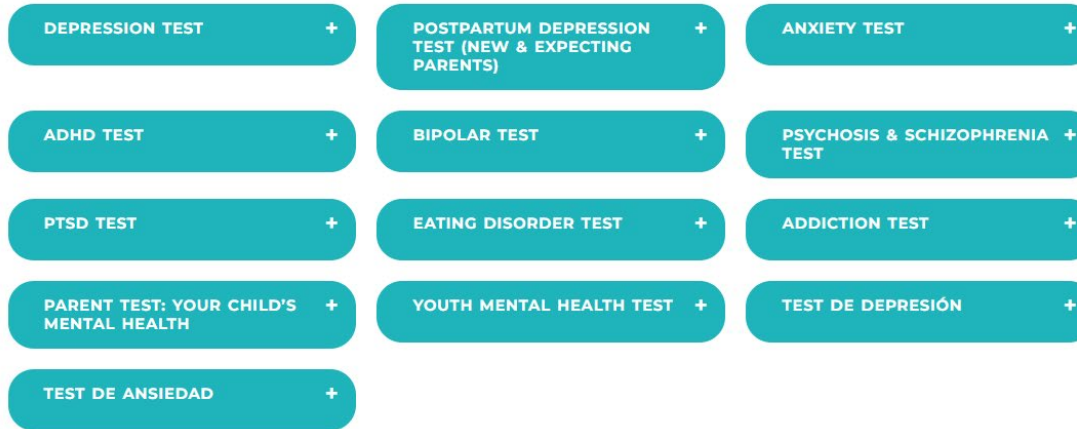


<https://mhaky.org/programs/mental-health-screenings/>

# Take a Mental Health Test

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

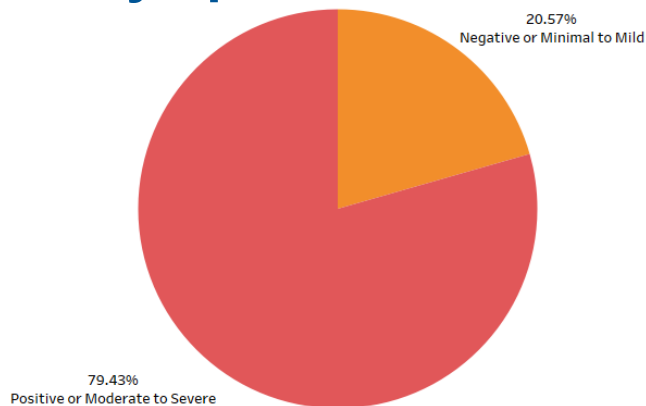


“Play Around” with the screenings, by putting “test” where it asks for a zip code!

**When people seek out a screening, they are more often positive with moderate to severe symptoms.**

Screen Result Severity

- Negative or Minimal to Mild
- Positive or Moderate to Severe

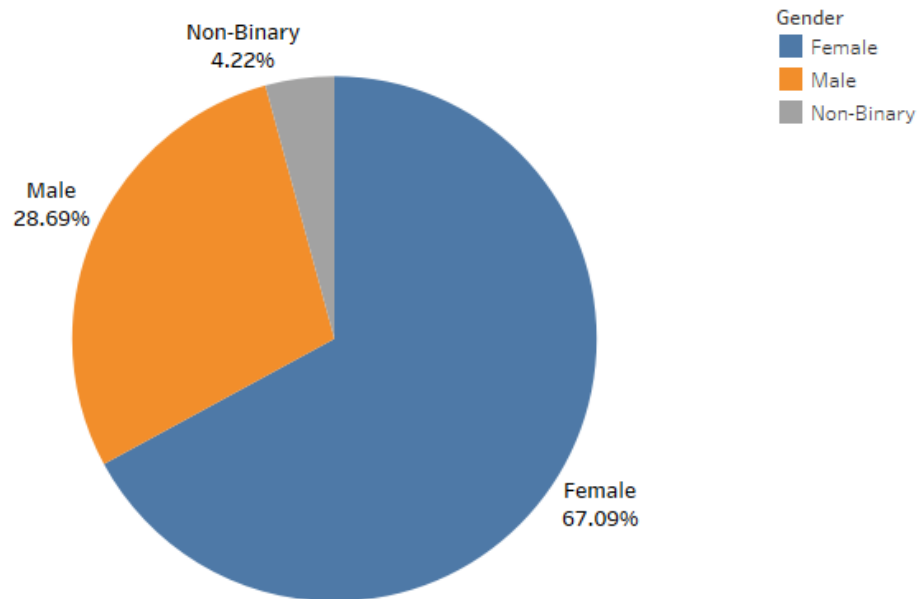


**#B4Stage4 is our commitment to PREVENTION and earlier intervention, which the screens help!**

Percentage and Screen Result Severity. Color shows details about Screen Result Severity. The marks are labeled by Percentage and Screen Result Severity. The data is filtered on Referrer (group) and Date Day. The Referrer (group) filter keeps Custom URL and Other. The Date Day filter ranges from January 1, 2019 to December 31, 2023. The view is filtered on Screen Result Severity, which excludes Low Risk for Eating Disorder and Null & TBD.



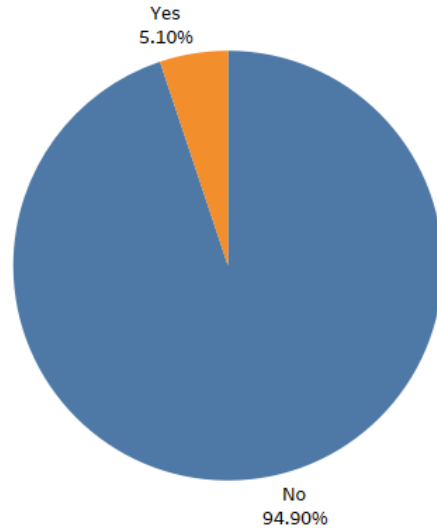
## Gender



Kentucky's population:  
97:100  
Men:Women

Gender and Percentage. Color shows details about Gender. The marks are labeled by Gender and Percentage. The data is filtered on Referrer (group), Date Day and Action (Age (group)). The Referrer (group) filter keeps Custom URL and Other. The Date Day filter ranges from January 1, 2019 to December 31, 2023. The Action (Age (group)) filter keeps 14 members. The view is filtered on Gender, which keeps Female, Male and Non-Binary.

Please check this box if you identify as transgender.



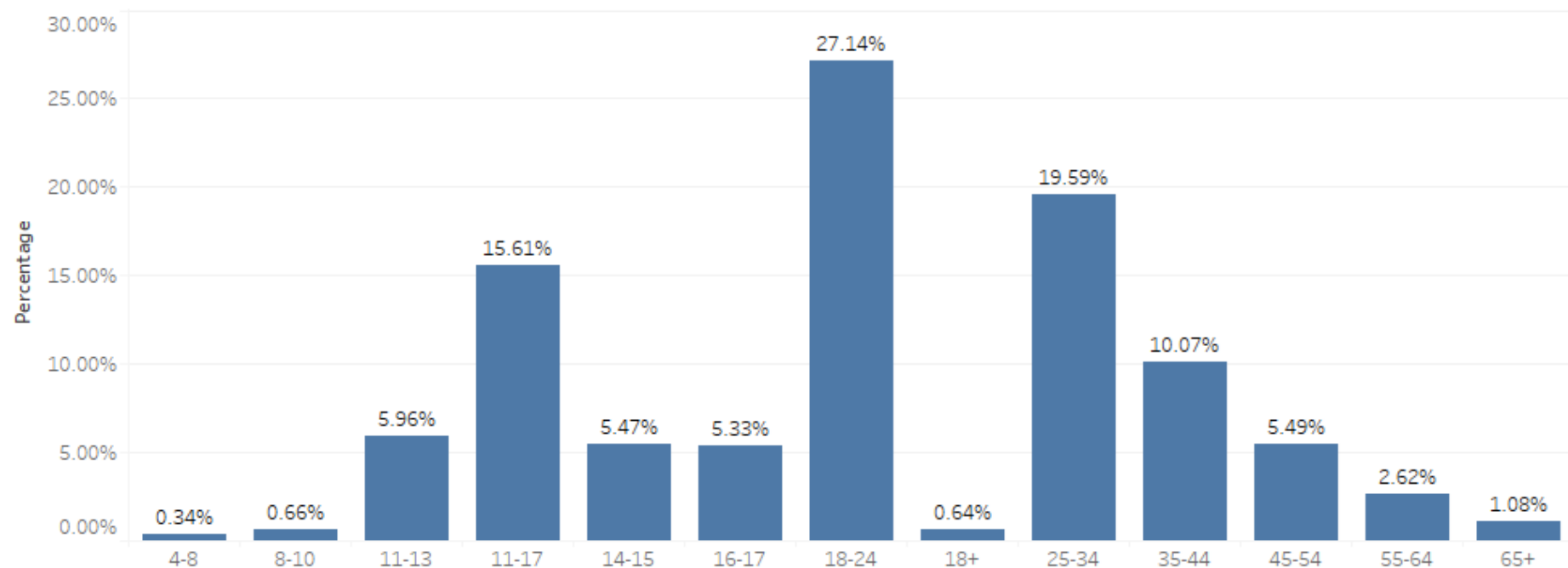
Please check this box if you identify as transgender.

No  
Yes

Less than 1% of  
Kentuckians identify as  
transgender.

Please check this box if you identify as transgender. and Percentage. Color shows details about Please check this box if you identify as transgender.. The marks are labeled by Please check this box if you identify as transgender. and Percentage. The data is filtered on Referrer (group) and Date Day. The Referrer (group) filter keeps Custom URL and Other. The Date Day filter ranges from January 1, 2019 to December 31, 2023. The view is filtered on Please check this box if you identify as transgender., which keeps No and Yes.

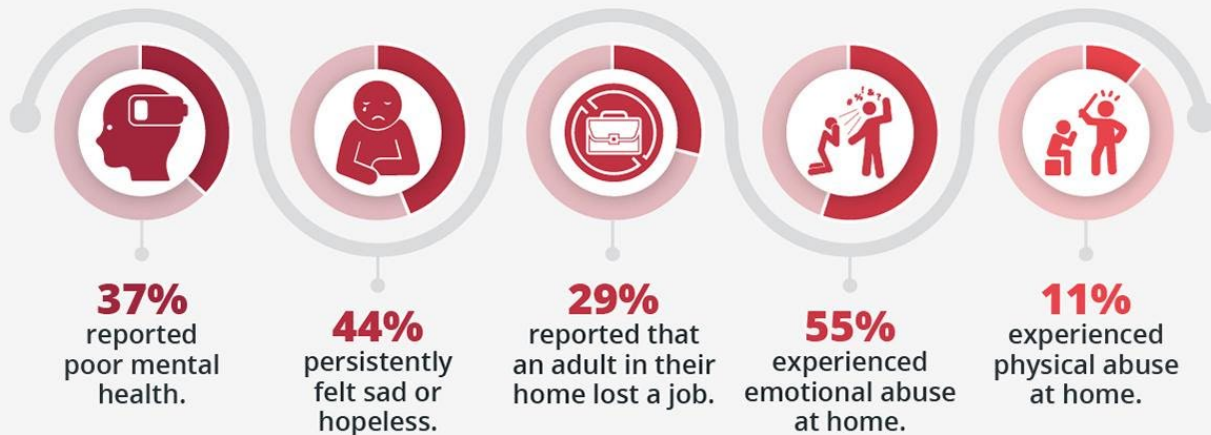
## Age



Percentage for each Age (group). The marks are labeled by Percentage. The data is filtered on Referrer (group), Date Day and Action (Gender). The Referrer (group) filter keeps Custom URL and Other. The Date Day filter ranges from January 1, 2019 to December 31, 2023. The Action (Gender) filter keeps 4 members. The view is filtered on Age (group), which excludes Null.

# YOUTH MENTAL HEALTH WORSENERD DURING THE COVID-19 PANDEMIC

The CDC found that pandemic pressures exacerbated existing mental health issues experienced by youth in the U.S. Among high school students in 2021:



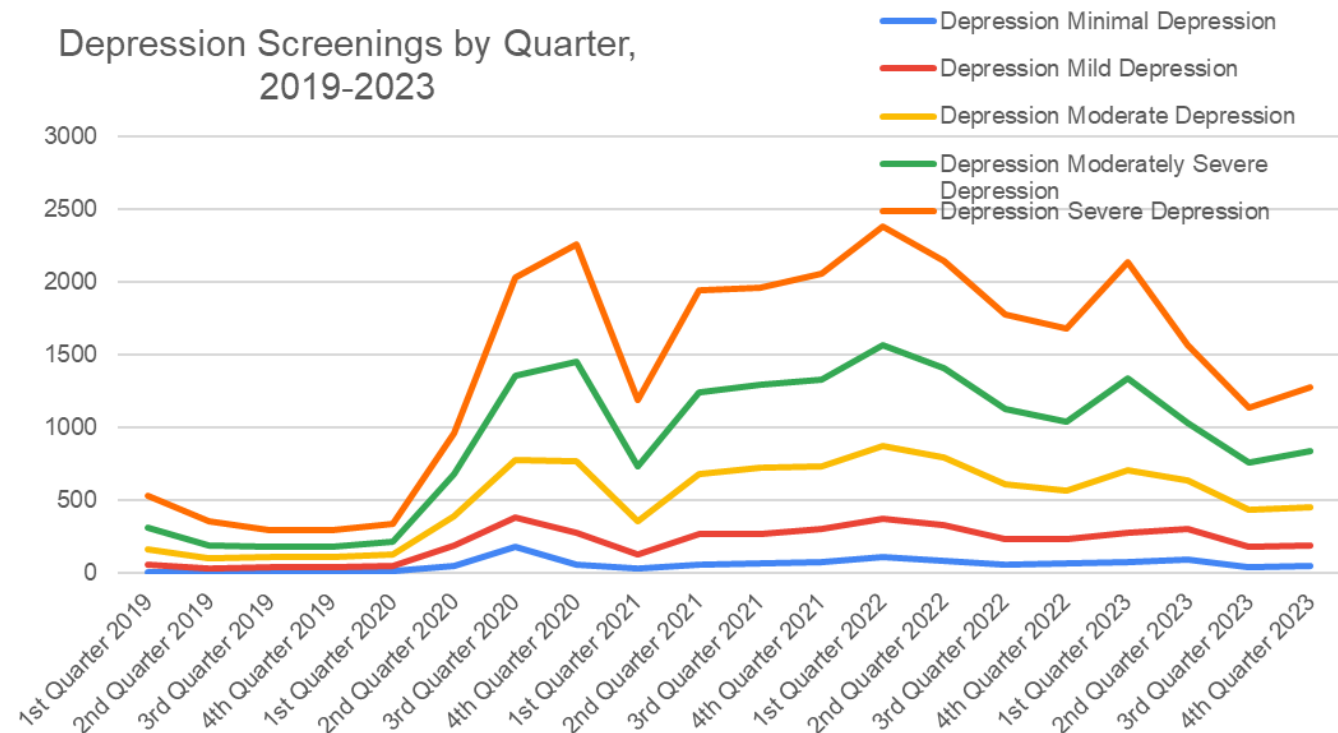
Source: Centers for Disease Control and Prevention



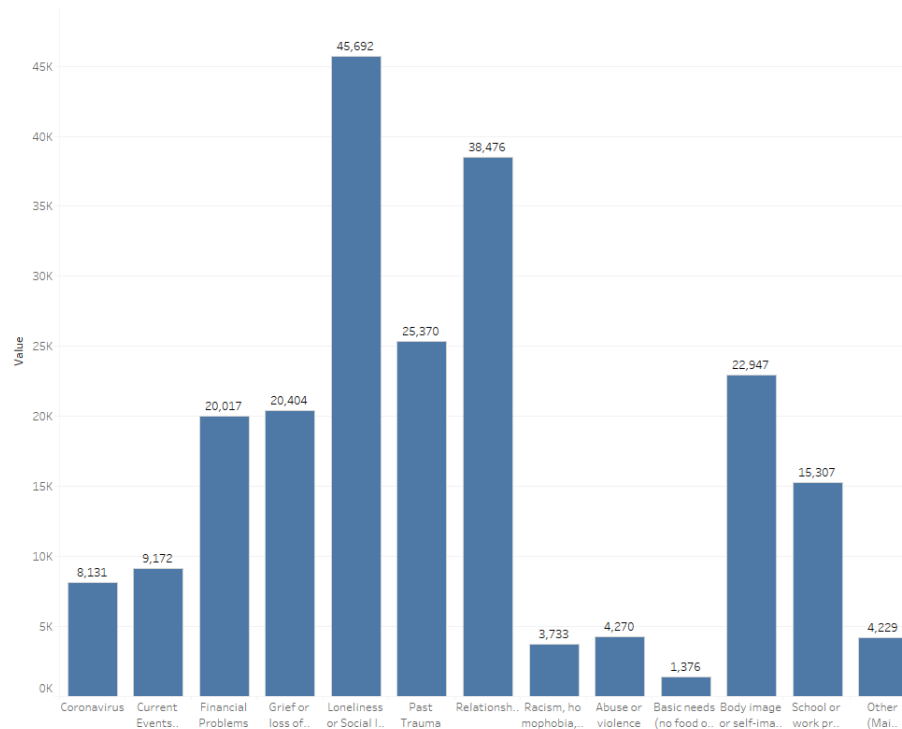
“...the challenges today’s generation of young people face are unprecedented and uniquely hard to navigate. And the effect these challenges have had on their mental health is devastating.”

-Surgeon General Vivek Murthy, Dec. 2021

## Depression Screenings by Quarter, 2019-2023



Think about your mental health test. What are the main things contributing to your mental health problems right now? Choose up to 3.



Coronavirus, Current Events (news, politics, etc.), Financial Problems, Grief or loss of someone or something, Loneliness or Social Isolation, Past Trauma, Relationship Problems (friends, family, or significant other), Racism, homophobia, transphobia, or discrimination, Abuse or violence, Basic needs (no food or housing), Body image or self-image, School or work problems and Other (Main Concerns). The marks are labeled by Coronavirus, Current Events (news, politics, etc.), Financial Problems, Grief or loss of someone or something, Loneliness or Social Isolation, Past Trauma, Relationship Problems (friends, family, or significant other), Racism, homophobia, transphobia, or discrimination, Abuse or violence, Basic needs (no food or housing), Body image or self-image, School or work problems and Other (Main Concerns). Details are shown for Coronavirus, Current Events (news, politics, etc.), Financial Problems, Grief or loss of someone or something, Loneliness or Social Isolation, Past Trauma, Relationship Problems (friends, family, or significant other), Racism, homophobia, transphobia, or discrimination, Abuse or violence, Basic needs (no food or housing), Body image or self-image, School or work problems and Other (Main Concerns). The data is filtered on Referrer (group) and Date Day. The Referrer (group) filter keeps Custom URL and Other. The Date Day filter ranges from January 1, 2019 to December 31, 2023.







# “Radical Self-Care”

- Set Boundaries
- Check on each other
- Have a “YOU” day
- Respect your feelings
- Meet Your Own Basic Needs

Adapted from: <https://www.oberlin.edu/mrc/antiracism-toolbox/radical-self-care>



<https://www.etsy.com/listing/571697614/self-care-is-radical>

# What's your Self-Love Language

Blessing Manifesting

## Physical Touch

Things that make your body feel good and focus on your physical well-being.

Massages  
Soft Blankets  
Body Movement  
Spa Days  
Skin Care  
Long Showers

## Acts of Service

Doing things for yourself that make you feel good or make life easier.

Therapy  
Cleaning  
Delegating  
Organizing  
Scheduling  
Planners

## Receiving Gifts

Treating yourself to gifts that make you happy.

Craft Supplies  
Going Out  
Make Up  
Clothes  
Little Gifts  
Investing in yourself

## Quality Time

Spending time alone, hobbies, and doing things you love.

Meditation      Reading  
Relaxing      Dates  
Time on hobbies and creativity

## Words of Affirmation

Giving yourself pep talks and encouraging yourself.

Positive self-talk  
Daily Affirmations  
Journaling  
Self-Improvement



blessingmanifesting • Follow



I re-did this image for the Self-Love Languages. Check the [#linkinbio](#) for the full post! I was inspired by The 5 Love Languages, a book by Gary Chapman to think about how those love languages can translate to how we also show love for ourselves. [#SelfCare](#) is different for anyone so it's important to discover the things that resonate the most with yourself.

So how do you show love to yourself?  
What things make you feel good?

[#selflove](#) [#lovelanguage](#)  
[#selflovelanguage](#) [#loveyourself](#)  
[#selflovetools](#) [#selflovememe](#)  
[#selfloveinfo](#) [#selfcarethreads](#)



Liked by namibucks and others

FEBRUARY 6, 2020

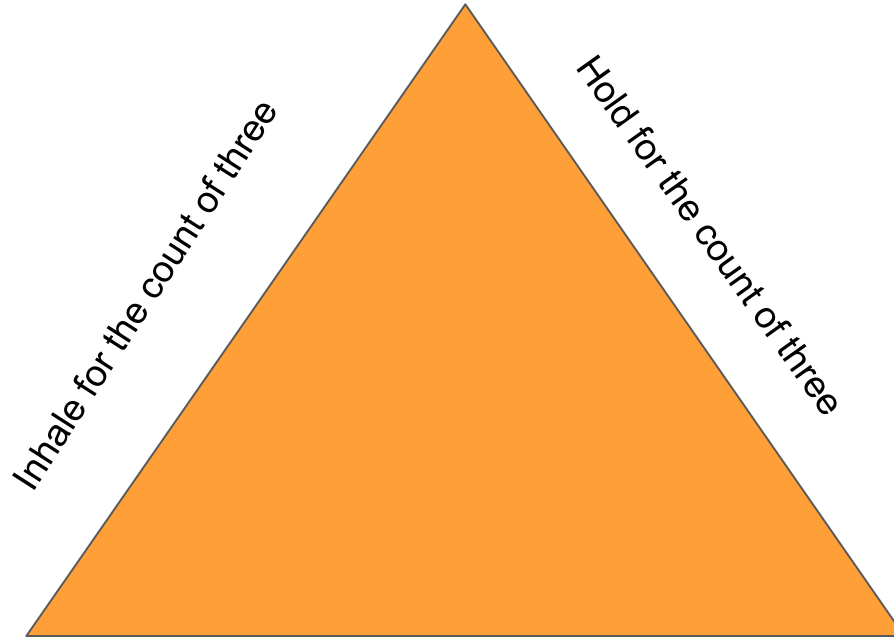


Add a comment...

Post



# Triangle Breathing



Exhale for the count of three



# Stress Management in the Workplace

1. Set clear goals for your team and be realistic.
2. Be open about your own struggles, but listen more than you share.
3. Encourage mindfulness and breathing exercises.
4. Offer a flexible work environment.
5. Employee recognition.
6. Regular breaks, including movement breaks when possible and applicable.
7. Know where to go for help - EAP, insurance plan, trusted resources.

Zoom meeting,  
audio only



Zoom meeting  
with video



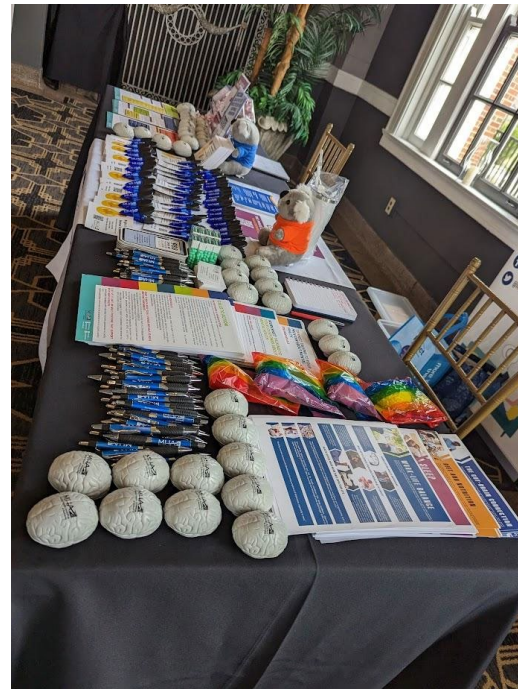


# 7 Tips for Managers Addressing Employee Burnout

1. Check-in regularly.
2. Ask appropriate open-ended questions.
3. Actively listen.
4. Recognize their feelings
5. Offer support.
6. Be aware of your own stress, feelings, or thoughts that might be a barrier to being supportive.
7. Understand that mental illnesses are just like physical health problems.



# Public Education, Including Toolkits Shared



Want us at your event?  
Email: [mhaky@mhaky.org](mailto:mhaky@mhaky.org)



# We're Where You Need Us!



## Mental Health First Aid: Adult, Youth & Rural



# Mental Health FIRST AID

*from* NATIONAL COUNCIL FOR  
MENTAL WELLBEING

MHFA Virtual Adult Course June 21st (Limited FREE seats available to KY residents starting 6/14, thanks to KY DBHDID)

<https://mhaky.org/event/virtual-adult-mental-health-first-aid-17/>

MHFA Virtual Youth Course June 25th (Limited FREE seats available to KY residents starting 6/14, thanks to KY DBHDID)

<https://mhaky.org/event/virtual-youth-mental-health-first-aid-5/>

MHFA Virtual Adult Course July 18th (\$75)

<https://mhaky.org/event/virtual-adult-mental-health-first-aid-13/>

MHFA Virtual Adult Course September 6th (\$75)



# May Mental Health Month: 2024 Toolkit



- Negative News Coverage
- Things You Can Say When You're Not Fine
- What To Say When Someone Tells You They're Fine But They're Not
- Building Your Coping Toolbox
- Helpful vs. Harmful Ways to Manage Emotions

Toolkit Copies offered, printed and delivered to all takers at CMHCS and state psychiatric hospitals, as well as other entities. "Order" your copies here: <https://mhaky.org/programs/mental-health-month/>

# July: BIPOC Mental Health Month 2023 Toolkit (2024 Toolkit coming soon!)

**IF TRAUMA AND DISPLACEMENT  
HAVE BEEN ILLNESSES, THEN  
CONNECTION IS OUR MEDICINE.**



**MHA**  
Mental Health America

DOWNLOAD THE BIPOC MENTAL HEALTH  
2023 TOOLKIT: [MHANATIONAL.ORG/JULY](https://mhanational.org/july)

- Community Displacement And Its Influence On Mental Health
- Connecting With Your Community
- Improving The Mental Health Of BIPOC Communities
- Advocating For Better Community Spaces
- Creating A Community Safety And Connection Plan

Get Your Copies Here:

<https://mhaky.org/programs/bipoc-mental-health-month/>

**MHA**  
Mental Health America  
of Kentucky

# Check Out Our Podcast



<https://mhaky.org/programs/the-bell-podcast/>



# Webinars & Virtual Events:

**WEBINAR**

## TRAUMA-INFORMED CARE TRAINING

 **DATE**  
Friday  
June 21, 2024

 **TIME**  
12:00 PM EST

**Learning Objectives:**

- Understand an overview of trauma, traumatic stress and prevalence
- Recognize the impact of trauma exposure on brain and body development and functioning
- Learn the impact of exposure to early childhood trauma across the lifespan
- Realize the toll of trauma exposure on professional providers and learn strategies to attenuate negative impact
- Be able to utilize Trauma-Informed Care approaches in prevention and intervention responses
- Appreciate the importance of resilience and identify activities to build resilience



Marcie Timmerman, MHA  
**PRESENTER**



Hannah Brosnan, M.Ed.  
**PRESENTER**

 **MHA**  
Mental Health America  
of Kentucky

 **TEAM KENTUCKY**  
CABINET FOR HEALTH  
AND FAMILY SERVICES

# 2024 System of Care Academy



## AGENDA

More details & register here  
<https://www.eventbrite.com/e/2024-system-of-care-academy-tickets-823934218427>



7

**Supporting Children and Families: Trauma, Healing and Reconnection through the Court Process**

Judge Everett D. Mitchell



M 8

**Historical Trauma in Kentucky & Community-Level Healing**

Ingrid L. Cockhren, M.Ed.



A 17

**Building Capacity to Improve Prevention & Response to Human Trafficking in KY**

Marissa Castellanos, MSW



Y 29

**Selected Innovations in Response to the Crisis within KY's System of Care**

Beth M. Jordan, MS  
Vestena Robbins, PhD




30

**Rocking the Roles: Families Impacted by Substance Use and Recovery**

James Campbell, LPC, LAC, MAC, AADC





TEAM KENTUCKY  
CABINET FOR HEALTH AND FAMILY SERVICES



MHA  
Mental Health America of Kentucky



More details & register here  
<https://www.eventbrite.com/e/2024-system-of-care-academy-tickets-823934218427>



MAY 31

**Kentucky's Mobile Crisis Intervention Services System of Care**

Leigh Ann Hays, LCSW, MA  
Eric Eastman, LCSW, MA



J 3

**Mental Health Court: A Court of Dignity**

Judge Ginger Lerner-Wren



U 4

**Supporting Grieving Children with Non-Death Losses**

Leila Salisbury, MA  
Emily Johnson, LMFT




N 5

**Advocating Dignity: The Role of Weight Stigma in Trauma Informed Care**

Nancy Ellis-Ordway, PhD, LCSW



E 6

**Improving Treatment of Opioid Use Disorder for Youth**

Marc Fishman, MD





TEAM KENTUCKY  
CABINET FOR HEALTH AND FAMILY SERVICES



MHA  
Mental Health America of Kentucky

<https://mhaky.org/2024-system-of-care-academy/>

# Advocacy, Public Education & Suicide Prevention





# Suicide Prevention



September is  
Suicide Prevention  
Month!



Mental Health  
**FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING



## ADVOCACY FOR THRIVING COMMUNITIES

Join us for updates on state and federal policies that impact the health and wellbeing of Kentuckians. Speakers will discuss how to advocate for a stronger safety net through public assistance programs designed to support thriving communities.

### THIS SESSION WILL COVER:

- Important updates on the economy, Medicaid, KCHIP, SNAP, housing, transportation, child care, public health, behavioral health, and suicide prevention.
- New tools available to assist community members with meeting basic needs.
- Rules for nonpartisan voter registration and education.
- Tips on being a more effective advocate in your community.

### WHO SHOULD ATTEND?

Community leaders, public employees, nonprofit organizations, frontline service providers, outreach workers, educators, faith leaders, librarians, and others who serve their community.



VISIT HERE FOR  
MORE INFORMATION

[TINYURL.COM/THRIVINGCOMMUNITIES2023](https://tinyurl.com/thrivingcommunities2023)

CEUs will be provided for Certified Community Health Workers, Licensed Social Workers, and more!  
Email Kelly for details: [kelly@kyvoicesforhealth.org](mailto:kelly@kyvoicesforhealth.org)

## JOIN US

BEGINNING AT 10AM LOCAL TIME  
- LUNCH WILL BE PROVIDED -

APRIL 18  
BOWLING GREEN

MAY 23  
COVINGTON

JUNE 20  
OWENSBORO

JULY 18  
HAZARD

AUGUST 15  
MOREHEAD

SEPTEMBER 19  
LOUISVILLE

OCTOBER 17  
LEXINGTON

NOVEMBER 28  
PADUCAH



## 2023 RECORDINGS AVAILABLE ON YOUTUBE

### Early Intervention for First Episode Psychosis



**Wednesday,  
May 17th** Introduction to Psychosis: A Broad  
Overview With an Emphasis on Early  
Interventions



**Monday,  
May 22nd** Supported Employment/Supported  
Education for Young People



**Tuesday,  
May 23rd** An Overview of Clinical High Risk and  
First Episode Psychosis



**Wednesday,  
May 31st** Basics of Recovery-Oriented  
Cognitive Therapy (CT-R)



**Thursday,  
June 8th** Occupational Therapy in Behavioral  
Health Services with an Emphasis on  
Coordinated Specialty Care  
Programming



**Wednesday,  
June 14th** Best Practice, Structure & Efficiency  
for Weekly iHOPE Team Meetings



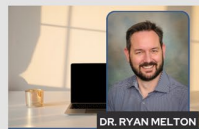
**Wednesday,  
June 21st** Differential Diagnosis Regarding  
Clinical High Risk and First Episode  
Psychosis



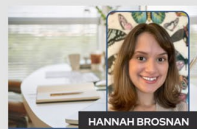
**Tuesday,  
June 27th** Utilizing the Cultural Formulation  
Interview with Early Interventions



## FIRST EPISODE PSYCHOSIS SUMMER WEBINAR SERIES



**DR. RYAN MELTON**  
**MARIJUANA AND PSYCHOSIS**  
Tuesday, June 11th  
2:00 - 4:00 PM EST



**HANNAH BROSINAN**  
**TRAUMA-INFORMED CARE**  
Friday, June 21st  
12:00 - 1:00 PM EST



**MICHAEL SIBLEY**  
**MANAGING RELIGIOUS DYNAMICS  
IN FIRST BREAK PSYCHOSIS**  
Thursday, June 13th  
10:00 - 11:30 AM EST



**DR. KRISTINA MEDERO**  
**STIGMA AND WORDS MATTER IN  
PSYCHOSIS**  
Friday, June 21st  
2:00 - 3:00 PM EST



**DR. MEGAN SAGE**  
**SUPPORTING LGBTQ YOUTH IN  
EARLY PSYCHOSIS INTERVENTION**  
Monday, June 17th  
3:00 - 5:00 PM EST



**DR. KRISTINA MEDERO**  
**MEDIA REPRESENTATION**  
Friday, June 21st  
3:15 - 4:15 PM EST



**MARCIE TIMMERMAN**  
**AUTISM & PSYCHOSIS WATCH PARTY**  
Monday, June 24th  
2:00 - 4:00 PM EST

# First Episode Psychosis Training Series

[https://www.youtube.com/watch?v=CxV7g4rQRVY&list=PL5TNc4x2GFM\\_L7wKW9D15WMTFogqPsxq\\_T](https://www.youtube.com/watch?v=CxV7g4rQRVY&list=PL5TNc4x2GFM_L7wKW9D15WMTFogqPsxq_T)

<https://mhaky.org/events/>

# Technical Assistance

We're helping smaller/newer organizations ensure their messaging is evidence-informed, and they have resources they need.

We're connecting folks to resources - 24/7 at [www.mhaky.org](http://www.mhaky.org), in-person at events, via phone calls/texts/emails, and more.

ADA compliance information shared for mental illness/emotional disturbance/behavioral disturbance

Workplace Mental Health best practices and updates shared. (Latest from National's The Bell Seal program is [here](#).)

## Other things we're up to:

- Advocacy efforts, especially for 988 funding, protecting LGBTQ+ youth, firearm safety. NO STATE OR FEDERAL FUNDS FOR ADVOCACY!
- System navigation - helping people who are overwhelmed to navigate the care system
- Participate in multiple coalitions, all with our mission in the center of our work
- Coalitioning to improve the mental health system at the local, state and federal level
- And so much more!

## Contact Information:

Marcie Timmerman, Executive Director

(859) 684-7778 Phone or Text

[www.mhaky.org](http://www.mhaky.org)

[mtimmerman@mhaky.org](mailto:mtimmerman@mhaky.org)

 @MhaKentucky

 @mhaofky



Mental Health America of Kentucky

TikTok: MHAKentucky

[YouTube](#)