Community Mental Health and Addiction Program

Program Overview and Description of Public Health Initiatives

Updated July 2021
Our Mission:
To emphasize and bring greater awareness to the most critical issues surrounding mental health, including suicide prevention and the drug overdose epidemic, by connecting vulnerable populations with available resources, responding to community-wide trends, and improving the overall health and education of the community.

Our Vision:
A world, removed from all mental health stigma, where individuals empower each other and are banded together to put an end to preventable deaths associated with drug overdoses and suicides.
Public Health Focal Points

- Drug Overdose Prevention
- Suicide Prevention
- Stigma Reduction
- Mental Health Education
- Trauma Informed Approaches
- Severe Mental Illness
- Substance Use and Addiction
- Social Vulnerability
Prevention Strategies

- Outreach
  - Youth, family, and schools
  - Justice systems
  - Collaboration groups and partnerships

- Epidemiology
  - Surveillance
  - Investigation
  - Alerts

- Naloxone
  - Targeted distribution
  - County-wide distribution

- Overdose Response
  - ED/Hospital/Jail
  - First responders
  - Peer Navigators
  - Case Managers

- Fatality Review
  - Multidisciplinary case review
Tracking and Surveillance

- Morbidity/Mortality Surveillance: Suicide and Overdose
  - Identify trends and spikes
  - Examine causal factors
  - Determine public health response
Surveillance Process

Epidemiologist reviews data and prepares report.

Surveillance team meets for review and interpretation.

Trend detected.
- Epidemiologist prepares a health advisory highlighting known risk factors and safety recommendations.
- Report is reviewed by Senior Leadership and final copy is signed by CMHA Program Manager.

No trend detected.
- Epidemiologist completes surveillance report. No further actions taken.

CMHA Program Manager distributes advisory to local provider network and community.
July 15, 2020

RE: Sustained Increase in Fentanyl-Related Overdose Deaths

Dear Community Providers,

This notification serves as an update to the ongoing series of health alerts regarding sustained increases in fentanyl and other illicit drug-related overdose deaths. The last alert was issued May 14, 2020 in response to a spike in fentanyl overdoses. Since then, fentanyl deaths have maintained an upward trend. Surveillance data from January 1 to June 28, 2020 show a total of 78 fentanyl deaths (Figure 1). When broken further, the number of deaths is also increasing from one month to the next (Figure 2), with May recording the highest total in a single month. The month of June is an incomplete data set and is expected to increase once pending investigations are complete.

CMHA Health advisories like the one above are distributed to the local provider network, community partners, and posted on our public website > >

https://webcms.pima.gov/health/advisories-alerts/health-alerts
Community Collaborations & Partnerships

[Logos of various organizations]
Pima Helpline was created by the community, for the community.

This website was created with the help of individuals from Pima County Health Department, Healthy Pima, AmeriCorps, CODAC, Community Medical Services, CPES, Arizona Complete Health, HOPE Inc., La Frontera, COPE Community Services, Community Bridges, Sonoran Prevention Works, Tucson Police Department, University of Arizona, The Haven, Tucson Medical Center, and more.

- Services and Providers
- Help Now (24/7)
- Online Resources
- And more......
Drug Disposal and “Take Back” Events

https://webcms.pima.gov/government/disposeamed/
Responding to Pandemic Stressors

- How are you feeling today? Physically and mentally.
  
  Easy questions you can ask to Check In on someone's mental health.
  
  #CheckInChallenge

- ¿Como has estado durmiendo?

  Preguntas fáciles para checar la salud mental de nuestros seres queridos.
  
  #ReportateChallenge

- What are you grateful for today?

  Easy questions you can ask to Check In on someone's mental health.
  
  #CheckInChallenge

#CheckInChallenge #ReportateChallenge
Responding to Pandemic Stressors

Navigating the Emotional Impacts of COVID-19

The COVID-19 pandemic has brought on difficult emotions that can take a toll on anyone. Common feelings include depression, anxiety, and increased stress. These are normal reactions but may become increasingly difficult to cope with. Learn what you can do to help navigate tough times.

In this webinar you will learn about:

- Emotions brought on by the pandemic
- Depression and anxiety signs and symptoms
- When to seek help
- Coping skills
- Local community resources

Want to sign up or have questions?
Contact CMHA@pima.gov

Tips to Regulate:
Our Emotions, Behavior, Attention, Thoughts

Be Flexible with Yourself
- Take control of what you can control
- See the better you become
- Use your to-do list order of importance and remember to check it off your chart
- Don’t make unrealistic deadlines
- Create a to-do matrix
- Limit your exposure to media
- Remember that things you enjoy

Shift Your Thinking
- Reframe from negative self-talk
- Accept the things we cannot change and do well with
- Turn a negative into a positive or even into an experience

Use Your Coping Skills
- Physical activity
- Healthy eating
- Mental health and relaxation
- Breathing exercises
- Music or art
- Find something to laugh about

Practice Gratitude
Don’t just think about what you want. Give yourself some praise for everything you’ve accomplished and everything you’ve overcome.

Get Support
- You are not alone. Ask for help!
- Reach out to friends, family, support groups, church,
- Know your insurance/work benefits such as EAP or wellness programs
- Community-wide Crisis Line 520-622-6000
- www.PimaHealth.org

Community Mental Health & Addiction
Visit Pima.gov/MentalHealth
Responding to Pandemic Stressors

What am I grateful for today?

¿Cuáles son algunas maneras en que superé momentos difíciles en el pasado?

What beauty am I creating, cultivating, or inviting in today?

#CheckInChallenge
#ReportateChallenge
#CheckInChallenge

#CheckInChallenge
#ReportateChallenge
PCHD Staff Check-In

Assessing the Need for Supports

5. Are you aware of all the resources or support services offered or promoted by the county or community partners?
   - Examples include: self-care, stress management, building resiliency, connecting to mental health, meditation, mindfulness, coaching, EAP, etc.
   - Inquire on the individual’s interest in these services or if there is any need for services not offered by the county already.

6. What can I, as your supervisor, do better to support you as an employee during this time of recovery?
   - Be open and accepting to any of the suggestions. You may also discuss if an idea will be challenging, and how.
   - By understanding how a supervisor can best support their staff, they will help that employee grow in skill and confidence, motivating them to be their best self.

7. What can the county do better right now as an organization to support you as an employee?
   - Make note of these to report back to leadership via the data collection form.

Moving Forward

Preface: The first year of the pandemic was a difficult one for everyone. Despite the challenges, there are many positive trends that happened over the last year. From more compassion among community members/peers/family, more family time, reduced carbon footprint, and appreciation of things we take for granted. This is an opportunity to shift our thinking and focus on the positive.

8. What is something you are grateful for? Either today or in reflecting on what has happened over the last year.
Narcan Expansion Plan

- Narcan distribution in Pima County began in 2019.
- 2021 goal to distribute 10,000 kits (500% increase).
- New collaborations this year:
  - Tucson Fire Department
    - Expansion of Leave Behind Naloxone Program to 23 fire stations in Metro Tucson
  - Pima County Public Libraries
    - Narcan administration training for library staff
    - County Public Libraries are now Community Distribution Sites.
- 2021 YTD distribution 6,606 (3x the amount of 2020)
Naloxone Destigmatizing Campaigns ‘21

Naloxone saves lives

#NaloxoneSavesLives

FACT

GET FREE NALOXONE HERE TODAY
Naloxone saves lives! See staff on site. No questions asked or ID needed.

OBTENGA NALOXONA GRATIS
¡La Naloxona salva vidas! No hacemos preguntas. No se requiere identificación. Pida información hoy.

Use this QR code for more information. Para más información use este QR code.
Testimonials

- **Navigating the Emotional Impacts of COVID-19**
  - “Loved the presentation and topic, especially during these times that are so new to everyone!” - Attendee

- **QPR Gatekeeper Training for Suicide Prevention**
  - “Difficult topic. Great information. Learned a lot. Hope I don’t have to ever use these tools, but will be ready if I need to. Mayra presented the information very well. Liked the videos, stories and role playing. THANKS” - September ’20 Graduate
  - “Thank you, this really helped me to better understand how to directly talk to someone considering suicide!” - October ’20 Graduate
  - “Thanks so much; sobering and necessary... we all need this information!” - March ‘21 Graduate

- **Strengthening Families Program**
  - “This class covered everything considering it being on line it was done to include everyone and kept everyone engaged (I loved that even the kids from other family were involved and spoke up)” - Fall ‘20 SFP Graduate
  - “This program helped my family to open up more about topics covered. Also to make efforts to bond more as a family.” - Fall ‘20 SFP Graduate
  - “Hemos tenido una mejor comunicación, valoramos la opinión de todos, tenemos más paciencia y nos hemos convertido en una vamos fuerte.” - Spring ‘21 SFP Graduate
New Team Page and Contact Info.

Community Mental Health and Addiction (CMHA)

For Immediate Help
- If you or someone you know is experiencing suicidal thoughts, call 1-800-273-8255 for help.
- If you or someone you know is experiencing an overdose, call 9-1-1.
- If you or someone you know is experiencing a mental health crisis, call (520) 622-6000 or 1-888-495-6735.

Contact Us
Email CMHA Team

Mental health is part of our overall well-being. But it is often misunderstood, misrepresented, and stigmatized. This leads to fear and causes people to hide their mental health concerns, even preventing or delaying them from seeking help. Nearly half of all U.S. adults will experience at least one form of mental illness at some point in their lives, but only 41% of those will get the professional health care they need.

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pima.gov/MentalHealth
pima.gov/SaludMental
520-724-7470
CMHA@Pima.Gov
Presenters

- **Mark Person, MSP**
  - Program Manager, Community Mental Health and Addiction
  - Pima County Health Department
  - Email: Mark.Person@pima.gov
  - Phone: 520-724-7518

- **Mayra Elizabeth Jeffery, BSHS, BS** (She, Her, Hers)
  - Program Manager, Community Mental Health & Addiction
  - Pima County Health Department
  - Email: Mayra.Jeffery@pima.gov
  - Phone: 520-724-7906

www.pima.gov/MentalHealth