Panel I: Building Healthy Communities

Moderator: Carl C. Bell, M.D.
Staff Psychiatrist – Jackson Park Hospital

Former Director of the Institute for Juvenile Research
(Birthplace of Child Psychiatry)

Former Professor Psychiatry and Public Health
University of Illinois at Chicago
Panel I: Building Healthy Communities

Panelists

Mark Baker, M.Div, CPS – Champion for Recovery
Judith Warner, M.A. – Champion of Shaping Public Opinion
David Shern, Ph.D. – Champion for Public Mental Health
Community Psychiatry Protective Factor
Field Principles

- Rebuilding the Village/Constructing Social Fabric
- Access to Modern and Ancient Technology
- Connectedness
- Cultivation of Social and Emotional Skills
- Cultivate Self Esteem - Activities that create a sense of power; a sense of connectedness; a sense of models; a sense of uniqueness
- Establish & Reestablish the Adult Protective Shield
- Minimize the Effects of Trauma
Institutionalization and Sustainability

Julius Richmond, M.D. – President Johnson & Carter’s Surgeon General and key driving force for the institutionalization of Head Start
Social Determinants of Health

- Think about all the thriving liquor stores (food swamps) in the African-American (ghettos) and Native American (reservations) communities all over the country.

- The plethora of liquor stores have a determination on the indigenous populations’ health and mental health.
Prevalence of Fetal Alcohol Spectrum Disorders


• Study in a 160,000 Midwestern community (Median income $51,800, with 11% below poverty) surveyed 70% of 2,033 1st graders.

• They found between 2.4 to 4.8% had FASD.
Patients seen at Jackson Park Hospital’s Family Medicine Clinic serving 143,000 Median income $33,809 & 95% Public Assistance for Medical Care

| Total patients with Neurodevelopmental Disorders | 297 (49%) |
|                                               | 39% had FASD |
| Total Patients without Neurodevelopmental Disorders | 314 (51%) |
| Total                                           | 611 (100%) |

This is a rate of 338/1,000!!!!
Public Mental Health

• Biotechnical Prevention
  • There is a biotechnical prevention intervention for Fetal Alcohol Spectrum Disorder – Choline 500mg BID.

• Psychosocial Prevention
Paul Fink, M.D.

- Psychiatrist
- Former President of the American Psychiatric Association
- Columnist for Clinical Psychiatry News
The Discovery of Recovery

Mark Baker, MDiv, CPS
Director of Advocacy, Georgia Department of Behavioral and Developmental Disabilities
Recovery is a deeply personal, unique, and self determined journey through which an individual strives to reach his/her full potential. Persons in recovery improve their health and wellness by taking responsibility in pursuing a fulfilling and contributing life while embracing the difficulties they have faced.

Recovery is not a gift from any system. Recovery is nurtured by relationships and environments that provide hope, empowerment, choices and opportunities.

Recovery belongs to the person. It is a right, and it is the responsibility of us all.
From Stigma to Social Inclusion – The Role of the Media

Judith Warner
Senior Fellow, Center for American Progress
Rosalynn Carter Fellow for Mental Health Journalism, 2012-13
From CMHCs to Population Health:
30 Years of Mental Health Services Delivery

David Shern, PhD
Senior Science Advisor, Mental Health America
Senior Public Health Advisor, National Association of State Mental Health Directors
Panel I: Question and Answer

Moderator:
Carl Bell, Analyst, Staff Psychiatrist – Jackson Park Hospital

Panelists:
Mark Baker, Director of Advocacy, Georgia Department of Behavioral Health and Developmental Disabilities

Judith Warner, Senior Fellow, Center for American Progress

David Shern, Senior Science Advisor, Mental Health America