Mental Health

What is Mental Health?
To be well, is to have not just physical well-being but also peace of mind. Mental health status can be a large contributing factor in the overall health status of an individual because they are so closely related. Strong arms won't help lift heavy objects if you are not motivated to use them.

Mental Health Issues.
Mental health issues can cause alterations in normal thinking, mood, and behavior which are associated with stress and impaired functioning. Mental health issues may also contribute to many other health concerns, such as disability, increased vulnerability to chronic disease including diabetes, heart disease and cancer because of unhealthy lifestyle habits.

Per Healthy People 2020 “Mental disorders may have a serious impact on physical health and are associated with the prevalence, progression, and outcome of some of today’s most pressing chronic diseases, including diabetes, heart disease, and cancer. Mental disorders can have harmful and long-lasting effects—including high psychosocial and economic costs—not only for people living with the disorder, but also for their families, schools, workplaces, and communities.”

The World Health Organization (WHO) constitution states: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

What does Mental Health Look like in Comanche County?
Measuring the number of days when people report that their mental health was not good, i.e., poor mental health days, represents an important facet of health-related quality of life. In 2014 using “in the last 30 days” as as criteria, Comanche County reported 4.3 poor mental health days compared to 4.1 for the state 9.

The percentage of adults reporting more than 14 days of poor mental health per month in 2014 was 13% equal to the state with a National average of 9%.

Social Associations is the number of associations per 10,000 population. Associations include membership organizations such as civic organizations, bowling centers, golf clubs, fitness centers, sports organizations, religious organizations, political organizations, labor organizations, business organizations, and professional organizations 16. People with greater social support, less isolation and greater interpersonal trust live longer and healthier lives than those who are socially isolated. Comanche County reported 8.9 social associations where the state reported 11.8 8.

Survey says!
When asked, what are the 3 biggest health problems in Comanche County, 21% responded mental health problems. When asked if their community is a safe place, 33% replied no 4. By addressing poor mental health days and increasing awareness, Comanche County will break barriers of access and stigma associated with Mental Health.
Comanche County Survey Results

21% Agree “Mental Health is one of the 3 biggest health problems in Comanche County”

32% Disagree “Their neighbors know, trust, and look out for one another”

29% Agree “Strong Family Life is one of the 3 most important factors for quality of life”

60% Agree “There are support networks for individuals and families”

25% Disagree “There are networks of support for the elderly living alone”

14% Agree “Mental or physical health problems are one of the 3 things that cause individuals the most stress”

Source: Comanche County Health Assessment Appendix F

“Key Community Stakeholders”

Rolling Hills, Jim Taliafero Community Mental Health Center, Oklahoma State Department of Health, Office of Partnership Engagement, Comanche County Health Department, Maria Detty, Disproportionate Minority Contact, Premier Behavioral Health, Indian Health Services, Lawton Public Schools, Cameron University Psychiatric Department, The Salvation Army, Southwestern Medical Center, Tobacco Settlement and Endowment Trust, The NEXT Step Lawton, and Individuals not affiliated with an organization
Comanche County Health Improvement Plan 2015 – 2020

Core Measures and Objectives:

**Mental Health**

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<th>Strategy 1:</th>
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<td>By 2020, reduce Comanche County’s reported rate of poor mental health days from 4.3 to 4.1&lt;sup&gt;1&lt;/sup&gt;</td>
<td>By 2020, reduce the percentage of adults reporting more than 14 days of poor mental health per month from 13% to 12%&lt;sup&gt;2&lt;/sup&gt;</td>
<td>Increase awareness and understanding of mental and substance use disorders</td>
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**Goal 1:**
Support and increase accessible and affordable Mental health care

**Strategy 1:**
Increase collaborative efforts to collect and evaluate data

**Strategy 2:**
Increase access to mental and behavioral health inpatient services

**Goal 2:**
Decrease Stigma related to mental health

**Strategy 1:**
Implement public awareness campaigns that reduce stigma surrounding mental health

**Strategy 2:**
Host annual Mental Health and Collaborative Care Summit

**Goal 3:**
Implement evidence based curriculum and training programs to provide mental health education

**Strategy 1:**
Implement and expand Mental Health First Aid training throughout Comanche County

**Strategy 2:**
Implement Crisis Intervention training for First Responders throughout Comanche County

**Strategy 3:**
Implement and expand Faith Based partnership training throughout Comanche County

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Adapted from Robert Wood Johnson Foundation

Comanche County Mental Health work plan goal 1: Support and increase accessible and affordable mental health care

HP2020 Mental health goal 1: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services