



A Public Health Approach to Mental Health Care

**CSAT's State Systems Development
Program Conference
August 21, 2008**

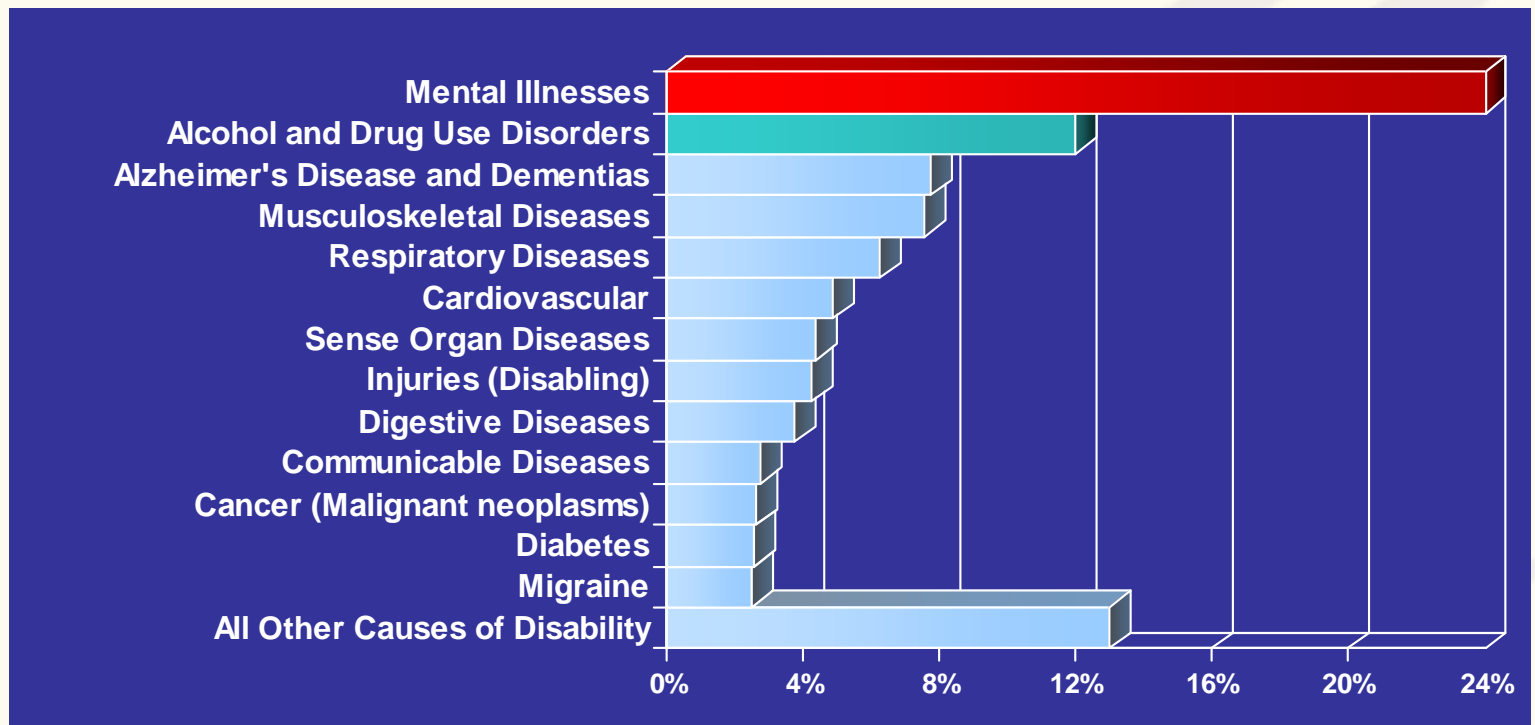
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Global Burden of Disease



The top 3 leading causes of disability worldwide are behavioral disorders.



The World Health Report 2001—
Mental Health: New Understanding, New Hope

Mental Health Continuum

Positive Mental Health:

High-level capacity of the individual, group, and environment to interact & to promote well-being, optimal development, and use of mental abilities

Mental Health Problem:

Disruption in interactions between individual, group, and environment, producing a diminished state of positive mental health

Mental Disorder:

Medically diagnosable illness that results in significant impairment of cognitive, affective, or relational abilities

Mental Health Status Continuum

Mental Health Care Continuum

Enhancing Health:

Promoting optimum mental health, e.g., job satisfaction, resilience, self-esteem, and social skills, improving access to income

Primary Prevention

Addressing risk factors vulnerable groups, e.g., coping skills for people who are unemployed, home visits for families experiencing separation or divorce

Early Recognition and Intervention:

Detecting a problem or illness at an early stage and increasing access to effective treatment

Treatment and Rehabilitation:

Interventions to reduce symptoms of an illness, diminish disability, and improve quality of life

Social-Ecological Approach to Public Health



Each of these levels of influence can be addressed to promote mental health and prevent mental illness.



*The health of the eye
seems to demand a
horizon. We are never
tired, so long as we can
see far enough.*

Ralph Waldo Emerson