Mental Health Facts

- 20-25% of Americans experience the symptoms of mental illness in any given year.
  - 66% of adults with symptoms of mental illness do not receive treatment
  - 80% of children with symptoms of mental illness do not receive treatment
  - Why?
    - Lack of knowledge
    - Lack of affordability
    - Lack of availability
    - Stigma

- Mental health success rates are comparable to that of physical health conditions when appropriate treatment is provided.

- Nationally, the cost of loss of productivity to businesses was $105 billion in 2007
  - In Cecil County in 2007, the cost of lost productivity was $35 million
  - 20% of children in public school have significant mental health issues which interrupt their ability to learn and progress in school (not identified as special education students)
History

- UBCSS was originally part of the Cecil County Health Department.
  - Medicare & Medicaid

- Privatized in 1997
  - Insurance
  - Mental Health & Wellness
UBCSS Provides

Outpatient programs & services
- Individual & family assessment
- Medication evaluation & management
- Urgent Care
- Therapy groups
- School-based therapy
- Child Intensive Outpatient program
- Early Childhood Interventions
- Children’s summer programming
- Crisis intervention services
- Case Management
- Community awareness & education

Rehabilitation programs
- Child and adult psychiatric rehabilitation
- Adult residential rehabilitation
- Supported employment programs
- Transitional Aged Youth programs

Community & specialized services
- Parenting education & support
- Customized EAP programs
- Pre-employment screenings
- Professional growth/employee workshops
- Anger management workshops
- Critical incident de-briefing
- Educational Workshops
- Mental Health First Aid

7/2011
# UBCSS Community Partnerships

## Cecil County, Maryland
- Bayside Community Network
- Calvert Manor Healthcare Center, Inc.
- Cecil College
- Cecil County Arts Council, Inc.
- Chambers of Commerce
  - Elkton Alliance
  - North East Chamber of Commerce
  - Perryville Chamber of Commerce
- Cecil County Child Advocacy Center
- Cecil County Circuit Court
- Cecil County Commissioners
- Cecil County Community Kitchen
- Cecil County Department of Juvenile Services
- Cecil County Department of Social Services
- Cecil County Detention Center
- Cecil County Division of Social Services
- Cecil County Domestic Violence/Rape Crisis Center
- Cecil County Head Start
- Cecil County Health Department
- Cecil County Public Schools
- Chesapeake Care Resources
- Core Service Agency
- Local Area Homeless Shelters
- Project Crossroad
- Senior Services & Community Transit
- Shorehaven School
- Union Hospital of Cecil County

## Harford County, Maryland
- Core Service Agency
- Harford County Department of Juvenile Justice
- Harford County Public School
- Harford Memorial Hospital
- Havre de Grace Chamber of Commerce
- Havre de Grace Senior Activity Center

## State of Maryland
- Community Behavioral Health
- Maryland Mental Hygiene Administration
### Client Demographics – Cecil County

#### Services Provided
- **July 1, 2010-June 24, 2011**
  - **Over 18:** 232,288
  - **Under 18:** 175,110

#### Consumers over 18
- Colora
- Chesapeake City
- Rising Sun
- Port Deposit
- Perryville
- North East
- Warwick
- Charlestown
- Childs
- Cecilton
- Conowingo
- Earleville
- Elkton

#### Consumers under 18
- Colora
- Chesapeake City
- Rising Sun
- Port Deposit
- Perryville
- North East
- Warwick
- Charlestown
- Childs
- Cecilton
- Conowingo
- Earleville
- Elkton
<table>
<thead>
<tr>
<th>Individual Issues &amp; Concerns (children, adolescents &amp; adults)</th>
<th>Military Personnel/Family Issues &amp; Concerns</th>
<th>Family Relationship Issues &amp; Concerns</th>
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</thead>
<tbody>
<tr>
<td>ADHD</td>
<td>Post Traumatic Stress Disorder</td>
<td>Family Violence</td>
</tr>
<tr>
<td>Learning Disabilities</td>
<td>Relocation</td>
<td>Anger Management</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>Separation Anxiety</td>
<td>Post Traumatic Stress Disorder</td>
</tr>
<tr>
<td>Self-Esteem</td>
<td>Return &amp; Re-acclimate</td>
<td>Parenting Issues</td>
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<tr>
<td>Anxiety</td>
<td>Depression</td>
<td>• Love &amp; Logic</td>
</tr>
<tr>
<td>Stress Management/Mindfulness</td>
<td>Reconnecting “Now that you are back…”</td>
<td>• Parenting Program</td>
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<tr>
<td>Depression</td>
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<td>Co-Dependency</td>
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<tr>
<td>Panic Disorders</td>
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<td>Effective Communication</td>
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<tr>
<td>Obsessive Compulsive Disorder (OCD)</td>
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<td>Changing Anxiety</td>
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<tr>
<td>Seasonal Affective Disorder</td>
<td></td>
<td>Infidelity</td>
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<tr>
<td>Addictions/Dependencies</td>
<td></td>
<td>Birth Order</td>
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<tr>
<td>Post-Partum Depression</td>
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<tr>
<td>Mother/Infant Bonding/Attachment</td>
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<tr>
<td>Our Aging Bodies</td>
<td></td>
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</tr>
</tbody>
</table>

| Community & Employee Issues & Concerns                        |                                          | Geriatric/Caregiver Issues & Concerns |
|---------------------------------------------------------------|                                          | Grief & Bereavement                   |
| Relationship Issues                                           |                                          | Alzheimer’s & Dementia                |
| EAP Services                                                  |                                          | Family Relationships                   |
| Workplace Wellness                                            |                                          |                                      |
| Stress Management                                             |                                          |                                      |
| Presentee-ism                                                 |                                          |                                      |
| Addictions/Dependencies                                       |                                          |                                      |
| Lay-offs/Downsizing                                           |                                          |                                      |
| De-escalation Techniques                                      |                                          |                                      |

7/2011
Current Challenges

- High demand for services
- Workforce recruitment
- Rate reimbursement / cost to deliver service
- Stigma of mental illness
- Transportation
- Need for Advocacy and Community Education