

**Talking Points for Improving Quality of Life for Health and Advocacy**

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Physical and Mental Health of St. Clair County:

- St. Clair County Health Department – Community Health Needs Assessment (2016) identified that St. Clair County’s obesity rate is higher than the state and national levels - 33% obese, 32% overweight.
- Mortality from diabetes in St. Clair County is 36.3 deaths per 100,000 per year, compared with the rate for Michigan at 23.3 deaths per 100,000 per year.
- Mortality from cancer in St. Clair County is 179.6 deaths per 100,000 per year, compared with the rate for Michigan at 172.2 deaths per 100,000 per year.
- Mortality from unintentional injuries (including drug overdose) in SCC is 49.4 deaths per 100,000 per year, compared with Michigan at 39.6 deaths per 100,000 per year.
- Mortality from suicide in St. Clair County is 14.2 deaths per 100,000 per year, compared with Michigan at 12.9 deaths per 100,000 per year.
- Only 1 in 3 with poor mental health currently take medication or receive treatment.
- 7% rarely or never receive the social and emotional support that’s needed.
- Stigma – While 90% of people feel that treatment can help with mental health problems, greater than 40% believe that people are not generally sympathetic to those with mental health needs.
- The National Institute for Mental Health reports that “People with other chronic medical conditions have a high risk of depression (i.e., cancer, coronary heart disease, diabetes, epilepsy, multiple sclerosis, stroke, Alzheimer’s disease, HIV/AIDS, Parkinson’s disease, Systemic lupus erythematosus, rheumatoid arthritis).” “People with depression are at a higher risk for other medical conditions (i.e. cardiovascular disease, diabetes, stroke, and Alzheimer’s disease). ... They may have a harder time caring for their health, for example, seeking care, taking prescribed medicine, eating well, and exercising.”
- It is very important that mental health treatment providers coordinate care with primary care physicians to ensure quality treatment and overall well- being.
- The most effective treatment for depression includes a combination of talk therapy (like Cognitive Behavioral Therapy – CBT) and anti-depressant medication.
- Mental health symptoms, such as mood swings, can sometimes indicate an underlying medical issue, such as diabetes.

Community Health and Advocacy Needs:

- Child Abuse and Neglect - KIDS Count 2019
  - a) Ranked 34<sup>th</sup> with children in investigated families = 139.4 per 1,000 = increase of 2.1% from 2012
  - b) Ranked 14<sup>th</sup> with confirmed victims = 16.6 per 1,000 = increase of 8.7% from 2012
  - c) Ranked 51<sup>st</sup> with children in out of home care = 6.7 per 1,000 = increase of 8.2% from 2012
- Asset Limited, Income Constrained Employed (ALICE) earn more than the federal poverty level, but less than the basic cost of living for the state.
  - a) In St. Clair County 40% of our residents live in ALICE (25%) or poverty (15%) households
- In the St. Clair County Community Services Collaborative Strategic Plan, General Health and Health Care and Mental Health services were identified among the top community needs.

CRC Insight on types of programs to choose for funding:

- Agency provides service that meets specific community need, unduplicated; the person seeking the service would not be able to obtain this service elsewhere.
- Agency is accountable, making sure that UW funds are used as a last resort, and verifying that the person is a resident of St. Clair County and meets financial eligibility requirements (through pay stubs, tax returns, etc.)
- Program has demonstrated success based on the performance indicators identified in the RFP
- Program makes a difference to the persons serviced based on success stories shared