VISION: A Georgia where all affected by mental illness find Hope, Help, and Acceptance.

MISSION: To empower NAMI affiliates to create communities where all affected by mental illness find Hope, Help and Acceptance through Support, Education and Advocacy.
Education – No cost education to communities

Support – No cost support to Peers and Families

Advocacy & Outreach
1 in 5 adults in America experience a mental illness.

- In Georgia, this equated to about 2.3 million adults struggling with a mental illness.
- Approximately 300,000 of these adults have a Serious Mental Illness (SMI) such as Schizophrenia or Bipolar Disorder.
- Additionally, about 110,000 children in Georgia have been diagnosed with SMI.
Impact of Mental Conditions

- The costs of mental illness are physical
  - Individuals with mental illness are at a greater risk for substance use disorders and are more likely to have chronic health conditions (e.g., high blood pressure, heart disease, asthma, diabetes)

- The costs of mental illness are emotional
  - 90% of those who die by suicide have a mental illness

- And the costs of mental illness are economic
  - Those patients diagnosed with a mental illness and chronic health condition have health care costs 75% higher than individuals without a mental illness
  - People with chronic mental illness have higher unemployment rates
  - SMI costs Americans about $193 billion in lost earnings each year
Impact of Mental Conditions

- Over half of homeless individuals report having had a mental health problem at some point during their lifetime, 45% report difficulties with mental health within the past year.

- Based on statistics from the end of 2017, almost 10,000 DOC inmates are classified as a Mental Health Level 2 or above.
  - Costs to care for these inmates for the duration of their sentences is estimated to exceed $1 BILLION.

- On the county level, prisoners with mental illness in county jails cost the system:
  - Over $5 million for psychotropic drugs.
  - Over $1.6 million for mental health-related transportation.
Opioid Crisis in GA

- Georgia is in the top 11 states in the US with the most prescription opioid deaths
- Opioid usage and overdoses have increased dramatically in the recent past
  - Overdose deaths in GA tripled between 1999 and 2013
  - Since 2007, healthcare costs associated with opioid abuse/addiction have increased by 80%
- GA currently has 62 active opioid treatment centers
- DBHDD allocated $4 million in state funding to create additional Addiction Support Recovery Centers
Most people with mental illness will never become violent, and mental illness does not cause most gun violence. In fact, studies show that mental illness contributes to only about 4% of all violence, and the contribution to gun violence is even lower.  

Research shows that a history of violence, including domestic violence; use of alcohol or illegal drugs; being young and male; and/or a personal history of physical or sexual abuse or trauma, increases risk. Mental illness alone is not a predictor of violence.

When coupled with some of the factors listed above, mental illness may increase the risk of violence. And, untreated symptoms of psychosis such as delusions or paranoia, may somewhat increase the risk of violence as well.


During national tragedies, we often see people make stigmatizing comments about mental illness, or we see people with mental illness being painted with a broad brush of being violent, which simply isn’t true. And this comes as a punch in the gut to those that are living with a mental health condition and need to seek help and treatment.

We need to be careful that the response to these tragedies does not discourage people with mental health conditions from seeking help.

Stigma far too often prevents people from getting the help they so desperately need.
Access to Services in GA

- Georgia ranks 43rd in the US with respect to access to mental health treatment
  - Of the individuals in Georgia with a mental illness, almost TWO THIRDS did not receive any mental health services within the past year
- Within the state of Georgia, more individuals with an SMI are incarcerated than hospitalized
  - We only have 18.7% of the psychiatric beds recommended to treat the number of adults with SMI (ranked 36-37 in the country)
    - GA has 954 beds, equal to 9.3 beds per 100,000 people
    - 50 psychiatric beds per 100,000 people is the minimum standard for adequate treatment
- Georgia ranks 48th in terms of the availability of mental health service providers
  - Accessibility is worse in rural and/or lower-income areas
In terms of percentage of the state budget spent on mental illness, Georgia ranks 26th with 1.9% of state funds allotted for mental illness. The most generous states (Maine & Pennsylvania) spent 5.6%, almost 3 times the proportion that Georgia spends.

With regard to spending per capita, Georgia ranks 41st in the US (as of 2015 - it was difficult to find anything very recent). In FY2015, Georgia spent $59.33 per capita on mental health. This is in contrast to the top state (Maine), which spent $345.36 per capita.
Community Service Boards:

- Community-based, public providers of mental health, developmental disability, and addictive disease services
- 26 CSBs are located throughout the state
  - Designed to provide coverage for all 159 counties
- Ogeechee Behavioral Health Services – Burke County
  - One physical location, serves 6 counties, 3207 square miles
- DeKalb Community Service Board
  - Serves DeKalb County, includes more than 20 locations and has 500+ employees
Crisis Services:

- **Behavioral Health Crisis Center (BHCC)**
  - Crisis walk-in centers, provide assessment and stabilization services
  - Intended to prevent need for care at CSU

- **Crisis Stabilization Unit (CSU)**
  - Alternative to inpatient crisis services
  - Intended to provide short-term psychiatric acute care

- **Mobile Crisis Services**
  - **Georgia Crisis and Access Line** – 24/7 hotline; mobile crisis teams may be dispatched when emergency mental health care is required
  - **Assertive Community Treatment (ACT) Teams** – provide home-based services through 22 teams
State Psychiatric Hospitals
- Georgia Regional Hospital - Atlanta
- West Central Georgia Regional Hospital - Columbus
- Central State Hospital - Milledgeville
- East Central Regional Hospital - Augusta
- Georgia Regional Hospital - Savannah

Private Psychiatric Hospitals
- Floyd Medical Center - Rome
- Wellstar Cobb Hospital - Austell
- Laurelwood - Gainesville
- Peachford Hospital - Dunwoody
- Summitridge - Lawrenceville
- Anchor Hospital - Atlanta
- Willowbrook at Tanner - Carrollton
18 NAMI Affiliates statewide

- Many affiliates have their own websites with local resource guides

NAMI resources online:
https://namiga.org/community-resources/

- Refer to NAMI Pocket Guides
  - Also available online at link above

Locate a DBHDD service near you:
https://dbhdd.georgia.gov/
Community Service Boards
Behavioral Health Crisis Center
Crisis Stabilization Unit
State Psychiatric Hospital
Private Psychiatric Hospital

DBHDD Region 1

NAMI Rome
NAMI Cobb
NAMI FDL
NAMI Union
NAMI Hall

[Map of DBHDD Region 1 with markers for locations]
Community Service Boards
Behavioral Health Crisis Center
Crisis Stabilization Unit
State Psychiatric Hospital
Private Psychiatric Hospital

DBHDD Region 2

NAMI Baldwin
NAMI Augusta
DBHDD Region 3

Community Service Boards
Behavioral Health Crisis Center
Crisis Stabilization Unit
State Psychiatric Hospital
Private Psychiatric Hospital
DBHDD Region 4

Community Service Boards
Behavioral Health Crisis Center
Crisis Stabilization Unit
State Psychiatric Hospital
Private Psychiatric Hospital

NAMI Albany
NAMI Moultrie
DBHDD Region 6

- Community Service Boards
- Behavioral Health Crisis Center
- Crisis Stabilization Unit
- State Psychiatric Hospital
- Private Psychiatric Hospital

NAMI Central Georgia
NAMI Columbus
Integrated Healthcare

- Separation of behavioral healthcare from general medical healthcare has led to:
  - Decreased access to mental health services
  - Higher costs associated with consumer and the healthcare system
  - Increased stigma associated with mental illness

- Incorporating behavioral healthcare into primary care settings can reduce costs and improve outcomes
  - In a pilot integration program involving behavioral and primary medical healthcare for individuals with a mental illness, participation in the program led to:
    - Fewer nights of homelessness
    - Fewer psychiatric hospitalizations
    - Fewer visits to the emergency room
National initiative to reduce the number of people with mental illnesses in jail

County-based resolutions aimed at bringing leaders from multiple agencies together to form task forces

Assess needs to identify adults entering jails with mental illnesses to prevent recidivism

Work together to identify and determine availability of mental health services in order to reduce contact with justice system
Innovative Programs in GA

- Peer Support, Wellness, & Respite Centers
  - 5 locations across the state: Bartow, Colquitt, DeKalb, Henry, and White counties
  - Wellness activities open for anyone to join (e.g., Trauma-Informed Peer Support, Wellness Recovery Action Plan)
  - Respite Rooms available for individuals, means to avoid hospitalization (3-4 rooms, 7-night stays)
  - Proactive Interviews completed with peer staff
Innovative Programs in GA

- **Clubhouses**
  - A community of people committed to each other’s success.
  - People working together
  - A place where there are repeated opportunities to volunteer
  - Opportunities to join or re-join the worlds of friendships, family, important work, employment, education and access to effective services and supports
So What Can WE Do?

- Work Together
  - No Cost – Time

- Promote Mental Health Awareness
  - No Cost – Marketing
  - NAMIWalks Georgia

- Start a NAMI Affiliate
  - No Cost – Marketing, space and support

- Participate in Civic Dinners with NAMI
  - Time
  - Dinner
  - Marketing
JOIN US AT THE TABLE

CIVIC DINNERS™
Civic Dinners is the platform that brings people together over food for conversations that matter.

What We Believe

- To change a culture, we must change the stories.
- Healthy discussion around issues is the backbone of democracy.
- Breaking bread together helps break down silos and build new bridges.
- Meaningful conversation over food can lead to real and lasting change.
Civic Dinners is the only civic engagement platform using technology to launch, manage and scale community conversations over food.

- Frame the big issues of our time
- Bring diverse voices to the table
- Find common values and a shared vision
- Motivate and mobilize for collective action
A CIVIC DINNER IS SIMPLE.

HOST

6-10 DIVERSE GUESTS

3 BIG QUESTIONS

EQUAL TIME TO SHARE

ONE VOICE AT A TIME
WHY HOST A CIVIC DINNER?

SEE THE LARGER SYSTEM

FOSTER REFLECTION AND TRUST

BUILD POSITIVE VISION FOR FUTURE

An invitation to co-create the future.
JOIN US AT THE TABLE
NAMI Georgia consists of 25+ affiliates/Support Groups around the state.

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