

Illness.

An estimated 154,015 children have mental disorders that interfere at least to some degree with daily activities; 80,675 have significant impairment and 36,670 have extreme impairment.

◆ In 2004, mental health disorders accounted for about 50,829 emergency room visits and 63,020

inpatient hospitalizations at a cost of \$414,626,836.

◆ In 2002, 690 Missourians committed suicide; 89 were under the age of 18 and 118 were 65 years of age and older. Suicide rates were highest for males 18 years of age and older living in non-metro areas of Missouri.

◆ An estimated 491,223 Missouri residents (461,845 adults and 29,378 adolescents) need treatment due to substance abuse. Approximately 383,154 adults and adolescents are in need of public supported services due to their substance abuse or dependency; only 10 percent of children and 20 percent of the adolescents needing those services receive them.

Information gathered from the Missouri Rural Health Association.

Evidence-Based Practices

Why should I care?

Lyson Ashley, ACSW, LCSW

Have you ever wondered if the healthcare services you receive really work? That is where “evidence-based practices” or best practices comes in. There are best practices for the best medications in most drug classes, for best medical practices and for best psychological treatments. The problem is that those services or choices may not be widely available to everyone.

Evidence-based treatment is a treatment that has been researched in several settings and has been found to be more effective than a placebo, no treatment or an alternative treatment. Improving client outcomes. Though we do know what these evidence-based practices are, there are a number of things which prevent their widespread adoption. These include resistance to change by treatment providers, outdated insurance and government reimbursement systems which won't pay for these treatments, lack of provider training and lack of financial resources to implement these new practices.

As a consumer, one should ask whether the treatments offered are best practice, evidence-based practice approaches. Prudent consumers should insist that the treatments offered are effective and work better than no treatment.

At a community mental health center depended on by many individuals, Pathways constantly update it's clinical practices. Examples of evidence-based practices available at Pathways include:

• Crisis services including the use of mobile crisis teams when necessary to intervene immediately, 24-hours a day, seven days a week.

• Medication management and medication management provided by psychiatrists and advanced practice nurses under their direct supervision.

• Psychiatric rehabilitation for those with serious and persistent mental illnesses which includes case management, supported housing, disability management, medication management and other services focused on successful community living. • Supported employment (limited availability).

• 24-hour hospitalization for children and adolescents who are suicidal.

• Home-based intensive case management services to prevent unnecessary, out-of-home placements for children.

• Parent-Child Interaction Therapy geared to deal with behavior disordered three to seven

Pathways Community Behavioral Healthcare, Inc.

www.pathwaysonline.org

Royal Oaks Hospital

1-800-456-2634

OFFICE LOCATIONS

Belton

816-322-4332

Butler

660-679-4636

Camdenton

573-317-9100

Carrollton

660-542-3885

Clinton

660-885-8131

Columbia

573-449-4770

Cuba

573-885-1607

Eldon

573-392-1828

El Dorado Springs

417-876-5314

Farmington

573-756-6101

Harrisonville

816-380-5167

Hermann

573-486-3191

Higginsville

660-584-5600

Jefferson City

573-634-3000

Lebanon

417-532-7102

Lexington

660-259-3898

Marshall

660-831-0908

Nevada

417-667-2262

Odessa

816-633-5921

Osage Beach

573-348-5333

Owensville

573-437-2955

Potosi

573-436-1711

Raymore

816-318-4433

Rolla

573-364-7555

Salem

573-729-6222

Sedalia

660-826-5888

Versailles

573-378-5999

Warrensburg

660-747-2288

Warsaw

660-428-1288

Waynesville

573-774-3122



Crisis Numbers

Johnson, Cass and Lafayette counties

1-888-279-8188

Vernon, Cedar, Bates, St. Clair, Henry, Benton, Hickory, Cole, Osage, Cooper, Miller, Pulaski, Laclede, Phelps, Gasconade, Maries, Dent and Crawford counties

1-800-833-3915

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Mental Health and Older Adults

By: *Deborah McKee, Ph.D.*



Mental health providers and agencies prepare! Individuals aged 65 and older represent the fastest growing segment of the population. Current estimates are that older adults will represent 20 percent of our population by the year 2030. This number is astonishing, however, compared with the fact that currently two-thirds of older adults do not receive needed mental health care services, the numbers become tragic. So why are so many older adults not receiving services? For starters, there are often myths about aging that result in the older adult accepting non-normal development as normal.

Myth #1 It is normal for an older adult to become depressed.

This is not true. Depression is NOT a normal part of aging. Current estimates are that 20 percent of community dwelling older adults and 50 percent of nursing home dwelling older adults are clinically depressed. Untreated depression in older adults can complicate treatment of any physical illness and greatly reduce life satisfaction.

Myth #2 Memory problems are normal for older adults to develop.

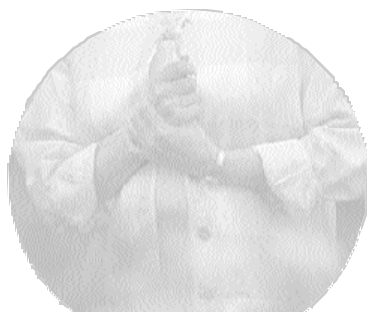
Memory loss or memory problems are not a normal part of aging. These problems can be caused by dementia, depression, anxiety, and many physical ailments (e.g., chronic infections). Proper and early treatment for the cause of the memory problems is critical to minimizing the impact on the older adult's quality and quantity of life. Sadly, many older adults and their families do not seek treatment for memory difficulties due to the myth that it happens to everyone.

Myth #3 Hopelessness or lack of excitement about the future is a normal part of late life.

This is not true and should not be the case. Hopelessness is a critical warning sign for possible suicidal thinking. Older adults have the highest rate of suicide in our country (20%)! Hopelessness is only one potential warning sign of suicide. However, given the high risk it should not be overlooked in an older adult.

Myth #4 You can't teach an old dog new tricks. Mental health services will not really help an older adult.

This is not true. Older adults respond to appropriate mental health services just as well as any other age group. The trick is finding a provider/agency that is prepared to handle the specific needs of the older adult. A recent study on depression in older adults reported that 83 percent of older adults actually wanted treatment for their mental health needs. Clearly the trick is making sure the old dog gets to treatment!





8-year progression of meth use

Berlin, M.Ed., PLPC

Newspaper and television coverage regarding the effects of Methamphetamine has significantly increased the general public's awareness about this horrendous substance that our communities are dealing with. What is striking about these stories is the sense that Methamphetamine is impacting only our youngest and most at-risk citizens. When, in fact, those 26-34 years of age are most likely to enter substance abuse treatment for methamphetamine addiction in Missouri (35.3 percent) with those 35 years and older coming in second (32 percent). More than half of those in treatment are men and 97.9 percent are Caucasian. It impacts both collar as well as blue-collar workers. It grabs the rich as well as the poor. Methamphetamine, also known as "meth", "speed" and "chalk" is chemically related to amphetamine, but the central nervous system effects of methamphetamine are greater. Methamphetamine hydrochloride, clear crystals resembling ice, which can be inhaled by smoking, is referred to as "ice," "crystal," "glass," and "tina."

What is the appeal of this drug? The psychological effects of methamphetamine include euphoria, alertness, feelings of increased strength, rapid weight loss, feelings of increased confidence and competence and intensifications of sexual desire. Put simply: It's the All-American Drug for anyone who wants to live up to what our media portrays as the ideal American citizen who is expected to do it all.

The effects of all drugs, but even more pronounced with Methamphetamine, have a dark side. After a person injects, smokes, inhales or eats the white powdery substance, they become irritable and aggressive; suffer from severe paranoia, depression and fatigue. Most users in treatment report visual-kinesthetic hallucinations, which they describe as "seeing shadow people around" and having "ants crawling under my skin." Methamphetamine over a period of time can cause Parkinson-like symptoms as well as an inability to experience pleasure without the drug. A person attempting to stop using meth experiences intense cravings for it. During withdrawal from meth people often have mood swings from extreme high to extreme low. Individuals also continue to suffer from meth side effects including irritability, memory loss and nightmares for up to two years after they stop using

What causes this substance to have this effect? Methamphetamine forces the brain to release excessive amounts of a chemical known as dopamine which is what causes the appealing effects of the drug. At the same time, methamphetamine destroys the cells in the brain that produce dopamine which over time destroys the brain's ability to produce dopamine and causes the negative effects.

It is critical that people are aware of the problems with using methamphetamine. It is considered one of the most addictive illegal substances available. The negative effects of Methamphetamine can be expected with the first use.

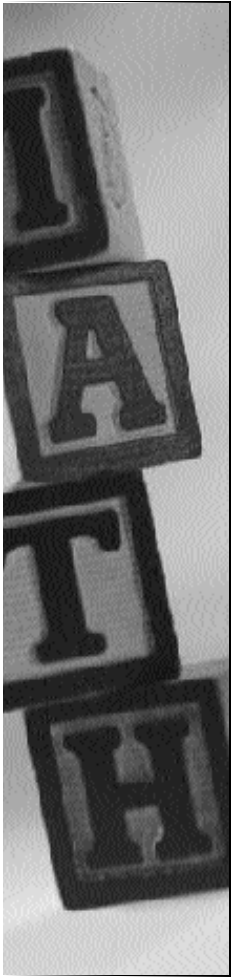
- ◆ Private insurance supplies twice as much (36 cents) of every healthcare dollar than other funding sources.
- ◆ Hospital care consumes nearly a third of every healthcare dollar spent.
- ◆ National health expenditures have increased from \$1,067 per capita in 1980 to \$6,000 in 2004.
- ◆ Healthcare consumes 12.1 percent of the U.S. Gross Domestic Product, while housing represents 10.2 percent, food 9.8 percent and defense 4.8 percent.
- ◆ Three to five percent of the healthcare dollar is lost to fraud.
- ◆ Newly released data from the 2004 National Survey on Drug Use and Health reveals that approximately 900,000 youths ages 12-17 made a plan to commit suicide during their worst or most recent episode of major depression, and 712,000 acted on that plan by attempting suicide.
- ◆ Since the 1950s suicide among youths ages 15-24 has increased by 200 percent.

Information from Modern Healthcare, December 2004 and Advancing Suicide Prevention, January 2005

Looking for a rewarding career in the mental health field? Visit us online and explore career opportunities for up-to-date job listings for our organization. Browse our website and start on your way to a career helping others today. Look forward to hearing from you.



kids



with each passing year. From fashion to the media, from social to parental expectations, pressure is constantly being placed on our children to fly through adolescence and achieve adulthood as quickly as possible.

Look through the school-age children's section of a department store catalog. Pre-teen girls and boys are shown in very sophisticated styles including jewelry and other accessories. Make-up styles are also very mature. When you examine the popular clothing of young ladies, you will not be surprised to find they often accentuate and bring attention to features that often are not even fully developed yet. If a body type does not fit the low cut styles which are prevalent, then she and her parents are left with few options for clothing.

Television shows, websites, movies, music and video games popular amongst children expose them to graphic and mature images of violence, substance abuse and sexual activities. While there are ratings systems utilized, many children watch, listen and play without supervision. Latch-key kids (which are more common today than ever before) are bombarded with images and information they are not prepared to handle. Often the media depicts children of a young age engaging in activities inappropriate for the child's stage of development. This misinformation serves to help shape societal expectations of the child.

In addition to the influence of the media, many of our institutions and traditions put undue pressure on children to mature quickly. Pressure placed on young athletes often rivals that of the pressure faced by collegiate and professional athletes. Children growing through some of the most awkward and uncoordinated phases of their lives are expected not only to be proficient in their chosen pursuit but to perform at a level that few of us can ever achieve. Remember the pressure and tension of your first dance? For most of us, it was probably during middle school, and in some schools this now occurs as early as fourth or fifth grade. Prematurely placing undue pressure and unrealistic expectations on our children takes much of the magic out of being a child!

The adult world is a tough place. We need to allow our children to be kids as long as possible. Be aware of what your children are doing. Control the influence of the media by limiting what your children are exposed to and discussing with them anything they find troubling or difficult to understand. Make sure sports and activities are about trying hard and enjoying the activity, not winning at all cost. Make sure activities are appropriate for the age and developmental level of the child. Encourage your kids to choose their own path and reward each effort, not just when they finish first. Let them be kids!

Reflections . . . on communication

by **Kempker, BA,**

During a recent hospital orientation for a young nursing student, she said, "You have a pleasant smile." "Hmmm," I replied. "You just caught me off guard today." She was a professional of service and had a pleasant smile herself. This conversation made me think about first impressions and how we form opinions of people. I realize every day, if the student had met me at the time, she may have formed an opinion of me from my hospital room.

Some of us have our

own smiles and frowns. Just think how confusing life would be if we all had flat facial expressions and none of the other many ways of communicating with each other.

Even animals communicate. I was reading an article in the "Rural Electric Missourian" about a young man who liked to listen to turkeys calling or gobbling (I think only male turkeys gobble), to each other for hours on end. He even tape recorded the sounds and learned to replicate those sounds with a wooden device called a turkey caller. This man could identify the various changes in tone and pitch which indi-

cates smiles and frowns.

It has long been said that dolphins can communicate with humans, that elephants and camels weep, that ants and bees can send messages back to the hive or the hive that say, "Come and get it, I found food!" These forms of communication are what ensure the survival of a species. They would not last long if it were every ant or bee for himself.

Sometimes, we humans try to hide our feelings - we don't want anyone to know about our pain. We may not want to talk about death, illness, financial troubles, legal problems, or family trials and

sooner or later you have to pull your head out of the sand and face the world. You don't necessarily have to publish your woes in the newspaper (as I sometimes do), but it is important to confide in at least one other person. By sharing the load, your burden becomes lighter. Unresolved and unexpressed feelings can turn into a solid mass of concrete in your heart. And it's a lot easier to pour out a bucket of cement while it's still wet, than it is to try to chip it out with a hammer when it's dry.

I wonder if animals ever have trouble expressing their feelings? Can you imagine a dog not barking and wagging

give a very loud hiss or swat with a paw when we are displeased, and even going to think of an unhappy rattlesnake.

So, it seems to me that communication is a vital tactic for humans, as one part of our body. When we are communicating with others, we are in better health. The same goes with mental health. We have plenty of methods of communication, so let us use them. You'll be a much healthier person if you talk to the people around you instead of scratching their