

Community Mental Health and Addiction Program

Program Overview and Description of Public Health Initiatives

Updated July 2021



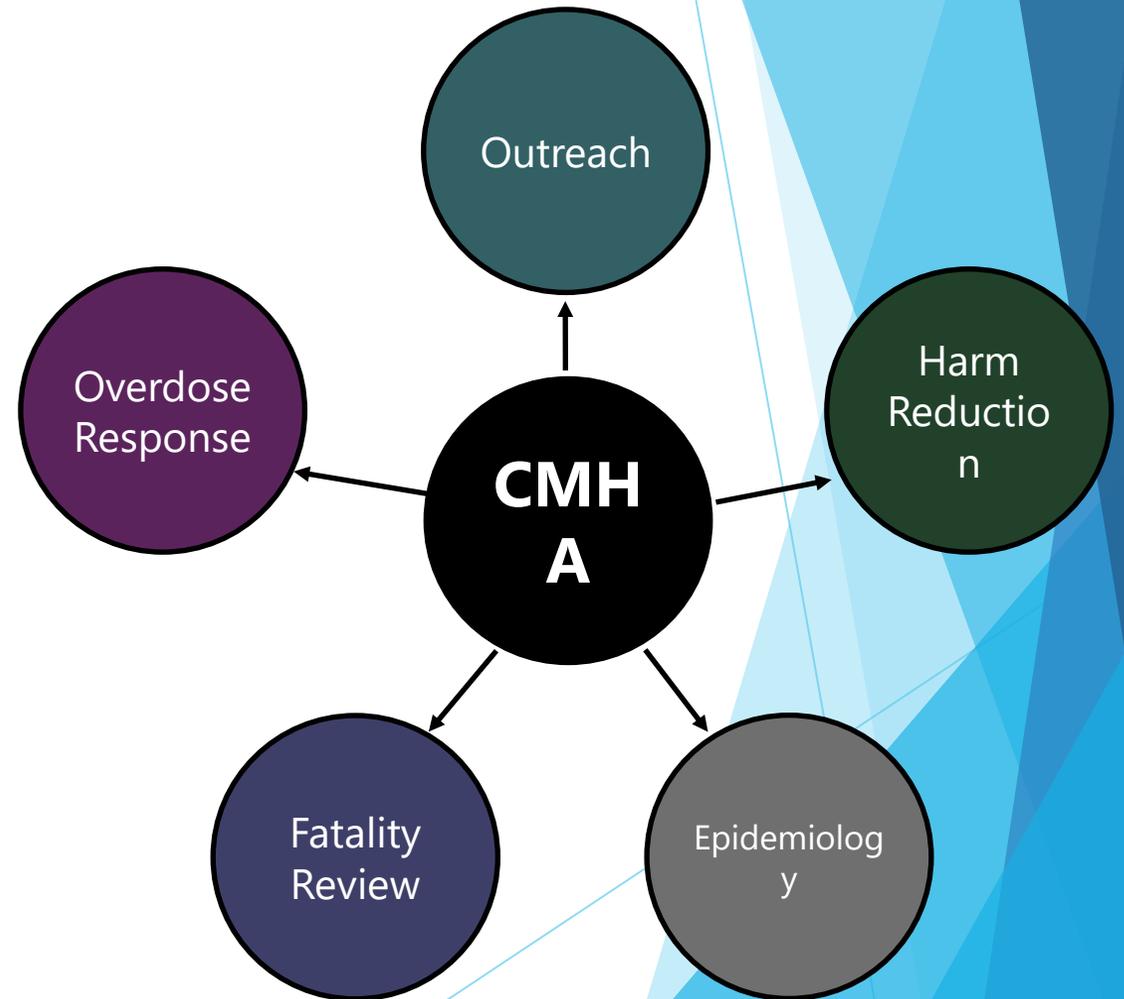
Community Mental Health & Addiction

Our Mission:

To emphasize and bring greater awareness to the most critical issues surrounding mental health, including suicide prevention and the drug overdose epidemic, by connecting vulnerable populations with available resources, responding to community-wide trends, and improving the overall health and education of the community.

Our Vision:

A world, removed from all mental health stigma, where individuals empower each other and are banded together to put an end to preventable deaths associated with drug overdoses and suicides.



Public Health Focal Points

- ▶ Drug Overdose Prevention
- ▶ Suicide Prevention
- ▶ Stigma Reduction
- ▶ Mental Health Education
- ▶ Trauma Informed Approaches
- ▶ Severe Mental Illness
- ▶ Substance Use and Addiction
- ▶ Social Vulnerability

Prevention Strategies

▶ Outreach

- Youth, family, and schools
- Justice systems
- Collaboration groups and partnerships

▶ Epidemiology

- Surveillance
- Investigation
- Alerts

▶ Naloxone

- Targeted distribution
- County-wide distribution

▶ Overdose Response

- ED/Hospital/Jail
- First responders
- Peer Navigators
- Case Managers

▶ Fatality Review

- Multidisciplinary case review



The last thing they did before they died.



Fentanyl was responsible for the deaths of 193 adults and 12 teens in Pima County last year.

One pill can kill.

Fentanyl is a synthetic opioid. It is 50-100 times more toxic than heroin and has contributed to 2.5 times as many deaths. Fentanyl is regularly found in cocaine, meth, heroin, pills, and powders in our community.

Be safe. Don't take it.

For free fentanyl test strips or naloxone, visit PimaHelping.org/Naloxone
For substance use treatment call 1-800-662-HELP4557.



Community Mental Health | Addiction Program | pima.gov/CommunityHealth



Tracking and Surveillance

- ▶ **Morbidity/Mortality Surveillance: Suicide and Overdose**
 - Identify trends and spikes
 - Examine causal factors
 - Determine public health response

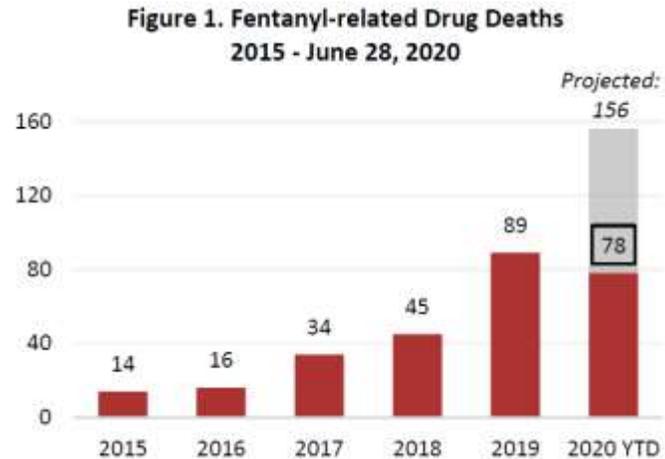
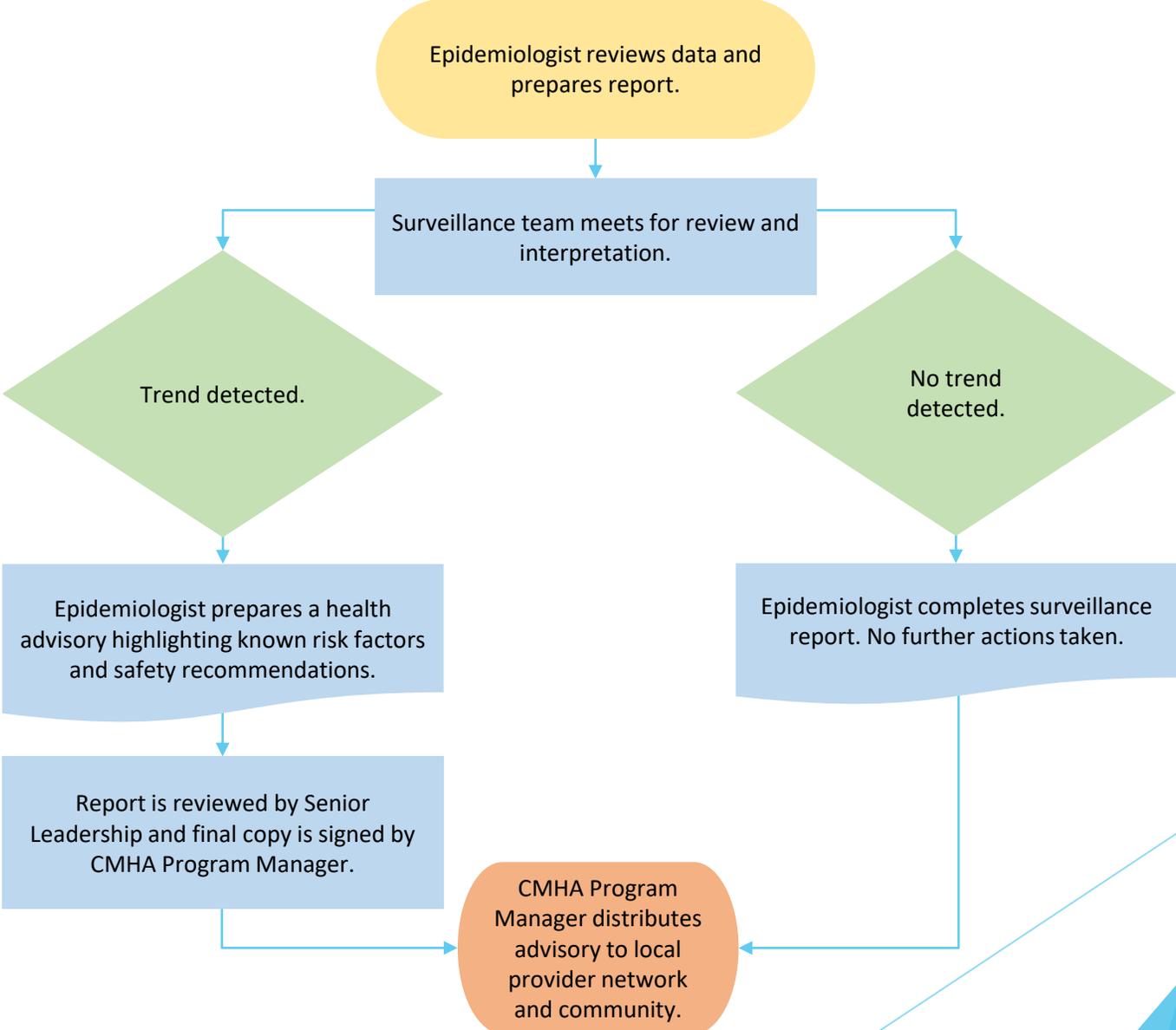


Figure 2. Percent Increase in Suicides by Age Group, Epi Weeks 1-46 2019 vs 2020



Surveillance Process



Public Health Advisories



3950 S. Country Club Rd Ste. 200
Tucson, AZ 85714
520-724-7797

Community Mental Health and Addiction Program

July 15, 2020

RE: Sustained Increase in Fentanyl-Related Overdose Deaths

Dear Community Providers,

This notification serves as an update to the ongoing series of health alerts regarding sustained increases in fentanyl and other illicit drug-related overdose deaths. The last alert was issued May 14, 2020 in response to a spike in fentanyl overdoses. Since then fentanyl deaths have maintained an upward trend. Surveillance data from January 1 to June 28, 2020 show a total of 78 fentanyl deaths (*figure 1*). When broken further the number of deaths is also increasing from one month to the next (*figure 2*), with May recording the highest total in a single month. The month of June is an incomplete data set and is expected to increase once pending investigations are complete.

Figure 1. Fentanyl-related Drug Deaths
2015 - June 28, 2020

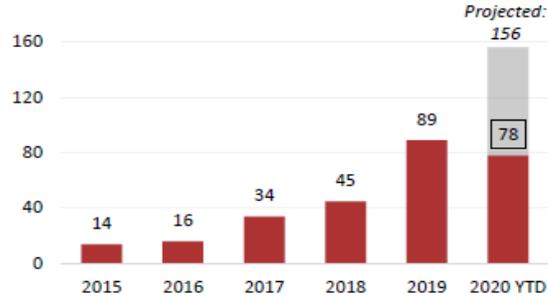
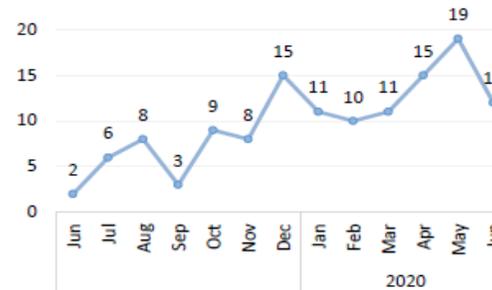


Figure 2. Fentanyl Deaths by Month
June 2019 - June 2020



CMHA Health advisories like the one above are distributed to the local provider network, community partners, and posted on our public website >> <https://webcms.pima.gov/health/advisories-alerts/health-alerts>

Community Collaborations & Partnerships



Your partner for a safe, strong, and healthy community.



Resource and Treatment Directory



PimaHelpline.Org

**Pima Helpline was created by the community,
for the community.**

This website was created with the help of individuals from Pima County Health Department, Healthy Pima, AmeriCorps, CODAC, Community Medical Services, CPES, Arizona Complete Health, HOPE Inc., La Frontera, COPE Community Services, Community Bridges, Sonoran Prevention Works, Tucson Police Department, University of Arizona, The Haven, Tucson Medical Center, and more.

- Services and Providers
- Help Now (24/7)
- Online Resources
- And more.....

Drug Disposal and “Take Back” Events

The screenshot displays a web application interface for drug disposal events. On the left, a map of Pima County, Arizona, is shown with numerous red circular markers indicating drop-off locations. On the right, a sidebar titled "Rx Drug Drop-Off Locations" contains a search field labeled "Enter Full Address" and a list of 20 participating agencies, each with a red circular icon and a three-dot menu. The agencies listed are:

- 1 Gabe Police Department
- 2 Miami Police Department
- 3 Superior Police Department
- 4 Kinarty Police Department
- 5 Wiltshire Indian Hospital
- 6 Pinal County Sheriff's Office
- 7 Maricopa Police Department
- 8 Pinal County Sheriff's Office
- 9 Florence Police Department
- 10 Apache Junction Police Department
- 11 Walgreens #4188
- 12 Pinal County Sheriff's Office
- 13 Pima Police Department



<https://webcms.pima.gov/government/disposeamed/>

Responding to Pandemic Stressors



How are you feeling today? Physically and mentally.

Easy questions you can ask to Check In on someone's mental health.

#CheckInChallenge



¿Como has estado durmiendo?

Preguntas fáciles para chequear la salud mental de nuestros seres queridos.

#ReportateChallenge



What are you grateful for today?

Easy questions you can ask to Check In on someone's mental health.

#CheckInChallenge

#CheckInChallenge
#ReportateChallenge



Responding to Pandemic Stressors

NAVIGATING THE EMOTIONAL IMPACTS OF COVID-19

The COVID-19 pandemic has brought on difficult emotions that can take a toll on anyone. Common feelings include depression, anxiety, and increased stress. These are normal reactions but may become increasingly difficult to cope with. Learn what you can do to help navigate tough times.

In this webinar you will learn about:

- Emotions brought on by the pandemic
- Depression and anxiety signs and symptoms
- When to seek help
- Coping skills
- Local community resources

Want to sign up or have questions?
Contact CMHA@pima.gov



Community Mental
Health and Addiction

TIPS TO REGULATE: OUR EMOTIONS, BEHAVIOR, ATTENTION, THOUGHTS

BE FLEXIBLE WITH YOURSELF



- Take control of what you can control.
 - Say "No" before you become overwhelmed.
 - Let your to-do items in order of importance and remember to check it off once complete.
 - Don't make unrealistic deadlines.
 - Create a ritual or routine.
- Limit your exposure to media.
- Remember to do things you enjoy.



SHIFT YOUR THINKING

- Refrain from negative self-talk.
- Accept the things we cannot change and do not dwell.
- Turn a negative into a positive, or excuses into choices.



USE YOUR COPING SKILLS

- Physical activity
- Healthy eating
- Mindfulness and relaxation
- Breathing exercises
- Music or art
- Find something to laugh about



PRACTICE GRATITUDE

Don't just thank others, thank yourself. Give yourself some praise for everything you've accomplished and everything you have overcome.



GET SUPPORT

- You are not alone. Ask for help!
- Reach out to friends, family, support groups, church.
- Know your insurance/work benefits such as EAP or wellness programs.
- Community-wide Crisis Line:
 - 520-622-6000
- www.PimaHelpline.org

COMMUNITY MENTAL HEALTH & ADDICTION

Visit Pima.Gov/MentalHealth

Responding to Pandemic Stressors



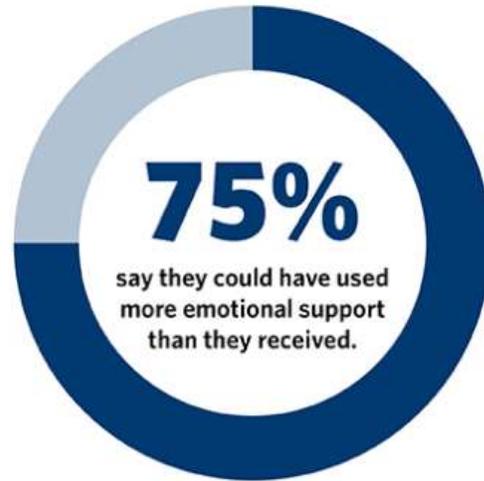
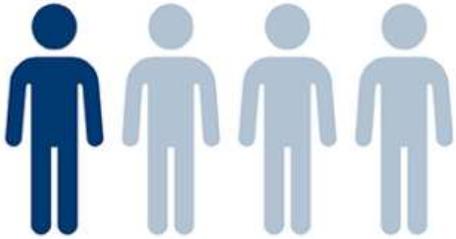
#CheckInChallenge
#ReportateChallenge



PCHD Staff Check-In

PANDEMIC SURVEY

**1 in 4 Essential Workers (25%)
Diagnosed With Mental Health Disorder
Since Start of Pandemic**



Assessing the Need for Supports

5.) Are you aware of all the resources or support services offered or promoted by the county or community partners?

- *Examples include: self-care, stress management, building resiliency, connecting to mental health, meditation, mindfulness, coaching, EAP, etc.*
- *Inquire on the individual's interest in these services or if there is any need for services not offered by the county already.*

6.) What can I, as your supervisor, do better to support you as an employee during this time of recovery?

- *Be open and accepting to any of the suggestions. You may also discuss if an idea will be challenging, and how.*
- *By understanding how a supervisor can best support their staff, they will help that employee grow in skill and confidence, motivating them to be their best self.*

7.) What can the county do better right now as an organization to support you as an employee?

- *Make note of these to report back to leadership via the data collection form.*

Moving Forward

Preface: The first year of the pandemic was a difficult one for everyone. Despite the challenges, there are many positive trends that happened over the last year. From more compassion among community members/peers/family, more family time, reduced carbon footprint, and appreciation of things we take for granted. This is an opportunity to shift our thinking and focus on the positive.

8.) What is something you are grateful for? Either today or in reflecting on what has happened over the last year.

Narcan Expansion Plan

- ▶ Narcan distribution in Pima County began in 2019.
- ▶ Average yearly distribution (2019 & 2020): 1,758.
- ▶ 2021 goal to distribute 10,000 kits (500% increase).
- ▶ New collaborations this year:
 - **Tucson Fire Department**
 - Expansion of Leave Behind Naloxone Program to 23 fire stations in Metro Tucson
 - **Pima County Public Libraries**
 - Narcan administration training for library staff
 - County Public Libraries are now Community Distribution Sites.
- ▶ 2021 YTD distribution **6,606** (3x the amount of 2020)



Naloxone Destigmatizing Campaigns '21

✓ FACT

Naloxone saves lives

#NaloxoneSavesLives



PIMA COUNTY
HEALTH DEPARTMENT



GET FREE NALOXONE HERE TODAY

Naloxone saves lives! See staff on site.
No questions asked or ID needed.

OBTENGA NALOXONA GRATIS

¡La Naloxona salva vidas!
No hacemos preguntas.
No se requiere identificación.
Pída información hoy.

Use this QR code for more information.
Para más información use este QR code.



PIMA COUNTY
HEALTH DEPARTMENT



Testimonials

▶ Navigating the Emotional Impacts of COVID-19

- ▶ “Loved the presentation and topic, especially during these times that are so new to everyone!” - *Attendee*

▶ QPR Gatekeeper Training for Suicide Prevention

- ▶ “Difficult topic. Great information. Learned a lot. Hope I don't have to ever use these tools, but will be ready if I need to. Mayra presented the information very well. Liked the videos, stories and role playing. THANKS” -*September '20 Graduate*
- ▶ “Thank you, this really helped me to better understand how to directly talk to someone considering suicide!” -*October '20 Graduate*
- ▶ “Thanks so much; sobering and necessary... we all need this information!” -*March '21 Graduate*

▶ Strengthening Families Program

- ▶ “This class covered everything considering it being on line it was done to include everyone and kept everyone engaged (I loved that even the kids from other family were involved and spoke up)” -*Fall '20 SFP Graduate*
- ▶ “This program helped my family to open up more about topics covered. Also to make efforts to bond more as a family.” -*Fall '20 SFP Graduate*
- ▶ “Hemos tenido una mejor comunicación, valoramos la opinión de todos, tenemos mas paciencia y nos hemos convertido en una vamos fuerte.” -*Spring '21 SFP Graduate*

New Team Page and Contact Info.

Community Mental Health and Addiction (CMHA)

For Immediate Help

If you or someone you know is experiencing suicidal thoughts, call 1-800-273-8255 for help.
If you or someone you know is experiencing an overdose, call 9-1-1.
If you or someone you know is experiencing a mental health crisis, call (520) 622-6000 or 1-866-495-6735.

Mental health is part of our overall well-being. But it is often misunderstood, misrepresented, and stigmatized. This leads to fear and causes people to hide their mental health concerns, even preventing or delaying them from seeking help. Nearly half of all U.S. adults will experience at least one form of mental illness at some point in their lives, but only 41% of those will get the professional health care they need.

Contact Us

[E-mail CMHA Team](#)

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pima.gov/MentalHealth
pima.gov/SaludMental
520-724-7470
CMHA@Pima.Gov

Our Work



Data and Reports

[Data](#) is critical to guide our mission, to inform policy decisions, and to better understand local patterns.



Local Fatality Review

[Local Fatality Review](#) presents information and data from the Overdose Fatality Review committee.



Case Management

[CMHA Case Management](#) provides outreach and links to appropriate care.



Trainings / Presentations

A collection of [Trainings and Presentations](#) offered free of by the CMHA team.



Naloxone

Learn about [Naloxone](#), the life-saving medication used to reverse opioid overdose.



Tools

Downloadable [Tools](#) and documents provided by the CMHA team.



Resources

Local mental health and addiction [Resources](#) to help you cope.



Media Coverage

Efforts by the CMHA team to keep the community informed via [Media Coverage](#) of the mental health and addiction crisis.



Medication Disposal

Learn where and how to [dispose of unused medication](#) safely and responsibly.

Presenters

- ▶ **Mark Person, MSP**
 - ▶ Program Manager, Community Mental Health and Addiction
 - ▶ Pima County Health Department
 - ▶ Email: Mark.Person@pima.gov
 - ▶ Phone: 520-724-7518
- ▶ **Mayra Elizabeth Jeffery, BSHS, BS**
(She, Her, Hers)
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www.pima.gov/MentalHealth



**Community Mental
Health and Addiction**