



# Supporting Individuals Living with a Mental Health Condition through 988 & Mental Health Education

# PsychU Webinar Rules Of Engagement

- Otsuka Pharmaceutical Development & Commercialization, Inc. (OPDC) has entered into collaboration with *OPEN MINDS*, to explore new ways of bringing/increasing awareness around serious mental illness.
- OPDC's interaction with *OPEN MINDS* is through PsychU, an online, non-branded portal dedicated to providing information and resources on important disease state and care delivery topics related to mental illness. One of the methods employed for the sharing of information will be the hosting of webinars. Webinars conducted by OPDC are based on the following parameters:
- When conducting medical dialogue, whether by presentation or debate, OPDC and/or its paid consultants aim to provide the viewer with information that is accurate, not misleading, scientifically rigorous, and does not promote OPDC products. No continuing medical education (CME) credits are available for any PsychU program.
- OPDC and/or their paid consultants do not expect to be able to answer every question or comment during a PsychU webinar; however, they will do their best to address important topics and themes that arise.
- OPDC and/or their paid consultants are not able to provide clinical advice or answer questions relating to specific patient's condition.
- Otsuka employees and contractors should not participate in this program (e.g., submit questions or comments) unless they have received express approval to do so from Otsuka Legal Affairs.
- OPDC operate in a highly regulated and scrutinized industry. Therefore, we may not be able to discuss every issue or topic that you are interested in, but we will do our best to communicate openly and directly. The lack of response to certain questions or comments should not be taken as an agreement with the view posed or an admission of any kind.

This program is paid for by Otsuka  
Pharmaceutical Development &  
Commercialization, Inc. (OPDC)

Speakers are paid consultants for Otsuka  
Pharmaceutical Development &  
Commercialization, Inc.

If you or someone you know is in crisis, call:

# Suicide Prevention Hotline/Lifeline

**1-800-273-TALK(8255)**

Or text:

# Crisis Text Line

**741-741**

**Dial 988**

# Our Featured Speakers



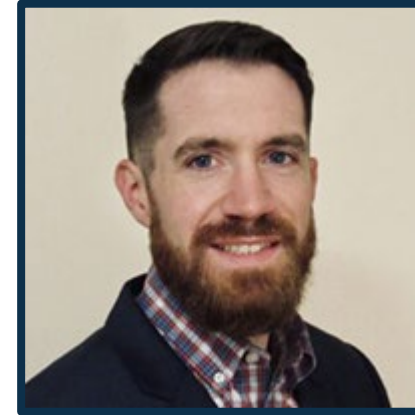
**Dwayne J. Mayes, MS**

Program Director,  
Recovery Network & Peer  
Training Program at the  
Mental Health Association  
of Westchester; PsychU  
Patient & Caregiver  
Section Advisor



**Laura Brennan, PhD**

Clinical & Scientific Liaison,  
Otsuka Pharmaceutical  
Development &  
Commercialization, Inc; Mental  
Health First Aid (MHFA)  
advocate and former course  
instructor; licensed clinical  
psychologist



**Dennis Sholler, PhD**

Moderator; Clinical &  
Scientific Liaison, Otsuka  
Pharmaceutical  
Development &  
Commercialization, Inc.

# Objectives



Review the current landscape of mental health in the United States and share perspectives on the importance of mental health education and training



Discuss the successes and challenges of the Suicide & Crisis Lifeline 988



Share resources to support individuals living with a mental health condition

# The Current State of Mental Health in America

- **1 in 5** U.S. adults experience mental illness each year, and **1 in 20** experience serious mental illness each year.<sup>1</sup>
- Still, over **60%** of rural Americans live in designated mental health provider shortage areas.<sup>2</sup>
  - An estimated **65%** of nonmetropolitan counties do not have a psychiatrist.<sup>2</sup>
- As such, only half of U.S. public schools (**55%**) provided students with diagnostic mental health assessments to evaluate for mental health disorders during the 2019-2020 school year.<sup>3</sup>
  - Fewer public schools provide treatment to students with a mental health condition.<sup>3</sup>
- More than **12.1 million** adults reported serious thoughts of suicide.<sup>4</sup>
- Suicide is the **2nd** leading cause of death among people aged 10-14.<sup>1</sup>
- *The 988 Lifeline was designed to provide 24/7, confidential support to people in suicidal crisis or mental health-related distress.*<sup>5</sup>



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1. National Alliance on Mental Illness (NAMI). Mental Health By the Numbers. [Mental Health By the Numbers | NAMI: National Alliance on Mental Illness](#). Accessed: March 2023  
2. Morales D.A., et al. Journal of Clinical and Translational Science.2020  
3. Pew Research Center. [More mental health services now offered in U.S. public schools | Pew Research Center](#).. Accessed March 2023.  
4. Mental Health America (MHA). 2023 State of Mental Health in America Report. [State of Mental Health in America 2023 | Mental Health America \(mhanational.org\)](#). Accessed March 2023.  
5. Federal Communications Commission. [988 Suicide and Crisis Lifeline | Federal Communications Commission \(fcc.gov\)](#). Accessed March 2023.

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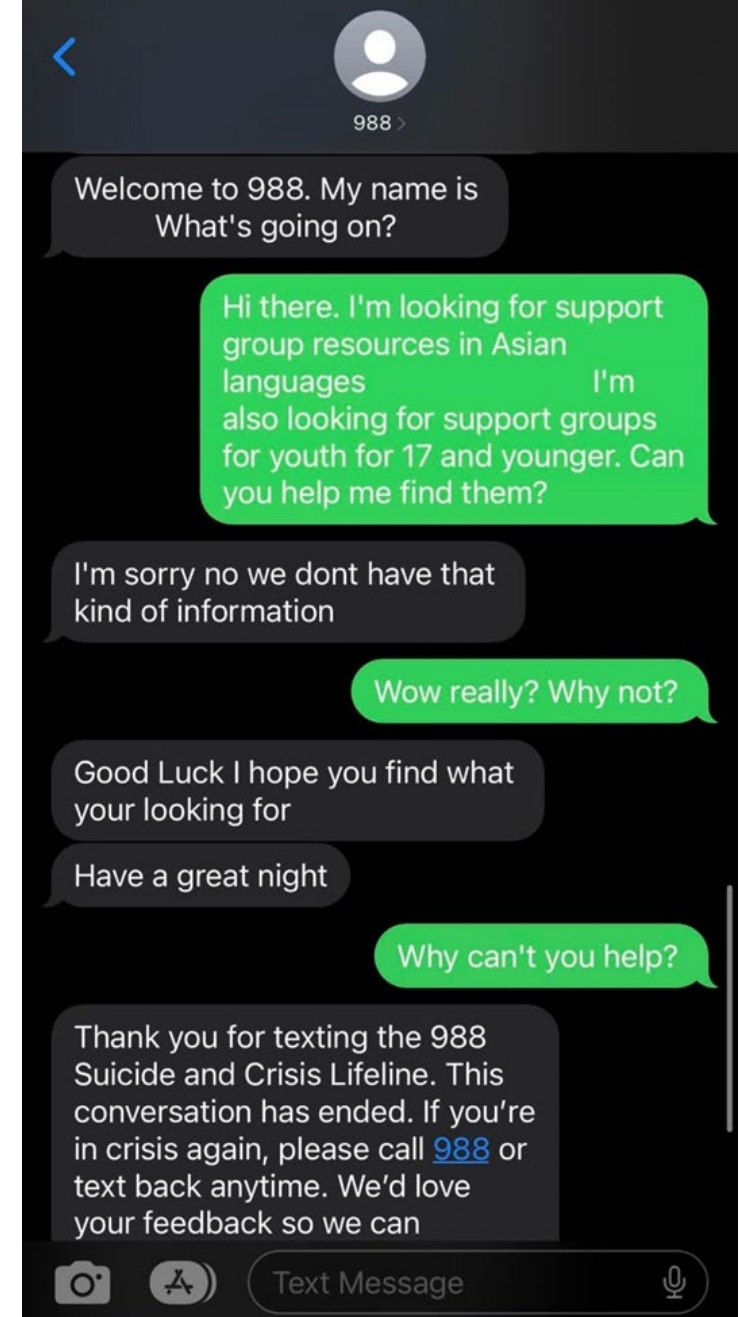


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# A Real-World Example of the Challenges Facing 988



# PsychU.org Contains Resources on 988 & Mental Health Education

**PsychU**  
Improving mental health care... together®

**988: What's the scoop?**  
A discussion with experts in suicide prevention and mental health

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**Psychological First Aid by Nurses, for Nurses**  
A Conversation with Alan "Tony" Amberg

COVID-19-CO (Corona) VVWes) 0 (Drees) 19 (2019)  
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**Interacting With First Responders**

**MSgt Corey Nooner**  
Oklahoma City Police Department  
Oklahoma City, OK

**Kathy Day, MPA, BA, AA**  
Caregiver and Mental Health Advocate  
Sacramento, CA

**Charlotte Anderson, BA**  
9-1-1 Center and Mental Health Advocate  
Charleston, SC

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# PsychU Supporting Organizations' Resources on 988 & Mental Health Education

- **American Foundation for Suicide Prevention (AFSP):**
  - In a partnership with the National Council for Behavioral Health, AFSP chapters host MHFA trainings that teach participants a five-step action plan to help someone who is suffering from a mental health crisis.
  - <https://afsp.org/mental-health-first-aid>
- **Depression and Bipolar Support Alliance (DBSA):**
  - The DBSA provides resources on preparing for a crisis, talking to individuals in crisis, and developing crisis and safety plans, among others.
    - <https://www.dbsalliance.org/crisis/>
- **National Alliance on Mental Illness (NAMI):**
  - The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.
  - <https://nami.org/help>

# Closing

# Thanks For Coming!

**Tell us what you thought by scanning the QR code and taking a quick survey.**

Register for another PsychU event today at **[PsychU.org/events](https://PsychU.org/events)**!

Don't see what you're looking for? Request a free PsychU presentation for your organization or region instead at **[PsychU.org/events/presentation-request](https://PsychU.org/events/presentation-request)**

We look forward to seeing you again!



This Disease State Education Simulator is an interactive experience showcasing the progression of different psychiatric disorders.



This virtual role-play is created for health care professionals to practice communication skills.



An innovative mobile app that provides mental health and addiction professionals with access to awardwinning educational resources and tools.



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