



## PRIORITY AREA:

# MENTAL HEALTH AND EMOTIONAL WELL-BEING

**T**HE reduction of stigma and negative bias is vital to mental health and emotional well-being as public stereotypes and self-stigma limit individuals' opportunities to access good jobs, safe housing, satisfactory health care, and social relationships.

The burden of mental illness is among the highest of all diseases, and mental disorders are among the most common causes of disability. People, including children and adolescents, with untreated mental health conditions are at high risk for many unhealthy and unsafe behaviors, including alcohol or drug use, violent or self-destructive behavior, and suicide.

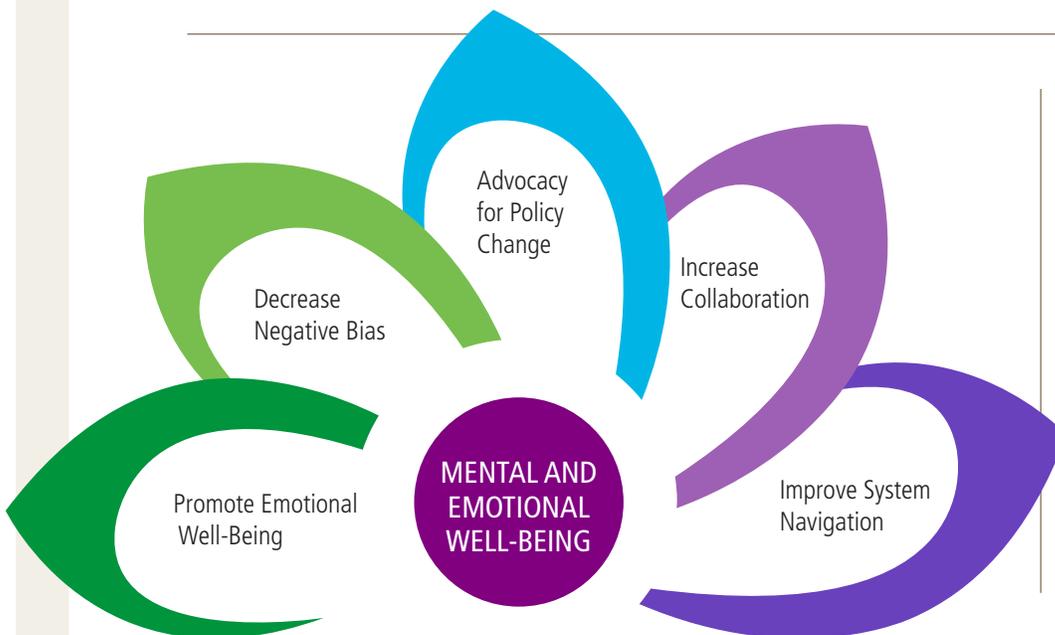
- In El Paso (12.5%) and Hudspeth (14.5%) Counties, the 2016 percentage of adults who stated that their mental health, which includes

stress, depression, and problems with emotions, was not good for 14 or more of the past 30 days was higher than the state average (10.6%).

- In southern New Mexico, the 2015 percentage of high school students who reported they had made a suicide plan in the past twelve months was higher than the state average (14.6%) for Dona Ana (14.7%), Luna (16.1%) and Otero (16.1%) Counties.

- The mental health provider rate for providers per 100,000 population is lower in Paso del Norte region counties, El Paso (79), Dona Ana (272), Luna (135) and Otero (252), than New Mexico (369) and Texas (99) state averages.

- Of the 287 suicides registered in the state of Chihuahua in 2017, the majority occurred in 3 municipalities: 80 In Ciudad Juárez, 72 in Chihuahua and 15 in Cuauhtémoc. 📍



## CONTACTS

### Enrique Mata

Senior Program Officer  
915-218-2617  
emata@pdnfoundation.org

### Juanita Galaviz

Program Administrator  
915-218-2618  
jgalaviz@pdnfoundation.org

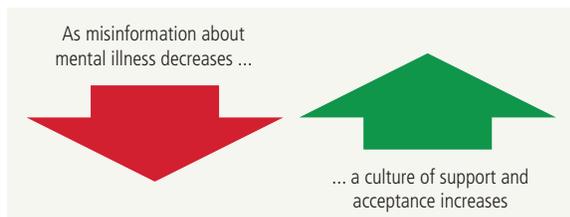
# MENTAL HEALTH AND EMOTIONAL WELL-BEING

This Priority Area will focus on the following areas during 2019-2021:

## Think.Change

PROMOTING EMOTIONAL WELL-BEING AND REDUCING MENTAL ILLNESS NEGATIVE BIAS

**GOAL:** Reduce stigma and negative bias associated with mental illness.



**STRATEGIES:**

- Invest in evidence-based trainings to reduce mental illness stigma and bias among those who have frequent contact with individuals who have a mental health condition
- Invest in evidence-based education programs for individuals and families on emotional health, mental illness symptoms, management and treatment options
- Invest in evidence-based navigator training for individuals willing to serve as advocates, system navigators, or volunteer presenters, including people with lived experience.
- Invest in advocacy for policy change aimed at reducing the stigma and negative bias associated with mental illness

**COMMUNICATION:**

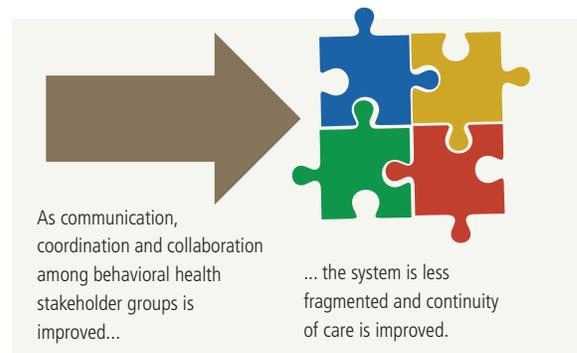
- Maintain and foster the Brain Trust Network
- Communicate regional progress via social media

**EVALUATION:** Track and report indicators of behavioral health system improvement in each community: El Paso and Hudspeth Counties, Southern New Mexico, and Ciudad Juárez. Maintain estimates of individuals and families served by funded programs; monitor grantees to verify progress.

## Behavioral Health Consortia

IMPROVING BEHAVIORAL HEALTH SYSTEM COLLABORATION

**GOAL:** Increase coordination and communication among regional stakeholders to improve the system of care.



**STRATEGIES:**

- Invest in regional behavioral health consortia informed programs that address system gaps not otherwise covered by government or reimbursed by health coverage.
- Leverage federal, state, and private resources to improve the behavioral health system of care
- Lead regional multi-institutional partnerships that contribute to behavioral health system improvement
- Build collaborations with state, national and international organizations and agencies
- Build and maintain alliances with internal and external thought leaders

**COMMUNICATION:** Communicate regional progress using dashboards, social media and community summits