



MENTAL HEALTH AND EMOTIONAL WELL-BEING

STRATEGY BRIEF 2022 - 2025

Mental health conditions involve changes in emotion, thinking or behavior often associated with problems in social, work, or family settings. Mental illness stigma makes it difficult for people living with a mental health condition to receive treatment and support.

The burden of mental illness is among the highest of all diseases. Depression is the leading cause of disability for individuals ages 15-44 in the U.S.; 11 million adults suffer from major depression and 1 in 3 Texas children experience a mental health disorder in a given year. In Ciudad Juarez, Mexico, 11.20% of adults reported feeling down, depressed, or hopeless most days of the week. In addition, nearly 25% of U.S. adults reported binge drinking within the last month and 16.2% reported misusing prescription medication. Suicide is the second leading cause of death among U.S. adults aged 25 to 34.

The good news is that mental illness is preventable and treatable, as regional organizations work. In 2020, the UTEP College of Nursing began a Psychiatric Mental Health Nurse Practitioner program. The El Paso Psychology Internship Consortium, a partnership between the UTEP and Texas Tech Health Science Center-El Paso, celebrated its 10th year providing APA-accredited psychologist internships. Trauma-informed care has been adopted as a leading practice across nonprofit providers. The justice system is offering crisis intervention, yet much work remains.

ADULTS EVER DIAGNOSED WITH DEPRESSION

El Paso: 18.6%

Hudspeth: 19.2%

Otero: 17.6%

Luna: 17.8%

Doña Ana: 17.3%



The Paso del Norte Health Foundation's Board of Directors approved the following strategies to address **mental health & emotional well-being** for 2022-2025.

APPROACHES

STRATEGIES

PARTNERSHIPS FOR SYSTEM IMPROVEMENT

Coordinate regional stakeholders for collaboration

- El Paso Behavioral Health Consortium
 - Integration Leadership Council
 - Family Leadership Council
 - Justice Leadership Council
- Dona Ana and Southern New Mexico Collaboratives
- Juarez ROTMENAS Collaborative
- The Brain Trust

STIGMA REDUCTION

- Invest in evidence-based stigma reduction and education programs
- Provide messaging to reduce stigma associated with mental illness

PDN CENTER AT MEADOWS INSTITUTE

- Advocate for stigma reduction policies and practices
- Lead regional partnerships
- Leverage funding into and for the region



• BEHAVIORAL HEALTH PARTNERS
• PDN CENTER AT MMHPI



• Information and idea sharing
• Stigma reduction programs
• Coordination and advocacy



• IMPROVED SYSTEM NAVIGATION
• BETTER ADDRESSED MENTAL HEALTH