2021 Virtual Hill Day
Agenda

Welcome
Trends in MHA's Screening Data
Peer Support and Equity Discussion
Federal Update
Asks & Actions
Charge
Q&A Session
#MHAhillday2021

Participants are in listen only mode.

This webinar is being recorded so you can listen later.

Questions entered in the chat will be answered during Q&A before the webinar concludes.
Trends in Screening Data

Caren Howard
Mental Health America
MHA Screening

• Began in April 2014.
• Access to screening tools is free and anonymous at www.mhascreening.org.
• Most screeners voluntarily give de-identified demographic data.
• Screeners are young, (73% < 25 years), female (73%).
• Help-seeking population (74% positive).
• Otherwise, representative of the population.
Number of People Looking for Help Increased Dramatically in 2020

Total Number of Screens 2014-2020
<table>
<thead>
<tr>
<th>Screen</th>
<th>Percent Scoring At Risk 2019</th>
<th>Percent Scoring At Risk 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent</td>
<td>60.53%</td>
<td>69.70%</td>
</tr>
<tr>
<td>Youth</td>
<td>70.94%</td>
<td>77.06%</td>
</tr>
<tr>
<td>PTSD</td>
<td>84.18%</td>
<td>89.59%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>74.22%</td>
<td>78.82%</td>
</tr>
<tr>
<td>Alcohol or Substance Use</td>
<td>78.32%</td>
<td>81.55%</td>
</tr>
</tbody>
</table>
Young People Disproportionately Experiencing Depression and Anxiety

Percent Scoring Moderate to Severe Depression and Anxiety

- 0.00%
- 10.00%
- 20.00%
- 30.00%
- 40.00%
- 50.00%
- 60.00%
- 70.00%
- 80.00%
- 90.00%
- 100.00%

Groups:
- "11-17"
- "18-24"
- "25-34"
- "35-44"
- "45-54"
- "55-64"
- "65+

Bars represent:
- Depression
- Anxiety
Suicidal Ideation at Highest Rate Since Launch of Screening

Percentage Reporting Suicidal Ideation More Than Half or Nearly Every Day
2015-2021
H.R. 2767, PEERS in Medicare Act

Peer Support + Equity Discussion

Keris Myrick, NAPS
Kelly Davis, MHA
Federal Landscape

Mary Giliberti
Mental Health America
Make Your Asks!
Ask 1

WILL YOU SUPPORT

$1.6 BILLION IN FUNDING FOR THE COMMUNITY MENTAL HEALTH SERVICES BLOCK GRANT PROGRAM

$10.7 BILLION FOR RESEARCH, PREVENTION AND TREATMENT OF OPIOID USE DISORDER

AND $1 BILLION TO INCREASE MENTAL HEALTH PROFESSIONALS IN SCHOOLS

AS OUTLINED IN THE PRESIDENT’S BUDGET?

Mental Health America
WILL YOU ENSURE TELE-MENTAL HEALTH SERVICES, INCLUDING AUDIO-ONLY, ARE COVERED BY HEALTH PLANS AT PARITY EVEN AFTER THE COVID-19 EMERGENCY DECLARATION EXPIRES?
WILL YOU COMMIT TO SUPPORTING MATERNAL MENTAL HEALTH BY VOTING IN FAVOR OF THE BLACK MATERNAL HEALTH MOMNIBUS ACT?

Ask 3
WILL YOU SUPPORT

INVESTMENTS IN LOCAL CRISIS CENTER

THE 988 LIFELINE

AND A NEW FEDERAL COORDINATING CENTER

IN THE NEXT FUNDING BILL?

Mental Health America
WILL YOU SUPPORT ACCESS TO PEER SUPPORT SERVICES IN MEDICARE BY COSPONSORING THE PEERS ACT?
WILL YOU COMMIT TO REDUCING MENTAL HEALTH DISPARITIES IN CHILDREN AND YOUTH BY SUPPORTING THE PURSUING EQUITY IN MENTAL HEALTH ACT?
Now Take Action!
<table>
<thead>
<tr>
<th>Virtual Hill Day Actions</th>
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<tbody>
<tr>
<td>• Sign up for MHA’s Advocacy Network for email &amp; alerts</td>
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<tr>
<td>• Find your two U.S. Senators and one Representative</td>
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<tr>
<td>• Request a virtual meeting with your U.S. Senators &amp; Representative</td>
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<td>• Call &amp; leave a message with your legislator’s staff to share your story and why MHA is helpful</td>
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<td>• Take MHA’s “action alerts” to send an email and remember to personalize each email with your story</td>
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<tr>
<td>• Send a message or post to your legislator on Twitter and Facebook using hashtag #MHAhillday2021</td>
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Storytelling

• Take time to think about you or a loved one’s lived experience with a mental health condition before or during the COVID-19 crisis.
• Write down the main points of the story and how you have been impacted.
• Practice your story aloud a few times.
• Indicate your support for your “ask”
Closing Charge

Choose your priority asks
Funding | Telehealth | Perinatal
Crisis Services | Peer Support | Equity

Choose your actions
Tweet | Post | Meet Virtually
Call | Email | Invite a Friend

Mental Health America
B4Stage4
Casey Badmington
Senior Policy Advisor, Health Issues
Sen. Catherine Cortez Masto (NV)
Contact Us

Debbie Plotnick
dplotnick@mhanational.org

Mary Giliberti
mgiliberti@mhanational.org

Caren Howard
choward@mhanational.org