

“Finding Peace of Mind in Dynamic Times: Acknowledging, Coping with, and Treating Invisible Injuries in the Digital Age”

Minnesota Psychiatric Society – 2024 Spring Meeting

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MR. RAWLE’S ROADMAP

- I. APAF Overview
- II. Navigating Dynamic Times
- III. A Glimpse of Patients and Caregivers
- IV. The Physician-Psychiatrist vs. Goliath - AI
- V. A Campaign for Humanity

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THE APA FOUNDATION: CREATING A MENTALLY HEALTHY NATION FOR ALL



SCHOOLS



JUSTICE



WORKPLACE



FAITH



LIBRARY



PLAY



FELLOWSHIPS & AWARDS

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RECLAIMING YOUR INNER DAVID: FIVE FORCES OF DISRUPTION



1. Rapidly Changing Demographics (Nationalism v. Patriotism)
- 2. Technology / AI – Respected & Tamed**
3. General Lack of Intellectual Curiosity
4. Domestic Tribalism
5. Erosion of Values: Celebrity over Competence

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RECLAIMING YOUR INNER DAVID: EVERYBODY LOVES PROGRESS; WE ALL HATE CHANGE!



Buick



Prius



Boom Box



iPhone



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YOUTH MENTAL HEALTH BEFORE PANDEMIC



1 in 5 youth had a mental, emotional, developmental, or behavioral disorder.¹



50% of adolescents has had a mental health disorder at some point in their lives.²



10% youth's depression is severely impairing their ability to function at school or work, at home, with family, or in their social life.³



60% of youth with major depression don't receive any mental health treatment.³

Sources:

- <https://www.cdc.gov/childrensmentalhealth/features/child-mental-health.html>
- <https://www.nimh.nih.gov/health/statistics/mental-illness>
- Reinert M, Fritze D, Nguyen T. The State of Mental Health in America 2023. Mental Health America; 2022. Accessed April 2023. <https://mhanational.org/sites/default/files/2023-State-of-Mental-Health-in-America-Report.pdf>

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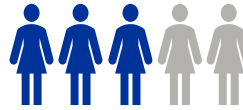
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YOUTH MENTAL HEALTH DURING PANDEMIC



1 in 3 experienced poor mental health
(**1 in 2** for LGBTQ+ students)¹



Nearly **3 in 5** teen girls felt persistently sad or hopeless²



1 in 5 seriously considered suicide²



Nearly **1 in 3** seriously considered suicide²

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YOUTH MENTAL HEALTH — THE REALITIES



2.7 million+

youth are experiencing severe major depression¹

6 in 10

youth with major depression do not receive treatment¹

42%

of high school students experience persistent feelings of sadness or hopelessness²

18%

of high school students made a suicide plan during the past year²

Sources:

1. Reinert M, Fritze D, Nguyen T. The State of Mental Health in America 2023. Mental Health America; 2022. Accessed April 2023. <https://mhanational.org/sites/default/files/2023-State-of-Mental-Health-in-America-Report.pdf>
2. Centers for Disease Control and Prevention. Youth Risk Behavior Survey Data Summary & Trends Report: 2011-2021. Published 2022. Accessed April 2023. https://www.cdc.gov/healthyyouth/data/yrbs/pdf/YRBS_Data-Summary-Trends_Report2023_508.pdf

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PROMOTING GLOBAL WELLNESS AS A SOCIAL JUSTICE ISSUE



Financial

- Poverty
- Employment
- Food Insecurity
- Housing sufficiency

Education

- High school graduation
- Enrollment in higher education
- Language & literacy
- Early childhood education & development

Health

- Access to health care
- Access to primary care
- Health literacy

Neighborhood & Community

- Access to healthy foods
- Quality of housing
- Crime & violence
- Environmental conditions

Social & Community

- Social cohesion
- Civic participation
- Discrimination
- Incarceration

<https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources>

DEFINING THE NEED FOR CHANGE



APAF Mental Health Awareness & Perception Study

50%

of people report having experienced a mental health issue

68%

of people believe there is marginalization associated with mental health in the U.S.

44%

of people don't believe mental health care is effective

60%

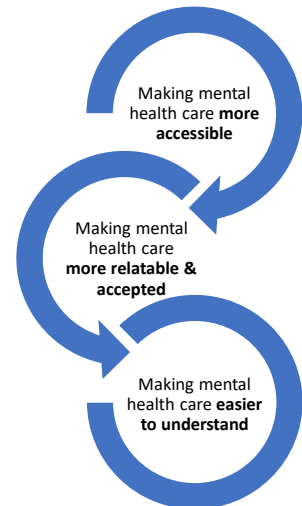
of people feel that getting in to see a mental health professional is not straightforward

Half of the US population has experienced a mental health issue, and a third are still suffering without treatment.

Most people believe there is discrimination attached to mental health care.

Skepticism about the effectiveness of mental health care remains an issue for nearly half the population.

It's still unclear to many where and how to access mental health services.



Source: Mental Health Survey among US general population, 18 years old+, April 2023, n=2,032

ANTHEM VIDEO – HOPE IS GREATER THAN DESPAIR



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RECLAIMING YOUR INNER DAVID IN A WORLD OF GOLIATHS



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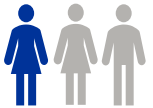
MODERN MEDICINE IN THE AGE OF GOLIATH - AI



2 in 3 doctors admitted to experiencing burnout during the pandemic.



1 in 5 physicians surveyed during the pandemic said they planned to leave medicine within the next two years.



while **1 in 3** said they'd cut back on their hours.

50%

nearly half of all practicing physicians in the U.S. today are over age 55.

Source: <https://www.ama-assn.org/press-center/press-releases/ama-president-sounds-alarm-national-physician-shortage>

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MODERN MEDICINE IN THE AGE OF GOLIATH – AI (CONT.)



- The average debt is more than \$250,000 in debt
- Too much time on EHRs about **two hours** on paperwork for every **one hour** we spend with patients.
- International Medical Graduates or IMGs such as immigration and green-card delays—to practice medicine in the U.S.



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MODERN MEDICINE IN THE AGE OF GOLIATH - AI



“The concept of **loneliness** was introduced as society moved toward **industrialization** and there was increased **mobility**, a focus on **individualism**, and increased levels of **stress**.” – Dilip Jeste, M.D.

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A SELFCARE Rx FOR GOLIATH - AI

Items

Item 1D. Today more and more often I talked about my work in a negative way.

Item 2E. Today after work, I tend to need more time than in the past in order to relax and feel better.

Item 3D. Today, I thought less at work and did my job almost mechanically.

Item 4E. Today during my work, I felt emotionally drained.

Item 5D. Today over time, I could become disconnected from this type of work.

Item 6D. Sometimes I felt sickened by my today work tasks.

Item 7E. Today after my work, I felt worn out and weary.

Item 8E. Today I felt tired before I arrived at work

Note. E = exhaustion; D = disengagement; SD = standard deviation; ICC = intra-class correlation.

Source: <https://doi.org/10.1371/journal.pone.0251257.t001>

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CAMPAIGN APPROACH
MENTAL HEALTH CARE WORKS



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RECLAIMING YOUR INNER DAVID IN A WORLD OF GOLIATHS



An Army of Goliaths – How to spot them

- The **“No’s”** (know the answer is **NO** before we even finish our request)
- The **“See Moers”** (can’t say No, don’t want to be perceived as Bad People; just need more info)
- The **“Tates”** (objective: break our will)



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MEET THE TATES: AN ARMY OF GOLIATHS/ MICROAGGRESSIONS

- Husband: **HESITATE**
- Wife: **AGITATE**
- Son: **PROCRASTINATE**
- Daughter: **COMPLICATE**
- Pets: **FRUSTRATE**; and **IRRITATE**



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SIMONE VIDEO – THERE'S NO PLACE LIKE HOPE

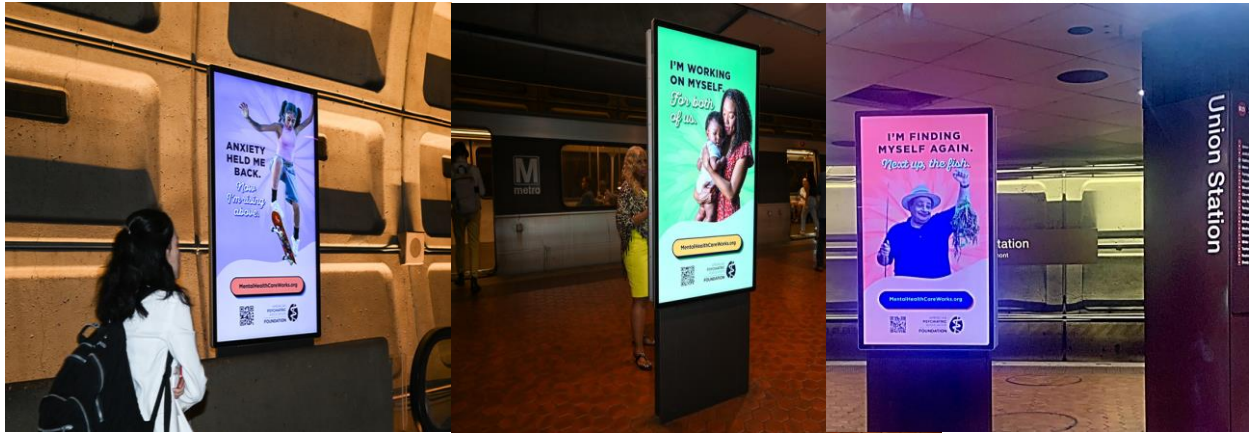


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166 MILLION IMPRESSIONS TO DATE



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PUBLIC SERVICE ANNOUNCEMENT CAMPAIGNS



Our reach to date exceeds 166M impressions through paid, earned, social, and owned media channels, as well as through a national public service announcement campaign, as follows:

Multi-Media Sector	Impressions
Mental Health Care Works website	97,125,738
October Radio Media Tour	1,598,700
December Satellite Media Tour	6,801,233
English TV PSA	28,821,211
English Radio PSA	25,406,350
Spanish TV PSA	3,893,379
Spanish Radio PSA	3,139,150
Total	166,785,761

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THIS IS THE DOCTORS CALL TO ACTION



How you can get involved:

1. LEARN MORE AT [MENTALHEALTHCAREWORKS.ORG](https://www.mentalhealthcareworks.org)
2. SIGN UP TO RECEIVE UPDATES ABOUT THE CAMPAIGN
3. SHARE ON SOCIAL MEDIA



PSYCHIATRY AMBASSADORS AND STUDENT SCHOLARSHIPS (PASS)



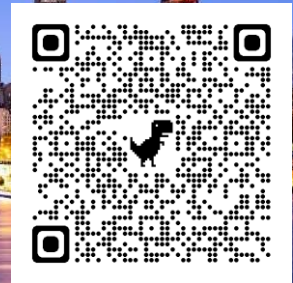
The **PASS** program is a unique opportunity for psychiatry residents and medical students to enrich their professional careers by attending the 2024 APA Annual Meeting.

APAF Fellowship Applicants	APAF's Resident Ambassador Program	APAF's Medical Student Ambassador Program	APA's Scholar Program
<p>Eligibility</p> <p>Residents who submit an application to an APAF Fellowship</p>	<p>Eligibility</p> <p>Current Psychiatry Residents committed to sharing info on APAF programs</p>	<p>Eligibility</p> <p>Current MS3 and MS4 Medical Students committed to sharing info on APAF programs</p>	<p>Eligibility</p> <p>Current Residents & Medical Students committed to sharing info on APAF programs</p>
<p>Benefits</p> <ul style="list-style-type: none"> ➤ Complimentary registration to the 2024 Annual Meeting 	<p>Benefits</p> <ul style="list-style-type: none"> ➤ Complimentary registration to the 2024 Annual Meeting ➤ Up to 3 nights of lodging within the APA hotel block 	<p>Benefits</p> <ul style="list-style-type: none"> ➤ Up to 3 nights of lodging within the APA hotel block 	<p>Benefits</p> <ul style="list-style-type: none"> ➤ Complimentary registration to the 2024 Annual Meeting ➤ Up to 3 nights of lodging within the APA hotel block

APAF BENEFIT IN NEW YORK – SAVE THE DATE!



Monday, May 6, 2024, 7:30 – 10:30 PM, New York City
Buy your Ticket today at \$350!



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THANK YOU!



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APAF Campaign Website:
www.mentalhealthcareworks.org

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