

Fear, Stigma, and Barriers

Connecting the dots for
Mental Health support and services:
Challenges and Constructive Paths

Fear

- a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined;
- the feeling or condition of being afraid.



Physical Aspects of Fear

- Physiologic responses
 - Accelerated heart rate
 - Restricted or redirected blood flow
 - Blood pressure changes
 - Loss of fine motor skills
 - The adrenaline dump



Fight, Flight or Freeze

- Hijacked by the monkey
- Fight like you have nothing to lose
- Race for your life
- Hide, ignore it and it will go away



After the fear has passed

- Shaking like a race horse
- What shape do you cool into?
- Trying to find center
- The body challenged
- Time warp gaps



Best Practices

- **Stabilize the Physical Body**
 - **ER/AMR**
 - **Detox**

Stigma

- a mark of disgrace or infamy; a stain or reproach, as on one's reputation.
- **Social stigma** is a severe social disapproval of personal characteristics or beliefs that are perceived to be against cultural norms.



Let's NOT talk about it

- Don't embarrass us
- No one must know
- Breaking the barrier of silence
- Cultural constraints – high risk populations
- It's just a phase - denial
- It's just not that big of a deal – easier to self medicate than to get the help needed



Suicide, shh...

- Adrenaline Junkies & Fear Inoculation
- Cutting/self harm
- Lack of connection
- Easier to go than to stay



Breakdowns and breakthroughs

- Schools and SROs
- Military and community outreach/support
- Acknowledgements and access
- Growth and success of community coalitions even in these tough times
- Small accomplishments – Big hopes

Best Practices

- **Stabilize the Physical Body**
 - ER/AMR
 - Detox
- **Create and support the effective use of opportunities for Education/Awareness around Mental Health Issues and Crisis Intervention**

Barriers

- anything built or serving to bar passage, as a railing, fence, or the like:
- any natural bar or obstacle:
- anything that restrains or obstructs progress, access, etc.,
- a limit or boundary of any kind.



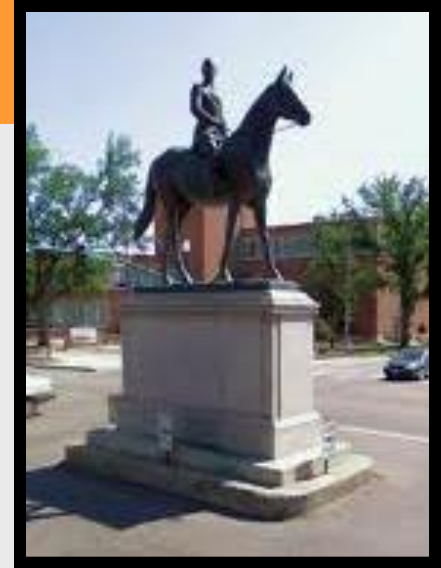
A World Wide Issue

- The economic times we live in today
- Global changes in attitudes/awareness
- The New HealthCare system



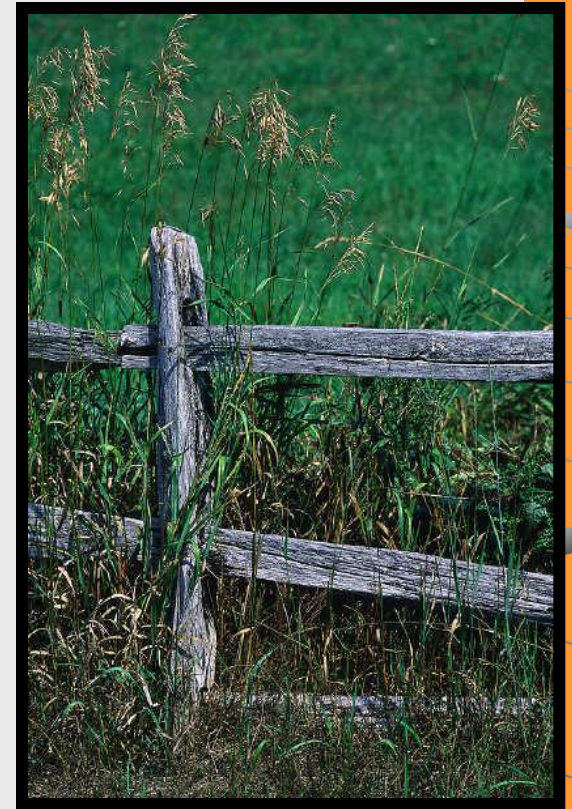
Culture of Colorado Springs

- Our Past
- Our Lucky Horseshoe
- What the future holds



Brick or split rail

- Silos vs bridges
- Partners or competitors
- A one door policy for health welfare & community safety



Best Practices

- **Stabilize the Physical Body**
 - ER/AMR
 - Detox
- **Create and support the effective use of opportunities for Education/Awareness around Mental Health Issues and Crisis Intervention**
- **Being aware of the communities resources and challenges, create and support partnerships that reduce barriers and increase access to Mental Health support and providers**

Cedar Springs Hospital



Serving our Community since 1924
Creating Hope – Saving Lives – Healing Families

Community Partnerships

- Memorial, Penrose/St Francis and Evans Hospitals
- American Medical Response Teams
- Local Law Enforcement – CSPD, EPCS, State Patrol, Fort Carson Police and the Office of Provost Marshall
- Local Military and School campus safety personnel
- Sgt Cintron and the CSPD Safety Resource Officers
- Local Doctors, Physiologists, Therapists and Counselors
- Consistent outreach and support to local businesses

Criteria and Availability

- Physical body must be stabilized
- Patient must have some measure of cognitive ability (awareness of time/location)
- Mental health must have a level of acuity
- Individual insurance companies have individual requirements and criteria
- Patient fit within limitations of the Unit – 54 year old man does not fit with the limitations of an adolescent unit
- Safety of the unit and campus is a priority

Co Springs is a Military Town

- Influx of Active Duty patients 6-8 weeks prior to deployment and 6-8 weeks after return.
- Influx of family member patients approximately 2 months after active duty member deploys.
- Requests for residential treatment for dependents happens most often around the mid point of the active duty family member's deployment.
- We serve on the average approximately 2000 Active Duty patients/their family members each year.

Cedar Springs Youth Programs

● Connections

- Attachment Disruption & Reactive Attachment Disorder (children from 5-12 years of age)

● Mountain View Place (MVP)

- Positive residential treatment for youth challenged with general psychiatric disorders

● Southgate School

- Special Ed/Alternative school K-12



Cedar Springs Adult Programs

● Acute Care Units

- Stabilization Acute Care

● New Choices

- Dual Diagnosis
- Chemical Dependency/Medical detox

● Recovery Zone - Military Specific

- Complex Trauma
- Combat Stress and PTSD



Crisis and Communication

- Controlling traffic/scheduling the day
- The SAMA Technique - de-escalation
- The quiet rooms – teaching self awareness and self assessment
- A holistic approach to therapy - balancing individual needs, family, spirituality, work and community connections

Building Community

- Free Assessments 24/7
- Resources and Referrals
- Continuum of Care/After Care
- Jason Foundation Outreach/Education
- Lunch and Learn Educational series
- Participation with community coalitions



Best Practices Summarized

- **By stabilizing the Physical Body in partnership with local ERs/AMR and DeTox the individual who needs mental health support/assistance has an opportunity to met criteria for an inpatient mental health facility**
- **By reducing stigma within a community and it's cultures, families and friends could be more willing and able to support a persons decision to seek help for a psychological issue.**
- **By building awareness of our communities resources and challenges, we can all work together to facilitate access to Mental Health support, providers and hospitals**



**Thank You
for making a
difference
every day.**

Contact Data

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References & Resources

- **ARMY - Health Promotion, Risk Reduction, Suicide Prevention Report, 2010**
- **Buzzed -**
the straight facts about the most used and abused drugs
 - Duke University Medical Center Team
- **The Cedar Springs Team and Training**
- **The Gift of Fear -**
and other survival signals that protect us from violence
 - Gavin De Becker
- **Lethal Warriors -**
When the New Band of Brothers came home
 - David Philipps
- **Military Brats -**
Legacies of childhood inside the Fortress
 - Mary Edwards Wertsch
- **On Combat -**
the psychology and physiology of deadly conflict
 - Lt Col Grossman with Loren W. Christensen
- **Swimming with Crocodiles -**
The culture of extreme drinking
 - Marjana Martinic and Fiona Measham
- **Why people die by suicide**
 - Thomas Joiner

And we are outta here...

