



2021 Virtual Hill Day

MHIA
Mental Health America
B4Stage4

Welcome



Debbie Plotnick
Mental Health America

Agenda

Welcome

Trends in MHA's Screening Data

Special remarks from Rep. Chu and Rep. Smith

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



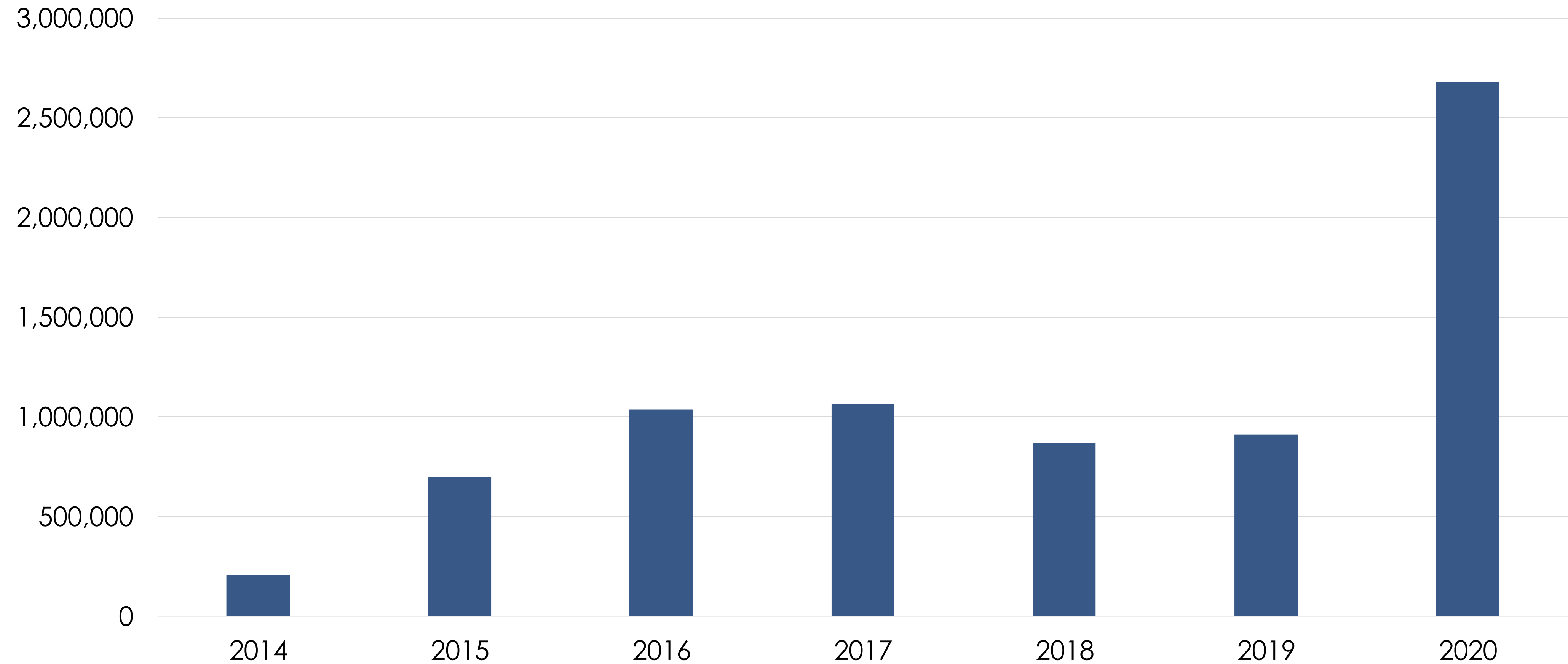
Caren Howard
Mental Health America

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

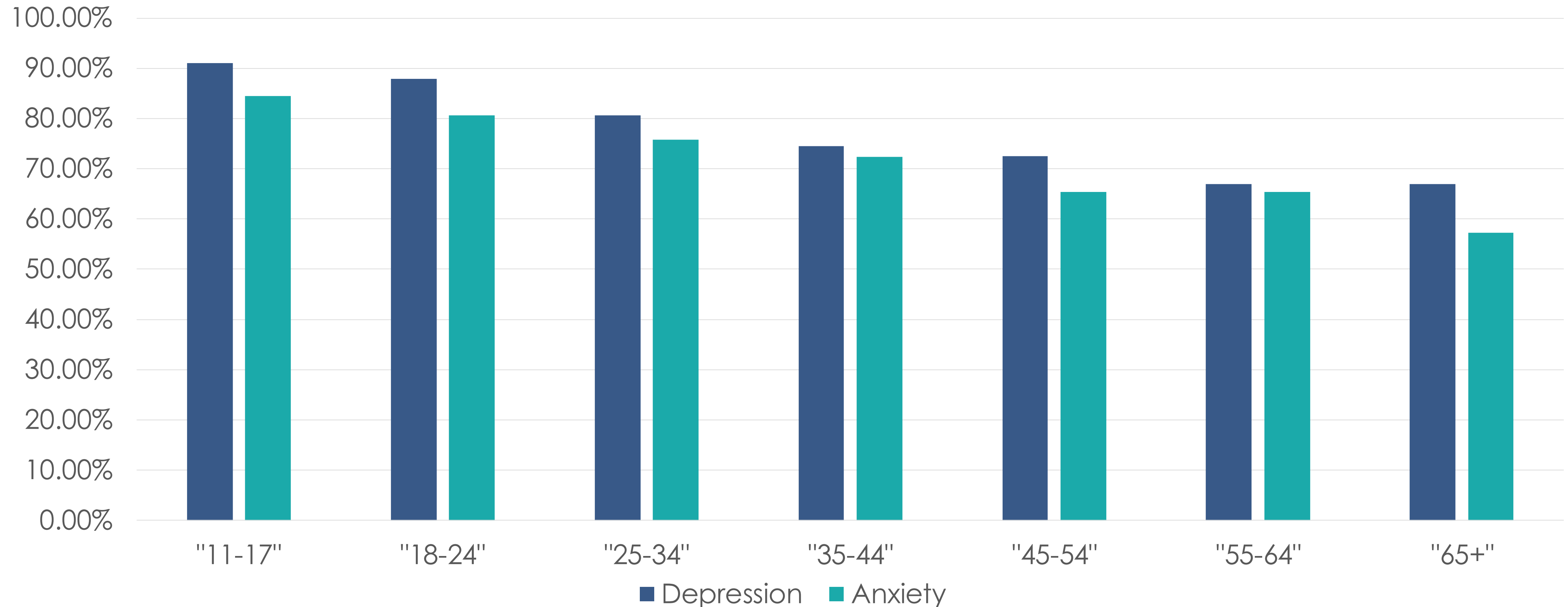


Largest Increases in Parent/Youth, PTSD, Anxiety and Substance Use

| Screen | Percent Scoring At Risk 2019 | Percent Scoring At Risk 2020 |
|--------------------------|------------------------------|------------------------------|
| Parent | 60.53% | 69.70% |
| Youth | 70.94% | 77.06% |
| PTSD | 84.18% | 89.59% |
| Anxiety | 74.22% | 78.82% |
| Alcohol or Substance Use | 78.32% | 81.55% |

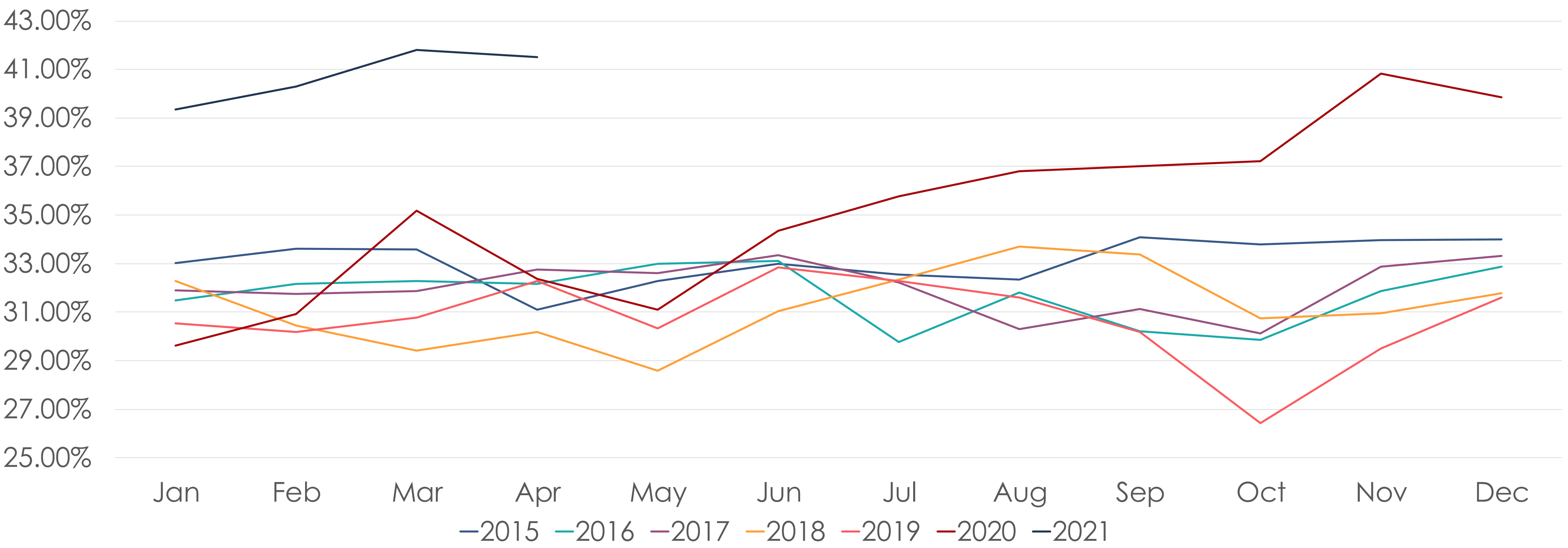
Young People Disproportionately Experiencing Depression and Anxiety

Percent Scoring Moderate to Severe



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



Rep. Judy Chu (CA)



Rep. Adrian Smith (NE)

Peer Support + Equity Discussion



Keris Myrick, NAPS



Kelly Davis, MHA

Federal Landscape



Mary Giliberti
Mental Health America

Make Your Asks!

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?



Ask 1

**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?**



Ask 2

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?



Ask 4

**WILL YOU SUPPORT
ACCESS TO PEER SUPPORT
SERVICES IN MEDICARE BY
COSPONSORING
THE PEERS ACT?**



Ask 5

**WILL YOU COMMIT TO
REDUCING MENTAL HEALTH
DISPARITIES IN CHILDREN
AND YOUTH BY SUPPORTING
THE PURSUING EQUITY IN
MENTAL HEALTH ACT?**



Ask 6

Now Take Action!

Virtual Hill Day Actions

- **Sign up for MHA's Advocacy Network for email & alerts**
- **Find your two U.S. Senators and one Representative**
- **Request a virtual meeting with your U.S. Senators & Representative**
- **Call & leave a message with your legislator's staff to share your story and why MHA is helpful**
- **Take MHA's "action alerts" to send an email and remember to personalize each email with your story**
- **Send a message or post to your legislator on Twitter and Facebook using hashtag #MHAhillday2021**

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

Casey Badmington

Senior Policy Advisor, Health Issues
Sen. Catherine Cortez Masto (NV)



Question & Answer

MHA
Mental Health America
B4Stage4

Contact Us

Debbie Plotnick

dplotnick@mhanational.org

Mary Giliberti

mgiliberti@mhanational.org

Caren Howard

choward@mhanational.org