

# Resources, Notes, and Links from Kevin Hines Presents: The Art of Wellness for the General Public

April 22, 2021

**Maryland Crisis Line** – 24/7 support- Dial **211** then press **1** for information, referrals, and crisis intervention

<https://211md.org>

**National Crisis Text Line-Text “HOME” to 741741”**

<https://www.crisistextline.org>

**National Suicide Prevention Lifeline-24/7 support at 1-800-273-TALK**

<https://suicidepreventionlifeline.org>

The **NAMI HelpLine** is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained, and able to provide guidance.

The **NAMI HelpLine** can be reached Monday through Friday, 10 a.m.–8 p.m., ET.

**1-800-950-NAMI (6264) or info@nami.org**

**Need Immediate Help in A Crisis? Text NAMI to 741-741** to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

Kevin’s Website <https://www.kevinhinesstory.com/>

Kevin’s YouTube Channel [https://www.youtube.com/channel/UCYZeM7MIkXtU\\_-r9BIDTQA](https://www.youtube.com/channel/UCYZeM7MIkXtU_-r9BIDTQA)

Kevin’s Facebook Page <https://www.facebook.com/KevinHinesStory.us/>

Kevin’s Twitter Feed <https://twitter.com/kevinhinesstory?lang=en>

Kevin’s LinkedIn Profile

<https://www.linkedin.com/public-profile/in/kevinhinesstory?challengeId=AQHDuEUfVfk8mgAAAXi26QQ4wLBrVs5syYBHhN1O1Ffa10ZzJQRNgFn-2IWg7MShhzivXjcf784FyFMcbUkShFDtSpTyf6b2NQ&submissionId=c30baa7c-fd34-7416-8e2b-3c777e5dec7c>

## Video notes:

**Resonance Breathing**- Kevin inhales for 4 seconds, holds his breath for 4 seconds, then exhales for 8 seconds. He does this 30 times in the morning, and again in the afternoon and evening.

Kevin also uses the Calm and Headspace Apps for meditating

## Kevin's Book Recommendations:

*Loving Someone with Bipolar Disorder* (by Julie A. Fast)

*Bipolar Disorder for Dummies* (by Candida Fink and Joe Kraynak, and Kevin is featured in the 3<sup>rd</sup> edition)

**Movie:** *The Bridge*, directed by Eric Steel (2005)

For more information about **The Bridge Rail Foundation**, go to <http://www.bridgerail.net/>

## The Art of Wellness:

- 1) Therapy
- 2) Nutrition
- 3) Exercise
- 4) Sleep
- 5) Education
- 6) Medication
- 7) Meditation
- 8) Advocacy for self and others
- 9) Coping mechanisms and strategies
- 10) The Plan (emergency plan)

Kevin's tee-shirt logo is "SuicideTheRippleEffect.com"

It refers to a documentary called **The Ripple Effect** that chronicles Kevin's journey and the positive ripple effects of advocacy, inspiration, and hope.

More information about this film can be found at  
<https://www.kevinhinesstory.com/suicide-the-ripple-effect>

Dr. Kelly Posner is the founder and Director of the Columbia University Center for Suicide Risk Assessment (now called the Lighthouse Project).

The form Dr. Posner is showing Kevin is the **CSSRS Screener**, this form, along with other forms specifically for spouses, teens, and more can be found at :  
<https://cssrs.columbia.edu/the-columbia-scale-c-cssrs/cssrs-for-families-friends-and-neighbors/>

Dr. John Draper is the National Suicide Prevention Hotline Director

**National Suicide Prevention Lifeline-24/7 support at 1-800-273-TALK**

<https://suicidepreventionlifeline.org/>

**Dr. Drapers Five Steps:**

- 1) Ask the question
- 2) Keep them safe
- 3) Be there (listen)
- 4) Help them connect (create a circle of support)
- 5) Follow up

## **Q & A Panelists:**

**Kate Farinholt**-Executive Director National Alliance on Mental Illness (NAMI) Maryland and

**Stephanie Slowly** MSW, LCSW-C, Acting Chief of Staff Director, Systems Management

Maryland Behavioral Health Administration

The **National Alliance on Mental Illness (NAMI)** is the nation's largest grassroots mental health organization which operates at the national, state, and local level.

**NAMI Maryland** provides free education, support, and legislative advocacy for persons with mental illnesses, their families, and the wider community

NAMI Maryland also has collected an extensive list of resources which can be found on their website at  
[www.namimd.org](http://www.namimd.org)

You can find Covid-19 specific resources and an information guide in Spanish and English at  
[www.namimd.org/coronavirus\\_resources](http://www.namimd.org/coronavirus_resources)

## **How to contact NAMI Maryland**

NAMI Maryland has an active online presence and can be reached through their website at <http://www.namimd.org> or through their social media channels on Twitter, Facebook, Instagram, and LinkedIn @ (at) NAMIMaryland.

**Toll-Free: 1-877-878-2371**

**Local: 410-884-8691**

Email: [info@namimd.org](mailto:info@namimd.org)

## **Event notes provided by NAMI Maryland:**

### *About Mental Health*

- O Mental health is more important now than ever. 1 in 5 adults experience a mental illness each year in the US and 5 in 5 are affected. This year we have seen an increased demand for mental health support services.
- O The scope is vast: about 800,000 adults in Maryland have a mental health condition – half of all mental illness begins by age 14, and 75% by age 24 – that’s why prevention, early detection, and reducing stigma are so important. The earlier we catch it, the better the outcomes for many.
- O Anxiety disorders, depression, ADHD, and post-traumatic stress disorder are among the most common, but that does not mean they are not to be taken seriously. 1 in 100 individuals will develop schizophrenia in their lifetime, while 1 in 5 families has a close relative with a severe mental illness.

### *Statistics about Mental Health*

- o The new statistic from the CDC is that 1 in 3 adults report experiencing symptoms of anxiety or depression since the pandemic began.
- o 1 in 100 individuals will develop schizophrenia in their lifetime, while 1 in 5 families has a close relative with a severe mental illness.
- o Mental illness does not only impact the individual. The impact ripples out to their family, their community, and the rest of the world.
- o Only about 43% of US adults with mental illness receive treatment.
- o The average delay between onset of mental illness symptoms and treatment is 11 years.

- 11% of US adults with mental illness have no insurance coverage.
- 60% of US counties do not have a single practicing psychiatrist.
- People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions.
- 19.3% of US adults with mental illness also experience some sort of substance use disorder.
- Mental illness and substance use disorders are involved in 1 out of every 8 emergency department visits with mood disorders being the most common cause of hospitalization for all people under 45 (excluding pregnancy and birth).
- 20% of people experiencing homelessness in the United States have a serious mental health condition.
- 37% of adults incarcerated in state and federal prison systems have a diagnosed mental illness with 70% of youth in the juvenile justice system have a diagnosed mental illness.
- At least 8.4 million people in the U.S. provide care to an adult with a mental or emotional health issue and spend an average of 32 hours a week providing unpaid care.

**SCROLL DOWN FOR NAMI Graphics and Flyers**

# Mental Health Care MATTERS

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

## 11 YEARS

### PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

**43%** of adults with mental illness

**64%** of adults with serious mental illness

**51%** of youth (6-17) with a mental health condition

### Adults with a mental health diagnosis who received treatment or counseling in the past year

**25%** of Asian adults

**31%** of black adults

**32%** of adults who report mixed/multiracial

**33%** of Hispanic or Latinx adults

**49%** of white adults

**49%** of lesbian, gay and bisexual adults

*For therapy to work, you have to be open to change. I'm proud to say that I changed. Therapy saved my life.*

— NAMI Program Leader

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)



# Common WARNING SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- ! Feeling very sad or withdrawn for more than two weeks
- ! Trying to harm or end one's life or making plans to do so
- ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- ! Significant weight loss or gain
- ! Seeing, hearing or believing things that aren't real\*
- ! Excessive use of alcohol or drugs
- ! Drastic changes in mood, behavior, personality or sleeping habits
- ! Extreme difficulty concentrating or staying still
- ! Intense worries or fears that get in the way of daily activities



\*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

## WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

**50%**  
of all lifetime mental illness begins by age **14**

## KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



Call the NAMI HelpLine at 800-950-NAMI (6264)

**75%**  
by age **24**

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhrstats](http://nami.org/mhrstats)





# You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

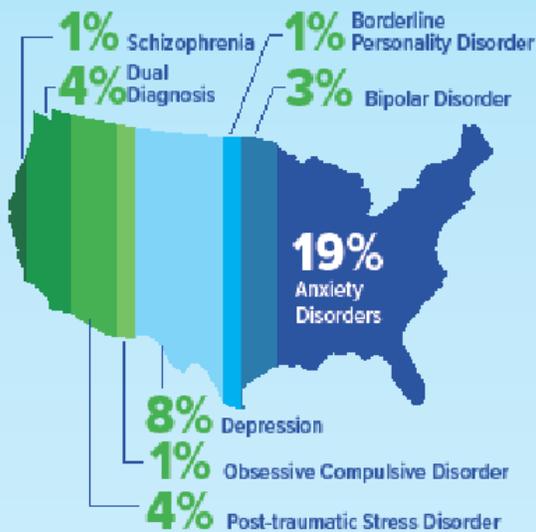
**1 in 20**

1 in 20 U.S. adults experience serious mental illness

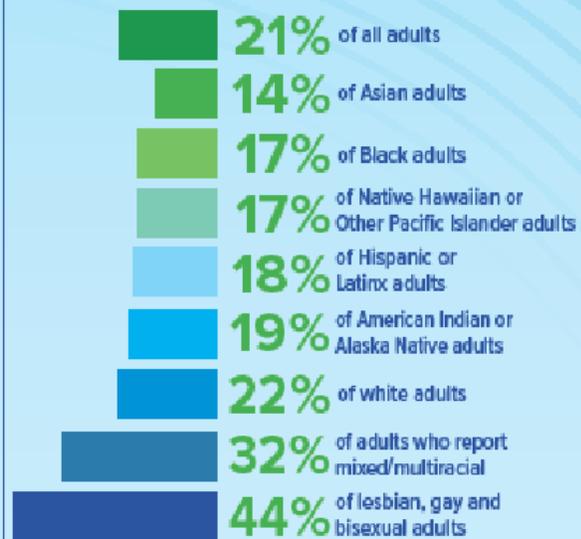
**17%**

of youth (6-17 years) experience a mental health disorder

## 12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



## 12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



## WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI Helpline at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/inhstats](http://nami.org/inhstats)



# The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

## PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



18% of U.S. adults with mental illness also have a substance use disorder



At least 8.4 million Americans provide care to an adult with an emotional or mental illness

## FAMILY



Caregivers spend an average of 32 hours per week providing unpaid care



21% of people experiencing homelessness also have a serious mental illness



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders

## COMMUNITY



## WORLD



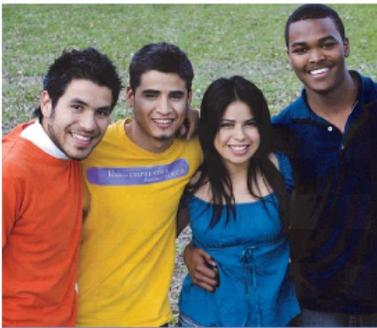
Depression is a leading cause of disability worldwide



Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/nihstats](http://nami.org/nihstats)





## 1 OUT OF 5 ADULTS ARE AFFECTED BY MENTAL ILLNESS

*Mental illness does not discriminate. It can affect persons of any age, race, or socioeconomic status.*

*The World Health Organization reports that four of the 10 leading causes of disability in the United States are mental disorders.*

*In the U.S., the indirect cost of mental illness is estimated at \$79 billion. Most of that amount reflects the loss of productivity.*

*Approximately 50% of students labeled with mental disorders drop out of school.*



NAMI is dedicated to improving the lives of people with mental illness, their families, and the communities in which they live. We focus on recovery, resiliency, and the support that is essential to wellness and quality of life.

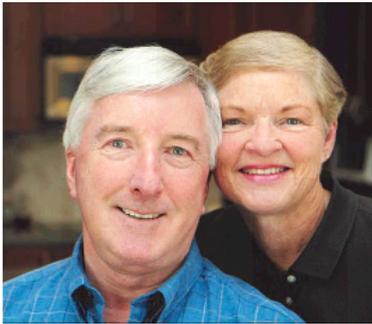
NAMI operates at the national, state and local level.

NAMI provides strategic direction for the entire organization, supports NAMI's state and affiliate members, and engages in advocacy, education and leadership development.

NAMI Maryland provides educational resources and events, statewide outreach, advocacy and affiliate organizational support. NAMI Maryland provides the free trainings that allow NAMI affiliates to provide NAMI programs.

NAMI Maryland works with local partners across Maryland to offer free peer support, education and outreach programs, and engage mental health advocates.

**Contact NAMI Maryland at [info@namimd.org](mailto:info@namimd.org) or call 877.878.2371 for more information about services NAMI provides in your community.**



## WE CAN HELP ON THE JOURNEY TO RECOVERY

Our peer-led education programs give individuals living with mental illness and their families a place to turn, a place to access a strong network of education and support programs presented by trained teachers and facilitators who have "been there." You benefit from the unique wisdom of their own lived experience with mental illness.

### Local Community

Working together with local NAMI affiliates, NAMI provides support, education, information, and advocacy to the Marylanders and their families who live with serious mental illness.

### Helpline

A statewide helpline providing useful advice and caring support also results in referrals to local affiliates and to local and state service providers.

### Free Information

Resources and practical tips about mental illness, dealing with a psychiatric crisis, understanding the criminal justice system, and more. Resources are available at [www.namimd.org](http://www.namimd.org) or call 877.878.2371.

### Peer Education and Support Groups

Peer-led education courses and support for individuals with mental illness and for families.

### Education

Our annual conference, free teleconferences and webinars, E-news, and newsletters offer up-to-date information delivered by experts for individuals with mental illness, their families, mental healthcare providers, police, faith communities, the workplace, and the broader community.

### Training

Trainings for free peer education and support programs, advocacy, and community outreach for families, and for individuals with mental illness.

## Testimonies from NAMI participants:

*"The NAMI Family-to-Family course I took was a lifesaver for my family and for myself."*

**-Family-to-Family trainee**

*"It is helpful to know that there are others with mental illness and that one is not alone in one's quest for recovery."*

**-Connection Recovery Group trainee**

*"My NAMI Peer-to-Peer class was so helpful in coming to terms with my diagnosis that now I want to share that with others"*

**-Peer-to-Peer trainee**