

Prevention...What's the 411?

Mental Illness Awareness Week
October 7-13, 2012

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. They often result in a diminished capacity for coping with the ordinary demands of life.

National Alliance on Mental Illness (NAMI)

Major Depression

Panic Disorder

Obsessive Compulsive Disorder

Mental Health First Aid Action Plan

- ACTION A Assess for risk of suicide or harm
- ACTION L Listen non-judgmentally
- ACTION G Give reassurance and information
- ACTION E Encourage appropriate professional help
- ACTION E Encourage self-help and other support strategies

Mental Health First Aid USA, 2009 Edition

Borderline Personality Disorder

Schizophrenia

Post Traumatic Stress Disorder (PTSD)

In the middle of difficulty lies opportunity. ~Albert Einstein



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Strategic Prevention Framework (SPF) Step 5, Evaluation

Measuring the impact of the SPF and the implemented programs, policies, and practices; monitoring; analyzing **data**; identifying areas for improvement; developing infrastructure for sustainability; and making recommendations for improvement (**Constant evaluation occurs throughout the process.**) Evaluation helps organizations recognize what they have done well and what areas need improvement. The process of evaluation involves measuring the impact of programs and practices to understand their effectiveness and any need for change. Evaluation efforts greatly influence the future planning of a program. It can also impact sustainability, because evaluation can show sponsors that resources are being used wisely. Evaluation-related activities may include identifying evaluation expertise, designing evaluation plans, and collecting, analyzing, and reporting data.



National Substance Abuse Prevention Month

President Barack Obama has declared October 2012 as National Substance Prevention Month throughout the United States. This will be a month long observance to recognize prevention efforts to create healthy lifestyles. According to the Office of National Drug Control Policy (ONDCP), prevention occurs at the local level and requires the involvement of every sector of a community, including parents, peer leaders, schools, businesses, law enforcement, faith-based and youth-serving organizations, as well as community coalitions.

To view the Presidential Proclamation, go to <http://www.whitehouse.gov/the-press-office/2012/10/01/presidential-proclamation-national-substance-abuse-prevention-month-2012>

For information and tips on what you can do to observe Substance Abuse Prevention Month, visit <http://www.whitehouse.gov/ondcp/prevention-intro/prevention-month%20/get-involved>

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