Severe Mental Illness and Recovery

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Mary's Story



- Severe depression and trauma
- Unemployed, homeless
- Unable to care for children's needs
- Suicidal and self-harming
- Frequent hospitalizations
- Little improvement

Negative Impacts of Stigma and Discrimination



- Gaining and maintaining employment
- Building and retaining relationships
- Joining groups and taking part in community activities
- Feeling confident to go out in public
- Being able to openly disclose their mental illness
- Being able to communicate effectively with mental health professionals
- Being able to report a crime and being believed
- Accessing educational opportunities

Mary's Story (continued)



- Engaged in effective treatments (medications, therapy, coping skills)
- Vocational Rehabilitation assistance for supported employment and housing
- Decreased symptoms
- Improved quality of life

What is Recovery?



"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."



4 Dimensions of Recovery

- Health overcoming or managing one's illness as well as living in a physically & emotionally healthy way
- Home a safe and stable place to live
- Purpose meaningful daily activities and the independence, income and resources to participate in society
- **Community** relationships and social networks that provide support, friendship, and hope

Why Increased Funding is Essential

- No increase in CMHC funding for 22 years
- Increases in KY population and demands for services
- Inadequate, inaccessible or unavailable services

1) Fund a Medicaid SMI Waiver



People with severe mental illnesses comprise the only population in Kentucky with a disability that does not have a Medicaid waiver. An SMI waiver would specifically target two services: supported housing and supported employment. These services help people get back into the work force and help them sustain safe and affordable housing.

2) Fund Tim's Law Statewide



This law affords options for assisted outpatient treatment. It is currently funded only in 4 areas of the state through a grant which will expire in two years. If the law were fully funded, it would open the door to expanded outpatient treatment services, and greatly help reduce the revolving door of repeatedly needing costly inpatient treatment.

3) Increase Funding to KY Community Mental Health Centers



Increase per capita funding for mental health services from its current level of 47th out of 50 states to reach the median (rank of #25). If consistent funding increases were provided, CMHC's could increase their pool of providers, offer expanded services, and ultimately address some of the great unmet need for care which currently exists.

The Choice is Ours



It is our obligation to show with our fiscal priorities that we value individuals with severe mental illnesses, and that we are no longer content to let them face stigma, discrimination and lack of care when we hold the keys to help them attain a brighter future.



Thank You!

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