

## **Community Planning Council**

The Community Planning Council was established by Greenwich United Way to encourage the most effective and efficient health and human service delivery system for Greenwich. Comprised of community leaders, nonprofit service professionals, Greenwich United Way board members, and community volunteers, the work of the Planning Council, particularly through its periodic Needs Assessments, has led to the development of some of the Town's most valued programs and institutions.

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## **Community Planning Council Meeting Thursday 5/16, 8:30am, Mental Health**

### **Closing the Mental Health Treatment Gap in Children and Adolescents**

Eliot Brenner, President and CEO, Child Guidance Center of Southern Connecticut, Inc.

**According to the Greenwich United Way's Needs Assessment, service providers consistently reported that the incidence of mental health issues is increasing in Greenwich; mental health issues have increased across all economic situations, in all age groups and especially in conjunction with other medical diagnoses.**

### **Highlights from the Presentation:**

Dr. Brenner described what the mental health treatment gap is, why it matters and solutions we could put forth to address it. His presentation integrated local, state, national and global perspectives on the topic.

Treatment Gap in Children: In the U.S., one in five children has a mental health disorder. Out of those children with a mental health condition, 80% do not get treatment. We have effective psychosocial interventions, but they only reach a fraction of the children who need them.

The Economic Case: Many people do not know about the financial burden of mental illness. Mental illness has the greatest economic burden of any non-communicable disease. In 2015, the World Economic Forum reported that mental illness has a greater impact on economic output or gross domestic product than cancer, heart disease, and diabetes. Authors predicted the cost of mental illness worldwide would be \$16 trillion between 2011-2030. Recent research has estimated that untreated anxiety and depression costs society \$1.15 trillion annually.

Healthcare Principles: Value and Access are two principles that are driving much of what is happening in healthcare today. Both are aimed at addressing the enormous economic costs of healthcare, including those of mental illness.

Evaluating Promising Delivery Models: Below are three criteria to evaluate promising mental health service delivery models.

- Scalability – able to reach a large number of people, including those most in need of help
- Affordability – less expensive than the current dominant model of treatment
- Acceptability – is suitable to the population (e.g. race, ethnicity, culture) to which it is targeted.

Reframing Mental Health/Four Lancet Commission Pillars:

- Mental health is a global public good and is relevant to sustainable development in all countries, because when it comes to mental health, all countries can be thought of as developing countries.
- Mental Health is the unique product of social, environmental, genetic, biological causes.
- Mental health problems exist along a continuum.
- Mental Health is a fundamental human right.

### **Next Community Planning Council Meeting:**

Thursday, 6/13, 8:30 am, Greenwich Police Department, Topic: Basic Human Needs