

# Community Institute for Psychotherapy

1330 Lincoln Ave #201, San Rafael, CA 94901-2141

Phone (415) 459-5999 Fax (415) 459-5602 [www.cipmarin.org](http://www.cipmarin.org)

## 2021-2022 News & Notes



## 2022 May News and Notes “Together for Mental Health” By Robin Joy Berenson, PhD, LMFT

### “Together for Mental Health”

Below we’ve assembled links to a few of the websites highlighting mental health issues this month.

#### National Alliance on Mental Illness (NAMI)

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

“For 2022’s Mental Health Awareness Month, NAMI will amplify the message of ‘Together for Mental Health.’ We will use this time to bring our voices together to advocate for mental health and access to care through NAMI’s blog, personal stories, videos, digital toolkits, social media.

“Help us spread the word through awareness, support and advocacy activities. Share awareness information, [images and graphics](#) for #MHAM throughout May.”

#### Why We Need Increased Access to Care

- 1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.
- 1 in 20 U.S. adults experience a serious mental illness each year, and less than two-thirds of them receive treatment.
- 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 55% of U.S. counties do not have a single practicing psychiatrist.
- 1 in 5 young people report that the pandemic had a significant negative impact on their mental health.
- 1 in 10 young people under age 18 experience a mental health condition following a COVID-19 diagnosis.
- In 2020, there was a 31% increase in mental health-related emergency department visits among U.S. adolescents.
- Three quarters of Americans (75%) say they are not content with the state of mental health treatment in this country. That is particularly true if they are diagnosed with a mental health condition (84%).

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- 60% of Americans are concerned about the stigma around mental illness.
- Less than half (49%) of Americans consider themselves familiar with the U.S. mental health care system.

### **Mental Health America**

<https://www.mhanational.org/mental-health-month>

“We invite other organizations to join us in spreading the word that mental health is something everyone should care about by using the May is Mental Health Month toolkit materials and conducting awareness activities.

“After the last two years of pandemic living, many people are realizing that stress, isolation, and uncertainty have taken a toll on their well-being.

“This year, the theme of MHA’s 2022 Mental Health Month Toolkit is ‘Back to Basics.’ Our goal is to provide foundational knowledge about mental health & mental health conditions and information about what people can do if their mental health is a cause for concern.”

### **Substance Abuse Mental Health Services Administration**

<https://www.samhsa.gov/prevention-week>

National Prevention Week May 8 – 14, 2022

“National Prevention Week is a national public education platform bringing together communities and organizations to raise awareness about the importance of substance use prevention and positive mental health.

“The 2022 SAMHSA Prevention Day (SPD) event will kick off National Prevention Week (May 8 – 14) activities, and it will be delivered virtually through an interactive online conference platform.”

### **National Council on Aging**

<https://ncoa.org/article/5th-annual-older-adult-mental-health-awareness-day-symposium>

5th Annual Older Adult Mental Health Awareness Day Symposium, May 16, 2022

“Register for this year’s 5th Annual Older Adult Mental Health Awareness Day Symposium, a free, all-day virtual event featuring engaging plenaries, informative sessions, and a diverse array of topics addressing the most pressing needs in older adult mental health.”

### **Additional links:**

**American Hospital Association:** <https://www.aha.org/mental-health-awareness-month>

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**Postpartum Support International:** [May 4, 2022 – World Maternal Mental Health Day](#)

**Family Involvement Center:** [May 1-7, 2022 – National Children’s Mental Health Awareness Week](#)