



October 2020 Health and Wellness Observances

The Health & Well-being Work Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support their workforce education and communication activities. The spotlighted observances for October appear below and in the Members Only section at www.gpbch.org.

BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month occurs during the month of October to help increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease. Breast cancer is the most common cancer in women worldwide, contributing 25.4% of the total number of new cases diagnosed in 2018 (<https://www.wcrf.org/dietandcancer/cancer-trends/worldwide-cancer-data>). One in eight women in the United States will develop breast cancer in her lifetime (<https://www.nationalbreastcancer.org/breast-cancer-facts>).



By choosing the healthiest lifestyle options possible, you can empower yourself and make sure your breast cancer risk is as low as possible. BreastCancer.org offers a detailed list of various risk factors that can contribute to an increased risk of breast cancer such as: [Being Overweight](#), [Breastfeeding History](#), [Drinking Alcohol](#), [Eating Unhealthy Food](#), among others. To see the entire list click here: <https://www.breastcancer.org/risk/factors>.

Early Detection: According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms. <https://www.nationalbreastcancer.org/early-detection-of-breast-cancer>

Additional Resources:

<https://www.nationalbreastcancer.org/breast-cancer-myths/>
<https://www.nationalbreastcancer.org/what-is-breast-cancer>
<https://www.nationalbreastcancer.org/breast-cancer-risk-factors>

NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING MONTH

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness. Each illness has its own symptoms, but a few common signs of mental illness in adults and adolescents can include the following: excessive worrying or fear, prolonged or strong feelings of irritability or anger, avoiding friends and social activities, thinking of suicide, [among others](#).



Mental health by the numbers:

- Approximately **1 in 5 adults** (19.1%) in the U.S. experienced mental illness in 2018 (47.6 million people)
- **Suicide** is the **2nd leading** cause of death among people aged 10-34 in the U.S.
- **50%** of all lifetime mental illness begins by age 14, and 75% by age 24
- **19.3%** of U.S. adults with mental illness also experienced a substance use disorder in 2018 (9.2 individuals)
- Serious mental illness costs America **\$193.2 billion** in lost earnings per year.

MindWise Innovations

With behavioral health now more important than ever, MindWise offers videos, resources, and free consultations with their experts to all businesses and schools who need. MindWise Innovations equips schools, workplaces, colleges, and communities with tools to help them address mental health issues, substance use, and suicide risk – enabling their members to live healthier lives. <https://www.mindwise.org/>



National Alliance on Mental Illness

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI is an association of hundreds of local affiliates, state organizations and volunteers who work in your community to raise awareness and provide support and education that was not previously available. See more at: <https://www.nami.org/>

Visit local NAMI partners at:

Delaware: <http://www.namidelaware.org/>

Philadelphia: <http://dbhids.org/>

New Jersey: <https://www.nami.org/Local-NAMI?state=NJ>

The Right Direction

The Right Direction is an educational initiative created to raise awareness about depression in the workplace, promote early recognition of symptoms and reduce the stigma surrounding mental illness. It provides turnkey, customizable resources and materials to increase awareness, reduce stigma, and encourage people to seek help. Their library of guidance documents includes helpful resources such as: posters, slide decks, handouts, infographics, email templates, how-to's, cost calculators, videos and more!

<http://www.rightdirectionforme.com/ForEmployers.html>.



Mental Health First Aid®

Supported by the [National Council for Behavioral Health](#), Mental Health First Aid at Work is a four- or eight-hour workplace mental health training program that teaches participants how to notice and support an individual who may be experiencing a mental health or substance use concern or crisis and connect that person with the appropriate employee resources. It is a skills-based, experiential and evidence-based practice. Mental Health First Aid is *not* a substitute for counseling or Employee Assistance Program services, but it can be the first step to encouraging a colleague, or employee to seek professional care. Those certified as first aiders show significantly greater recognition of the most common mental health problems, and are more likely to assist a person who may be struggling. To learn more visit <https://www.mentalhealthfirstaid.org/>.

To schedule Mental Health First Aid training at your worksite, contact:

- Philadelphia: <http://healthymindsphilly.org/en/mhfa>, Maria Boswell at maria.boswell@phila.gov, 215-685-3755
- Southeastern PA: <https://www.fivecountymh.org/index.html>, Tory Bright at regional.mh@pmhcc.org, 610-313-0924
- Nationwide: <https://www.mentalhealthfirstaid.org/cs/>, Phone: 202-684-7457

Trauma Informed Care

The National Council for Behavioral Health consultation on advancing trauma-informed approaches is designed to help assess, develop, and implement trauma-informed practices, policies, and procedures in an organization. Participants learn what they need to stop doing, do more of, and start doing, in order to:

- Develop and sustain a trauma-informed, educated and responsive workforce
- Improve or implement screening and assessment for trauma
- Increase consumer/survivor engagement and involvement
- Provide emerging and evidence-based trauma-informed best practices
- Create physically and psychologically safe and secure environments
- Engage and build trauma-informed community partnerships
- Address secondary traumatic stress/compassion fatigue among staff
- Develop tools to support organizational wellness
- Track performance improvement

To schedule **on site training**, contact **Karen Johnson**, Director Trauma Informed Services, National Council for Behavioral Health, 202-684-7457 ext. 275.

[Click here to access the October Spotlighthed Observance](#) – You Are Not Alone! This document is a ready-to-distribute flyer for your employees and colleagues.

Additional Resources:

[GPBCH 2020 Mental Health Resource Guide](#)

[Achieving Value in Mental Health Support](#)

[Action Brief: Mental Health – Accelerating Action for Parity & Peak Performance](#)

[Action Brief: Hope & Healing for Mental Illness is Possible](#)