Mental Health is just as important as Physical Health

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Swope Health Mission

*Swope Health Services improves the health and wellness of the community by delivering accessible, quality, comprehensive patient care.*
How do we meet our mission?

• SHS is a Federally Qualified Health Center (FQHC)

• Not-for-profit, community-owned health care provider

• Serving low income and *medically underserved* communities.
Quick History

- Founded in 1969 as Model Cities Health Corporation
- One location has grown to...
  - 10 clinic sites
  - 4 residential treatment sites (out of scope)
  - 1 outpatient treatment site (Imani House-out of scope)
- Annual operating budget of $52 million
- Employs more than 500 associates
- Accredited by The Joint Commission, CARF and NCQA (Level 3 Patient-centered Medical Home)
Clinic Locations

A. Swope Health Central – Kansas City, MO
B. Swope Health Belton – Belton, MO
C. Swope Health East – Independence, MO
D. Swope Health Independence – Independence, MO
E. Swope Health Northland – North Kansas City, MO
F. Swope Health South – South Kansas City, MO
G. Swope Health West – Kansas City, KS
H. Swope Health Wyandotte – Kansas City, KS
I. Swope Health Hickman Mills
J. Swope Health – Maple Woods
Services Swope Health Offers

- Pediatrics
- Optometry
- Pharmacy
- Radiology
- General Dentistry
- Behavioral Health
- Laboratory
- Healthy Start Program
- WIC program
- Medicaid Enrollment Services
- Outreach and enrollment for the Affordable Care Act
- Bilingual staff and interpretation services
- Transportation Services
What Is Mental/Emotional Health?
Mental or emotional health refers to your overall psychological well-being. It can include the way you feel about yourself, the quality of your relationships and your ability to manage your feelings and deal with difficulties.

Mental health and physical health are very closely connected.
• Mental health plays a major role in your ability to maintain good physical health.
• Mental health can have many different symptoms, just like issues with physical health. Questions can be asked and tests can be done to help assess mental health, the same as with physical health.
When we discuss the many health benefits of cycling, almost every article highlights the physical advantages of riding a bicycle.

- It is important to recognize the fact that cycling is great for your brain too.
- The mental and psychological benefits of cycling are legitimate yet incredibly under-publicized.

In today’s stressful working environment, people are often looking for ways to relax their minds and take a break from the daily hustle that causes stress.

From work drama to family issues, the list of daily anxieties goes on and on. Cycling, however, is an excellent way to curb these common stressors for all types of people.
Some simple steps to reduce risk of physical illness:
Eat a well-balanced diet, get plenty of rest, get routine check-ups and tests, incorporate regular exercise into your schedule.

Some simple steps to reduce risk of mental illness:
Eat a well-balanced diet, get plenty of rest, get routine check-ups and tests, incorporate regular exercise into your schedule.
Mental illness in the United States is among the highest of all diseases, and mental disorders are among the most common causes of disability. Recent figures suggest that, in 2004, approximately 1 in 4 adults in the United States had a mental health disorder in the past year.

Most commonly:
- Anxiety
- Depression
- PTSD

Mental health disorders also affect children and adolescents at an increasingly alarming rate:
- In 2010, 1 in 5 children in the United States had a mental health disorder.
- Most commonly attention deficit hyperactivity disorder (ADHD).
- It is not unusual for either adults or children to have PTSD or other trauma related stressors.
People, including children and adolescents, with untreated mental health disorders are at high risk for many unhealthy and unsafe behaviors, including alcohol or drug use, violent or self-destructive behavior, and suicide—the 11th leading cause of death in the United States for all age groups and the second leading cause of death among people age 25 to 34.

In 2018, Missouri reported 27 teens died by suicide, while in Kansas 99 teens died by suicide.

September 8-14 National Suicide Prevention Week!
Mental Health Crisis Hotline – 1-888-279-8188
Suicide Life Line – 1-800-273-8255 (call, text or chat)
Sleep is as important to our health as eating, drinking and breathing.

- It allows our bodies to repair themselves and our brains to consolidate our memories and process information.
- Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression.

You can improve your sleep hygiene such by adjusting the light, noise and temperature in the bedroom and changing your eating, drinking and exercise routines.
Sleep Can Increase Focus and Productivity Levels

Low Quality Sleep Is Related to Depression

Sleep Can Impact Emotions and Social Activities

Poor Sleep May Cause Increased Inflammation

Sleep Deprivation May Lead to Brain Fog
THE 4 MINUTE WORKOUT THAT IS JUST AS EFFECTIVE AS A 30 MINUTE WORKOUT!
Name That Benefit!!

Mental Health

Physical Health
Physical activity and mental health

Being physically active:

- Protects against mental health problems
- Decreases depression in older adults
- Reduces the symptoms of postnatal depression
- Is as effective as medication for mild to moderate anxiety and depression
- Improves self-esteem and cognitive function in young people
- Playing sport reduces psychological distress by 34% 1-3 times a week
- Playing sport reduces psychological distress by 47% 4+ times a week
- People who participate in sports clubs and organised recreational activity enjoy better mental health.

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Our whole community wins

swopeHEALTH
The foods you eat can affect the health of your mind and body in a number of ways. So it should come as no surprise that the foods you eat can also have an effect on your brain and mental health.

The right diet can go a long way toward keeping your mind sharp. Certain foods are rich in vitamins and minerals, which have been shown to reduce stress, improve moods, increase oxygen flow to the brain and boost cognitive thinking and reasoning abilities.
Diet Plans for Brain Power

Given all of the foods that carry brain-boosting abilities, what are some diets that utilize these foods?

**Mediterranean**
A Mediterranean diet is rich in vegetables, olive oil, whole grains and fish.

**Zone**
The Zone diet encourages a heavy consumption of avocados, nuts and olive oil.

**Ketogenic**
Avocados, nuts, fish and olive oil are all used liberally in the Ketogenic diet.

**Vegetarian**
Many vegetarian diets allow for the consumption of fish and eggs to go along with all the vegetables, berries and nuts.

**South Beach**
The South Beach diet allows for fish, nuts, vegetables and avocados. Incorporate these foods into your meals to give yourself an entrée of health benefits with a side of brain power.
How the food we eat impacts mood, mental health
National Walk and Bike to School Day October 2, 2019

• Remember when your grandparents had to walk to school, uphill, in a blizzard, both ways?
• The National Center for Safe Routes to School has been working for more than two decades to bring that time back — but not so school children can have stories to pass on to their future grandkids.
• Walk and Bike to School Day on October 2 (first Wednesday in October) is about getting up and moving. And it’s not just for children. We encourage your elected officials to walk and bike, too!
Walk, Bike or Scoot to School Day
“The best six doctors anywhere and no one can deny it are sunshine, water, rest, air, exercise and diet.”

-Wayne Fields