



Depression Awareness and Screening, Oct. 2012

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EAP and Organizational Health



What's the Depression Initiative?

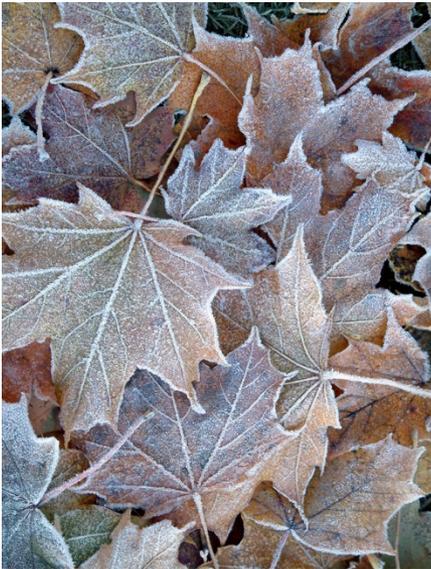
- This October the State of Minnesota is promoting depression awareness and screening tools for its employees and families.
- SEGIP Health Solutions has partnered with our health plans and LifeMatters EAP to provide private self-screening tools and information about depression.

Why Depression?

- Third most common chronic SEGIP condition (after Hypertension, LBP): 9.5% covered adults
- Half of all SEGIP claims Mental Illness (Anxiety, ADD, thought disorders, etc.)
- Third (or fourth) - most costly chronic SEGIP condition: >\$150 million
- 10 years: the average time to seek help for major mental illness
- SEGIP claims: women 2x men

When is the Initiative?

OCTOBER



How Will We Produce the Initiative?

Wellness Champions

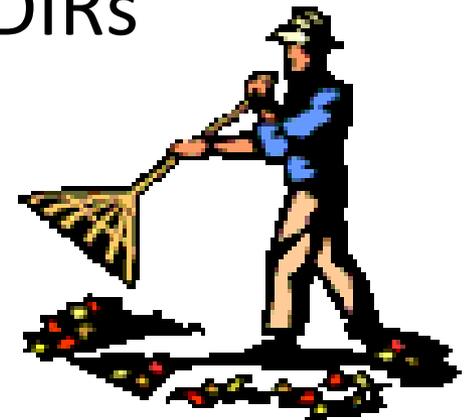
- Weekly intranet and newsletter postings
- Posters and flyers in common areas

HR/DDIRs

Email to all employees from agency DDIRs

SEGIP Health Plans & LifeMatters

Depression highlights and screenings



www.mylifematters.com password: **stmn1**

http://www.mylifematters.com/gateway.jsp

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segip Minnesota State Employee Assistance Program

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Single Parent Plan

Raising children is hard work for two parents. Raising them alone can be overwhelming. Here are some suggestions offered by experts.

READ MORE

Internet Addiction

Single Parent Plan

Your Risk Tolerance

Take the Diabetes Quiz

Online Privacy Protection

Featured Video

Caregiving

Weekly Poll

How often do you exercise? And no, taking one level of stairs doesn't count!

Almost everyday
 Few times a week
 Few times a month
 Hardly ever
 Never

Welcome Message

Get Prepared

Help for State employees and families

This October the State of Minnesota is promoting depression awareness for its employees and families. Depression often causes sadness, loss of confidence, irritability, and withdrawal from once-enjoyable activities and relationships. Depression is a treatable illness, not a weakness, and it's different from occasional feelings of grief or low energy which most people experience at times.

Most Popular

Highest Rated

- Will for Adult With No Child (ren)
- Screening for Anxiety
- Monthly Budget
- Beneficiary Worksheet

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Welcome State of Minnesota Employees

Looking out for number one: YOU.

PreferredOne is recognized as a leading healthcare insurer throughout the Twin Cities and Greater Minnesota. Why? Because we make YOU our number ONE focus, supporting you along your health continuum - from wellness, to routine medical illness care, to chronic and rare condition management. For over 25 years we've held ourselves accountable to each and every one of our members. Check us out. We hope you make **PreferredOne** your number ONE health plan.

See how **PreferredOne** manages the health needs of the Olsons, just one of our number ONE families. [click here](#) to watch the video. [Click here](#) to view a text version of the video.



National Depression Screening Day 10/11/2012 | **Minnesota Advantage Health Plan** | **Managers and Commissioners Plan and ACDHP** | **PreferredOne Advantage Provider Directory**

GET IN GEAR: Race Sponsor | Member | Employer | Broker | Provider | Payor



Questions?

STIGMA: Myths and Misperceptions

- Mental illness is a sign of weakness or personality flaws
- People with mental illness are violent
- “Nuts,” “Wacko,” “Loony,” “Crazy,” “Cuckoo”
- “Lazy,” “Malingering,” “Seeking attention,” etc.

Types of major mental illness

- **Schizophrenia Spectrum Disorders (thought disorder)**: interferes with a persons ability to think clearly, manage emotions, make decisions, or relate to others.
- **Mood (Affective) Disorders**: affect thoughts, feelings, and behaviors includes Bi-Polar Disorder (aka Manic-Depression) . Extreme shifts in mood, energy or functioning
- **Anxiety Disorders**: Chronic and exaggerated worry and tension. Includes Post Traumatic Stress Disorder, Phobias and Panic Disorders which are characterized by uncontrollable panic response to ordinary, nonthreatening situations.
- **Personality Disorders**: Enduring patterns of behavior or ways of thinking about and relating the environment that impair one's social or occupational functioning

Causes of Mental Illness

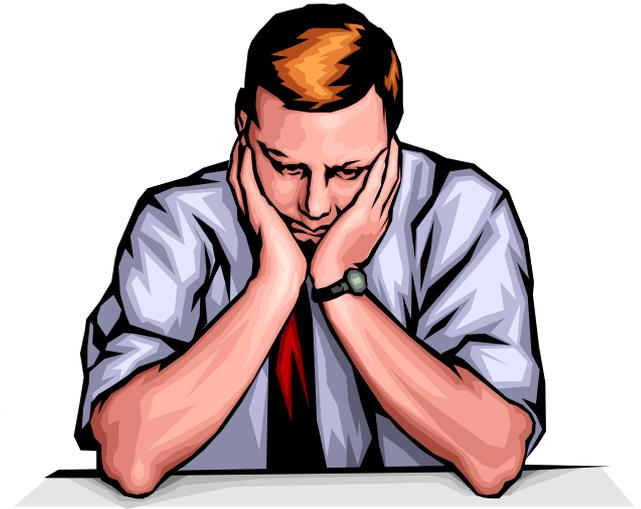
- Current research suggests there is a biochemical basis (or precondition) to most types of mental illness.
- Mood disorders have been linked to imbalances of biochemicals in the brain.

Too many neurotransmitters or they aren't reabsorbed quickly enough

- Schizophrenia and other major mental illnesses are now commonly referred to as “brain diseases”, or “neurobiological illnesses” just like Alzheimer’s disease.
- Triggering conditions appear activate illness for some people
- Impact ranges from moderate to severe.

Depression

- **Not** just feeling grief or sadness
- Often co-occurs with anxiety or substance abuse
- Often reoccurs--Once you have had an occurrence of depressions you are more prone to subsequent episodes
- According to the Surgeon General's Report on Mental Health (1), depression is second leading disease in terms of healthy lives lost.
- 70% of suicides are estimated to result from *untreated* depression
- Depression is treatable-85% who seek treatment can improve significantly.
- The nature of the illness makes it difficult for persons to realize they have an illness and seek treatment



Symptoms of Depression

Unusually sad mood and/or loss of enjoyment or interest in activities the person used to enjoy every day for at least 2 weeks

...and may have

lack of energy and tiredness

feeling worthless or guilty though not at fault

Thinking about death or wishing to not live or suffer longer

Difficulty concentrating or making decisions

Moving slowly or becoming agitated and unable to settle down

Sleeping too much or having difficulty sleeping

Appetite disruption with weight loss or gain

People differ in terms of number and severity of symptoms

How Depression Might Look

EMOTIONS Sadness, anxiety, guilt, anger, mood swings, lack of emotional responsiveness, feelings of helplessness, hopelessness, irritability

THOUGHTS Frequent self criticism, self-blame, worry, pessimism, impaired memory, impaired concentration, inability to make decisions, confusion, tendency to believe others see you negatively, thoughts of death or not living with suffering

BEHAVIOR Crying, withdrawal from others, neglect of responsibilities, loss of interest in personal appearance, loss of motivation, slow moving or acting, using alcohol or drugs, or emotionally unresponsive

PHYSICAL Chronic fatigue, lack of energy, sleeping too much or too little, over or under eating, constipation, weight loss or gain, headaches, irregular menstrual cycle, loss of sexual desire, unexplained aches or pains

Treatment of Depression

- Depression is very treatable: 85% who seek treatment can improve significantly
- Combinations of medications, psychotherapy, behavior therapy, education and skill training helps many people manage or recover from their illness.
- Most psychiatric medications are prescribed by general practitioners (GPs) who receive very little training in Mental Health