

## Mental Health Patient Safety Round Table September 29, 2021, noon- 2pm, PT

### Background

The WPSC is creating a safe space to meaningfully engage in a candid conversation about our current health systems & the weaknesses that the pandemic has highlighted. We will look at the mechanics of this insidious phenomena & discuss why it is vital to understand them in order to eliminate stigma & improve patient safety as well as quality of life for people living with mental illness.

### Washington Patient Safety Coalition (WPSC) Partnering With NAMI

[WPSC](#)'s ASBW is excited to announce that we are partnering with the National Alliance on Mental Illness (NAMI) to address stigma & bias directed at those with mental illness. NAMI is the nation's foremost grassroots organization advocating for Americans living with mental health conditions.

### Mental Health in America: The Second Pandemic

*Mental illness afflicts millions of Americans. Its manifestation runs the gamut from anxiety to depression, burnout, psychotic disorders & suicide. 1 in 5 adults experience mental illness. 1 in 20 adults experience serious mental illness. Among youths (ages 6 to 17), 1 in 6 experience a mental health disorder. Suicide is the 2<sup>nd</sup> leading cause of death among people aged 10 to 34. With Covid-19, this problem is compounded, especially in the healthcare workforce.*

According to [NAMI](#):

*People with depression have a 40% higher risk of developing cardiovascular & cardiometabolic diseases than the general population. For those with serious mental illness, the likelihood is almost double. Worldwide, depression is a leading cause of disability. Depression & anxiety disorders cost the global economy \$1 trillion each year in lost productivity.*

[Mental Health America's](#) (MHA) Screening, January to September 2020, showed:

*The number of people looking for help with anxiety & depression has skyrocketed, with a 93% increase over the 2019 total.*

*In September 2020, 37% reported having thoughts of suicide over half of or nearly every day. Rates of suicidal ideation are highest among youth, especially LGBTQ+ youth. In September 2020, more than 50% of 11-17 year-olds reported having thoughts of suicide or self-harm over half or nearly every day of the previous two weeks.*

The numbers are staggering. We are in the middle of a serious mental health crisis.

### **NAMI's StigmaFree Pledge**



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The [StigmaFree campaign](#) is NAMI's effort to end stigma & create hope for those affected by mental illness.

Through powerful words & actions, we can shift the social & systemic barriers for those living with mental health conditions. Together, we can encourage acceptance & understanding; we can advocate for a better world.

Further reading:

[WPSC Blog: Stigma & Bias in Healthcare: The Obstacles, Consequences and Changes Needed](#) by Anita Sulaiman, Chair, WPSC Stigma & Bias workgroup.



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### ***Patient Safety Round Table***

You are invited to attend our Mental Health Patient Safety Round Table with special Guest Speaker, Daniel H. Gillison, Jr., NAMI CEO. The event will be facilitated by Anita Sulaiman, Chair, WPSC Stigma & Bias workgroup.

### **Why Attend:**

- Build recognition of the problem & impact of mental health
- Help break down stigma & bias around mental illness
- Be an advocate for a health system that prioritizes mental health
- Share experiences & best practices with your peers
- Network & make new connections
- Be part of the solution. Learn how you can join the effort to rebuild our mental health delivery system & improve healthcare throughout Washington

### **Who Should Attend:**

Healthcare providers & administrators, nurse leaders, patient safety & quality directors; managers & directors charged with ensuring staff well-being & addressing performance-impacting issues like burnout.

### **Referrals:**

If you know anyone who may be interested in attending, please pass this on or send their email to Steve Levy, Executive Director, WPSC (slevy@qualityhealth.org).

**RSVP & Questions:** slevy@qualityhealth.org by September 27<sup>th</sup>, 2021.

**Cost:** There is no fee for participation.

### **Details:**

Date: Wednesday, September 29, 2021

Time: 12 - 2:00 PM, PT

Venue: Virtual, protected Zoom Video Conference. Log in instructions distributed upon RSVP.