

# Panel I: Building Healthy Communities

**Moderator: Carl C. Bell, M.D.**

*Staff Psychiatrist – Jackson Park Hospital*

*Former Director of the Institute for Juvenile Research  
(Birthplace of Child Psychiatry)*

*Former Professor Psychiatry and Public Health  
University of Illinois at Chicago*



# Panel I: Building Healthy Communities

## Panelists

Mark Baker, M.Div, CPS – Champion for Recovery

Judith Warner, M.A. – Champion of Shaping Public Opinion

David Shern, Ph.D. – Champion for Public Mental Health



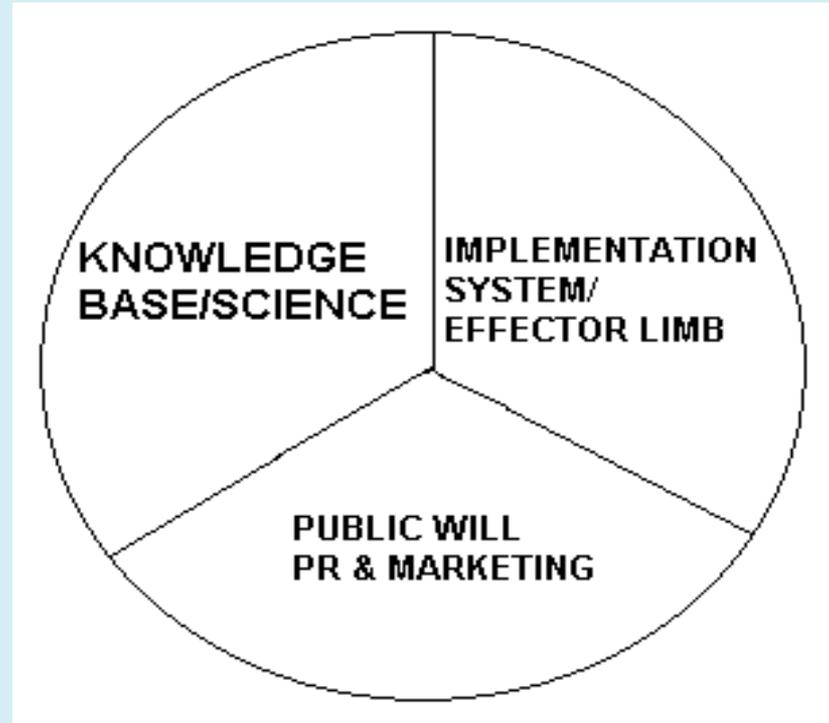
# Community Psychiatry Protective Factor Field Principles

- Rebuilding the Village/Constructing Social Fabric
- Access to Modern and Ancient Technology
- Connectedness
- Cultivation of Social and Emotional Skills
- Cultivate Self Esteem - Activities that create a sense of power; a sense of connectedness; a sense of models; a sense of uniqueness
- Establish & Reestablish the Adult Protective Shield
- Minimize the Effects of Trauma



# Institutionalization and Sustainability

**Julius Richmond, M.D. –**  
President Johnson &  
Carter's Surgeon General  
and key driving force for  
the institutionalization of  
Head Start



# Social Determinants of Health

- Think about all the thriving liquor stores (food swamps) in the African-American (ghettos) and Native American (reservations) communities all over the country.
- The plethora of liquor stores have a determination on the indigenous populations' health and mental health.



# Prevalence of Fetal Alcohol Spectrum Disorders

- May et al. Prevalence & Characteristics of Fetal Alcohol Spectrum Disorders. *Pediatrics*, 2014, 134: 855-866.
- Study in a 160,000 Midwestern community (Median income \$51,800, with 11% below poverty) surveyed 70% of 2,033 1<sup>st</sup> graders.
- They found between 2.4 to 4.8% had FASD.



# Patients seen at Jackson Park Hospital's Family Medicine Clinic serving 143,000 Median income \$33,809 & 95% Public Assistance for Medical Care

|  |                                       |
|--|---------------------------------------|
| <b>Total patients with Neurodevelopmental Disorders</b>    | <b>297 (49%)<br/>39% had<br/>FASD</b> |
| <b>Total Patients without Neurodevelopmental Disorders</b> | <b>314 (51%)</b>                      |
| <b>Total</b>   | <b>611 (100%)</b>                     |

**This is a rate of 338/1,000!!!!**



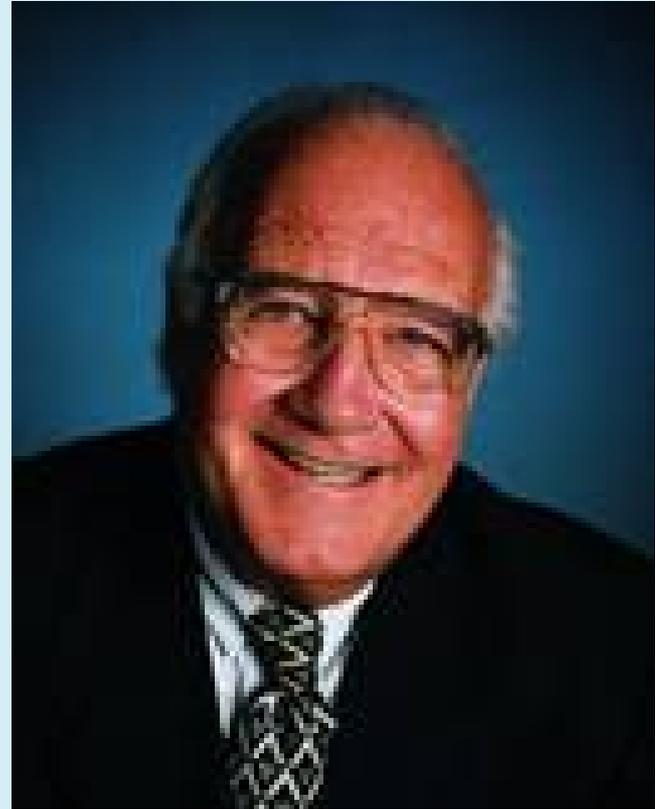
# Public Mental Health

- **Biotechnical Prevention**
  - There is a biotechnical prevention intervention for Fetal Alcohol Spectrum Disorder – Choline 500mg BID.
- **Psychosocial Prevention**



## Paul Fink, M.D.

- Psychiatrist
- Former President of the American Psychiatric Association
- Columnist for Clinical Psychiatry News





# The Discovery of Recovery

**Mark Baker, MDiv, CPS**

Director of Advocacy, Georgia Department of Behavioral and  
Developmental Disabilities

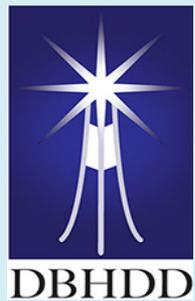


Celebrating the Past  
& Shaping the Future



# Georgia's Recovery Definition (2013)

- Recovery is a deeply personal, unique, and self determined journey through which an individual strives to reach his/her full potential. Persons in recovery improve their health and wellness by taking responsibility in pursuing a fulfilling and contributing life while embracing the difficulties they have faced.
- Recovery is not a gift from any system. Recovery is nurtured by relationships and environments that provide hope, empowerment, choices and opportunities.
- Recovery belongs to the person. It is a right, and it is the responsibility of us all.

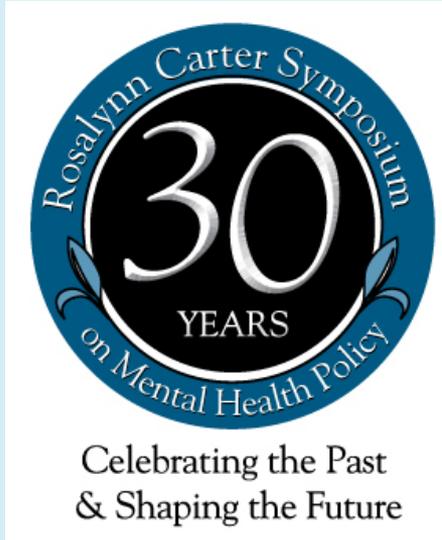


# From Stigma to Social Inclusion – The Role of the Media

**Judith Warner**

Senior Fellow, Center for American Progress

Rosalynn Carter Fellow for Mental Health Journalism, 2012-13



# From CMHCs to Population Health: 30 Years of Mental Health Services Delivery

**David Shern, PhD**

Senior Science Advisor, Mental Health America

Senior Public Health Advisor, National Association of State Mental Health Directors



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& Shaping the Future



THE CARTER CENTER  
Waging Peace. Fighting Disease. Building Hope.



# Panel I: Question and Answer

Moderator:

Carl Bell, Analyst, *Staff Psychiatrist – Jackson Park Hospital*

Panelists:

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Judith Warner, Senior Fellow, Center for American Progress

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