

**KRONKOSKY CHARITABLE FOUNDATION
ROUNDTABLE DISCUSSIONS**

TOPIC: Mental Illness
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PARTICIPANTS

Invited Agency Representatives

Edie Garwood	Executive Director	Unicorn Centers, Inc.
Adele Gonzalez	Program Director	Easter Seals
Betty Fulenwider		San Antonio Alliance for the Mentally Ill
Jerry Fulenwider		San Antonio Alliance for the Mentally Ill
Sue Kelly	Executive Director	San Antonio Urban Ministries
Ray Kenny	Executive Director	Mental Health Association in Greater San Antonio

Foundation Staff and Trustees

Palmer Moe	Executive Director
Megan Kromer	Director of Program and Evaluation
Michael Bacon	Grants Manager
Yolanda Uranga	Intern

Definition of Terms

ADD or ADHD	Attention Deficit Disorder or Attention Deficit Hyperactive Disorder; Disorder characterized by inappropriate impulsivity, inattention and Hyper-activity
Bi-Polar	Disorder described by either manic, depressed or mixed moods depending on current episode; also known as manic depression
Depression	Depression (single episodes) characterized by loss of interest and pleasure, irritable mood, loss of sleep or excessive sleeping; episode lasts less than 2 weeks
Dual Diagnosis	The diagnosis of more than one psychiatric disorder (e.g. Bipolar-depression and chemical dependency or ADHD and chemical dependency)
Major Depression	Chronic depression generally characterized by loss of interest and pleasure in all or almost all activities, increase or decrease in weight, sleep disturbance, fatigue, poor concentration or indecisiveness etc.; episode usually lasts more than 2 weeks

Dysthymia	Generally characterized by poor appetite or overeating, insomnia or hypersomnia, low energy or fatigue, low self-esteem, poor concentration or indecisiveness, feelings of hopelessness; symptoms usually last for most of the day, for more days than not, over a period of at least 2 years
Schizophrenia	A disorder with psychotic symptoms, delusions, hallucinations and/or certain characteristics in affects and thought formation

Mental Illness Overview

1. Root Causes
 - Chemical imbalance
 - Environmental factors (major life events)
 - Genetic predisposition
2. Some types of mental illness (e.g. schizophrenia or manic-depression) are characterized by the following behaviors:
 - Unruly
 - Oppositional
 - Distracting
 - Needing structure and clear boundaries
3. Diagnosing Mental Illness
 - It is estimated that it takes an average of 7 years after the onset of mental illness before it is diagnosed
 - Early diagnosis is needed for patients to receive the full benefit of medications
 - Living with someone diagnosed with mental illness is extremely stressful and plays a role in increased family problems such as divorce
 - The public's perception of mental illness causes stigma and discrimination
4. Cultural Issues for Hispanics and African Americans include:
 - Denial of existing mental illness within family
 - Conflicts within family because of mental illness
 - Family separation from the community, friends and family (e.g. isolation) due to mental illness
 - Accessibility of services

Local Issues

- There is not enough local support for services for the mentally ill
- There is not enough housing to meet the present needs; housing for women and their children is needed
- Some communities drop off consumers in our area leaving mental health providers in San Antonio with the task of finding housing and services
- In Bexar County, there is a lack of coordination of services an referrals and no integrated system of care
- The San Antonio State Hospital's primary role is to stabilize the patient; long term care is not a primary goal
- According to invited agency representatives, local politics play a role in funding decisions
- San Antonio is the only city that doesn't support programs for the mentally ill; city funding to the Center for Health Care Services is for an Early Childhood Intervention program

- Bexar County, the San Antonio Independent School District, the Edgewood Independent School District, and the City of San Antonio sponsor the Center for Health Care Services (CHCS). this sponsoring assures a position on the CHCS board of directors and creates a political issue in the opinion of some mental illness lobbyists
- There is no suicide hotline in San Antonio
- Bexar County does not provide funding for program services

Statistics and Other Data

- Person's with ADD have a 60% chance of becoming Bi-Polar
- 1 out of 3 families has 1 child which is ADD
- 55% of the persons committed to the San Antonio State Hospital (SASH) are released before they go to court, creating a "revolving door" for services
- Texas ranks 49th in per capita funding through federal dollars
- 1985 Figures for Mental Illness in the U.S.

Depression	17 million
Major Depression	9 million
Schizophrenia	2 million
Dysthymia	9 million
Attention Deficit Disorder (ADD)	22 million

- It is estimated that 22% of Americans suffer from depression
- Estimates indicate that 30% of the homeless population has mental illness
- In San Antonio, there are an estimated 18,054 homeless persons and an estimated 6,318 are mentally ill
- The Center for Health Care Services reports 3,514 indigent persons who are severely mentally ill

Implementing Systemic Change

- Educate the public, the medical profession, and the consumer and his/her family on the pervasive nature of mental illness
- Integrate the available services
- Fund research in the field

Needs and Recommendations

- Address the problem of housing for the mentally ill by opening more residential homes and apartments
- Provide a club house or "safe haven" where the consumer can participate in recreational activities
- Create a suicide Hot Line staffed with trained personnel
- There is a need for treatment services for adolescents between the ages of 10 and 18 years with chemical dependency and substance abuse

Attachments

- Fact Sheets
- Agency Program Descriptions

AGENCY PROGRAM DESCRIPTIONS

Easter Seals Rehabilitation

Provides services to the chronically, mentally ill by assisting with employment counseling and placement; assisting the consumer in finding appropriate services; providing transportation to service provider locations if necessary; and advocating for the consumer

Mental Health Association

Founded by Clifford Beers in 1908, the Mental Health Association is a national organization with state headquarters in Austin, Texas. The organization, composed of 231 affiliates, is dedicated to the reform of treatment of mental illness. The association provides no direct therapeutic services but provides education, advocacy, and research and is a clearinghouse for education on mental illness.

Urban Ministries

Operates residential facilities for adults who are mentally ill. Group homes include 5 lodges which house 35 men each who are willing to work, and are medication compliant.

National Alliance for the Mentally Ill/San Antonio alliance for the Mentally Ill

Provides lobbying and advocacy for research projects, housing issues and insurance parity; primary goal is reform of the mental illness health care system