

POPULATION HEALTH PROPOSAL: PART 2

Community and Systems Level Intervention to Reduce Depression and Suicide Risk Among Young Adults With Serious Mental Illness in Sedgwick County, Kansas

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POPULATION DEFINITION

- Young adults aged 18 to 25 with serious mental illness in Sedgwick County, Kansas, including bipolar disorder, major depressive disorder, or schizoaffective disorder (Sedgwick County Health Department, 2022).

HEALTH PROBLEM OVERVIEW

- High levels of depression and suicide risk among young adults with serious mental illness. Kansas suicide mortality rising faster than national trends. Nearly half report suicidal thoughts annually (KDHE, 2023; SAMHSA, 2023).

EVIDENCE BASED INTERVENTIONS



Gatekeeper training programs



Enhanced crisis response



Care coordination models



Community stigma reduction campaigns



Policy interventions for post hospitalization follow up



(Garnett and Curtin, 2023; Mojtabai et al., 2021; SAMHSA, 2023)

SELECTED INTERVENTION

- Community Gatekeeper Training Initiative using QPR and MHFA to increase early detection, risk recognition, and referral to crisis services.



RATIONALE FOR INTERVENTION

- Addresses community awareness gaps, reduces delays in care, and improves early intervention for suicidal behaviors (Garnett and Curtin, 2023).

IMPLEMENTATION PLAN

1

Partner with CMHCs, colleges, shelters, youth organizations

2

Provide QPR and MHFA trainings monthly

3

Offer in person and virtual sessions

4

Integrate referral pathways with crisis units and mobile crisis teams

5

Monitor participation, referrals, and outcomes

ANTICIPATED EFFECTS

- Earlier detection of risk
- Increased crisis service referrals
- Reduced ED visits
- Lower suicide attempts
- Improved community mental health literacy (SAMHSA, 2023)

REFERENCES

- Garnett, M. F., & Curtin, S. C. (2023). Suicide mortality...
<https://www.cdc.gov/nchs/data/databriefs/db464.pdf>
- KDHE Suicide Data:
<https://www.kdhe.ks.gov/1737/Suicide-Data>
- Mojtabai et al. (2021).
<https://doi.org/10.1016/j.jpsychires.2021.02.015>
- Sedgwick County Health Assessment:
<https://www.sedgwickcounty.org/media/69013/wichita-sedgwick-needs-assessment-final.pdf>
- SAMHSA NSDUH Report:
<https://www.samhsa.gov/data/report/2022-nsduh-annual-national-report>
- County Health Rankings:
<https://www.countyhealthrankings.org>