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May is Mental Health Awareness Month

Did you know Mental Health Awareness Month has been observed during the month of May since 1949? Created by Mental Health America, the goal of this month is to raise awareness, highlight the realities of living with mental illness, and discuss strategies for prioritizing mental health and wellness. The theme of this year's Mental Health Awareness Month is "Back to Basics," with a goal of providing "foundational knowledge about mental health and information about what people can do if their mental health is a cause for concern."

Given 1/3 of Americans now show signs of clinical anxiety or depression, Mental Health Awareness Month presents an opportunity for HealthSource of Ohio to strengthen our efforts to ensure our patients and communities receive the behavioral health care they need. HealthSource of Ohio's Behavioral Health Program, led by Dr. Michael Bruner, Psy.D., utilizes Behavioral Health Consultants trained to deliver exceptional care and counseling under the integrated Cherokee Health Systems model. Behavioral Health Consultants help our patients with almost anything, including depression, anxiety, parenting, stress, alcohol and drugs, sleep, weight loss, diet and exercise, diabetes, and so much more. To honor our patient's busy schedules, Behavioral Health Consultants are scheduled in coordination with Primary Care Providers whenever possible, with telehealth options also available.

HealthSource of Ohio understands that to improve the health of our communities, data is needed to drive decisions and to identify gaps in care. For these reasons, we complete ongoing Community Health Needs Assessments (snapshot below) to measure general, maternal, and child health factors; chronic and infectious diseases; environmental factors; substance abuse; and food insecurity rates to guide strategy, create partnerships, and develop programs to address these needs, an example being the development of the Behavioral Health Program. HealthSource of Ohio works year-round to educate our patients and communities on behavioral health and wellness through "Wellness Wednesdays," free educational videos with information and advice from our Behavioral Health Consultant team.

For more information about HealthSource of Ohio's Integrated Behavioral Health Services, please visit healthsourceofohio.org or check us out on social media. To schedule a behavioral health appointment, please call 513-575-1444.

2021 County Health Rankings Data	Clermont County	Ohio
Suicide Rate (Number of deaths due to suicide per 100k)	15	15
Mental Health Provider Ratio (Ratio of population to mental health providers)	930:1	383:1
Poor Mental Health Days (Average number of mentally unhealthy days within the last 30 days)	4.7	4.8
Frequency of Mental Distress (% of adults reporting ≥14 days of poor mental health per month)	15%	16%
Disconnected Youth (% of youth aged 16-19 who are neither working nor in school)	6%	6%