



MENTAL HEALTH

MAYKOU LY

WHAT IS MENTAL HEALTH?



William Kurelek, The Maze, 1953

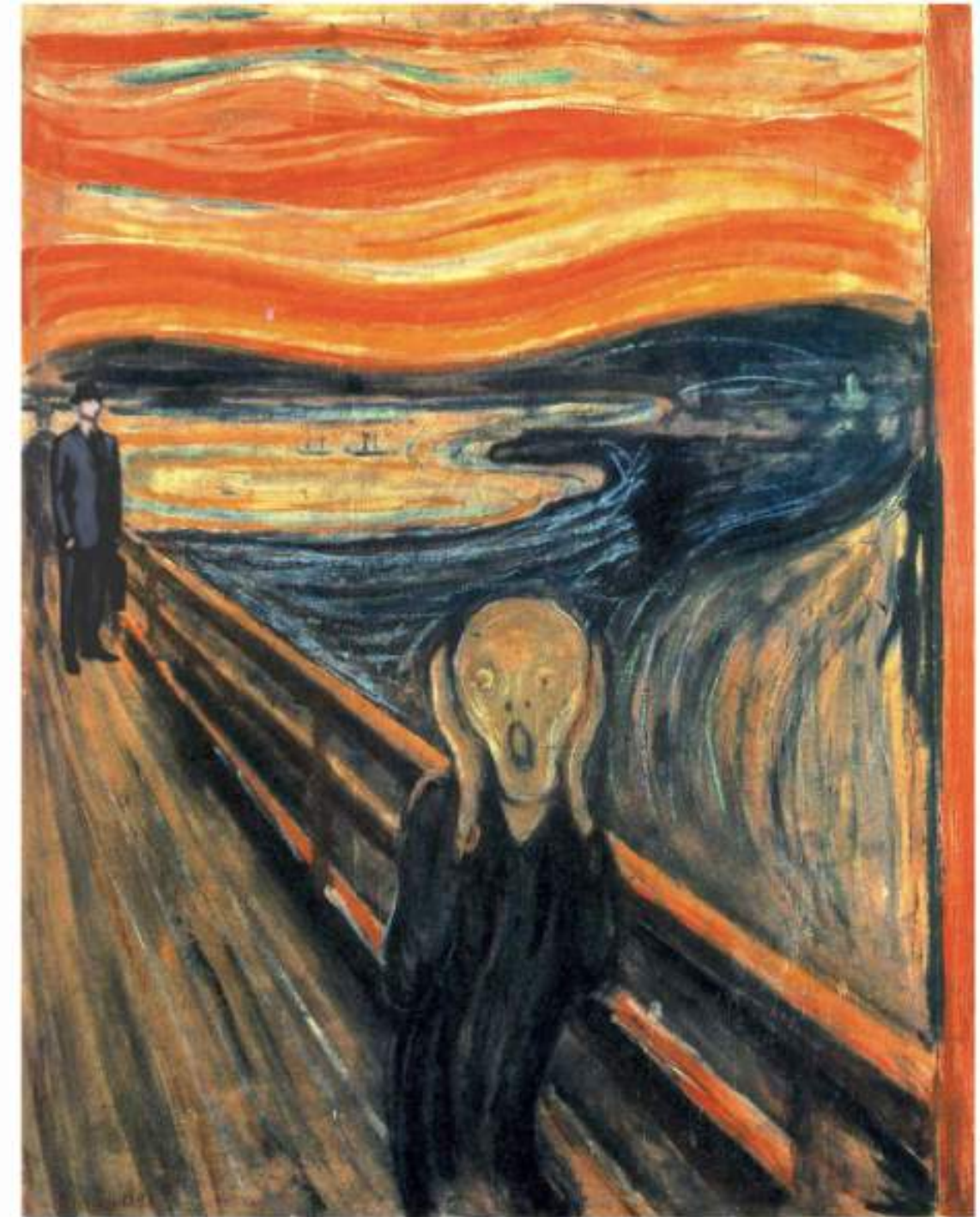
A Visual Journey Through Mental Health

"The Maze"

A State of Mind Before Treatment

MENTAL HEALTH CONDITIONS

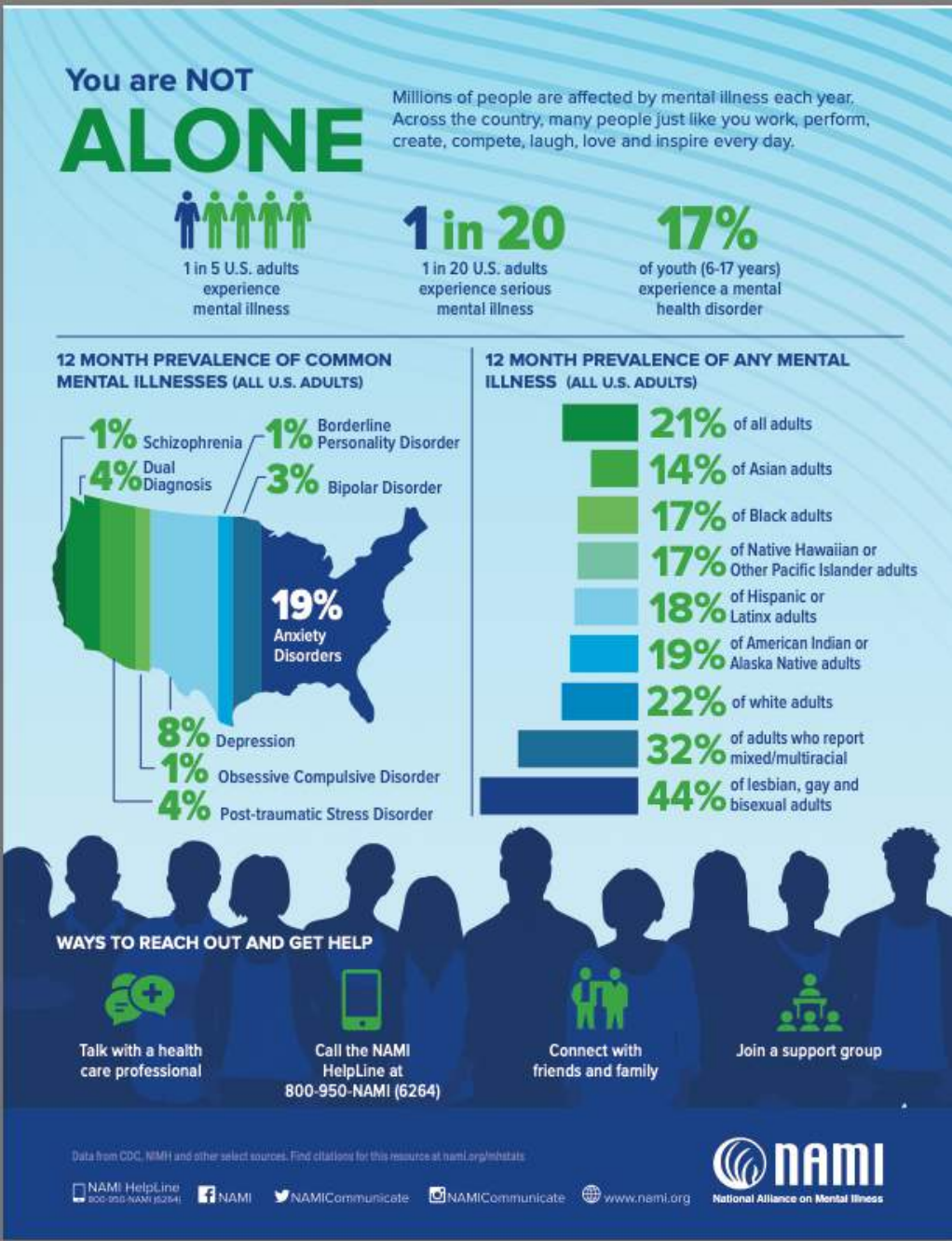
- NOT EASY
- TOUGH TO AVOID
- CAN BUILD UP



Edward Munch, "The Scream," 1893)

MENTAL HEALTH CONDITIONS ARE COMMON

PREVALENCE OF THE U.S. 2020



Fast Facts

1 in 5 U.S. adults experience mental illness each year

1 in 20 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

50% of all lifetime mental illness begins by age 14, and 75% by age 24

Suicide is the 2nd leading cause of death among people aged 10-14

MENTAL HEALTH CONDITIONS ARE COMMON

PREVALENCE OF GEORGIA 2021

Mental Health in Georgia



1 in 5 U.S. adults experience mental illness each year.



1,405,000 adults in Georgia have a mental health condition.

That's more than **2X** the population of Atlanta.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **44.3% of adults in Georgia** reported symptoms of **anxiety or depression**. **29.4%** were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In Georgia, **336,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

104,000 Georgians age 12–17 have depression.

Georgians struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **391,000 adults in Georgia** who **did not receive needed mental health care**, **45.4%** did not because of cost.

13.4% of people in the state are uninsured.



Georgians are over **4x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

4,911,327 people in Georgia live in a community that **does not have enough mental health professionals**.

Mental Health in Georgia

An inadequate mental health system affects individuals, families and communities.



High school students with depression are more than **2x more likely to drop out** than their peers.

68.4% of Georgians age 12–17 who have depression **did not receive any care** in the last year.



10,234 people in Georgia are homeless and **1 in 6 live with a serious mental illness**.



On average, 1 person in the U.S. **dies by suicide every 11 minutes**.

In Georgia, **1,569 lives were lost to suicide** and 314,000 adults had thoughts of suicide in the last year.



NAMI Georgia is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit: nami.org/mhpolycystats.

1 in 4 people with a serious mental illness has been arrested by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.



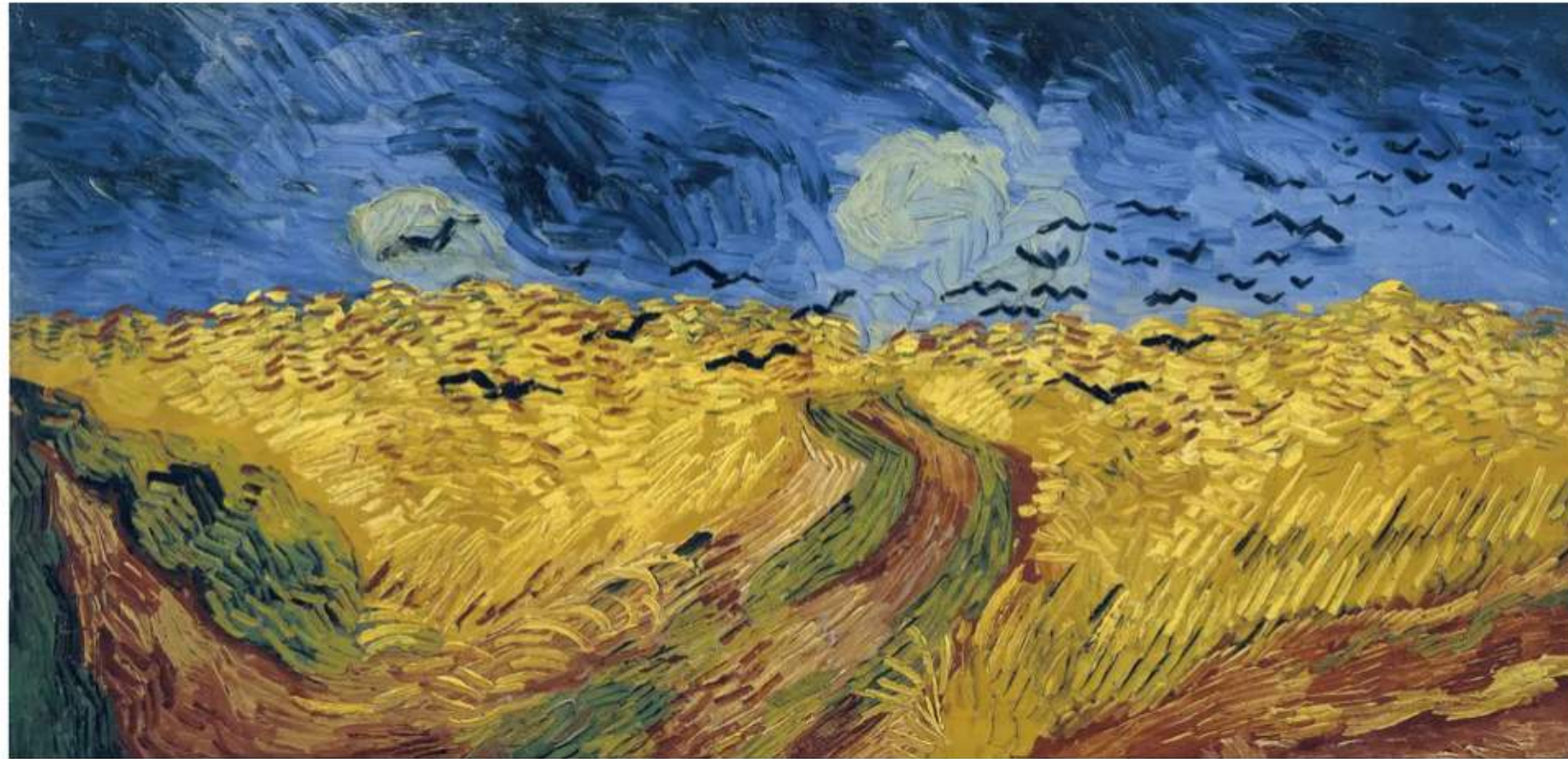
7 in 10 youth in the juvenile justice system have a mental health condition.

WHAT IS STIGMA IN MENTAL HEALTH?



Painting by Tony Robert-Fleury

WAYS TO IMPROVE MENTAL HEALTH



Van Gogh, Wheatfield with Crows (1890).

- SELF CARE
- TREATMENT OPTIONS
- RECOVERY
- PEER SUPPORT

GOAL OF THE INTERVENTION

- Promote the human rights of people with mental health conditions, to improve access to good quality mental health and social services
- Create community-based services for people who are seeking help and support due to not having the access or the ability through structural societal issues

ASSESS

Athens - Clarke County

MENTAL HEALTH AWARENESS WEEK
OCTOBER 6 – 12, 2019

WHEREAS, mental health is part of overall health; and

WHEREAS, one in five adults experiences a mental health problem in any given year and one in 17 adults lives with mental health such as major depression, bipolar disorder or schizophrenia; and

WHEREAS, approximately one-half of chronic mental health begins by the age of 14 and three-quarters by age 24; and

WHEREAS, long delays—sometimes decades—often occur between the time symptoms first appear and when individuals get help; and

WHEREAS, early identification and treatment can make a difference in successful management of mental health and recovery; and

WHEREAS, it is important to maintain mental health and learn the symptoms of mental health in order to get help when it is needed; and

WHEREAS, every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental health and discouraged people from getting help; and

WHEREAS, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental health.

NOW, THEREFORE BE IT RESOLVED, I, Kelly Girtz, Mayor of the Unified Government of Athens-Clarke County do hereby proclaim October 6 through October 12, 2019 as MENTAL HEALTH AWARENESS WEEK in Athens, Georgia to increase public understanding of the importance of mental health and to promote identification and treatment of mental health.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of Athens-Clarke County to be affixed this 6th day of October, 2019.

Kelly Girtz

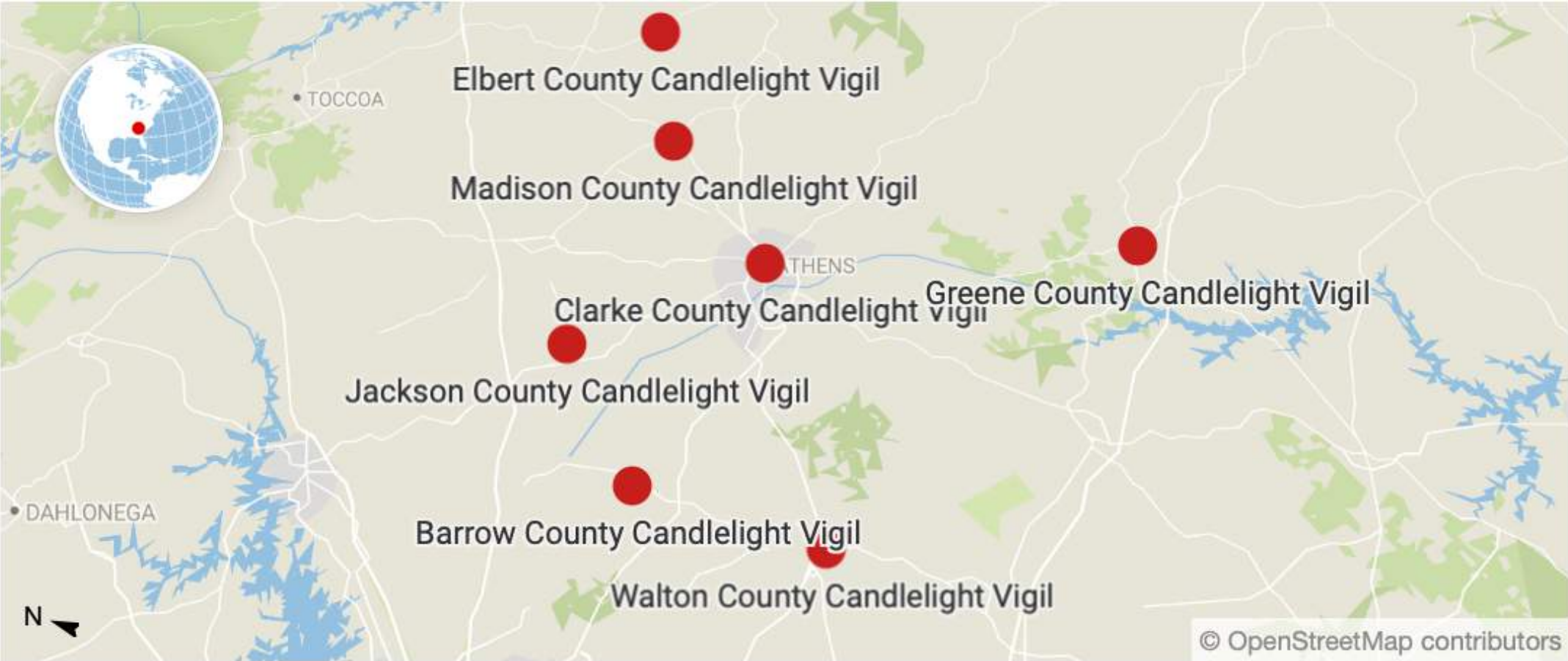
Mayor Kelly Girtz
Unified Government of Athens-Clarke County



(gradynewsources.uga.edu, 2019)

Northeast Georgia Candlelight Vigils

Mental Health Awareness Week Candlelight Vigil locations



Map: Caroline Gregor

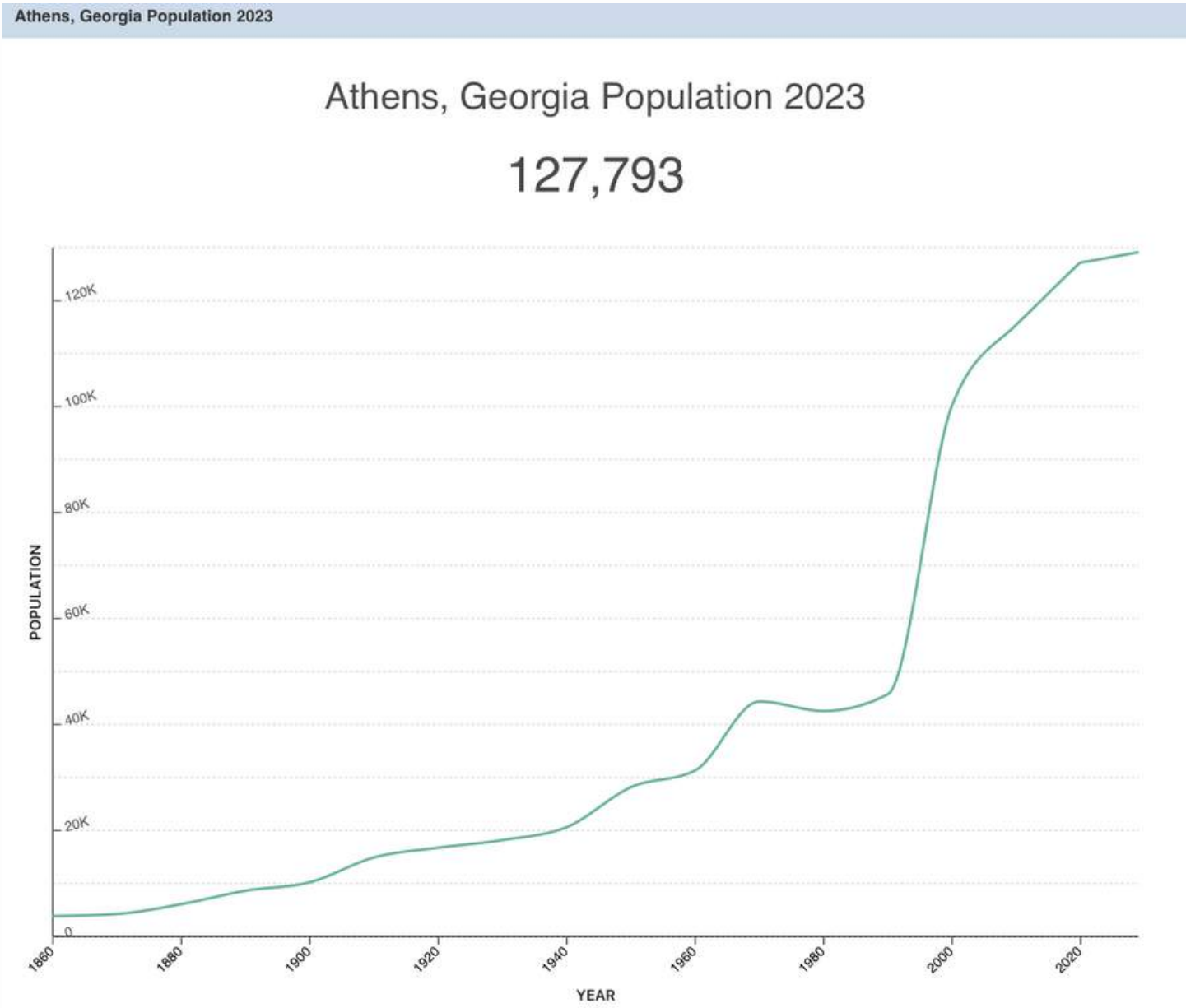
2023 ATHENS-CLARKE COUNTY COMPREHENSIVE PLAN

A goal has been identified...

Goal: A culture of healthy lifestyles with inclusive access to affordable, holistic and state of-the-art services and facilities for physical health, mental health, and general wellbeing.



DEMOGRAPHIC OF ATHENS, GA 2023



worldpopulationreview.com (2023)

State	Georgia
County	Clarke County
Land Area (mi²)	116.3 sq mi
Density (mi²)	1,098.60/sq mi
Growth Rate	0.17% (218)
Growth Since 2020	0.51% (652)
Rank in State	5th
Rank in Country	220th

The current population of Athens, Georgia is **127,793** based on our projections of the latest US Census estimates. The last official US Census in 2020 recorded the population at **127,141**.

HB 520: NEW MENTAL HEALTH BILL



"MENTAL HEALTH PARITY ACT"

‘A defining issue’: Georgia House approves measure overhauling mental health care



Credit: Ben Gray

"Georgia House Speaker David Ralston, R-Blue Ridge, is a sponsor of House Bill 1013, which aims to overhaul mental health care in the state. The house voted 169-3 Tuesday to approve the bill, which now goes to the State Senate. Ben Gray for the Atlanta Journal Constitution"
(The Atlanta Journal-Constitution, 2022).

SUPPORTERS OF HOUSE BILL 1013 RALLY AT CAPITOL



With one week to go, Senate makes key changes to mental health parity bill

🕒 March 28, 2022 📍 Andy Miller

(georgiahealthnews.com, 2022)

Access to Care Rankings

The Access Ranking indicates how much access to mental health care exists within a state. The access measures include access to insurance, access to treatment, quality and cost of insurance, access to special education, and mental health workforce availability. A high Access Ranking (1-13) indicates that a state provides relatively more access to insurance and mental health treatment.

The nine measures that make up the Access Ranking include:

1. Adults With AMI Who Did Not Receive Treatment

2. Adults With AMI Reporting Unmet Need

3. Adults With AMI Who Are Uninsured

4. Adults With Cognitive Disability Who Could Not See a Doctor Due to Costs

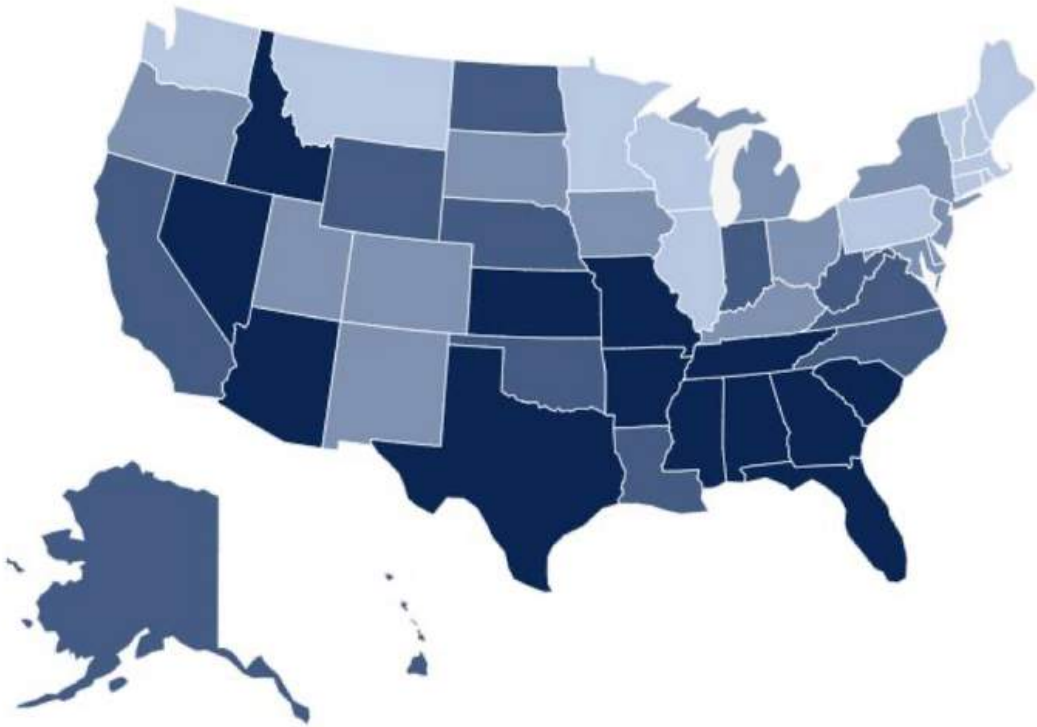
5. Youth With MDE Who Did Not Receive Mental Health Services

6. Youth With Severe MDE who Received Some Consistent Treatment

7. Children with Private Insurance that Did Not Cover Mental or Emotional Problems

8. Students Identified with Emotional Disturbance for an Individualized Education Program

9. Mental Health Workforce Availability



Rank	State
1	Vermont
2	Massachusetts
3	Maine
4	Wisconsin
5	Minnesota
6	New Hampshire
7	Rhode Island
8	Pennsylvania
9	Connecticut
10	District of Colur
11	Washington
12	Montana
13	Illinois
14	Maryland
15	New York
16	Kentucky
17	Delaware
18	Iowa
19	Oregon
20	New Mexico
21	Colorado
22	Ohio
23	South Dakota
24	New Jersey
25	Michigan
26	Utah
27	North Dakota
28	Oklahoma
29	West Virginia
30	California
31	Hawaii
32	Indiana
33	Nebraska
34	Alaska
35	Louisiana
36	Wyoming
37	Virginia
38	North Carolina
39	Nevada
40	Arkansas
41	Missouri
42	Idaho
43	South Carolina
44	Kansas
45	Tennessee
46	Arizona
47	Mississippi
48	Georgia
49	Florida
50	Alabama
51	Texas

MENTAL HEALTH CARE



LOCAL ORGANIZATIONS



MEG ABBOTT, LPC, ATR-BC

 **NUÇI'S SPACE**



DEVELOPING A PLAN



Maykou Ly

April 5, 2023 at 10:25 AM

Intervention research project to raise awareness for mental health with Nuci's Space.
To: Abigail Winograd

Good morning Abigail,

My name is May Ly, and I am an art education student from UGA. I had the privilege to speak with Chris this morning regarding the intervention project to raise awareness about mental health issues. The research project I have been working on focuses on art therapy for mental health issues to create an intervention to raise awareness within our community in Athens, GA.

I found your organization very interesting, and I would like to schedule a time with you sometime this week to learn more about your vision, mission, and action with our community. In addition, I was intrigued by the support and programs Nuci's Space has been providing to many artists, primarily focusing on mental health.

Thank you for reading my email; I look forward to hearing back from you and meeting with you this week!

May Ly
UGA Students of Art Education
(404) 384 - 2814
ml23490@uga.edu



Maykou Ly

April 5, 2023 at 10:53 AM

Intervention research project to raise awareness for mental health issues!
To: amber@sunnydaystherapeutics.com, Cc: addison@sunnydaystherapeutics.com

[Details](#)

Good morning Amber,

My name is May Ly and I am an art education student from UGA. I had the privilege to speak with Addison this morning regarding the intervention project to raise awareness about mental health issue. It is research project that I have been working on is focused on art therapy for mental health issues, to create an intervention to raise awareness within our community in Athens, GA.

I found your organization very interesting and I would like to set up a time with you sometimes this week to learn more about your vision, mission, and action with our community. I was very intrigued with all of the support and programs Sunny Days Therapeutics have been providing to our community.

Thank you for taking the time to read my email, I will be looking forward hearing back from you and to meet with you this week!

Sincerely,

May Ly
UGA Student in Art Education Program
ml23490@uga.edu
(404) 384 - 2814

IDENTIFYING TARGETS



OBTAINING ORGANIZATIONS INPUT

AW

Abigail Winograd

Re: Intervention research project to raise awareness for mental health with Nu...

To: Maykou Ly

10:49 AM

Details

Siri Found a Contact

Abigail Winograd

abigail@nuci.org

Add

✕

[EXTERNAL SENDER - PROCEED CAUTIOUSLY]

Hi May!

Thank you for the introduction and for the interest in our organization! While I would be happy to meet with you, it sounds as though you are running on a tight deadline. We currently have a full load of projects, which I fear take precedent at the moment regarding our manpower. Can you let me know what you are hoping to accomplish and by what date? I have availability on Friday to meet with you if you would like to schedule a time to chat.

Best,
Abby

[See More](#) from Maykou Ly

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Abby Winograd

Public Relations and Communications Manager

Nuçi's Space | A Musicians' Support & Resource Center

396 Oconee Street

Athens, GA 30601

phone [706.227.1515](tel:706.227.1515)

www.nuci.org and connect with us on [facebook](#)

[DONATE HERE](#)

ML

Maykou Ly

Re: Intervention research project to raise awareness for mental health with Nu...

To: Abigail Winograd

11:17 AM

Details

Hello Abby,

Thank you so much for your prompt reply! I understand and respect your busy schedule with full load of projects with Nuci's Space. I apologize for misclassifying with Chris with my deadline as it has been quite difficult scheduling to speak with someone about raising awareness.

Here is an overview of my deadline:

Research and reach out to an organization : due date to turn in insights due 04/11/ 2023
Final visual intervention to implement with organization: due date 04/16/ 2023

Intervention:

How I would like to implement my intervention to raise awareness for mental health with Nuci's Space to artists and community is to create buttons/pins, to be distributed, to serve as a reminder, and to share our voices. These buttons can be distributed during your events and programs. I understand Chris did mention about Nuci's Space focus on music only, but I would like to get some insights from the organization, volunteers and members of youth program to share those barriers to mental health.

I would love to come and meet you on Friday to chat more about the intervention project.

Thank you so much for your time and cooperations,

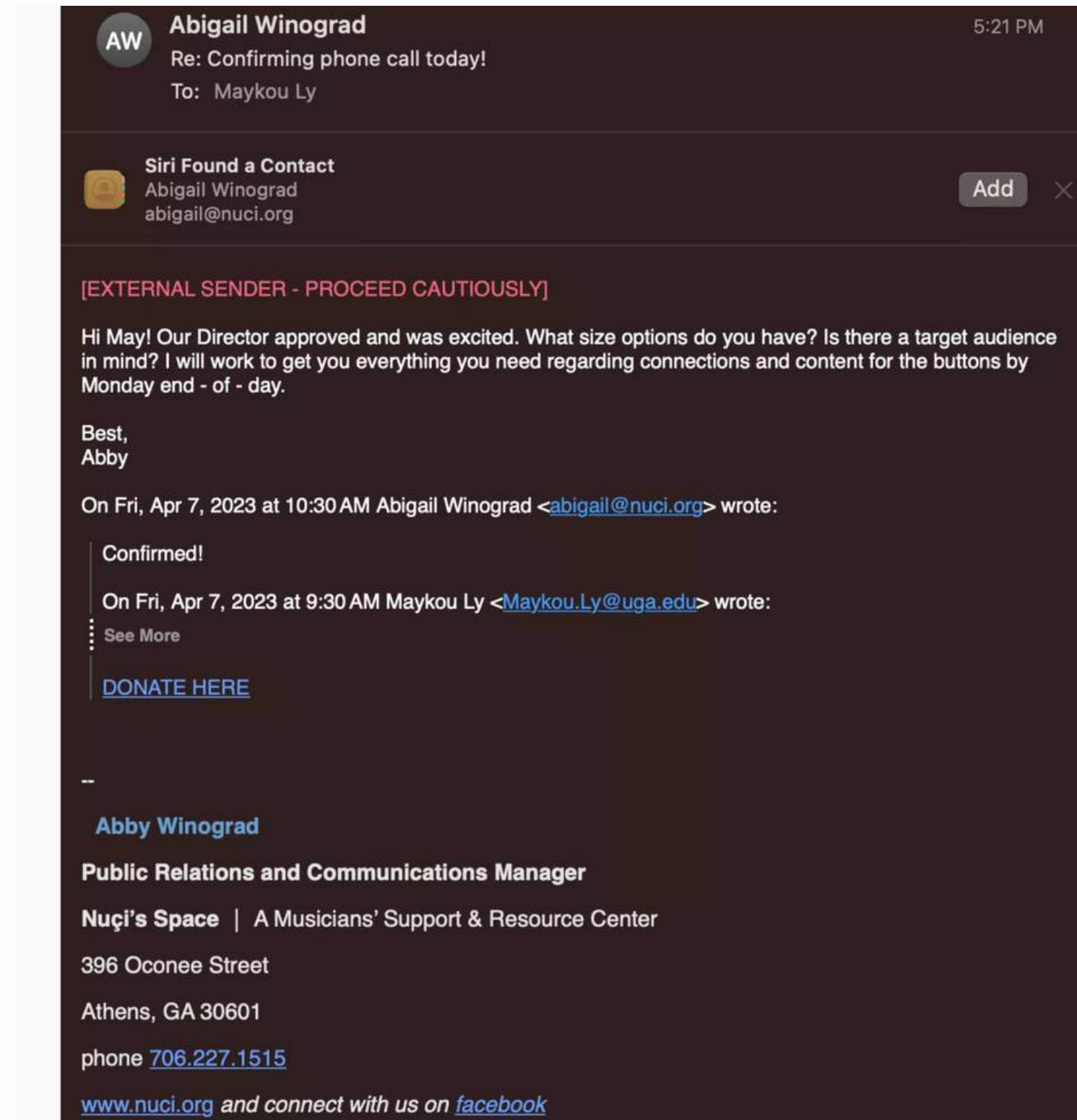
Sincerely,

May.

May Ly
UGA Student in Art Education Program
ml23490@uga.edu
(404) 384 - 2814

[See More](#) from Abigail Winograd

OBTAINING ORGANIZATIONS INPUT



ACTION PLAN

ML

Maykou Ly

Re: Confirming phone call today!

To: Abigail Winograd


April 9, 2023 at 10:08 AM

Good morning Abigail,

I am attaching couple of pictures of the buttons samples we have, I believe the size is 2 and 1/4 inch, I will double check on Monday when I will be on campus. As far as for the target audience, I am pretty open to it, I was going to ask you where would be a good place in town to distribute the buttons?

I will be ordering the buttons on Monday from Amazon with your confirmation for the size. For the timeline, I will be planning on distributing the buttons either on Friday April, 14 or Saturday April, 15 in Athens.

May



AW

Abigail Winograd

Re: Intervention project follow-up!

To: Maykou Ly

April 12, 2023 at 1:32 PM

Siri Found a Contact

Abigail Winograd

abigail@nuci.org

Add

[EXTERNAL SENDER - PROCEED CAUTIOUSLY]

Essentially we are thinking of 3 button types:

1. "Help a Friend" with our logo faded behind it and our website underneath in small print.
This is part of our Help a Friend campaign, where we have printed business cards with resources and crisis intervention numbers. It's for people to take and use with discretion or otherwise, when needed.

2. "A Beautiful Here" with our logo faded behind it and our website underneath in small print or our organizational name.
This is the title of our founder Linda Phillip's book chronicling the death by suicide of her son (the namesake of our organization), Nuçi Phillips.

3. Our logo and website.

If the text options have too many words, I have thoughts about replacements with just images.

Resources:

- I attached our logo.
- Our organizational fonts are typically:
[ITC](#)
[Bauhaus Medium](#)
[Montserrat](#)

The Sans Serif font family (if unable to find, here are two examples: [ITC](#)
[Century](#) ,
[Forrest](#)
-

website is www.nuci.org or nuci.org if there is not enough room.

Let me know what you think as you experiment with the above on the buttons!

Best,
Abby

[See More](#) from Maykou Ly

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[Abby Winograd](#)

Public Relations and Communications Manager

YOUR PARAGRAPH TEXT

04/20 Emailed Nuci's space with button design change update



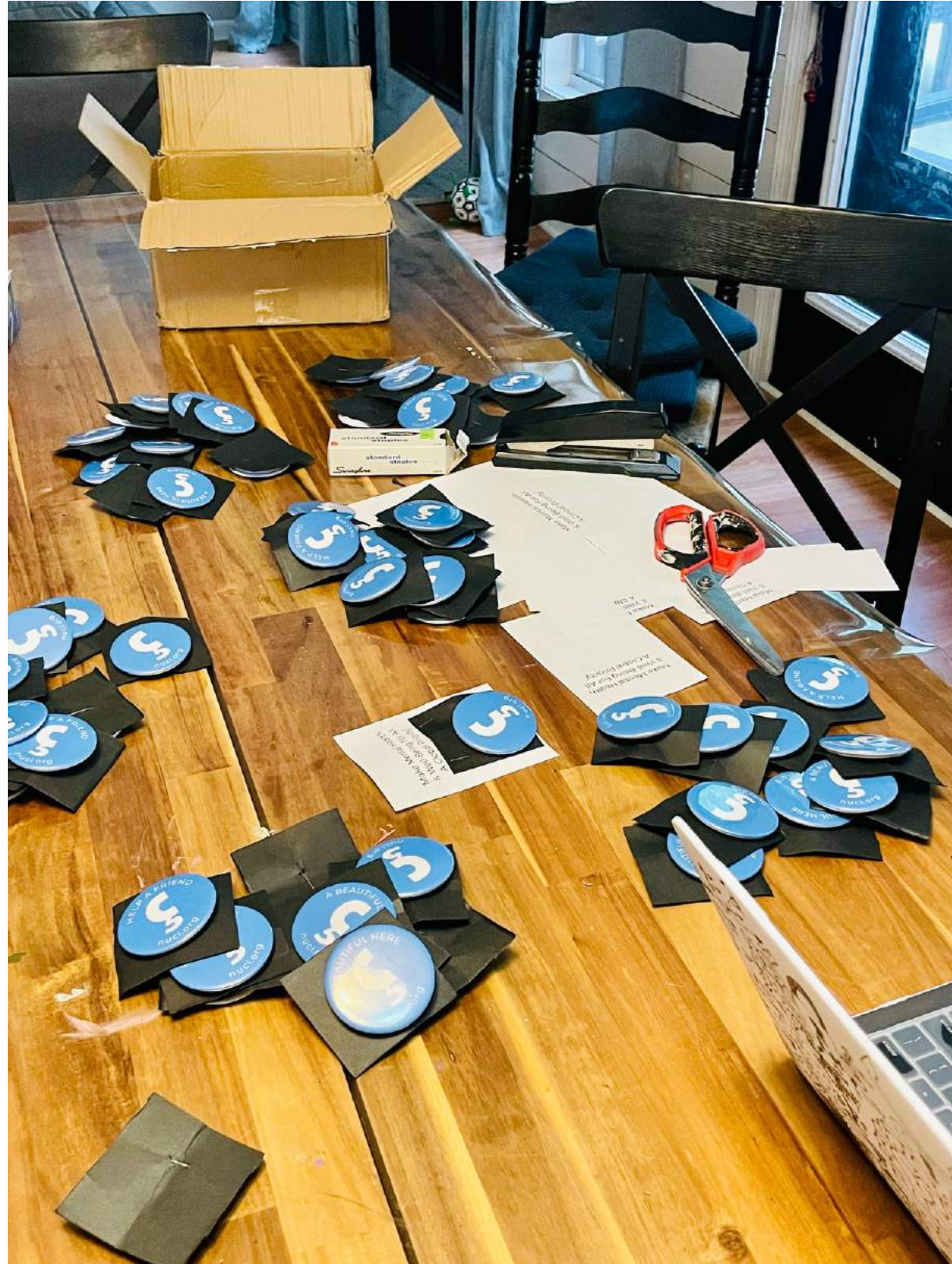
04/16 Testing making buttons #2



Final design edit

04/21/2023





Monday 04 / 24 / 2023

Morning of intervention: 7:30 am

- Getting ready realizing that I forgot to have something to pin the buttons on.

Total Numbers of buttons: 75



First Location: Plan A

- Inside of Athens City Hall building

Time: around 9:45 am

- Found a reception table, but there was no site of people inside the building



First location: Plan B

- Outside of Athens City Hall building

Time: around 9:50 am

- Decided to look for a new area where people can see the bucket



First location: Plan C

- Outside of Athens City Hall building

Time: 9:55 am

- Decided to move the bucket and place it in front of the newspaper stand



First location: Plan C

- Outside of Athens City Hall building

Time: 10:05 am



- First person noticing the bucket, read the sign, and picked up a button



First location: Plan C

- Outside of Athens City Hall building

Time: 10:15 am

- Second person noticing the bucket, read the sign, and picked up a button



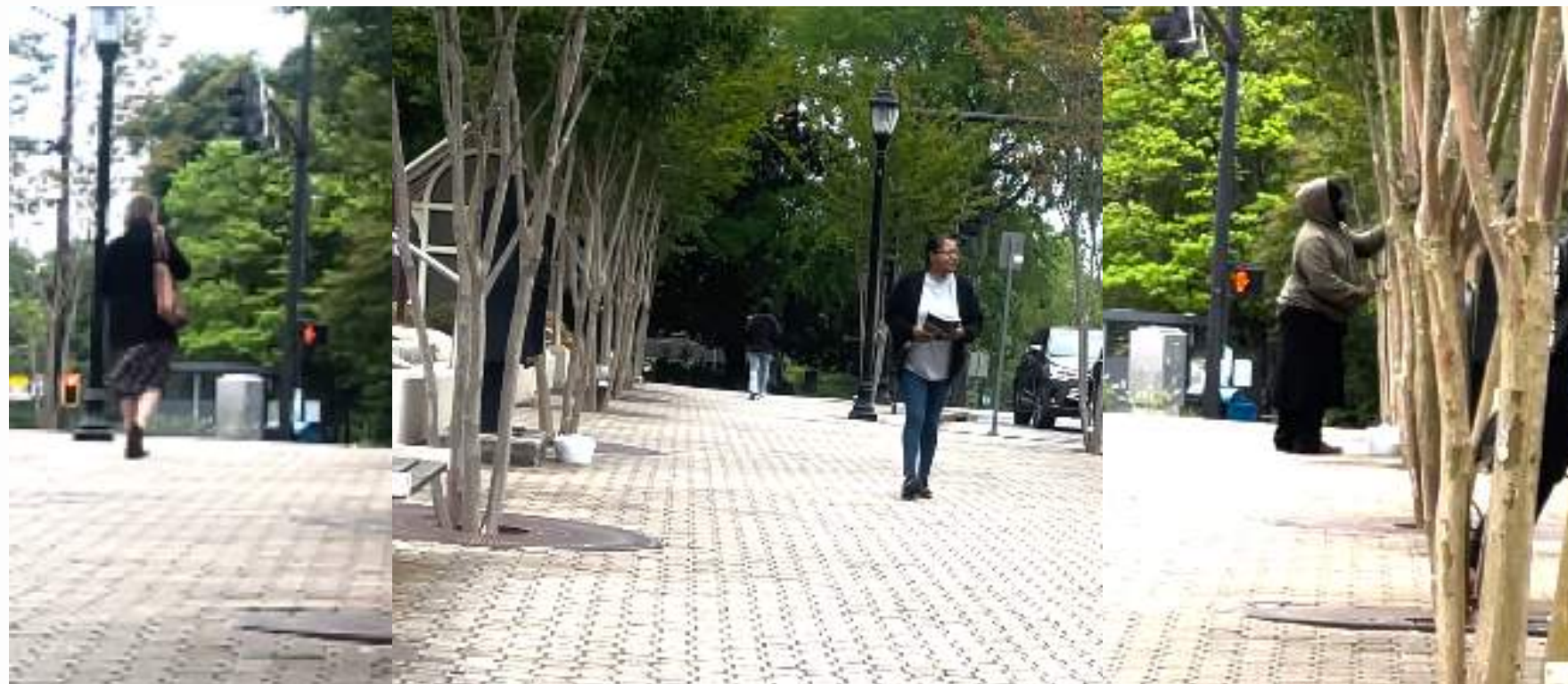


First location: Plan C

- Outside of Athens City Hall building

Time: between 10:30 am and 10:45 am

- Within a period of 15 min, 6 people walked by the bucket





First location: Plan C

- Outside one block down from of Athens City Hall building

Time: between 10:50 am and 11:15 am

- Found another newspaper stand, intersection of Clayton Avenue and College Avenue
- Stayed only for 20 minutes as it was getting cold
- Only 2 people walked by the bucket

Second location: Plan D

Time: 10:30 am

Location: Athens- Clarke County library

- No pictures available
- I am not sure why I did not take any pictures and forgot about it. There were a lot of cars in the parking lot, but I did not see much activity of people walking into the library.



Third and last resource location: Plan E

- **Time: 10:50 am**
- **Location: Walmart-Super Center**
- **The moment of truth to tough it up and be an activist!**



The “*ONE Who Walked Up To Me,*”

- asked me what I was doing. For the purpose of her privacy, I asked her if I could take a picture of her wearing the button, informing that I will not take a picture of her face and sharing any information about her.
- I stopped recording and taking pictures because I felt that I had to focus on raising the awareness of supporting mental health.



Location: Walmart-Super Center

Time: around 11:15 am sitting in my car in the parking lot

Weather: it started to rain

- Buttons left: 9
- Started with 75 buttons

CITATION REFERENCE

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