



Filling the Gap

Between Mental and Dental Health Care

**Exploring the Dental/Mental
Health Care Relationship**
Stigma and Understanding

Filling the Gap

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Dental Management Coalition Conference Presentation

Filling the Gap Between Mental and Dental Health Care

The New Jersey Governor's Council on Mental Health Stigma

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MENTAL HEALTH AND ORAL HEALTH

Filling the Gap

Stigma

Filling the Gap

Mental health stigma is seen as the last frontier of discrimination and, dental health care possesses its own stigma. Individuals who might be proactive about health in regard to fitness, nutrition, and disease prevention may not include dental and mental health in their health agenda.

Additionally, both mental and dental health are underinsured and as such, too often neglected because of financial stress.

Filling the Gap

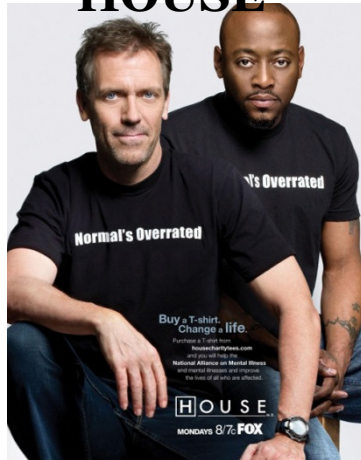
Understanding Mental Health Stigma

- *Cancer is contagious?*
- *Disconnection---Disparity---Discrimination*
- *Universality*

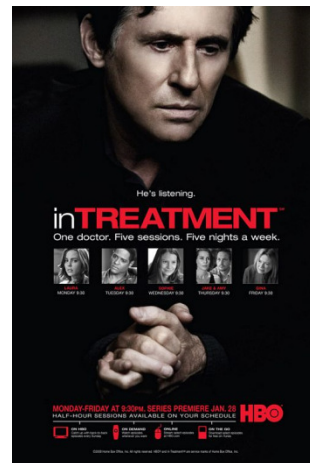
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Changing the Culture – Starting the Conversation

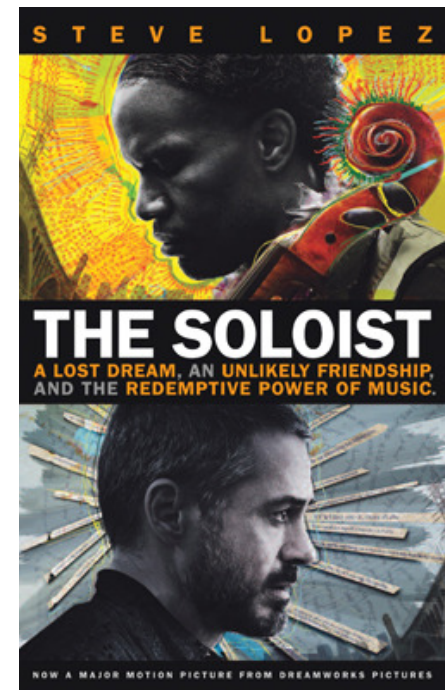
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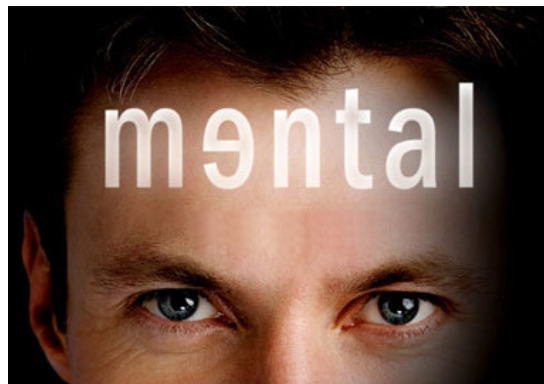
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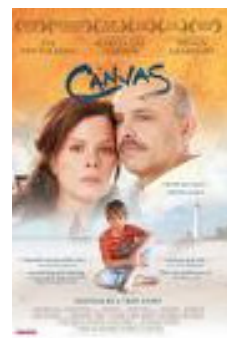
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MENTAL on FOX



CANVAS



Filling the Gap

Mental Health, Dental Health, Self Esteem



Filling the Gap

Model for the future

The Whole Health Home

Filling the Gap

A Community Effort

Individual and Family

Culture and Religion

Education

Employment

Health Care

Housing

Law Enforcement

Legislation and Advocacy

Media and Entertainment Industry

Veterans Affairs

Filling the Gap

People

When we discriminate against someone with mental illness, we are discriminating against our mothers and fathers, daughters and sons, sisters and brothers, friends, neighbors, and colleagues. NAMI NJ's Film, "Documenting our Presence - A Multicultural Journey Through Mental Illness" provides a lens through which we can see the process of wellness and recovery across cultural and gender lines, and across the life span. These individuals could be any one of your patients and/or their loved ones.

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Mental Illness and Oral Health

Filling the Gap

Facts about Mental Illness

- Mental Illnesses are biologically based brain disorders.
- Types of mental illnesses include:
 - *Thought Disorders: Schizophrenia*
 - *Mood Disorders: Major Depression; Bipolar Disorder*
 - *Anxiety Disorders:*
 - Obsessive-Compulsive Disorder
 - Post Traumatic Stress Disorder
 - Generalized Anxiety Disorder

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Signs of Mental Illness

- Problems with Thinking - *delusions, hallucinations, can't think abstractly, confusion, inability to concentrate*
- Problems with Feelings - *depression, euphoria, anxiety*
- Problems with Socializing
- Problems with Functioning
- Poor Self Care

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Relevant Statistics

- 1 in 4 adults – approximately 57.7 million Americans experience mental health disorders in a given year. 1 in 17 live with serious mental illness such as Schizophrenia, Major Depression or Bipolar Disorder
- Serious mental illness affects about 6% of population
- Fewer than 1/3 of adults with diagnosable mental disorders receive any treatment.
- Consequences of lack of treatment include unnecessary disability, unemployment, poverty, substance abuse, homelessness, inappropriate incarceration.

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Co-occurring Disorders

- Individuals with mental illness face an increased risk of having chronic medical conditions.
- Adults with serious mental illness die 25 years younger than other Americans, largely due to treatable medical conditions.

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Treatment is Effective

The best treatments for serious mental illnesses today are highly effective; between 70-90% of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological, psychosocial and rehabilitative treatments and interventions.

Early intervention and treatment is vital for the most positive long term prognosis.

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Frequently Prescribed Medications

Drug Group	Treating	Trade Names	Dental Side Effects
Antipsychotics	Schizophrenia	Risperidal, stelazine, zyprexa, seranace, mellaril	Xerostomis, postural blood pressure drop, sedation, tardive dyskinesia
Anti parkinsonian	Tardive Dyskinesia	Cogentin, artane	Xerostomia, CNS depression
Lithium	Bipolar Disorder	Lithicarb	Tremor
Tricyclic antidepressants	Depression	Tofranil, tryptanol, sinequia,	Xerostomia, appetite stimulation, postural hypertension, tachycardia, sedation
MAOI	Depression & Anxiety States	Parnate, nardil	Interaction with adrenaline and specific foods, xerostomia
SSRI	Depression and OCD	Prozac, zoloft, efexor, lavox, serzone	Clenching, platelet function, anxiety
Benzodiazepines	OCD, phobias, eating orders, anxiety, PTSD	Valium, serapax, rivotril	Drowsiness, reduce psychomotor ability, tolerance and dependance

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The adverse effects of psychotropic drugs may cause dental problems

- Xerostomia – ‘dry mouth’ most frequent side effect of many drugs, and complaint by individuals.
- Bruxism
- Surgical bleeding in individuals taking Sodium Valproate for Bipolar Disorder. Can impair platelet aggregation. Milder with SSRI antidepressant
- Drug induced excessive salivation in Clozapine

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Mental Illness/Oral Health Connection

Factors that contribute to poor oral health

- Poor self care skills
- Low self esteem
- Fear, anxiety
- Poverty
- Poor diet
- Excessive smoking
- Excessive drinking of sugary fluids to combat 'dry mouth'
- Substance abuse

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Mental Illness/Oral Health Connection

Factors that contribute to poor oral health

- Lack of access to dental professionals
- Lack of dental professionals interested in treating those with serious mental illness
- Lack of adequate healthcare insurance
- Lack of knowledge about oral healthcare
- Lack of assistance and support to follow through with oral healthcare

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Oral manifestations that may be associated with mental health issues

- Preoccupations beyond normal 'dental anxiety', facial pain or signs of self injury
- Enamel erosion - *possibly from bulimic behavior*
- Periodontal disease or oral infections due neglect, poor diet, or excessive smoking
- Temporomandibular joint dysfunction (TMJ) or palatal erosion
- Reduction in salivary secretions very common side effect of many medications and has significant impact on oral health
- Dyskinesia and dystonia also common side effects and characterized by tongue protrusion, facial grimacing, abnormal jaw movements.

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Wellness and Recovery

The National trend has been to transform public mental health systems towards one more aligned with principles of Recovery. New Jersey has included Wellness

“A deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness.”

William Anthony

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Integration of Primary and Mental Health Care

Mental health and primary care systems have evolved to operate separately. For example, practices such as attention to multiple conditions and health maintenance common in primary care have been lacking in mental health treatment.

As systems moved away from institutional care to community based care, initial focus has been on mental health treatment such as community mental health centers that do not provide primary care.

Growing interest in creating medical homes or finding ways to incent the integration of both systems of care.

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Why the interest now after all of these years?

- The President's New Freedom Commission Report in 2000 called for transformation of mental health systems of care to improve access, emphasize early intervention and recovery
- This is leading us to a more holistic Public Health approach and recognition of the need to partner and integrate all systems of care: mental health, substance abuse, primary care
- The study pointing out people with mental illness die 25 years younger than general population and rise in metabolic conditions such as diabetes
- Recognition of disparity in healthcare and healthcare coverage for persons with serious mental illness
- Escalating costs, in part resultant from lack of attention to wellness, prevention and overall healthcare

Filling the Gap

Mental Health Stigma Survey

What are the first five (5) positive words that come to mind when you think of mental health?

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Mental Health Stigma Survey

What are the first five (5) negative words that come when you think about mental illness?

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Mental Health Stigma Survey

What is your greatest concern (s) in regard to treating a patient?

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Mental Health Stigma Survey

What is your greatest concern (s) in regard to treating a patient with mental illness?

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Mental Health Stigma Survey

So what do you REALLY want to know?

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On behalf of the Governor's Council on Mental Health Stigma
&
The Division of Mental Health Services

We would like to thank the Dental Management Coalition for affording us this wonderful opportunity to talk about the issue of mental health as it relates to dental health care. Your interest is greatly appreciated and valued.

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Please visit our websites:

www.state.nj.us/humanservices/dmhs

www.nj.gov/mhstigmacouncil