



Behavioral Health

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The topic of behavioral health includes mental illnesses, substance use disorders and intellectual disabilities. Unfortunately, the rates of these conditions among DeKalb County residents are unknown. There is not a survey or reporting system that captures this information. This section provides data from the DeKalb Community Service Board (CSB) to offer at least some insight in to this facet of health. The CSB is the public, safety net provider of behavioral health services for the county. The data presented here are based on DeKalb CSB clients.

MENTAL ILLNESSES AND SUBSTANCE USE DISORDERS

Mental illnesses

Mental illnesses are characterized by alterations in thinking, mood or behavior (or a combination of these) that are associated with distress and/or impaired functioning. Mental illnesses include:

- Anxiety disorders, which are characterized by excessive stress and include panic disorders and obsessive-compulsive disorders.
- Mood disorders, which affect a person's persistent emotional state and include depressive disorders and bipolar disorders.
- Psychotic disorders, which cause abnormal thinking and perceptions and include schizophrenia and delusional disorders.

Substance use disorders

Substance use disorders include both substance abuse and substance dependence. Examples of substance use disorder symptoms are craving, spending a lot of time to obtain the substance and failing to fulfill work and family obligations.

Mental illnesses with substance use disorders

Some people have both a mental illness and a substance use disorder. This is because: (a) a person with a mental illness may misuse a substance to lessen their symptoms, (b) certain substances can cause an addicted person to experience mental illness symptoms, and (c) mental illness and substance use disorders share some underlying causes. Of the DeKalb CSB's new cases of substance use disorders, 26 percent also have a co-occurring mental illness.

What you can do to reduce the risk of mental illness?

- Take care of your mind, body and soul.
- Reduce or eliminate sources of stress that contribute to anxiety.
- Learn and practice coping mechanisms.
- Seek treatment when mental illness symptoms first appear.
- Call the DeKalb Community Service Board if you think someone needs help.

What can you do to reduce the risk of a substance use disorder?

- Address underage drinking and illegal drug use.
- Avoid binge drinking and experimenting with drugs.
- Safely store and dispose of prescription drugs.
- Carefully follow medication directions.

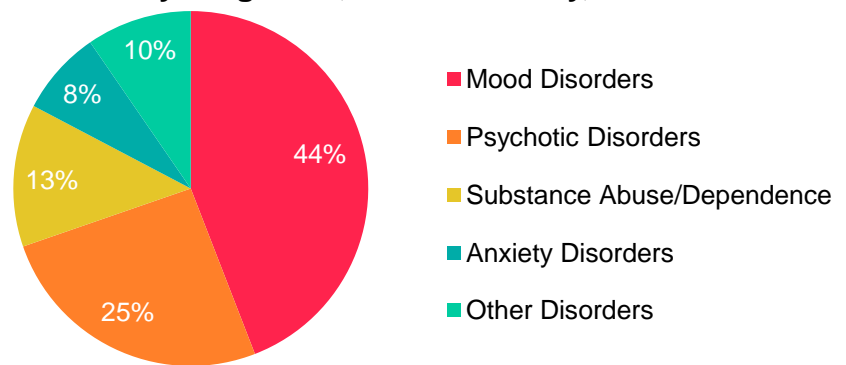
OUTPATIENT DIAGNOSES

The DeKalb CSB provides outpatient mental health services for children, adolescents and adults. The outpatient mental health centers see an average of 2,300 new individuals annually for assessment and treatment. The CSB also treats an average of 1,786 new adults with substance use disorders each year.

Figure 49 shows outpatient diagnoses among mentally ill and substance abuse clients. From 2008 through 2012:

- Mood disorders were the most common diagnoses.
- Psychotic disorders were the second most common diagnoses.

Figure 49: Percentages of Outpatient Mental Health and Substance Abuse/Dependence Clients by Diagnosis, DeKalb County, 2008-2012

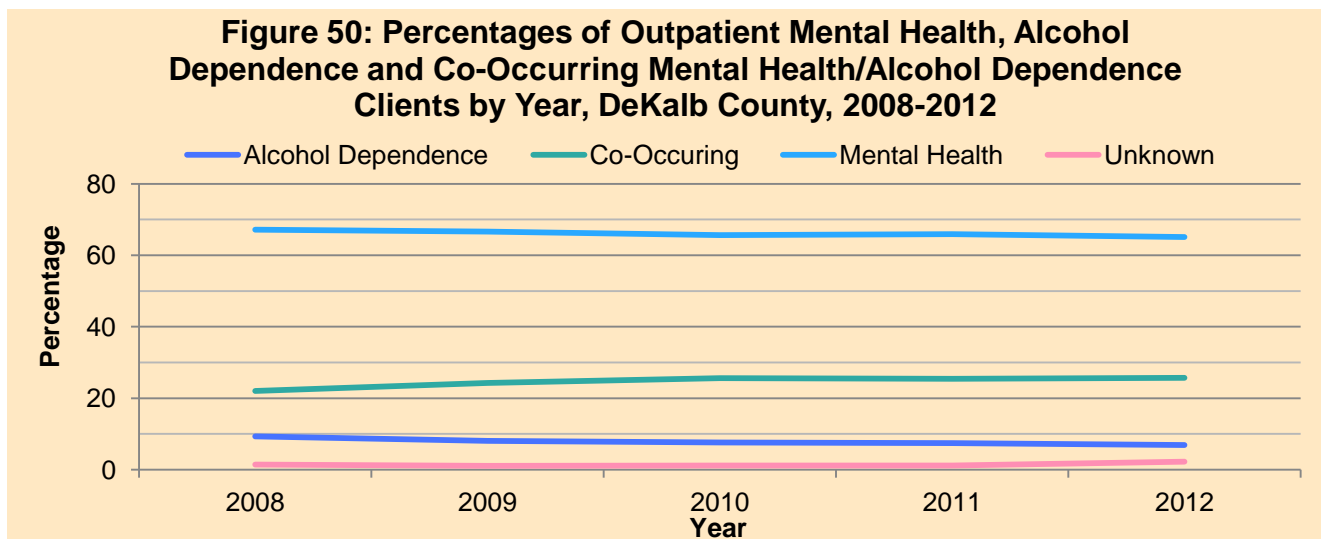


Source: DeKalb Community Service Board, 2014.

Figure 50 shows outpatient diagnoses for mental illness, alcohol dependence (a substance use disorder) and co-occurring mental illness with alcohol dependence. From 2008 through 2012:

- The percentage of clients with alcohol dependence decreased over time.
- The percentage of clients with mental illness also decreased over time.

Figure 50: Percentages of Outpatient Mental Health, Alcohol Dependence and Co-Occurring Mental Health/Alcohol Dependence Clients by Year, DeKalb County, 2008-2012



Source: DeKalb Community Service Board, 2014.

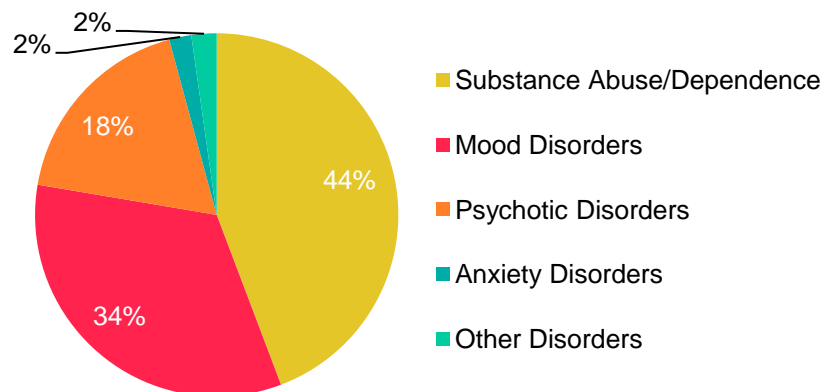
DEKALB REGIONAL CRISIS CENTER DIAGNOSES

The DeKalb Regional Crisis Center is a short-term, residential facility. It serves individuals with mental illnesses and/or substance use disorders that require acute stabilization and/or detoxification. The center serves an average of 1,700 individuals per year.

Figure 51 shows the diagnoses of clients seen at the crisis center. From 2008 through 2012:

- Substance abuse/dependence disorders were the most common diagnoses.
- Mood disorders were the second most common diagnoses.

Figure 51: Percentages of Crisis Center Mental Health and Substance Abuse/Dependence Clients by Diagnosis, DeKalb County, 2008-2012



Source: DeKalb Community Service Board, 2014.

INTELLECTUAL DISABILITIES

Intellectual disabilities involve impairments of mental abilities that affect functioning. These abilities are divided into three groups: (a) conceptual, like language and math skills; (b) social, like empathy and interpersonal communication skills; and (c) practical, like personal care and money management skills.

The DeKalb CSB serves an average of 471 DeKalb residents per year who are challenged with mild to profound intellectual disabilities.

What can you do about intellectual disability?

- If pregnant, avoid smoking, drinking alcohol and using drugs.
- Eliminate lead from children's environments.
- If concerned, schedule a developmental screening for your child.
- Be supportive of and patient with those with an intellectual disability.

FOR MORE INFORMATION ABOUT BEHAVIORAL HEALTH

	DeKalb County	Metropolitan Atlanta	Georgia and Beyond
Mental Illnesses	DeKalb Community Service Board, Central Access Line 404.892.4646 http://dekcsb.org	Atlanta Mission 404.588.4000 http://www.atlantamission.org	Georgia Crisis & Access Line 1.800.715.4225 or 404.730.1600
		Grady Health, Behavioral Health 404.616.4444 http://gradyhealth.org/specialty/behavioral-health.html	Mental Health America of Georgia 404.527.7175 http://www.mhageorgia.org
		Gateway Center 404.215.6600 http://www.gatewayctr.org	National Alliance on Mental Illness Georgia 770.234.0855 http://www.nami.org
		Georgia Rehabilitation Outreach 404.892.0998 or 404.604.2258 or 678.545.2025 (TTY) http://www.garehaboutreach.org	
		CETPA (services in Spanish) 770.662.0249 http://www.cetpa.org	
Substance Use Disorders	DeKalb Community Service Board, Central Access Line 404.892.4646 http://dekcsb.org	Atlanta Alcoholics Anonymous 404.525.3178 http://www.atlantaaa.org	Centers for Disease Control and Prevention, Mental Health 1.800.CDC.INFO or 1.800.232.4636 http://www.cdc.gov/mentalhealth
	Standing to Achieve New Directions (STAND), Inc. 404.284.9878 http://www.standinc.com/substance-abuse-re-entry-hiv-aids-domestic-violence-hiv-aids.htm	CETPA (services in Spanish) 770.662.0249 http://www.cetpa.org	Georgia Council on Substance Abuse 404.523.3440 http://www.gasubstanceabuse.org
		Georgia Regional Hospital of Atlanta 404.243.2100 http://dbhdd.georgia.gov/georgia-regional-hospital-atlanta	Georgia Crisis & Access Line 1.800.715.4225 or 404.730.1600
			Substance Abuse and Mental Health Services Administration 1.877.SAMHSA.7 or 1.877.726.4727 or 1.800.487.4889 http://www.samhsa.gov

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FOR MORE INFORMATION ABOUT BEHAVIORAL HEALTH (CONTINUED)

	DeKalb County	Metropolitan Atlanta	Georgia and Beyond
Intellectual Disabilities	DeKalb Community Service Board, Central Access Line 404.892.4646 http://dekcsb.org	Bobby Dodd Institute 678.365.0071 or 678.365.0099 (TDD) http://www.bobbydodd.org	American Association on Intellectual and Developmental Disabilities 202.387.1968 http://aaid.org
	DeKalb County Board of Health, Babies Can't Wait 404.508.7981 http://www.dekalbhealth.net/hs/childrens-medical-services/babies-cant-wait	Georgia State University, Center for Leadership in Disability 404.413.1286 http://disability.publichealth.gsu.edu	Centers for Disease Control and Prevention, Developmental Disabilities 1.800.CDC.INFO or 1.800.232.4636 http://www.cdc.gov/ncbddd/developmentaldisabilities
	Disability Link 404.687.8890 or 711 (TTY) http://disabilitylink.org/	Georgia Council on Developmental Disabilities 1.888.275.4233 http://www.gcdd.org/	Georgia Office of Disability Services Ombudsman 1.866.424.7577 or 404.656.4261 http://dso.georgia.gov
	The Kiss Foundation 678.698.3986 http://www.thekissfoundation.org	Marcus Autism Center 404.785.9400 http://www.marcus.org	National Down Syndrome Society 1.800.221.4602 http://www.ndss.org
			Parent to Parent of Georgia 1.800.229.2038 http://p2pga.org/
			The Arc Georgia 1.888.401.1581 http://www.thearcofgeorgia.org
		United Cerebral Palsy 1.800.872.5827 http://ucp.org	