



AMERICAN MENTALTM WELLNESS ASSOCIATION

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Our Vision –

We envision a world that through public education values prevention, early intervention, scientific research, and cures of mental health problems which includes substance use disorders for the holistic health of the individual and society.

Our Mission –

We are building healthier lives free of mental health problems through educational outreach.

Mental Health Is Physical Health/News/Advocacy

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FOR IMMEDIATE RELEASE

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American Mental Wellness Association Launches Equality! Equity! Justice! Call To Action

Camp Hill, PA -Today the American Mental Wellness Association officially launched a call to action for all Americans to bring equality, equity, and justice to those who are affected in any way with a mental health challenge. For a healthier, happier America the Equality! Equity! Justice! Call to Action contains 24 “Not One More...” statements which will end the inhumane and discriminatory treatment of those living with a mental health problem which includes substance use disorders.

“For way too long, individuals and their loved ones have suffered tremendous hardships unnecessarily due to ignorance and choice of others. Mental health problems are and always have been physical medical conditions with cognitive and emotional symptoms,” said Sharon Engdahl, Executive Director. “People with these physical mental health conditions need proper medical care from the onset of their illness through and including crisis stages. For decades our health care system, especially our hospitals, insurers, and politicians have not properly served these physically mentally ill individuals. This inhumane treatment ends now!”

All Americans must immediately act to reach these goals:

- ▶ NOT ONE MORE preventable suicide or self-injury because a child or adult could not get the mental health care they needed when they were in crisis.
- ▶ NOT ONE MORE person treating mental health as separate from physical health
- ▶ NOT ONE MORE person self medicating their emotional pain with drugs or alcohol because they did not receive proper mental health treatment.
- ▶ NOT ONE MORE person imprisoned and punished for being sick, when they should be treated in a hospital.
- ▶ NOT ONE MORE family member afraid to call 911 for help, for fear that their loved one experiencing a mental health crisis would be shot or arrested rather than taken to a hospital.
- ▶ NOT ONE MORE man, woman, or child turned away from an inpatient or outpatient medical facility for mental health care treatment when they needed help.

- ▶ NOT ONE MORE person avoiding mental health care for themselves or a loved one for fear of the stigma a diagnosis of mental illness would bring.
- ▶ NOT ONE MORE year when it is easier for someone struggling with a mental illness to get a gun than to get an appointment with a mental health professional.
- ▶ NOT ONE MORE child or adult not knowing the early signs and symptoms of a developing mental health problem.
- ▶ NOT ONE MORE tax dollar wasted on providing high cost ineffective services to people with mental health problems when these funds should be diverted to validated programs and approaches such as prevention, early intervention and effective treatment and services.
- ▶ NOT ONE MORE local, state, or federal law that keeps children, youth, adults, and older adults from receiving prompt optimal medical care for their mental health conditions (which includes substance use misuse).
- ▶ NOT ONE MORE child, youth, adult, older adult not receiving early detection and intervention for a mental health problem.
- ▶ NOT ONE MORE person not knowing they can go to their family physician or a primary care provider at first sign and symptoms of a mental health problem.
- ▶ NOT ONE MORE year without routine screening for early symptoms of mental health problems.
- ▶ NOT ONE MORE person having to wait weeks for a psychiatric evaluation.
- ▶ NOT ONE MORE year without a Mobile Response and Stabilization Service available 24/7 in every community.
- ▶ NOT ONE MORE year without Crisis Now Model Practices implemented in all communities across the United States.
- ▶ NOT ONE MORE law enforcement officer, judge or prosecutor lacking basic education and training in how to help someone experiencing a mental health problem or in a mental health crisis.
- ▶ NOT ONE MORE student failing in the classroom because a developing mental health problem went unnoticed or ignored.
- ▶ NOT ONE MORE employee discriminated against because of a mental health problem or mental health crisis.
- ▶ NOT ONE MORE word stigmatizing people with mental health conditions.
- ▶ NOT ONE MORE insurance company providing inappropriate and/or inequitable reimbursements for mental health care treatment and services without being held accountable for doing so.
- ▶ NOT ONE MORE governmental agency, company, or nonprofit agency using outdated terms like “behavioral health” rather than properly identifying them as “behavioral symptoms” of a medical problem.
- ▶ NOT ONE MORE year of inhumane treatment of children, youth, adults, and older adults who live with a mental health condition

(more on next page)

Both negative and positive behaviors are symptoms stemming from functions of the brain and the central nervous system. Just like other physical medical conditions, mental health conditions have stages of illness. From child to senior Americans everyday are getting very sick with many being arrested, incarcerated and dying because there is a lack of public action to provide the needed education and appropriate treatment. Mental health problems are known to be preventable just like other medical conditions. Yet, public education for prevention of mental health problems is without fervor. Also, without fervor is public education of the first signs and symptoms of a developing mental health problem - beginning at the prodrome stage; and, that going immediately to your primary care physician for treatment can help the person, just like other physical medical conditions, get well quicker than waiting to later stages of illness.

Any person experiencing a mental health challenge or crisis should not be subject to the discriminatory and prejudicial failings of our society any longer!

Everyone can participate in this Call To Action for Equality! Equity! And Justice!

Go to AmericanMentalWellness.org and click on the Call To Action button. There you will find each Not One More action bullet listed and under each are suggestions of what is working in other communities across the country and the rest of the world to obtain that specific goal. There is also a place on the webpage where people individually or collectively can share what is working in their communities to meet any of the Not One More bullets. Each suggestion will be vetted and subsequently added to the webpage under the appropriate Not One More bullet. There are already resources available to get started today!

The American Mental Wellness Association plans to develop reports that will show the efforts being made across the country by individuals, health systems, judicial systems, educational organizations, businesses, corporations, insurers, communities, and politicians. These reports will also reflect areas that are not meeting the Not One More Call to Action.

Each person individually and collectively can and should make America a healthier happier place to live NOW!

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