

Activities for Addressing Morbidity and Mortality in People with Serious Mental Illness

This matrix was developed from the Morbidity and Mortality in People with Serious Mental Illness report from NASMHPD (October 2006). People with serious mental illness (SMI) die, on average, 25 years earlier than the general population. State studies document recent increases in death rates over those previously reported. This is a serious public health problem for the people served by out state mental health systems. While suicide and injury account for about 30-40% of excess mortality, 60% of premature deaths in persons with schizophrenia are due to medical conditions such as cardiovascular, pulmonary and infectious diseases.

<i>Level</i>	<i>Goals</i>	<i>Activity</i>	<i>Activities in Oregon</i>
<i><u>Persons Served/ Families/ Communities</u></i>	1. Encourage the Persons We Serve, Families and Communities to Develop a Vision of Integrated Care.	<i>a. Share information so that the mental health community and others become more aware of the co-morbid physical health risks and integrated care approaches.</i>	
	2. Encourage Advocacy, Education and Successful Partnerships to Achieve Integrated Physical and Behavioral Health Care.	<i>a. Encourage integrated physical and behavioral health care as a high priority similar to employment, housing and staying out of the criminal justice system.</i>	
	3. Pursue Individualized Person Centered Care that is Recovery and Wellness Focused.	<i>a. Support individualized partnerships, between the person served and the care provider, for integrated behavioral and physical health care.</i>	

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It is the person who makes the important choices that affect his or her health and well being, and indeed it is the person who is in control and experiences the consequences of his or her choices. People with SMI who partner with clinical teams and focus on wellness and recovery and integrated physical and behavioral healthcare are likely to experience recovery with longer lives and improved general health. Individuals are encouraged to:

- Take an active role in care and treatment in partnership with providers
- Create and take advantage of peer and family support networks
- Surround themselves with positive individuals who support change efforts. This may include helping family and friends receive education so that they may be more supportive of recovery and healthy lifestyle changes