

## About Maine's Mental Health and Well-Being Survey

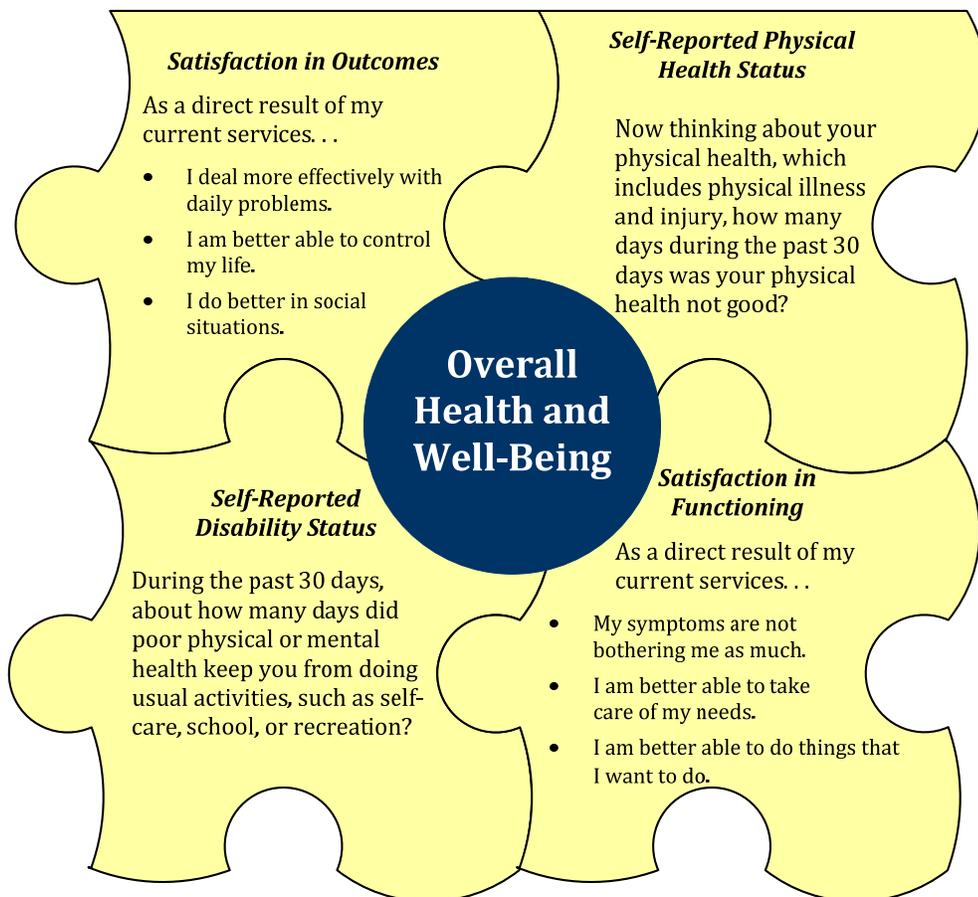
- Used to assess consumer experiences with mental health services over the past year
- Sponsored by the federal Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA)
- Used by State Mental Health Authorities in 50 states and 7 U.S. Territories
- Coordinated by the Office of Continuous Quality Improvement Services and the Data Infrastructure Grant (DIG)
- Administered by mail to adults who receive services for serious mental health challenges, such as...
  - Community Integration
  - Assertive Community Treatment (ACT)
  - Adult Residential (PNMI) Services
- Survey response rate in 2008 was 21.7% and 18.6% in 2009
- In 2007, Maine was the first state to include health and well-being items in the annual survey

## The Relationship between Physical Health Status and Mental Health Outcomes in Maine

In the August issue of the QI Data Snapshot (Volume 2, Issue 3), the Office of Continuous Quality Improvement Services reported findings that Maine adults who reported 14 or more days of frequent mental distress over a month period were more likely to be smokers or physically inactive **and** to have chronic health issues, such as asthma and diabetes.

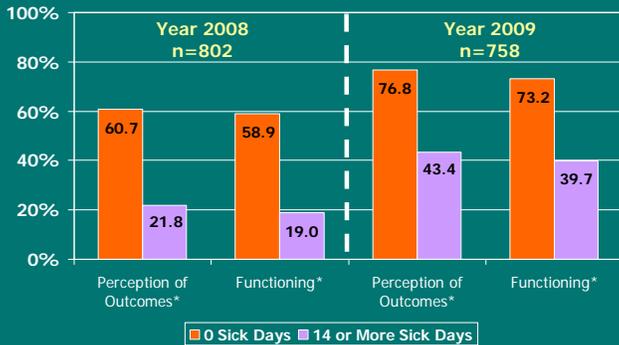
This snapshot builds on the previous findings and continues to explore the relationship between mental and physical health. The results of the 2008 and 2009 Adult Mental Health and Well-Being Survey are used to highlight the link between self-reported health status and improvement in mental health outcomes as reported by recipients of mental health services.

### A Closer Look Understanding the Relationships



## Self-Reported Mental Health Outcomes by Physical Health Status

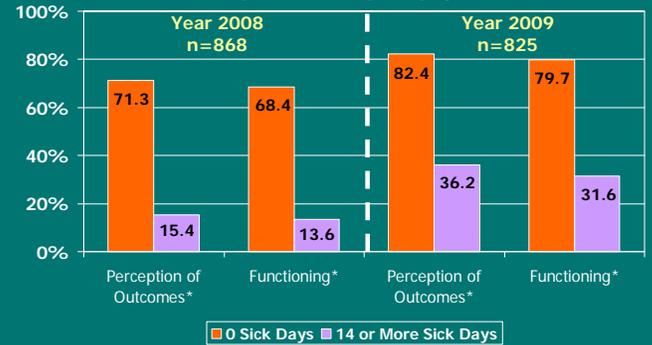
Poor physical health is defined as days when an individual reports poor physical illness and/or injury



- Adults who reported 14 or more poor physical health days were significantly less likely to report improvement in mental health outcomes when compared to individuals who did not report any poor physical health days

## Self-Reported Mental Health Outcomes by Disability Status

Disability is defined as days when an individual is unable to do their usual activities due to stress, depression, emotional problems or poor physical health



- Adults who reported 14 or more days in which poor physical or mental health kept them from doing regular activities were significantly less likely to report improvement in mental health outcomes when compared to individuals who did not report any disability days

### Questions to Consider...

- What do these findings tell us about the link between physical health status and mental health outcomes?
- How can these findings be used to improve the delivery of healthcare services and service outcomes for adults with serious mental health challenges?

#### Contact Office of Continuous Quality Improvement Services

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#### Visit OCQIS Website

<http://www.maine.gov/dhhs/QI/index.shtml>



Department of Health  
and Human Services

Maine People Living  
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