

The Pulse OKLAHOMA COUNTY Vital Signs

Mental Health

The Pulse

Welcome to the Inaugural edition of The Pulse. This is the first of a series of five updates planned for release this year.

Checking our pulse is essential in monitoring our Vital Signs. The Pulse highlights a specific indicator of human well-being that is contained in United Way of Central Oklahoma's Vital Signs report or is being noticed through United Way's work in the community.

Mental Health



About One in Four adults suffer from a diagnosable mental illness within one year in the United States; that translates to roughly 57.7 million people. In Oklahoma, an estimated 565,000 suffer from serious psychological distress or had at least one major depressive episode in 2006.

Interested in United Way's Research Committee?

Join the Research Committee to plan for the 2008 Household Survey and 2009 Vital Signs Publication. Click below to send an email with your interest.



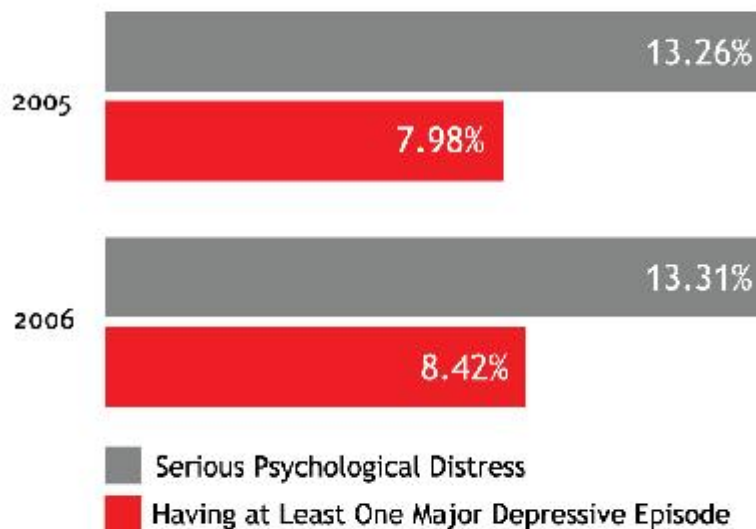
More Information

National Institute of Mental Health

Substance Abuse and Mental Health Administration

The Guide; Mental Health Association of Central Oklahoma

Percentage of Oklahomans 18 and over with Psychological Distress or Depression



United Way's Response

In response to the research, United Way of Central Oklahoma hopes to decrease the number of local individuals suffering from mental illness and addiction by improving the delivery of mental health services.

In collaboration with NorthCare, Oklahoma Department of Mental Health & Substance Abuse Services, Mental Health Association of Central Oklahoma, and other community partners, a coalition known as COACH, or Central Oklahoma Alliance for Community Health, has been formed to improve access to mental health care in our area.

The mission of COACH is to develop an integrated and coordinated community where everyone with a mental illness or addiction will have reasonable access to coordinated efforts to early detection and the effective treatment and support essential to live, work, learn and participate fully in their community. Already, a central online resource called [The Guide](#) has been launched by Mental Health Association offering a simplified way to learn about mental health, find a care provider, and connect with other resources.

Interested in collaborating with COACH? Contact Alisa Baez at abaez@unitedwayokc.org or 405.236.8441 x285.

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The Pulse is a project of [Vital Signs](#); Oklahoma's only broad-based community evaluation with over a decade of trend data in six key areas important to our quality of life.



Interested in printed copies of Vital Signs or a presentation?

Contact Helmenhorst, Research Planning Coordinator at helmenhorst@unitedwayokc.org or