



**North Carolina Institute of Medicine
Healthy NC 2020: Mental Health Subcommittee Meeting
Friday, April 16, 2010**

Subcommittee Members Present: Marisa Domino, Alan Ellis, Maria Fernandez, Lisa Harrison, Kathy McGaha, Debi Nelson, Joel Rousch, Dorothee Schmid, John Tote

NCIOM Staff and Interns: Mark Holmes, Catherine Liao

Methodology for Setting Objectives and Targets

In developing objectives and targets for each focus area, subcommittees should work to propose three objectives and select one objective that can be considered a "summary indicator" for their particular focus area; propose scientifically-derived targets that can be aspirational but realistic and measurable in 10 years; and consider objectives that are available at the county-level and for race/ethnicity, gender, and age.

Proposed Objectives and Targets

Objective 1: Increase the percentage of children and adults with mental illness who receive treatment through the public system.*

Current: *To be determined*

2020 Target: *To be determined*

Data source: NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services

Rationale for selection: Early detection and treatment of mental health disorders can improve outcomes and lessen long-term disability.

Rationale for target: *To be determined*

Objective 2: Reduce the suicide mortality rate.

Current: 12.2% (2006)

2020 Target: *To be determined*

Data source: National Vital Statistics Report

Rationale for selection: In 2007, suicide was the 6th leading cause of death for children ages 10-14 in North Carolina, the 4th leading cause of death for youth and adults ages 15-34, and the 5th leading cause of death for adults ages 35-44.

Rationale for target: *To be determined*

Objective 3:

- a) Reduce the number of poor mental health days among adults, *OR*
- b) Increase the percentage of people ages 18 and older who were diagnosed with a new episode of major depression, treated with antidepressant medication, and who remained on an antidepressant medication for at least 84 days (12 weeks) or 180 days (6 months)

*Key performance indicator

Next Steps

The NCIOM is working with the NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services on data availability for objective 1. In addition, the NCIOM will take the Subcommittee's request to the Steering Committee to select the third objective from the two potentials shown in Objective 3.