



Living Life on the Offense

Tackling Men's Mental Fitness with Eric Hipple, *Former Detroit Lions Quarterback*

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Agenda

Welcome and Introduction

Overview of Healthy Men Michigan

Building awareness and breaking down the stigma surrounding depressive illnesses

- Living Life on the Offense

Taking Action

Working-Aged Men and Depression

“Although men in the middle years (MIMY)—that is, men 35–64 years of age—represent 19 percent of the population of the United States, they account for 40 percent of the suicides in this country. The number of men in this age group and their relative representation in the U.S. population are both increasing. If the suicide rate among men ages 35–64 is not reduced, both the number of men in the middle years who die by suicide and their contribution to the overall suicide rate in the United States will continue to increase.”

Suicide Prevention Resource Center (2016).
Preventing suicide among men in the middle years:
Recommendations for suicide prevention programs.
Waltham, MA, Education Development Center, Inc. p. 3

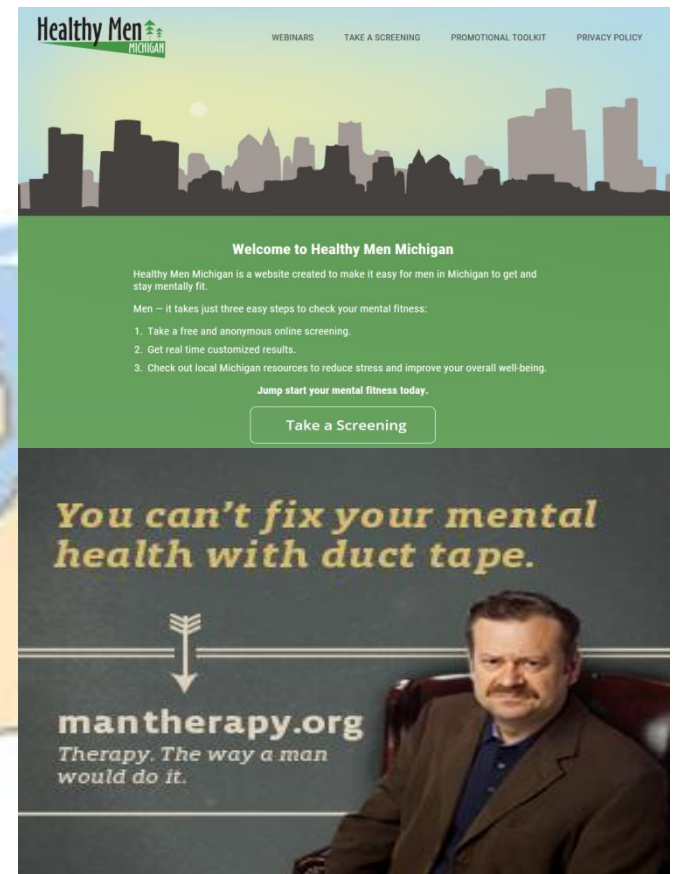
Healthy Men Michigan

Comprehensive online screening and referral intervention, integrating two existing, and promising, online programs

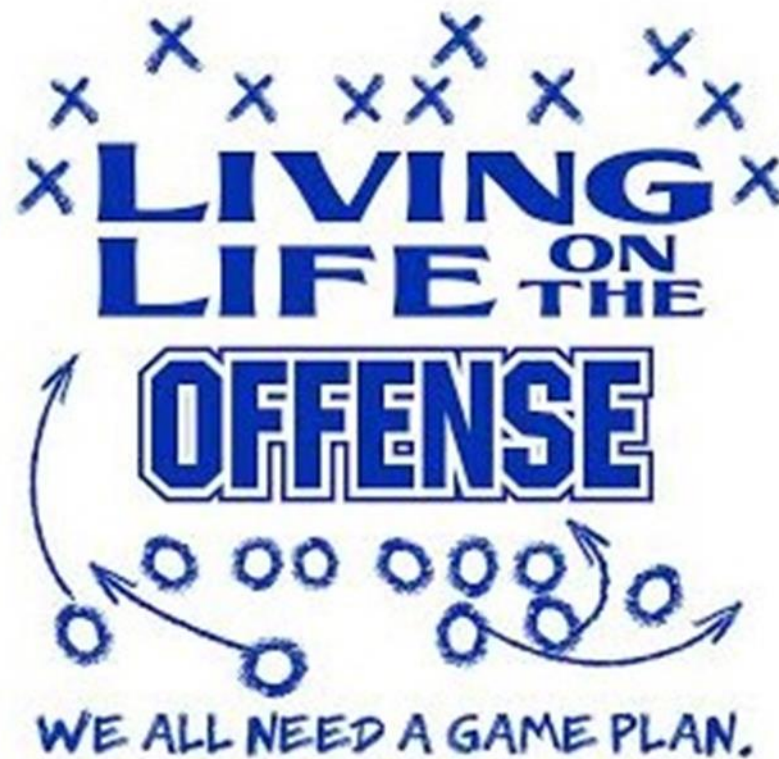
Screening for Mental Health



Man Therapy



After The Impact



Without A Game Plan LIFE Can Hit Us

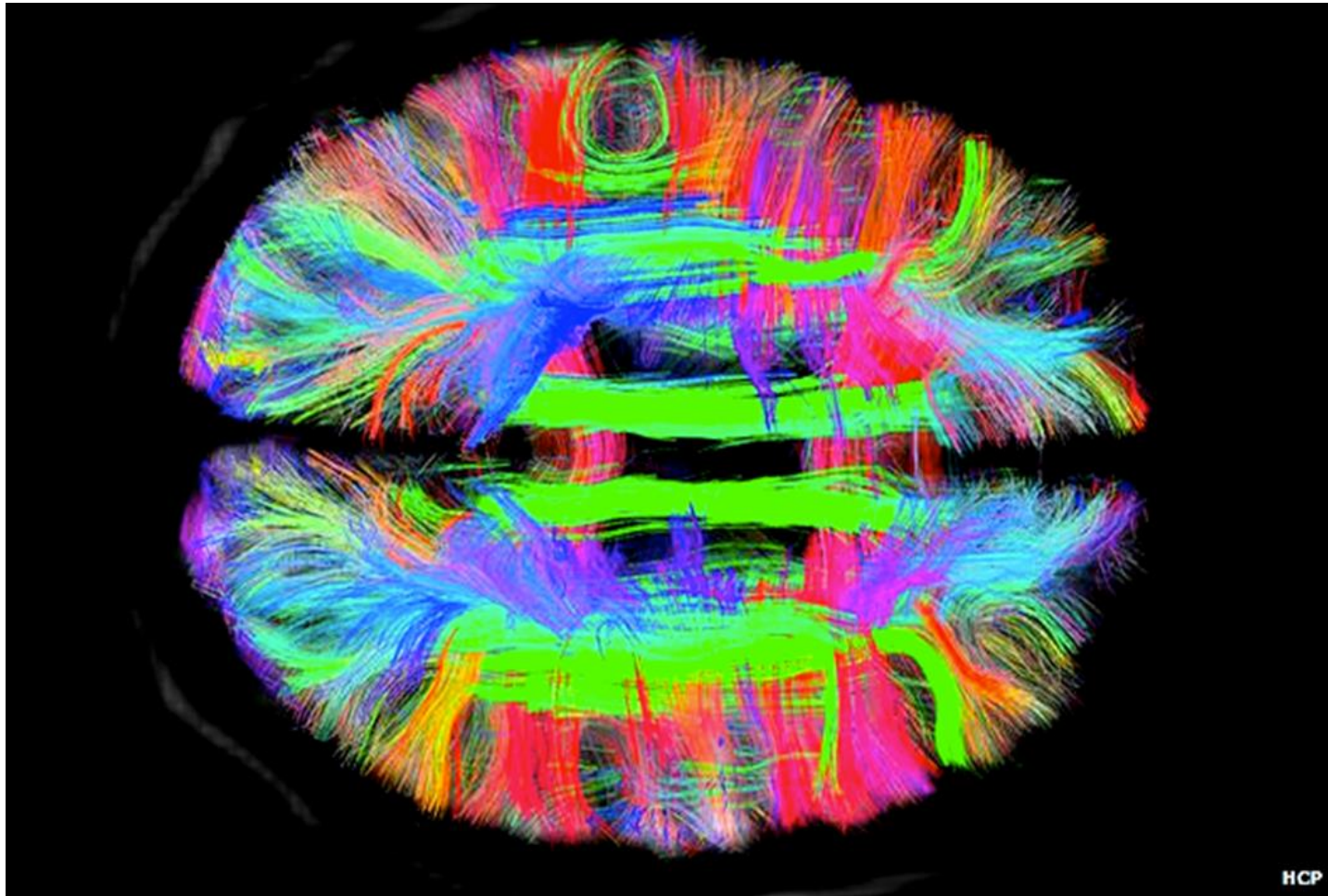


What We Know

- The brain is a 3-3.5 pound organ with 100 billion neurons that create trillions of connections.
- It's core mission is to solve problems
- Develops tools through senses / environment

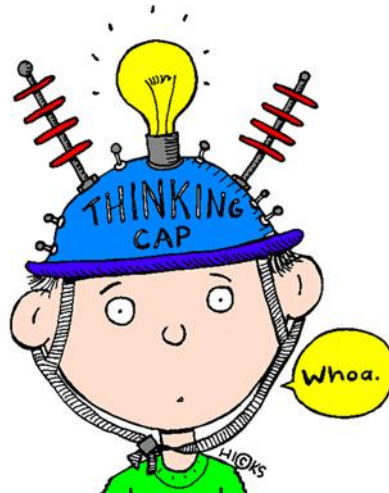


Brain Plasticity



Problem Solving

- ▶ From simple decisions to complex scenarios.



What's the PROBLEM ?

Financial
Relationships
Housing
Work
Transition



Injury
Illness
Stress
Trauma



Concussion

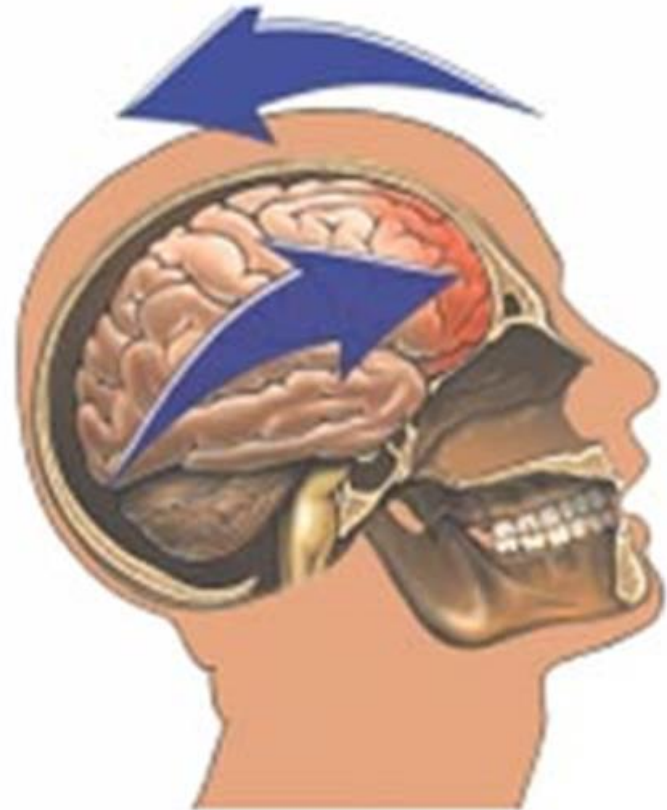
Caused by a blow or jolt to the head

- brain shifts within the skull

Traumatic brain injury

Network disruption

*Normally heals with time



Brain Illness

Depression

ADHD

Addictions

Bipolar

OCD

GAD

TREATABLE

Early recognition is key
(screening)

Talk Therapies/CBT

DBT

Medications



Stress & Trauma

Managing Stress

Predictability
Controllability
Relationships
Trust
Meaning



Trauma

Experience
Physical OR non physical

TRAUMA DEBRIEFING

What happened
What was the worst part for you
Symptoms you are experiencing
How are you functioning now
Appreciation and strength
Trauma can lead to triumph

Symptoms & Perceptions

Sleep problems (+ - disruptive)

Loss of Pleasure

Appetite (too much too little)

Loss of concentration

Irritability , Anger

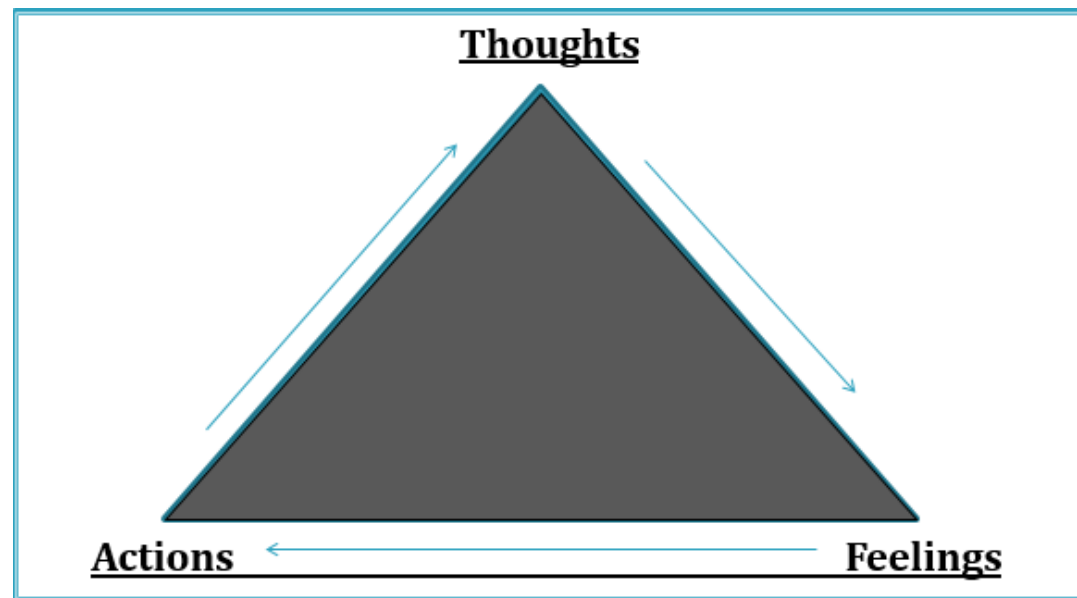
Isolation, Anxiety, Pain

Sadness, Hopelessness

Alcohol/substance abuse

Risk taking behavior

Suicidal thoughts



Suicide

Contradiction

Life isn't working for you

Collapse

Burden and isolation

Suicide becomes an option

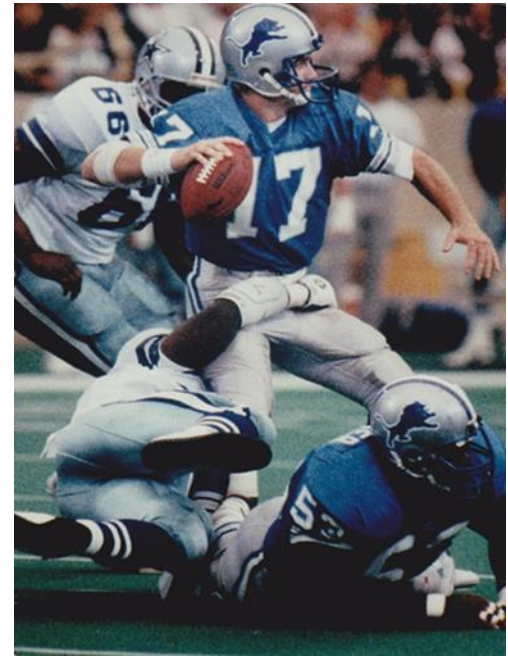
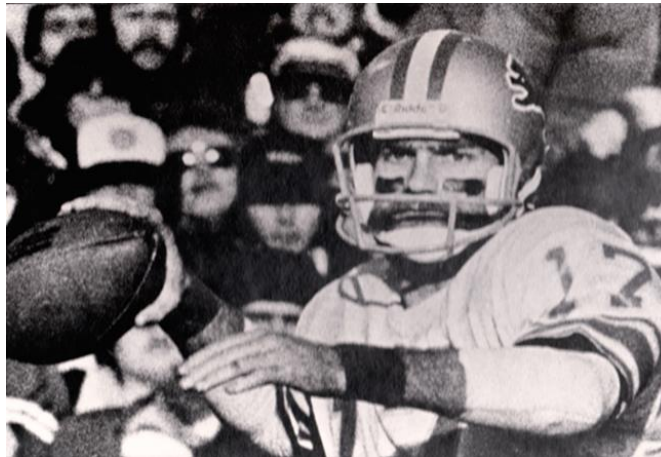
Intervention

Restoration if restorable

Reinvention

Michelle Snyder MSW
Life Death and Reinvention

We All Have A Story



What's Happening To Me?

Many
Symptoms



Transitions

Many
Symptoms

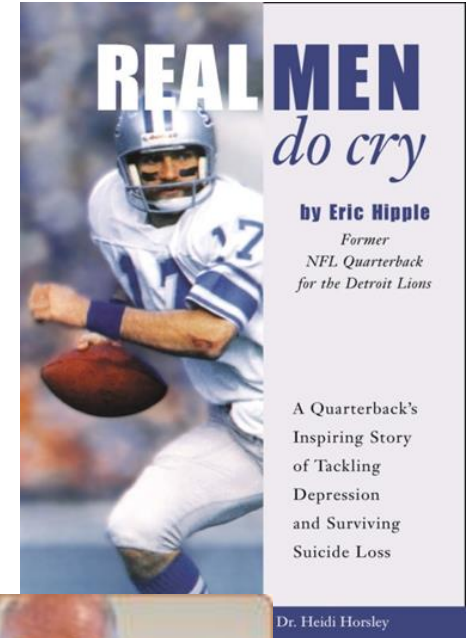
At age
15



58 Days



Our Story Shapes Us....But Doesn't Define Us



Mental Health

Mental Fitness

Defined as a **state of well-being** in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community

Keys to Mental Fitness

Responsibility
Self esteem
Boundaries
Vulnerability
Communication
Commitment



Bryce Lefever PhD

Knowing Your Story

CHILDHOOD
ACCOMPLISHMENTS
TRAUMA
ENVIRONMENT
MENTORS
LOSSES
VALUES

Know YOURSELF, Know YOUR VALUES

| | | | | | |
|-----------------------|----------------|---------------|---------------------|--------------------|------------------|
| Accomplishment | Cooperation | Freedom | Knowledge | Prosperity | Solving Problems |
| Accountability | Coordination | Friendship | Leadership | Punctuality | Speed |
| Accuracy | Creativity | Fun | Love | Quality of work | Spirit in life |
| Adventure | Decisiveness | Global view | Loyalty | Regularity | Stability |
| Beauty | Democracy | Good will | Maximum utilization | Reliability | Standardization |
| Calm | Discipline | Goodness | Meaning | Resourcefulness | Status |
| Challenge | Discovery | Gratitude | Merit | Respect for others | Strength |
| Change | Diversity | Hard work | Money | Responsiveness | Succeed |
| Cleanliness, | Ease of Use | Harmony | Openness | Results-oriented | Systemization |
| Collaboration | Efficiency | Honesty | Patriotism | Rule of Law | Teamwork |
| Commitment | Equality | Honor | Peace | Safety | Timeliness |
| Communication | Excellence | Improvement | Perfection | Satisfying others | Tolerance |
| Community | Fairness | Independence | Personal Growth | Security | Tradition |
| Competence | Faith | Individuality | Pleasure | Self-giving | Tranquility |
| Competition | Faithfulness | Inner peace | Power | Self-reliance | Trust |
| Connection | Family | Innovation | Practicality | Self-thinking | Truth |
| Content over form | Family feeling | Integrity | Preservation | Service | Unity |
| Continued improvement | Flair | Intensity | Privacy | Simplicity | Variety |

Mental Fitness

YOU are in Control

Be TOUGH with:
PURPOSE
COMMUNICATION
SUPPORT





Take a screening: <http://healthymenmichigan.org/>

Like us: <https://www.facebook.com/HealthyMenMichigan/>

Follow us: <https://twitter.com/HealthyMenMI>

Email us: healthymenmichigan@mentalhealthscreening.org

Men in Michigan Are Taking Action

Here's How You Can Help

1. Social Media and Word of Mouth are how men are hearing about the campaign
Send promotional emails and social media posts to members of your community by using the ToolKit <https://mentalhealthscreening.org/programs/hmm/toolkit>
2. Michigan is a big state with lots of different areas to cover!
Help spread the word with free promotional materials while you are out across Michigan
<shop.mentalhealthscreening.org/collections/healthy-men-michigan>
3. The workplace is another great place to promote the campaign!
Add a link to www.HealthyMenMichigan.org **on your organization website and newsletter**
Send a link to www.HealthyMenMichigan.org **to your employees/colleagues**
4. There are lots of ways to help get the word out to more men across Michigan
Click the link in your email after the webinar to access the Downloadable Resource Center
5. Connect with us and stay up to date on the Healthy Men Michigan campaign
Email us at healthymenmichigan@mentalhealthscreening.org **to sign up for the eNewsletter**

Spread the word about men's mental fitness in Michigan!

<http://www.ssw.umaryland.edu/healthymenmichigan>

Healthy Men Michigan Campaign

Thank you for your interest in the Healthy Men Michigan Campaign and the parallel research study evaluating the online mental health programs used in the Campaign. [Dr. Jodi Jacobson Frey](#), associate professor at the University of Maryland School of Social Work, is the Principal Investigator who is leading the study. This web page provides an overview of the study and some information about the Campaign. We invite you to contact [Dr. Frey](#) with questions about the study and to learn more about participating as a community partner.



Background to the Problem:

Suicide is the leading cause of injury death among men in Michigan ([source](#)). Middle-aged men are not only at higher risk for suicide but are also often less likely to personally identify signs of mental health problems and to engage in mental health services. Preventing suicide among men in this age range requires innovative and comprehensive programs.



Response to the Problem:

Healthy Men Michigan is a campaign designed specifically to promote mental health and wellbeing among middle-aged men who are living in Michigan. The Campaign offers free online screening and referral services such as self-assessments for a number of mental health issues and access to local, quality treatment options. While

For More Information

About the Research

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About the Campaign

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About Living Life on the Offense

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