



The State of Mental Health in America

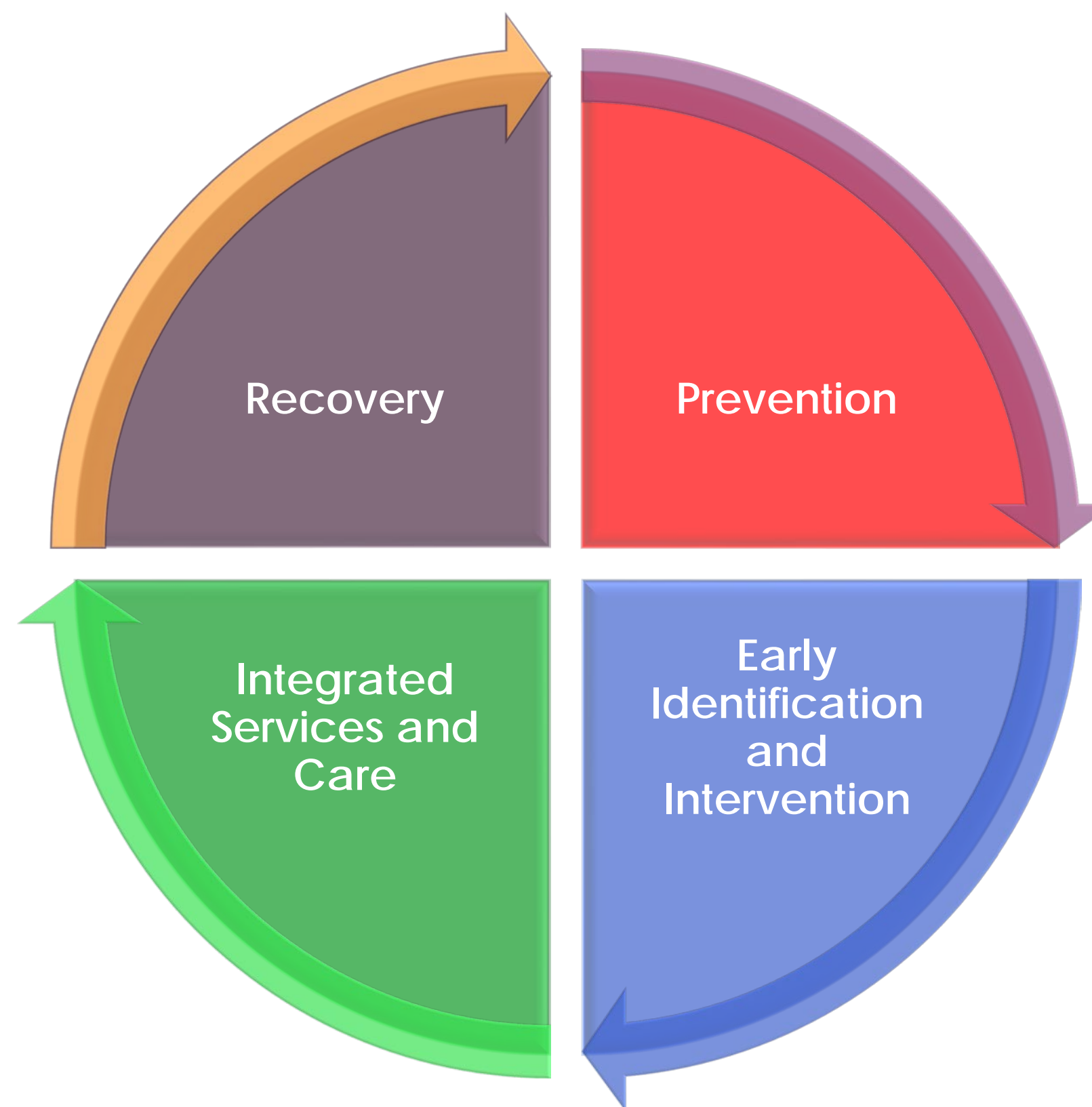
Michele Hellebuyck



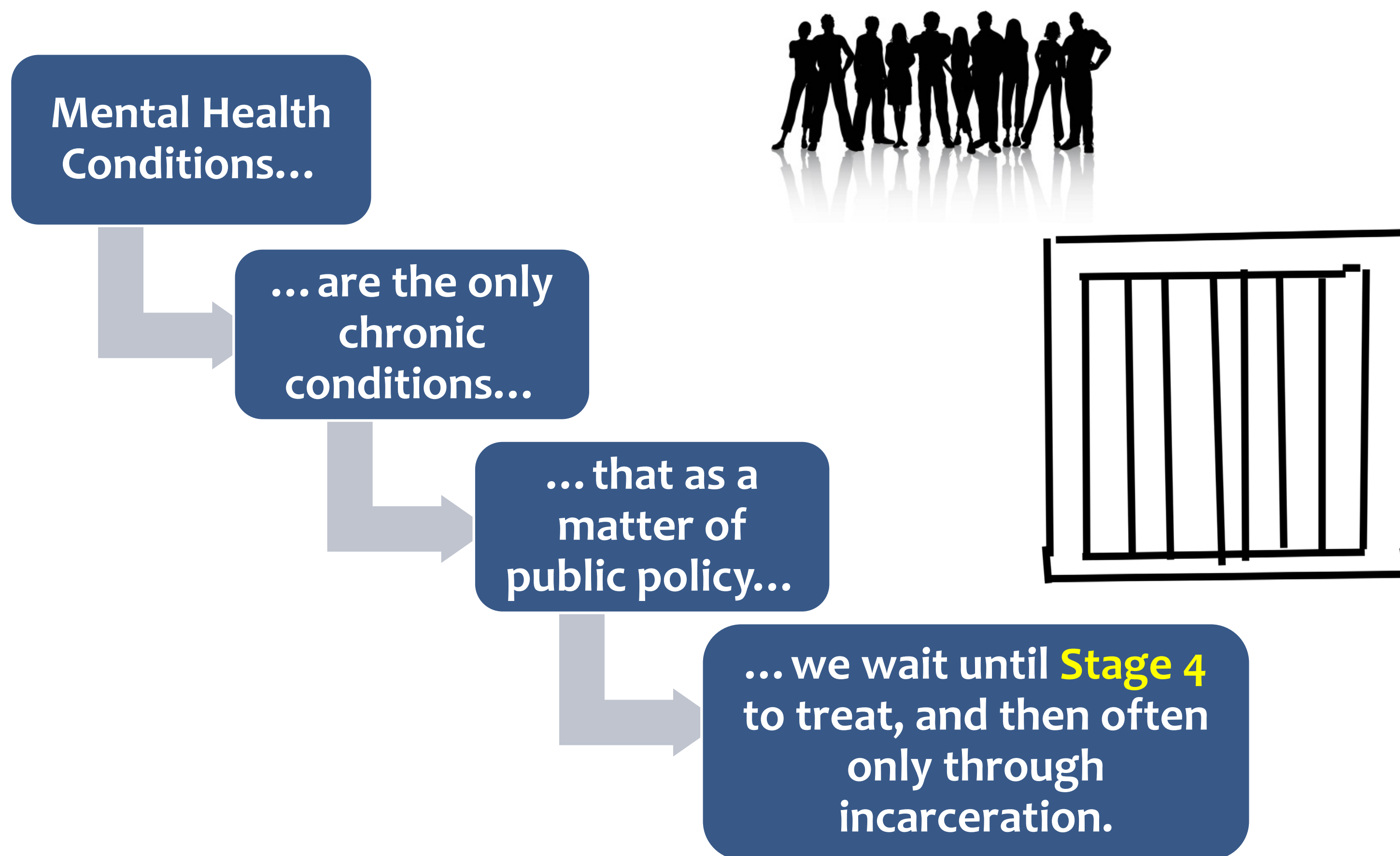
Mental Health America

Mental Health America (MHA) - founded in 1909 - is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

Our work is driven by our commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.



We're Trapped in Stage 4 Thinking



State of Mental Health Report

- First report published in 2015
- Mental Health Parity and Addiction Equity Act
- Visibility

State of Mental Health in America

Report: Sources

- DOE, Center for Disease and Prevention, and County Health Rankings & Roadmaps
- SAMSHA (National Survey on Drug Use and Health (NSDUH))

2018 State of Mental Health in America

Report: Indicators

Prevalence

Adults with Any Mental Illness (AMI)

Adults with Alcohol Dependence and Illicit Drug Use

Adults with Serious Thoughts of Suicide

Youth with At Least One Major Depressive Episode (MDE) in the Past Year

Youth with Alcohol Dependence and Illicit Drug Use (Marijuana, Heroin, and Cocaine)

Youth with Severe MDE

Access

Adults with AMI who Did Not Receive Treatment

Adults with AMI Reporting Unmet Need

Adults with AMI who are Uninsured

Adults with Disability who Could Not See a Doctor Due to Costs

Youth with MDE who Did Not Receive Mental Health Services

Youth with Severe MDE who Received Some Consistent Treatment

Children with Private Insurance that Did Not Cover Mental or Emotional Problems

Students Identified with Emotional Disturbance for an Individualized Education Program

Mental Health Workforce Availability

Utah Ranking 2018

Overall Ranking: 37th

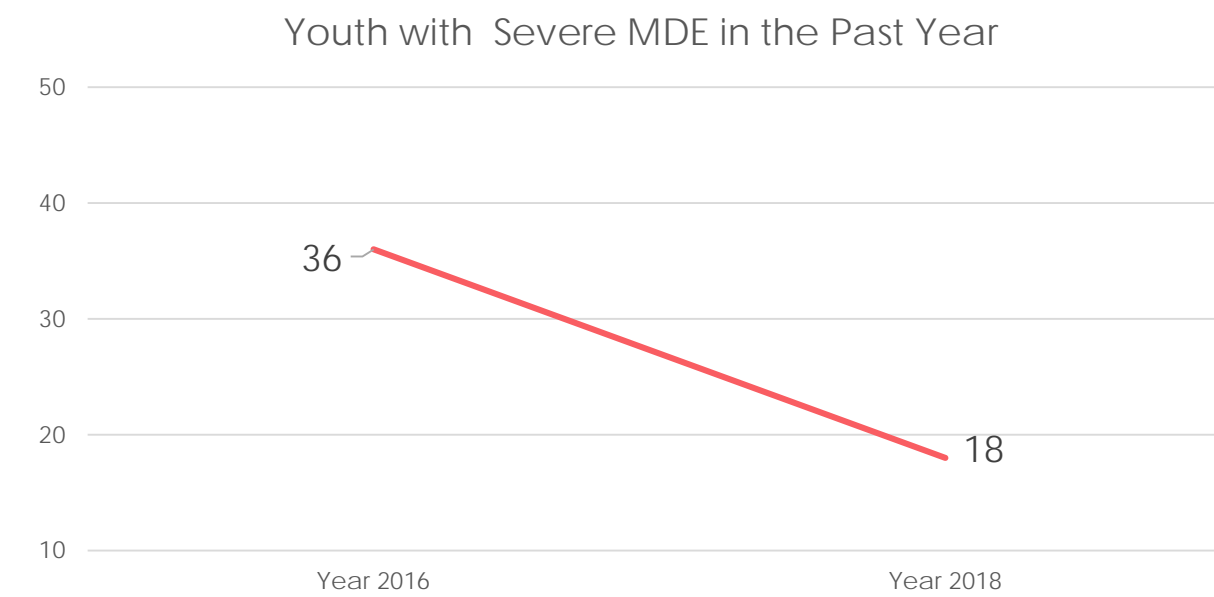
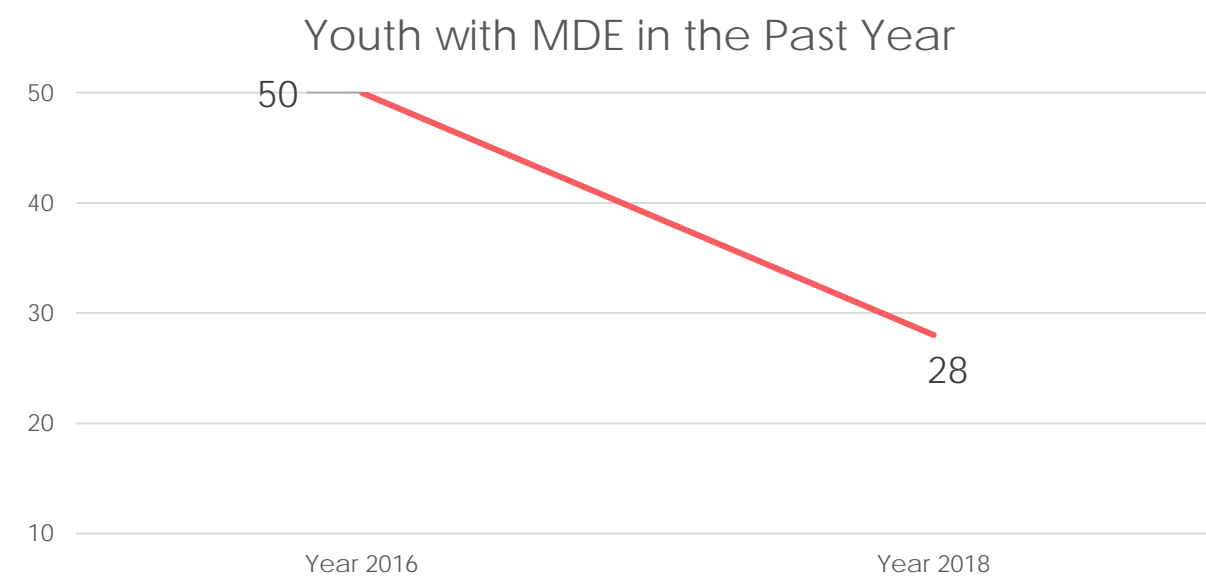
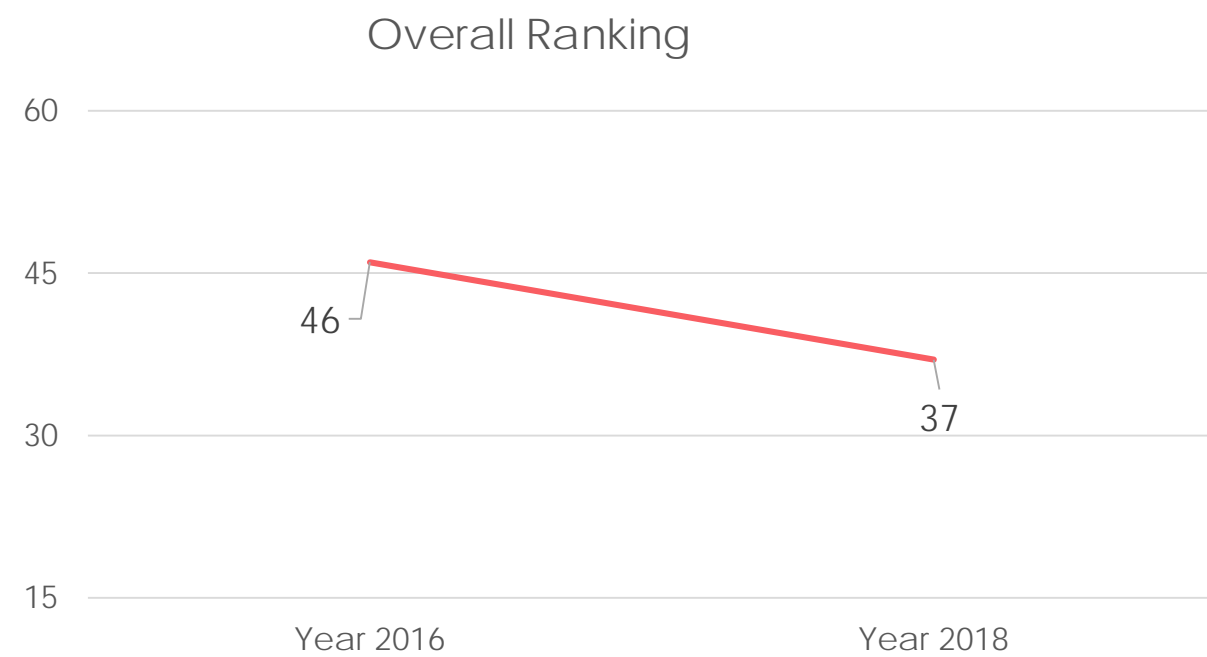
Adult Ranking: 51st

Youth Ranking : 24th

Prevalence Ranking: 37th

Access to Care Ranking: 34th

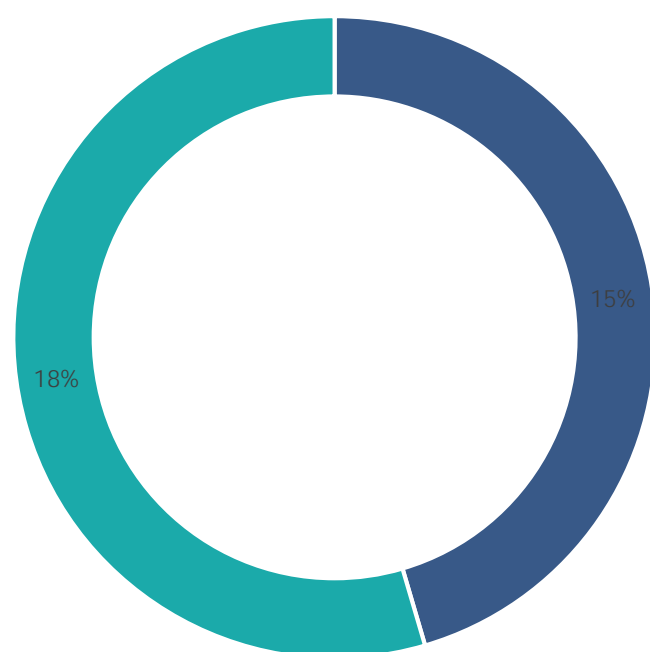
Utah Ranking: 2016-2018



Utah Youth Screening Data

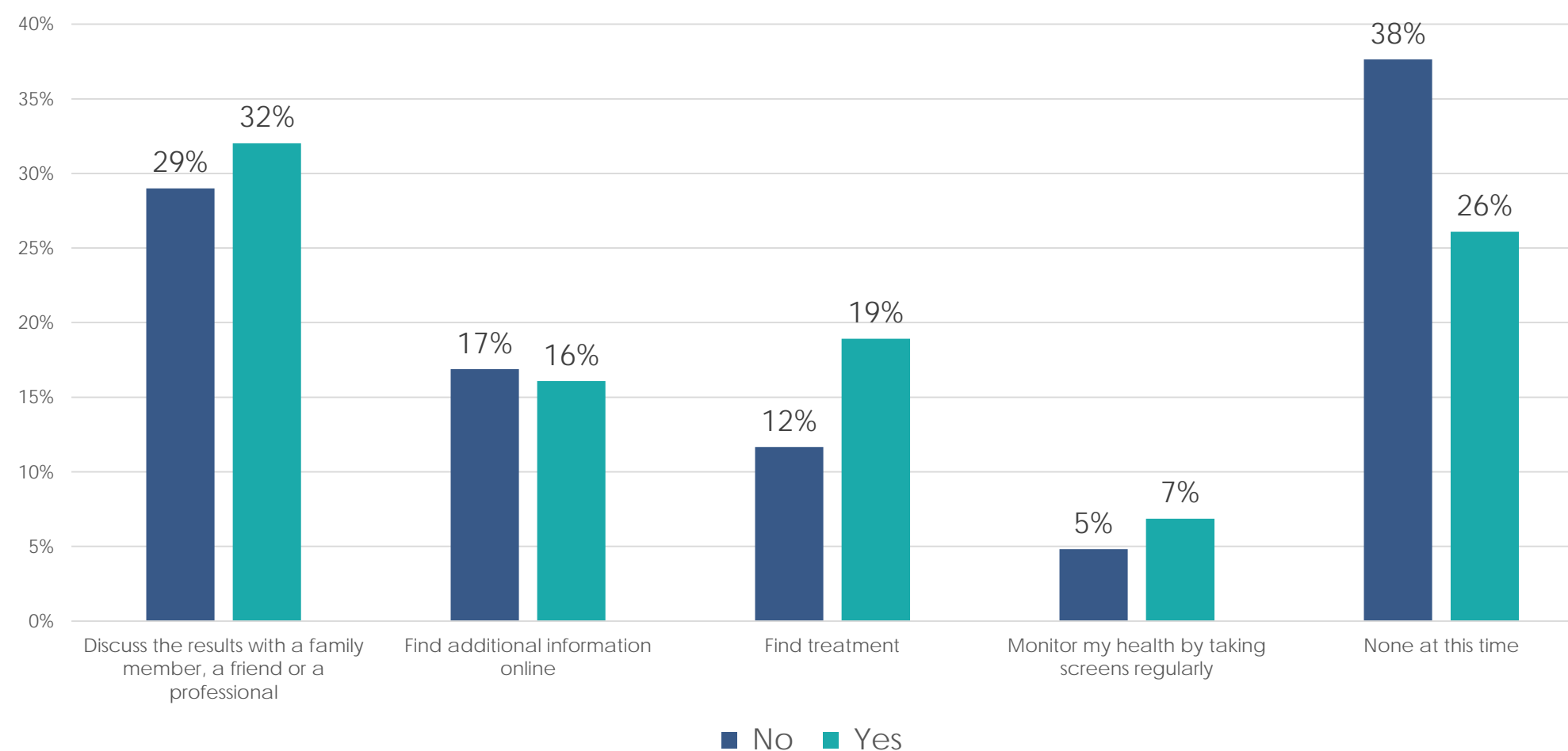
- General population screening data
- Utah Screening Data

Utah Youth Screening Data (11-17)
N: 1,560



■ Moderately Severe Depression ■ Severe Depression

Utah Youth Next Steps

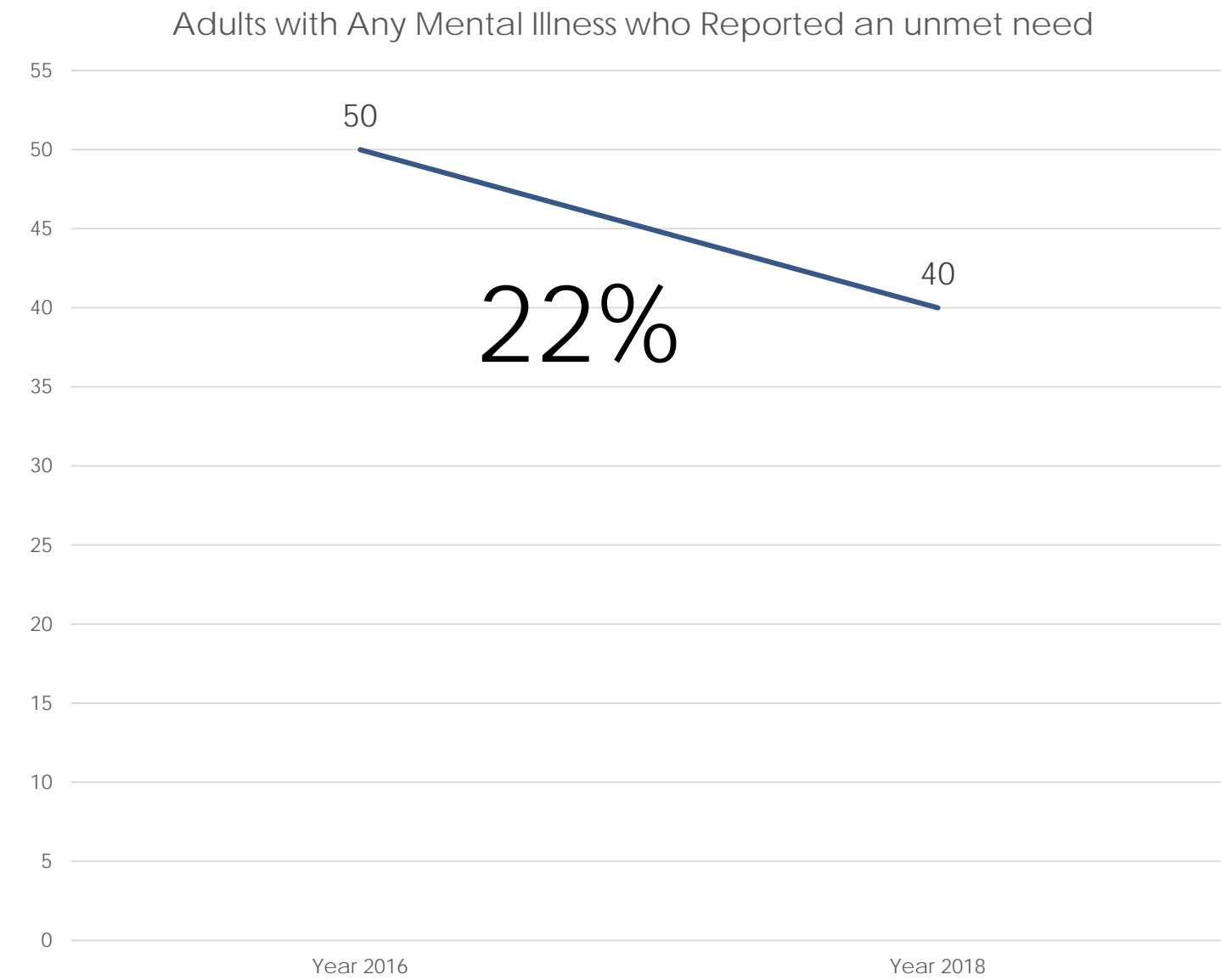
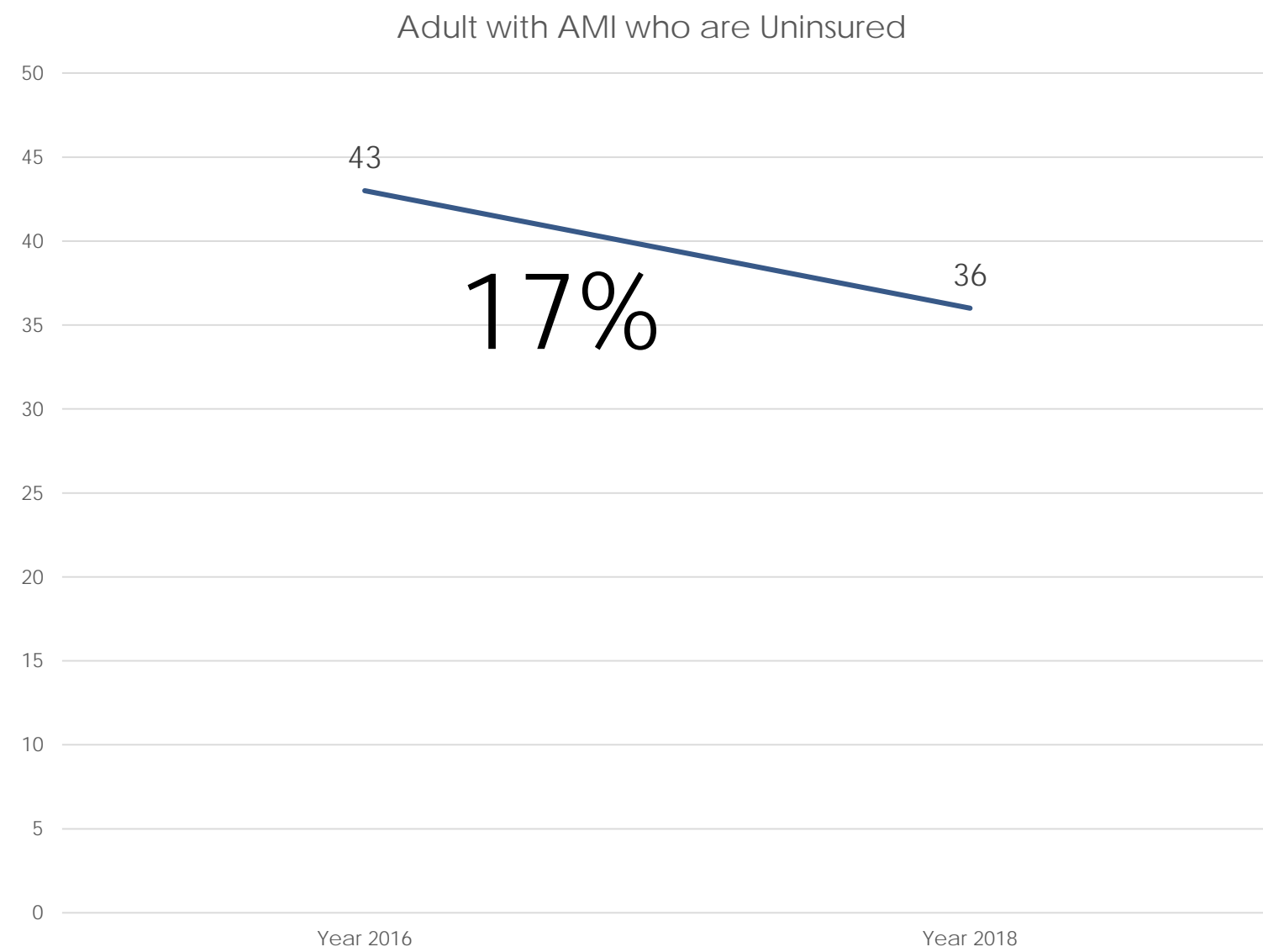


Utah Steps Taken

- Mental Health Crisis Line Amendment
- Community Suicide Task Force
- Everyday Strong Program (United Way of Utah County)

Utah Ranking: Adults

In 2018 Utah Rank 45th in Adults with Any Mental Health Illness.



In 2016, 2017, and 2018 Utah Rank 51st in Adults with Serious thoughts of Suicide.

Costs of delayed response

- Incarceration
- Hospitalization

Recommendations

- Increased availability and access to behavioral health care
- Decrease unmet needs through increase workforce
- “Culture of Safety”
- Youth Screening

References

- https://www.leaders4health.org/images/uploads/files/OptumHealth_Peer_Bridgers.pdf
- <https://aspe.hhs.gov/report/assessment-innovative-models-peer-support-services-behavioral-health-reduce-preventable-acute-hospitalization-and-readmissions/3-four-site-visit-case-studies>
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