

Understanding Mental Illness (for Activity 4A)

- Southern states have the lowest prevalence of addiction—around 7.5 percent. States in the Mountain West region have the highest prevalence of addiction—around 10.0 percent.
- More youth are becoming depressed. There was a 1.2 percent increase in youth with depression, and a 1.3 percent increase in youth with severe depression between 2010 and 2013. States with the highest rates of depression have twice as many severely depressed youth compared to states with the lowest rates.
- Nationally, 57 percent of adults with mental illness receive no treatment, and in some states (Nevada and Hawaii), that number increases to 70 percent. Despite low utilization of treatment, individuals in Hawaii are the least likely to say that have unmet treatment needs, with only 12 percent of adults in Hawaii reporting that they do not receive the treatment they need. This leads to the question of whether it is possible that individuals in Hawaii are trying to manage their mental health problems on their own, or perhaps the stigma surrounding mental illness is preventing individuals from acknowledging the need for help.
- In 2012–2013, 18 percent (1 in 5) of adults with a mental illness were uninsured. Individuals living in states with the highest percentage of uninsured adults with mental illness are 3 times more likely to be uninsured compared to those who live in the states with highest rates of insurance access. Individuals with mental illness living in Nevada (33.40 percent) are 10 times more likely to be uninsured compared to individuals in Massachusetts (3.30 percent).
- Cost is a barrier to treatment—1 in 5 adults with a disability report difficulty getting care due to costs.
- 64 percent of youth with depression do not receive any treatment. Even among those with severe depression, 63 percent do not receive any outpatient services. Only 22 percent of youth with severe depression receive any kind of consistent outpatient treatment (7–25+ visits in a year).

Understanding Mental Illness, Cont'd.

- Children with the least access to mental health insurance coverage are 3.5 times less likely to have coverage compared to those that live in states with the most coverage. In Hawaii (20 percent), children are 10 times more likely to be uninsured compared to children in Connecticut (2 percent).
- States in the Northeast are 5 times more likely to identify youth with Emotional Disturbance as compared to the rest of the nation. Youth who have a mental health problem are more likely to get better school-based supports in the Northeast.
- 250:1 vs 1,100:1—In states with the greatest number of available mental health providers (Massachusetts, Maine, and Vermont), there are approximately 250 individuals for every one mental health provider. In states with the lowest number of available mental health providers (West Virginia, Texas, and Alabama), there are approximately 1,100 individuals for every one provider—that is more than 4 times less access to treatment providers in lower ranking states.