NIHCM Webinar: Mental Health in America 2019

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Mental Health America

B4Stage4

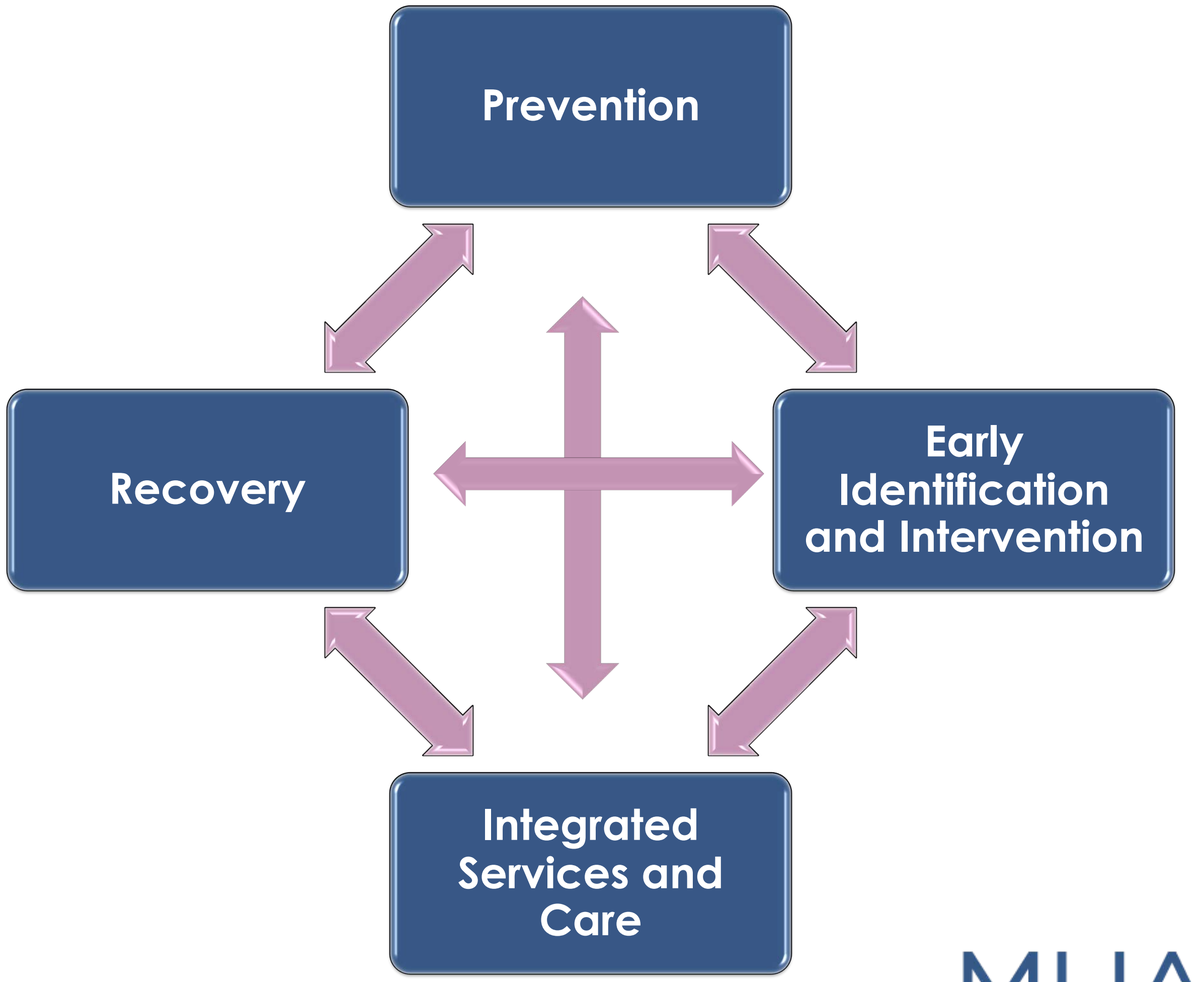
The State of Mental Health in America

- 44 million American adults, or 18%, have a mental health condition.
- 12.2% (5.3 million) of adults with a MI were uninsured in 2018, v. 14.7% in 2017.
- One in 5 adults experiencing a mental health condition reports an unmet need.
- The rate of youth experiencing a Major Depressive Episode (MDE) increased from 8.7% in 2015 to 12.6% in 2018.
- 62% of youth with MDE received no treatment.
- Mental health workforce shortages remain.

Source: The State of Mental Health in America, 2019 (summarizing SAMHSA NSDUH and CDC 2015 through 2017 data)

MHA's Mission: Acting #B4Stage4

Mental Health America (MHA) promotes 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.



More Screening + Better Integration = Better Outcomes

Screening in primary care perceived as helpful 93% of the time

PCPs 3 times more likely to recognize mental illness symptoms and follow up

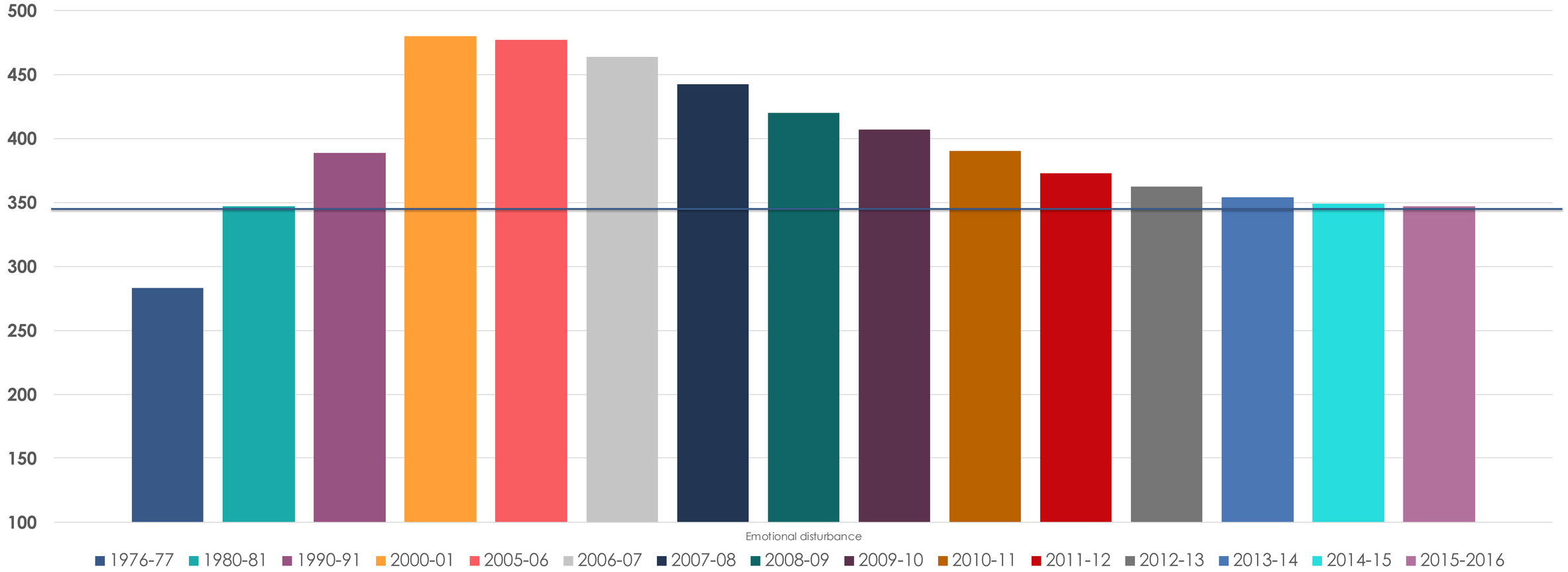
Post-screening treatment changes were made 40% of the time

Positive benefits persist one year later

Sources: Christensen, et al, 2005; Pignone et al, 2002; O'Connor et al, 2009; Duffy et al, 2009.

We Are Not Screening, Identifying, & Serving Kids with Behavioral Health Needs

Students (nationally, in thousands) ages 3-21 with Special Ed Services for SMI, by Year (U.S. Department of Education data, 2018)



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When People First Seek Help

They google:

Am I stressed or depressed

depression test

I want to die

And They Don't Relate to Clinical Language

"Cognitive Distortion?"

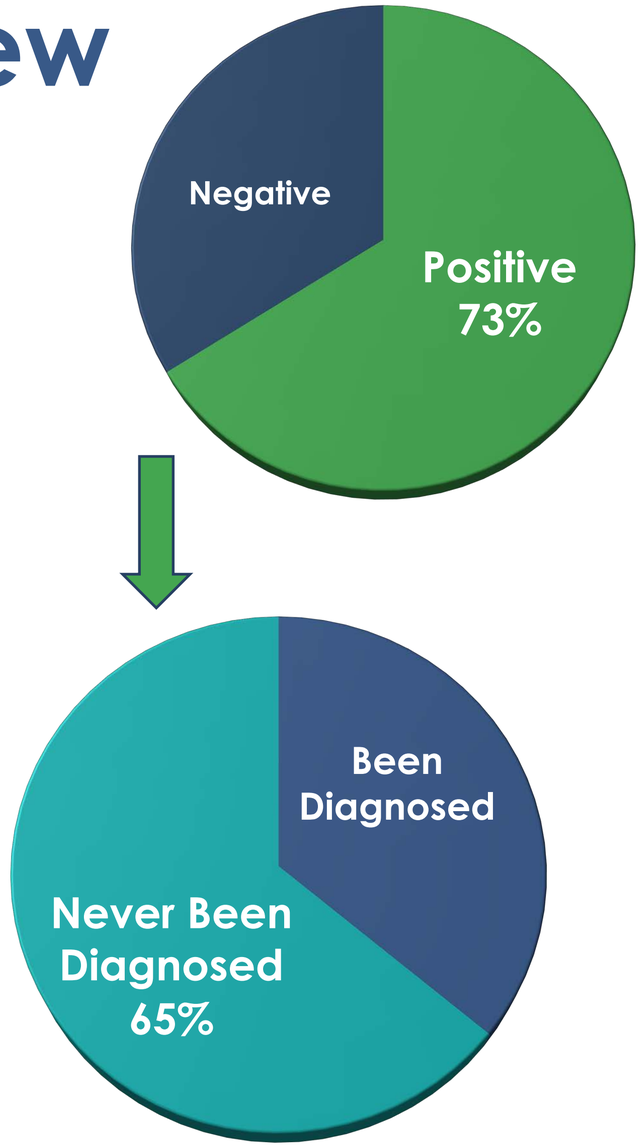
"Stopping Stupid Thoughts" is MHA's most popular web page outside of screening.

MHA Screening: Over 4 Million Completed Screens

- Depression (PHQ-9)
- Anxiety (GAD-7)
- Bipolar (MDQ)
- PTSD (PC-PTSD)
- Youth Screen (PSC-YR)
- Parent Screen (PSC)
- Alcohol and Substance Use Screen (CAGE-AID)
- Psychosis Screen (Ultra-High Risk) (PQ-B)
- Eating Disorders

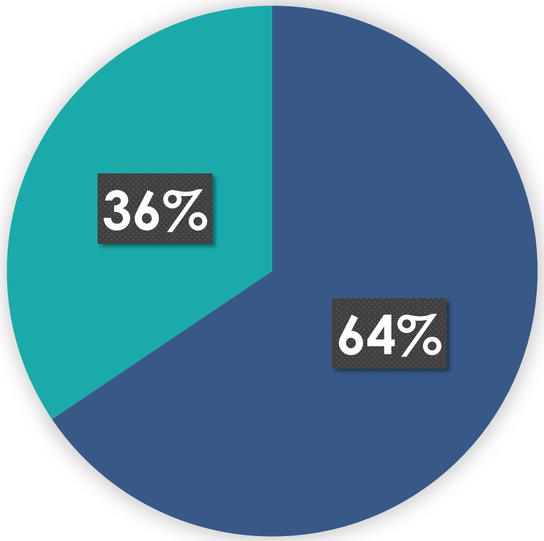
Results Overview

- Depression Screen (43%); Bipolar (16%); Anxiety (14%); Psychosis (15%);
- 8% international;
- Race/Ethnicity - close to Census;
- **35% are 11-17; 32% are18-24;**
- Of those who report chronic conditions, 31% report chronic pain, 13% lung problems, 12% diabetes.



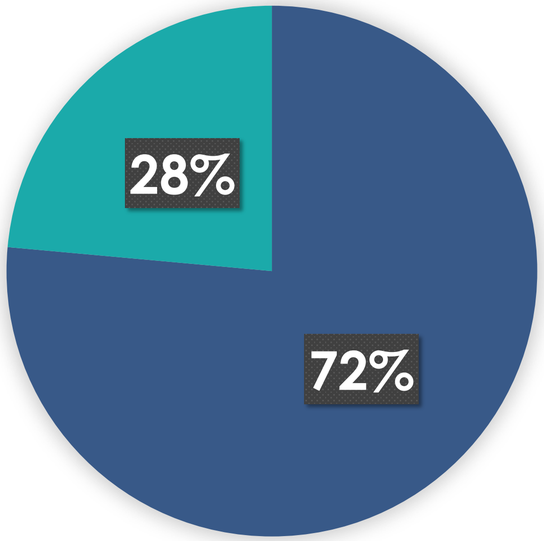
MHA Screening: Pediatric Symptom Checklist

Parent Screen (for Young Children)



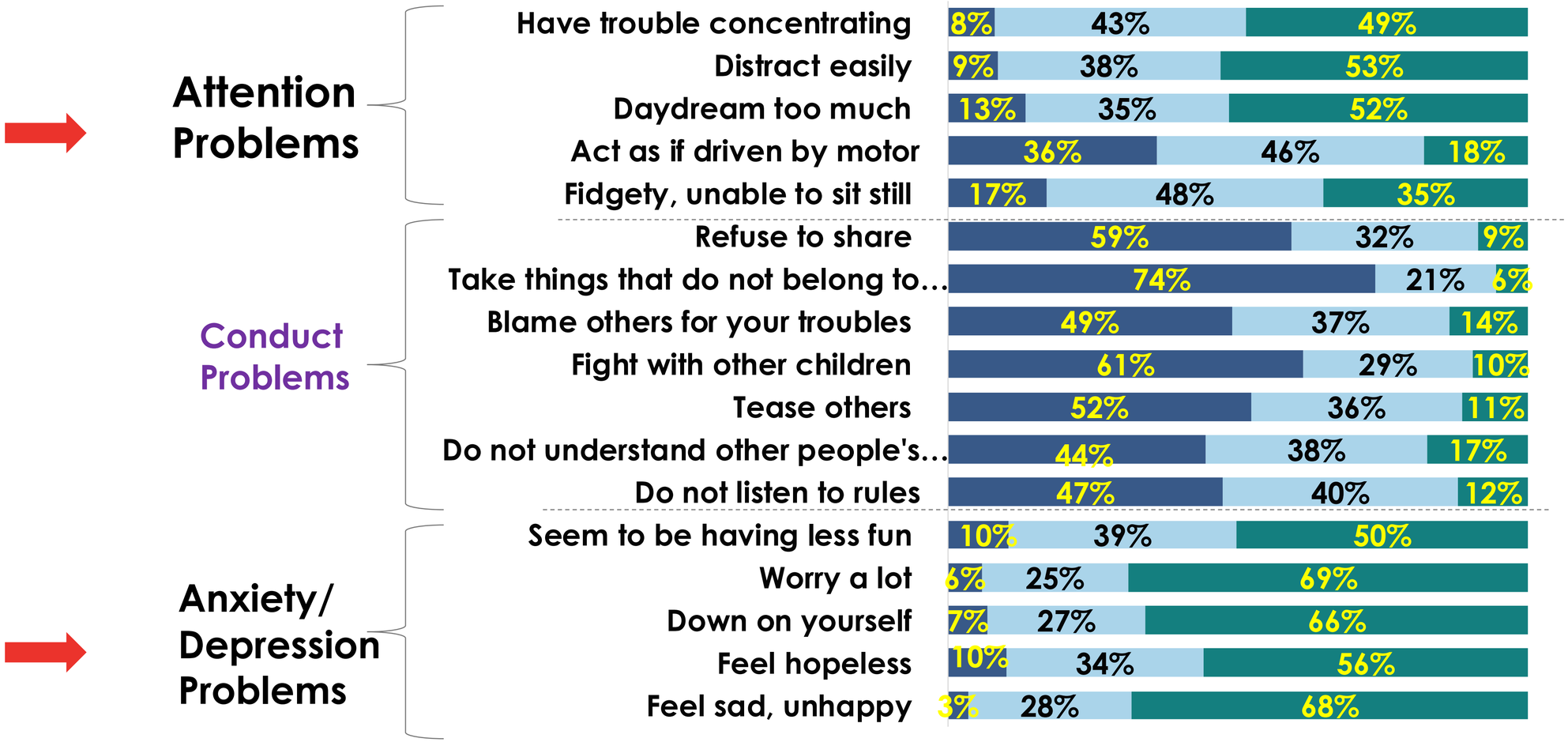
N=21,620 (2017-2018)

Youth Screen



N=72,293 (2017-2018)

Youth Screening



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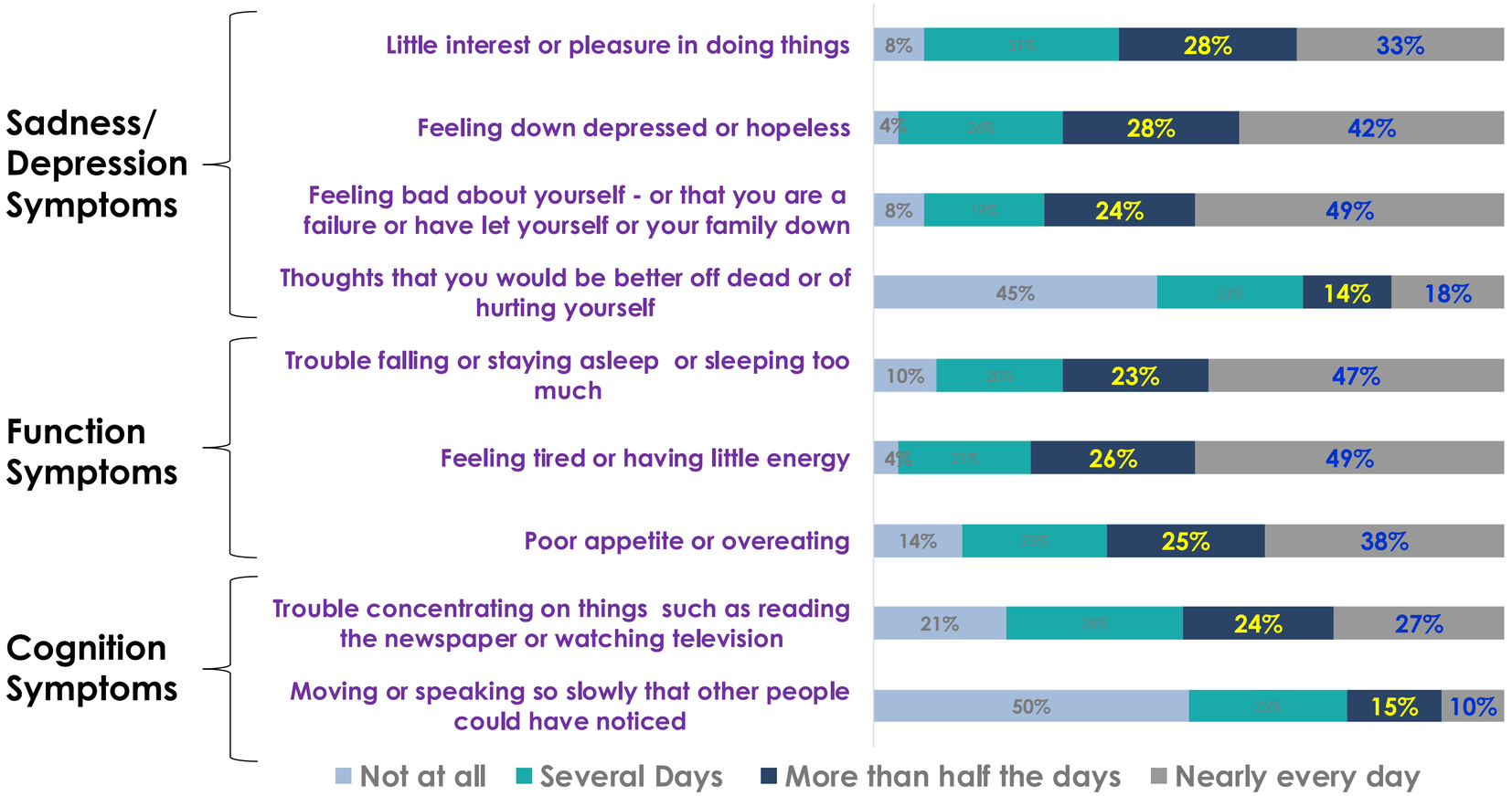
PHQ-9 Question Breakdown (All Screeners)

Depression screeners show difficulty in functioning, sadness, and cognition.



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Suicide and Self Harm Risk

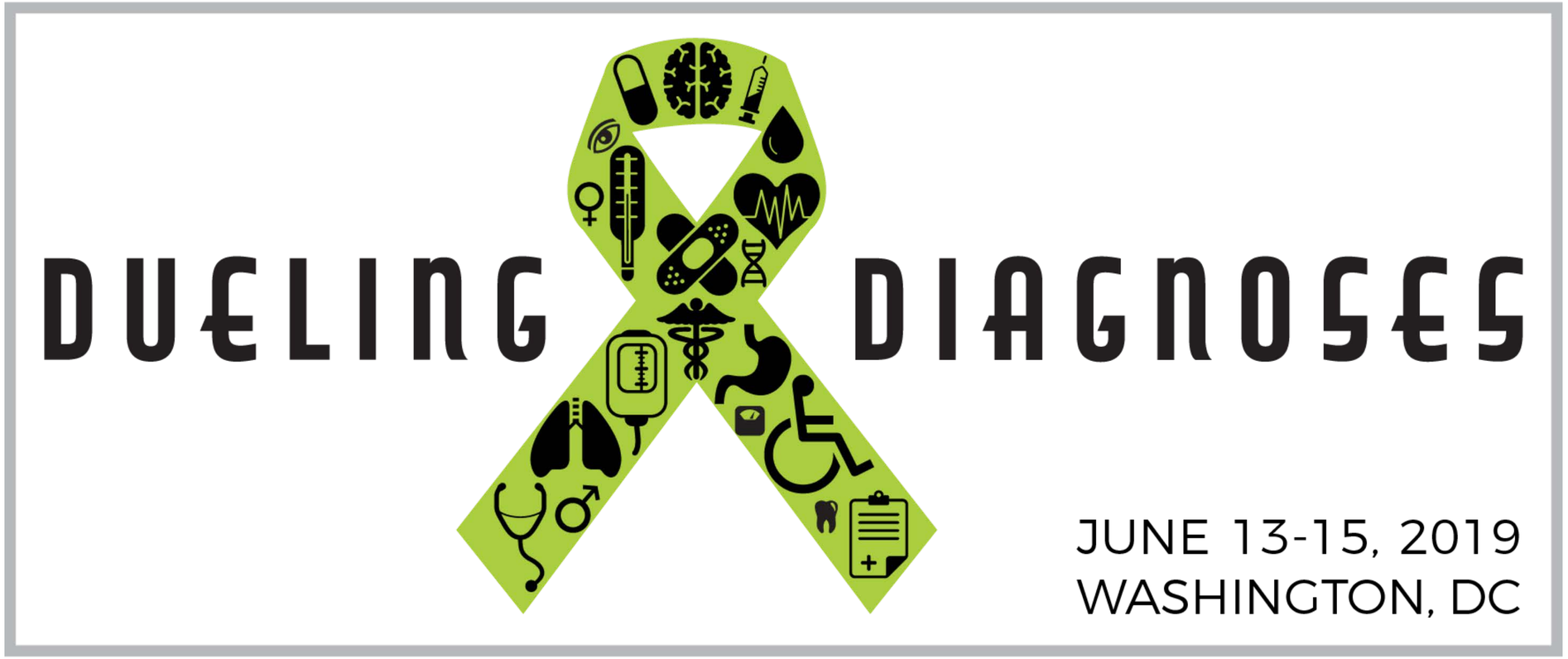
48.77%

of screeners age 11-17 report significant thoughts of suicide or self-harm

Psychosis Screeners, 2017-2018

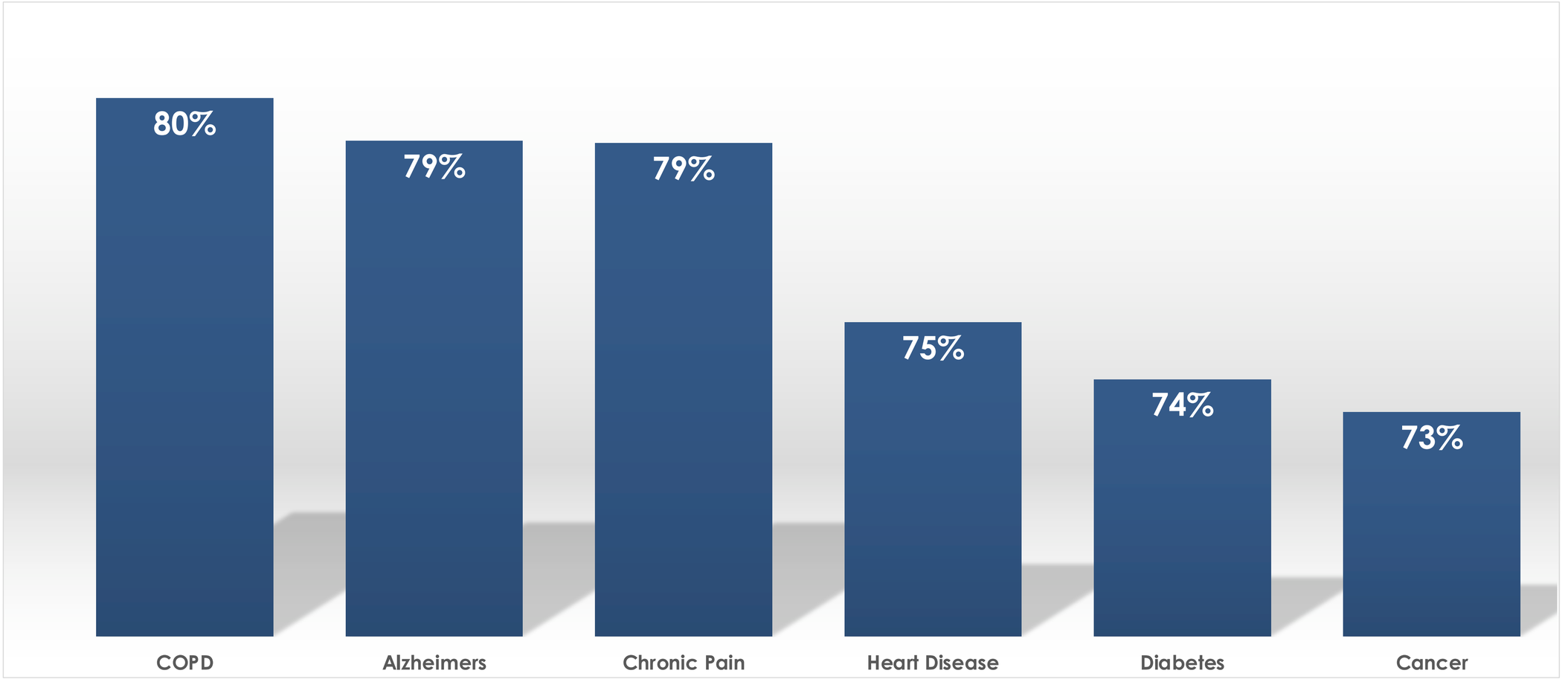
- 73% of 290,000 psychosis screeners scored at risk for psychosis.
- 35% selected male, compared to 27% of screening population.
- 74% had a household income of less than $60,000.
- More likely to be diagnosed, to have received treatment/support, and to be currently receiving treatment/support.
- Less likely to have health insurance.

MHA 2019 Conference: Focus on Overlap of MI and Chronic Conditions



MHA Screeners With Chronic Conditions Who Screen Positive For Mental Illness

Source: MHA Online Screening Data, 2015-2018



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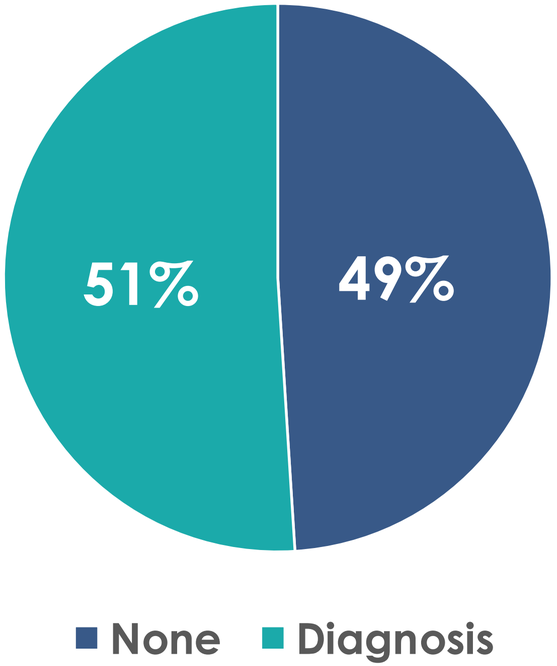
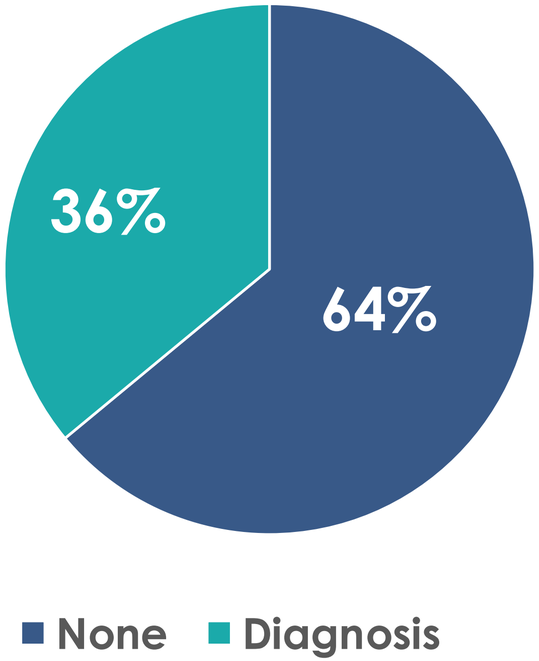
Dual Diagnosis: Chronic Conditions and Previous Mental Health Diagnosis

(from 2015-2018 data)

Chronic Condition Screens

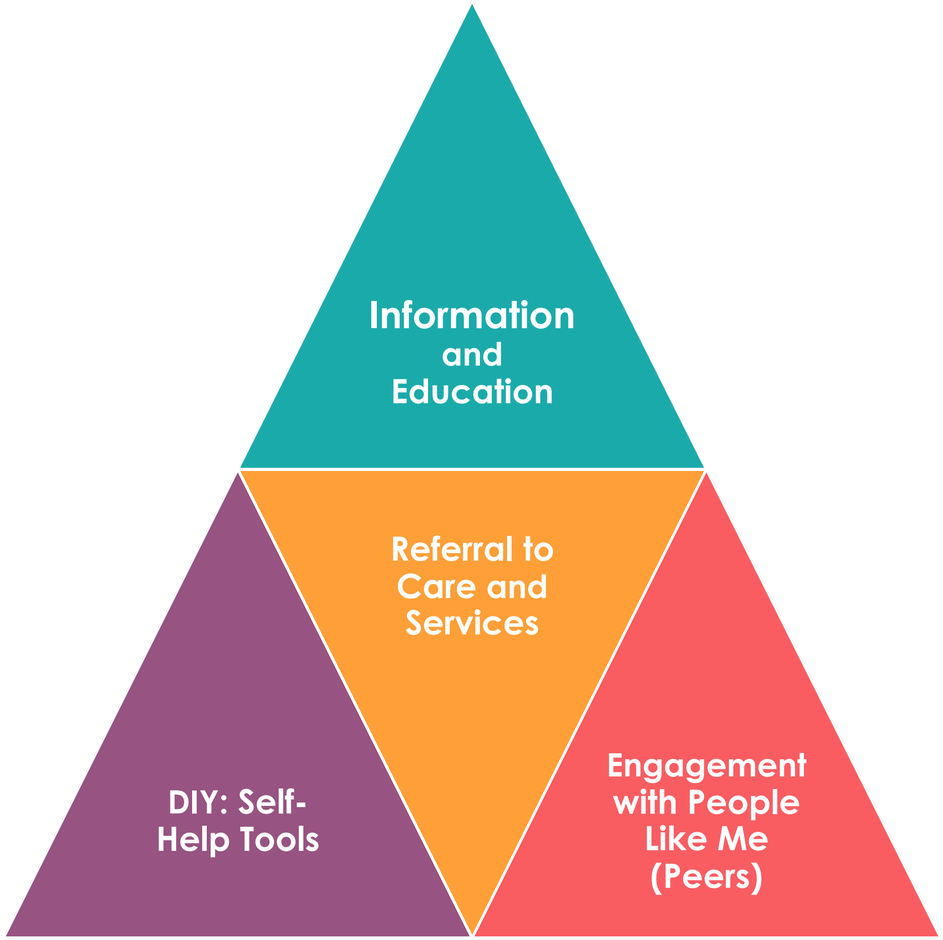


All Screens



Patient Centeredness: What Do Screeners Want?

- **Information** about mental health — **48.55%**
- **Use at home** - worksheets or coping skills to — **46.16%**
- **Online or mobile program** that can help you track or manage your symptoms — **45.25%**
- **Referrals** to those that can help — **18.80%**
- **Phone** number for immediate support — **13.74%**



MHA Screening to Supports (s2s): 2018

Over 6 million views of content

Explore supports that work for you

Take the next step towards personalizing your recovery.

Learn

Learn more about mental health conditions, recommended steps towards recovery, and where to find help.

DIY Tools

Dozens of community-sourced tools, filtered for the help you need. Take back control.

Treatment

Vetted (and used) by MHA staff. From telemedicine to traditional talk therapy to yoga and more.

Connect

Interact with others who have dealt with or are dealing with the same issues as you.

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Words Matter

I'm ashamed of the way I am	I want to die	I have nothing to be depressed about	I don't feel like I belong anywhere	How do I ask my friends and family for help?
Where can I find people like me?	I can't get out of bed	I feel guilty about being depressed?	Is this condition forever? Will I always feel this way?	Nothing is helping my depression
Am I just sad or depressed?	What is depression? (The Scientific Definition)	Who can I talk to about my depression?	I'm really angry at the world	I'm afraid to tell anyone I feel depressed

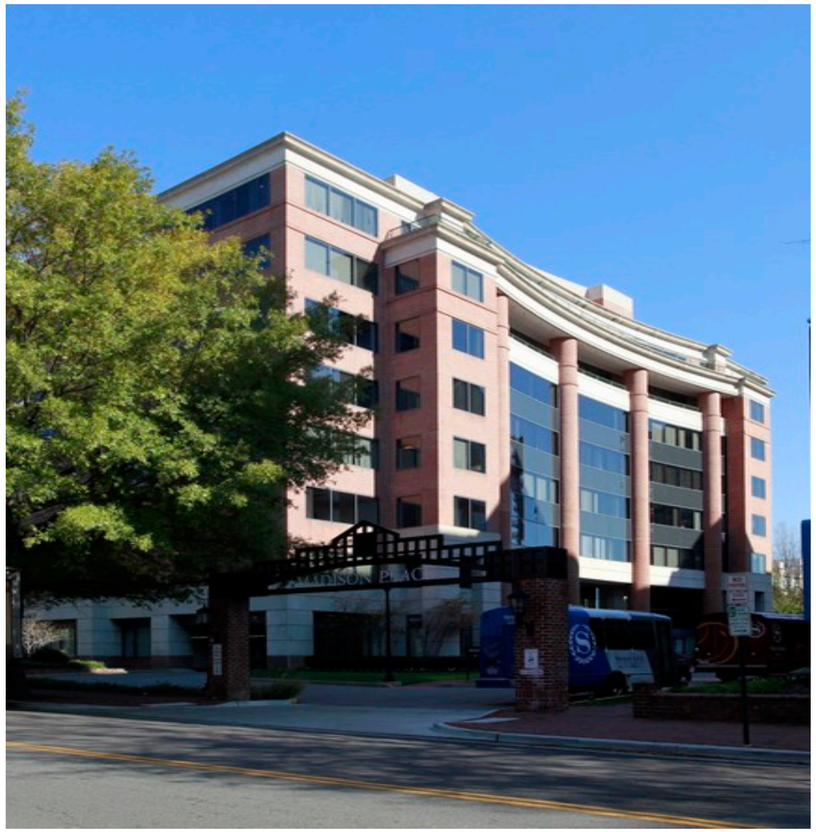
Top Pages

- How do I get a service animal?
- I can’t stop thinking about bad things happening
- Can I use FMLA for mental health?
- I want to die
- I’m afraid I’m going to kill myself
- Types of intrusive thoughts
- I see ghosts or shadows

Concluding Thoughts

- Mental health problems are common and increasing, even as coverage and access improve.
- Screening is beneficial and can identify issues and intervention opportunities before Stage 4.
- Both children and adults benefit from ongoing screening and supports.
- People with other chronic conditions are at special risk.
- Supports should be person-driven.

Contact Us



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