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)
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

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)
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% are 18-24**;
- 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)

- At Risk: 36%
- Low Risk: 64%

N=21,620 (2017-2018)

Youth Screen

- At Risk: 28%
- Low Risk: 72%

N=72,293 (2017-2018)
Youth Screening

**Attention Problems**
- Have trouble concentrating: 8% Never, 43% Sometimes, 49% Often
- Distract easily: 9% Never, 38% Sometimes, 53% Often
- Daydream too much: 13% Never, 35% Sometimes, 52% Often
- Act as if driven by motor: 36% Never, 46% Sometimes, 18% Often
- Fidgety, unable to sit still: 17% Never, 48% Sometimes, 35% Often

**Conduct Problems**
- Refuse to share: 59% Never, 32% Sometimes, 9% Often
- Take things that do not belong to...: 74% Never, 21% Sometimes, 6% Often
- Blame others for your troubles: 49% Never, 37% Sometimes, 14% Often
- Fight with other children: 61% Never, 29% Sometimes, 10% Often
- Tease others: 52% Never, 36% Sometimes, 11% Often
- Do not understand other people's...: 44% Never, 38% Sometimes, 17% Often
- Do not listen to rules: 47% Never, 40% Sometimes, 12% Often
- Seem to be having less fun: 10% Never, 39% Sometimes, 50% Often
- Worry a lot: 5% Never, 25% Sometimes, 69% Often
- Down on yourself: 7% Never, 27% Sometimes, 66% Often
- Feel hopeless: 10% Never, 34% Sometimes, 56% Often
- Feel sad, unhappy: 3% Never, 28% Sometimes, 68% Often

**Anxiety/Depression Problems**
## PHQ-9 Question Breakdown (All Screeners)

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

<table>
<thead>
<tr>
<th>Sadness/Depression Symptoms</th>
<th>Not at all</th>
<th>Several Days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little interest or pleasure in doing things</td>
<td>8%</td>
<td>45%</td>
<td>24%</td>
<td>21%</td>
</tr>
<tr>
<td>Feeling down depressed or hopeless</td>
<td>4%</td>
<td>28%</td>
<td>42%</td>
<td></td>
</tr>
<tr>
<td>Feeling bad about yourself - or that you are a failure or have let yourself or your family down</td>
<td>4%</td>
<td>24%</td>
<td>49%</td>
<td></td>
</tr>
<tr>
<td>Thoughts that you would be better off dead or of hurting yourself</td>
<td>45%</td>
<td>14%</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Trouble falling or staying asleep or sleeping too much</td>
<td>10%</td>
<td>23%</td>
<td>47%</td>
<td></td>
</tr>
<tr>
<td>Feeling tired or having little energy</td>
<td>36%</td>
<td>26%</td>
<td>49%</td>
<td></td>
</tr>
<tr>
<td>Poor appetite or overeating</td>
<td>14%</td>
<td>25%</td>
<td>38%</td>
<td></td>
</tr>
<tr>
<td>Trouble concentrating on things such as reading the newspaper or watching television</td>
<td>21%</td>
<td>24%</td>
<td>27%</td>
<td></td>
</tr>
<tr>
<td>Moving or speaking so slowly that other people could have noticed</td>
<td>50%</td>
<td>15%</td>
<td>10%</td>
<td></td>
</tr>
</tbody>
</table>

Mental Health America
B4Stage4
Suicide and Self Harm Risk

Age and Self Harm

48.77% of screeners age 11-17 report significant thoughts of suicide or self-harm
• 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

JUNE 13-15, 2019
WASHINGTON, DC
MHA Screeners With Chronic Conditions Who Screen Positive For Mental Illness

Source: MHA Online Screening Data, 2015-2018

- COPD: 80%
- Alzheimers: 79%
- Chronic Pain: 79%
- Heart Disease: 75%
- Diabetes: 74%
- Cancer: 73%
Dual Diagnosis: Chronic Conditions and Previous Mental Health Diagnosis
(from 2015-2018 data)

Chronic Condition Screens
- 51% None
- 49% Diagnosis

All Screens
- 36% None
- 64% Diagnosis
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.
Words Matter

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.
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