

# 2017 State of Mental Health in America - Report Overview

## Historical Data

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 [mentalhealthamerica.net/issues/2017-state-mental-health-america-report-overview-historical-data](http://mentalhealthamerica.net/issues/2017-state-mental-health-america-report-overview-historical-data)

October 17, 2016

## Mental Health Facts, Stats, and Data

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Mental Health America is committed to promoting mental health as a critical part of overall wellness. We advocate for prevention services for all, early identification and intervention for those at risk, integrated services, care and treatment for those who need it, and recovery as the goal.

We believe that gathering and providing up-to-date data and information about disparities faced by individuals with mental health problems is a tool for change.

1 IN 5 ADULTS HAVE A MENTAL HEALTH CONDITION



THAT'S  
OVER 40 MILLION  
AMERICANS



MORE THAN  
THE POPULATIONS  
OF NEW YORK & FLORIDA  
COMBINED

YOUTH MENTAL HEALTH IS WORSENING

RATES OF YOUTH DEPRESSION

8.5% IN 2011  11.1% IN 2014

EVEN WITH SEVERE DEPRESSION,  
80% ARE LEFT WITH NO  
OR INSUFFICIENT TREATMENT.

MORE AMERICANS HAVE ACCESS TO SERVICES

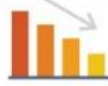
 ACCESS TO INSURANCE  
INCREASED



 SO DID  
ACCESS TO TREATMENT

Healthcare reform has reduced the rates of uninsured adults with mental health conditions; HOWEVER,

19% REMAINED UNINSURED IN STATES THAT DID NOT EXPAND MEDICAID.



13% REMAINED UNINSURED IN STATES THAT DID EXPAND MEDICAID.

MOST AMERICANS LACK ACCESS TO CARE



56%

of American adults with a mental illness DID NOT receive treatment

Even in Vermont, the state with the best access

43%

of adults with a mental illness did not receive treatment.



THERE IS A SERIOUS MENTAL HEALTH WORKFORCE SHORTAGE

In states with the lowest workforce, there's only

1 mental health professional per 1,000 individuals



This includes psychiatrists, psychologists, social workers, counselors and psychiatric nurses COMBINED.

LESS ACCESS TO CARE MEANS MORE INCARCERATION

Arkansas, Mississippi, and Alabama



had the least access to care and highest rates of imprisonment

There are over 57,000 people with mental health conditions in prison and jail in those states alone that's enough to fill Madison Square Garden



3 times

Mental Health in America 2017

The State of Mental Health in America

## In the above links you will find a Collection of Data across all 50 states and the District of Columbia answering the following questions:

- How many adults and youth have mental health issues?
- How many adults and youth have substance use issues?
- How many adults and youth have access to insurance?
- How many adults and youth have access to adequate insurance?
- How many adults and youth have access to mental health care?
- Which states have higher barriers to accessing mental health care?

### Our Goal:

- To provide a snapshot of mental health status among youth and adults for policy and program planning, analysis, and evaluation;
- To track changes in prevalence of mental health issues and access to mental health care;
- To understand how changes in national data reflect the impact of legislation and policies; and.
- To increase dialogue and improve outcomes for individuals and families with mental health needs

### Why Gather this Information?

- Using national survey data allows us to measure a community's mental health needs, access to care, and outcomes regardless of the differences between the states and their varied mental health policies.
- Rankings explore which states are more effective at addressing issues related to mental health and substance use.
- Analysis may reveal similarities and differences among states in order to begin assessing how federal and state mental health policies result in more or less access to care.

### Key Findings

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- **1 in 5 Adults have a mental health condition.** That's over 40 million Americans; more than the populations of New York and Florida **combined**.
- **Youth mental health is worsening.** Rates of youth with severe depression increased from 5.9% in 2012 to 8.2% in 2015. Even with severe depression, 63% of youth are left with no or insufficient treatment
- **More Americans have access to services...** Access to insurance and treatment increased, as healthcare reform has reduced the rates of uninsured adults. The greatest decrease in uninsured Adults with mental illnesses was seen in states that expanded Medicaid.
- **...But most Americans still lack access to care.** 56% of American adults with a mental illness do not receive treatment. Even in Vermont, the state with the best

access, 50.6% of adults with a mental illness do not receive treatment.

- **There is a serious mental health workforce shortage.** In states with the lowest workforce, there is up **6 times** the individuals to only 1 mental health professional. This includes psychiatrists, psychologists, social workers, counselors, and psychiatric nurses combined.

## 2016 State of Mental Health in America - Mental Health Data, Maps, and Report

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