

fact sheet

about mental illness

Mental illness touches everyone...

You probably know somebody who is affected.

1 in 4 adults experience a mental health problem in any given year.

1 in 17 adults lives with a serious mental illness like major depression, bipolar disorder or schizophrenia.

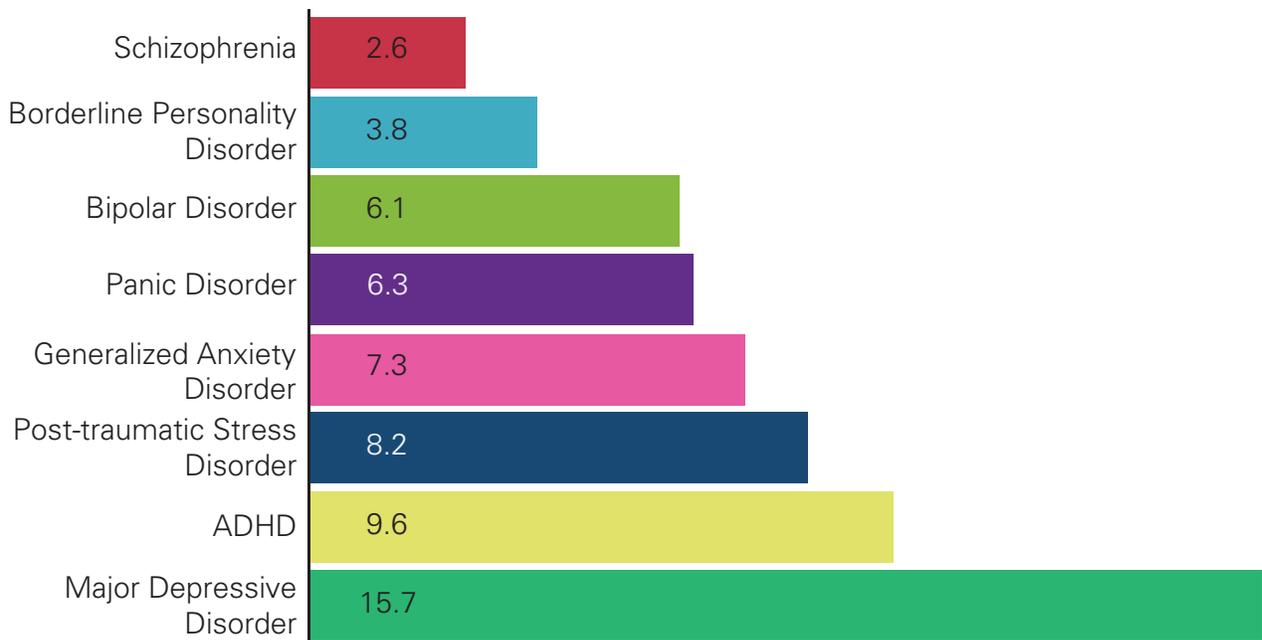
1 in 10 youth lives with a mental health condition that interferes with their day-to-day lives.

Mental illness is a leading cause of disability in the U.S.¹

- ▶ Serious mental illness costs America \$193.2 billion in lost earnings per year.²
- ▶ Mood disorders such as depression are the third most common cause of hospitalization for youth and for adults ages 18-44.³
- ▶ Youth and adults living with serious mental illness are more likely to be confined to jails and juvenile facilities, often as a result of untreated mental illness.^{4,5}

The Numbers: Mental Illness in Adults, 2010

(In millions)



Source: National Institute of Mental Health, Health Topics, Statistics

Treatment works and recovery is possible, but more than one-half of adults and children go without the mental health care they need.^{6,7} Below are the types of services that need to be present for appropriate care.

Services for all mental illness

- Prevention and outreach services
- Screening, assessment and evaluation
- Effective therapies
- Integrated mental health, addictions and primary care
- Medications

Additional services needed for serious mental illness

- Case management and care coordination
- Peer and caregiver education and support services
- Intensive outpatient services
- Employment and education supports

Additional services needed for severe mental illness

- Housing with supports
- Skill-building and socialization services
- Daily living and personal care services
- Assertive Community Treatment
- Crisis intervention and stabilization
- Psychiatric hospitalization
- Longer-term care

You can help.

- ▶ Protect and strengthen mental health services;
- ▶ Support coverage for mental health care in all public and private health plans;
- ▶ Contribute to America's growing discussion of mental illness and recovery; and
- ▶ Learn more at www.nami.org.

¹National Institute of Mental Health. (n.d.) *Leading categories of diseases/disorders* [Data file]. Retrieved from www.nimh.nih.gov/statistics/2LEAD_CAT.shtml

²Insel, T. (2008, June) Assessing the economic costs of serious mental illness. *The American Journal of Psychiatry* 165(6). Retrieved from <http://ajp.psychiatryonline.org/article.aspx?Volume=165&page=663&journalID=13>

³Healthcare Cost and Utilization Project. (2012, Feb.). *HCUP facts and figures: statistics on hospital-based care in the United States, 2009* [Data file]. Retrieved from www.hcup-us.ahrq.gov/reports/factsandfigures/2009/TOC_2009.jsp

⁴Skowrya, K., & Coccozza, J. (2006, June). A blueprint for change: improving the system response to youth with mental health needs involved with the juvenile justice system. Retrieved from www.ncmhjj.com/Blueprint/pdfs/ProgramBrief_06_06.pdf

⁵Glaze, L., & James, D. (2006, Sept.) Mental health problems of prison and jail inmates. Retrieved from <http://bjs.ojp.usdoj.gov/index.cfm?ty=pbdetail&iid=789>

⁶Centers for Disease Control. (2007). *National survey of children's health* [Data file]. Retrieved from www.cdc.gov/nchs/slait/nsch.htm#2007nsch

⁷Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. (2010, Dec.). Results from the 2009 national survey on drug use and health: mental health findings. Retrieved from <http://oas.samhsa.gov/nsduh/2k9nsduh/mh/2k9mhresults.pdf>

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all those in need.

Thousands of families, individuals, friends and businesses are the face and voice of the NAMI movement. Through NAMI, NAMI State Organizations and local NAMI Affiliates, our members and supporters work collectively toward a common goal.

NAMI State Organizations

NAMI State Organizations represent members and supporters in their states, develop priorities and advocate on policy issues that impact children, adults and families affected by mental illness. NAMI State Organizations provide statewide information and referral assistance and member communications, as well as coordinate outreach efforts and NAMI's signature education and support programs in collaboration with NAMI and NAMI Affiliates.

NAMI Affiliates

Nearly 1,000 local NAMI Affiliates offer education and support programs for individuals living with mental illness and their families, along with information and referral on mental health resources and grassroots advocacy in support of NAMI's state and federal policy priorities.

Recent Accomplishments

The NAMI HelpLine responded to well over 200,000 requests from individuals seeking support, information and referrals.

NAMI Family-to-Family, an evidence-based, peer-led education program, brought help and hope to more than 12,500 individuals and families.

NAMIWalks events across the country inspired over 135,000 people to walk with NAMI to raise awareness and support for individuals living with mental illness.

Veterans Health Administration hospitals and medical centers collaborated with NAMI to serve families of veterans with NAMI's signature education programs in 116 facilities in 46 states.

In Our Own Voice, a unique and personal presentation by more than 2,000 individuals who live with mental illness, engaged 50,000 audience members in understanding the journey of recovery.

State Mental Health Cuts: The Continuing Crisis, a NAMI report, focused extensive media attention and advocacy on funding for mental health treatment and supports for children and adults living with serious mental illness.

policy priority

protect public mental health services

Public mental health services are essential to the health and well-being of Americans.

- Public mental health programs provide crisis services and inpatient and outpatient mental health care for children and adults who need treatment.
- Many public mental health programs provide other important services, such as jail diversion, services for veterans and military families and supported employment programs.
- Community mental health centers are an important source of services for many individuals living with serious mental illness.¹

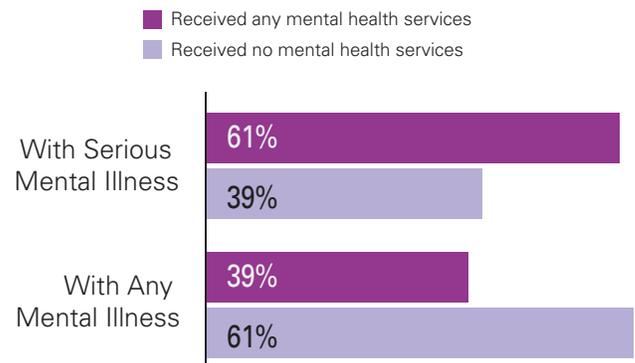
Cuts to public mental health threaten services that keep families and communities healthy.

Public mental health programs provide services that aren't covered by Medicaid.

- Many important recovery supports, such as housing assistance and some children's wraparound services, are not Medicaid-billable and rely on public mental health funding.²
- Public mental health is the primary funder of state hospital care for most adults. Medicaid does not usually cover state hospitalization for adults ages 22-64.³

Public mental health programs are essential to fill gaps in services for children and adults living with serious mental illness.

Adults Receiving Mental Health Services, 2010



Source: 2009 SAMHSA national survey on drug use and health.

Public mental health services serve children and adults who fall through the cracks.

- About one in six low-income uninsured adults lives with serious mental illness—and many more need help for less severe mental health conditions.⁴
- In most states, low-income adults who are not on disability are not eligible for Medicaid, even if they have high mental health needs.⁵
- Six in ten adults living with any mental illness and nearly four in ten living with serious mental illness did not receive any mental health services in the past year.⁶

Public mental health programs help children and adults get the mental health care they need.

Protect mental health care for Americans—preserve funding for public mental health services.

*Citations can be found at www.nami.org/citations.

policy priority

protect medicaid funding

Medicaid provides mental health care to keep low-income and disabled Americans healthy.

- Medicaid is the largest payer of mental health services (28 percent) in the country.¹
- Medicaid covers important early detection and treatment of mental health conditions in low-income children.²
- Nearly two-thirds of all Medicaid enrollees use mental health services.³

Mental health care is an important part of meeting Medicaid enrollees' whole health needs.

Medicaid covers services needed by people living with severe mental illness.

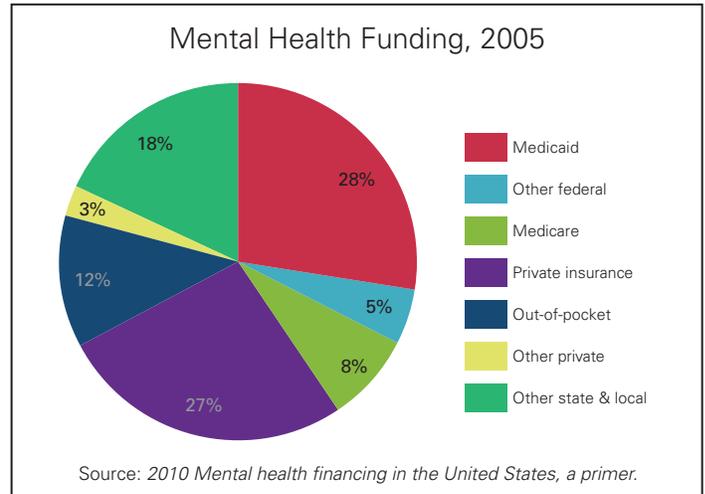
- Most Medicaid plans cover mental health crisis services, case management, non-emergency transportation, peer and family support services, home-based support services and long-term residential care—vital services that are rarely covered by private insurance.⁴

Medicaid services help individuals successfully manage their illness and move into recovery.

Cuts to Medicaid hurt individuals and families when they need help the most.

- Medicaid provides critical coverage for millions of Americans with very low incomes. In tough economic times, more people need its help.⁵
- Children and adults with serious mental illness need stable mental health services. Needs don't go away when times are tight.

When Medicaid is cut, children and adults living with mental illness lose the services they need to maintain recovery.



Models of integrated care show promise in controlling costs and improving health outcomes.

- Health care costs are up to 75 percent higher for Medicaid enrollees with both chronic health problems and mental illness.⁶
- Health homes and effective integrated care models are an investment that improves outcomes and reduces costs for individuals living with serious mental illness and complex conditions.⁷

**Protect Medicaid—a lifeline
for Americans affected by
serious mental illness.**

*Citations can be found at www.nami.org/citations.

policy priority

expand access to mental health care coverage

Millions of Americans have no health care coverage.

- Nearly 50 million Americans are uninsured.¹ Adults living with mental illness lack coverage at significantly higher rates than those without mental illness.²
- Over one in four young adults ages 19-25 is uninsured³—at a time in life when many will experience a mental health condition for the first time.

Access to health and mental health coverage is important because millions of Americans are uninsured.

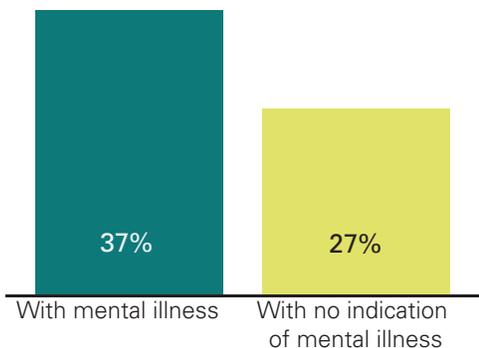
Mental health coverage helps Americans protect their families.

- Half of all serious mental illness begins by age 14, three-quarters by age 24.⁴
- Nationally, about one in four adults experienced a mental health condition in the past year and well over 11 million, about one in 17, had a serious mental illness.⁵
- Despite effective mental health treatment, half of youth⁶ and over 60 percent of adults go without.⁷
- In 2009, mood disorders were the third most common cause of hospitalization among youth ages 1-17 and for adults ages 18-44.⁸

Americans need—and want—coverage for mental health care.

*Citations can be found at www.nami.org/citations.

Higher Rates of Uninsured Among Adults Living with Mental Illness, 2006



Source: 2010 Mental health financing in the United States, a primer.

When Americans don't get mental health care, we pay a high price.

- Serious mental illness costs America \$193.2 billion in lost earnings per year and is a leading cause of disability in the U.S. and Canada.
- More than 7.6 million emergency department visits were made by adults for mental health conditions in 2007; over one in eight were uninsured.
- Disproportionate numbers of youth and adults living with serious mental illness are in jails and juvenile facilities, often as a result of untreated mental illness.
- We lose one life to suicide every 14.2 minutes. Suicide is the 10th leading cause of death in the U.S.

Mental health coverage helps Americans get the right care at the right time.

Help Americans be productive and healthy—expand access to mental health coverage.

policy priority

effective mental health services for adults

Public mental health systems that meet the varying needs of adults living with mental illness are a critical investment in both America's health and productivity and in reducing reliance on institutional care.

A range of services and supports are essential in every public mental health system.

Services at the top left of the graphic below are needed by most adults living with mental health conditions, regardless of severity. Services, as they progress to the bottom right, become more specialized and intensive to serve individuals with more acute or severe needs.



Adult Mental Health Services and Supports

All Mental Illness

Serious Mental Illness

Severe Mental Illness



*Including transportation services

policy priority

effective mental health services for youth

Public mental health systems that meet diverse mental health needs are a critical investment in the health and well-being of our country's children and youth.

A range of services and supports are essential in every public mental health system.

Services at the top left of the graphic below are needed by most children and youth living with mental health conditions, regardless of severity. Services, as they progress to the bottom right, become more specialized and intensive to serve children and youth with more acute or severe needs.



Child and Youth Mental Health Services and Supports

