Cohen Veterans Care Summit

America’s Mental Health 2018
Our Presenters

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AMERICA’S MENTAL HEALTH

2018

ATTITUDES & ACCESS TO CARE
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<th>Key Questions to Answer</th>
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<td><strong>What is the current state of access to mental health services in America?</strong></td>
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<td><strong>What is keeping Americans from seeking treatment to mental health issues?</strong></td>
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<td><strong>How do Americans perceive both mental health services and mental health in general?</strong></td>
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<td><strong>What do we need to do to improve both access to and overall quality of mental health services?</strong></td>
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Overview & Methodology

Survey

• Online survey among 5,000 Americans, representative of the US population
• Conducted between July 31 – August 12, 2018
• Margin of error of +/- 1.38

Third-Party Data

A custom index ranking each state:

• Providers
• Facilities
• Funding
• Satisfaction
START WITH WHY

HOW GREAT LEADERS INSPIRE
EVERYONE TO TAKE ACTION

SIMON SINEK

New York Times bestselling author of Leaders Eat Last and-inspired by the Power of Why

MORE THAN 1 MILLION
COPIES SOLD
DEMAND FOR MENTAL HEALTH SERVICES IS STRONGER THAN EVER

Nearly 6 in 10 Americans have sought or wanted to seek mental health services either for themselves or for a loved one.
Changing Attitudes

OF AMERICANS BELIEVE MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH.

76%
LACK OF ACCESS IS THE ROOT CAUSE OF THE MENTAL HEALTH CRISIS IN AMERICA.
Why Americans Seek Treatment

When Americans seek mental health treatment, they often do so for general symptoms:

- 63% I was unhappy
- 54% I had severe anxiety
- 49% I didn’t feel like myself

However, other more urgent reasons for treatment included:

- 21% I was suicidal
- 9% I was worried my mental health state would lead me to harm others
A LACK OF AWARENESS OF SERVICES AND SOCIAL STIGMA AROUND SEEKING MENTAL HEALTH CARE PERSIST IN AMERICA.
Barriers to Care

About **60 million** people who have not sought mental health treatment wouldn’t know where to go if they needed treatment in the future.

Nearly **one-third** of Americans have worried about others judging them for seeking mental health services.

Over **one-fifth** of the population have even lied to avoid telling people they were seeking mental health services.
LACK OF ACCESS IS THE ROOT CAUSE FOR THE MENTAL HEALTH CRISIS IN AMERICA.

Key contributors to this lack of access include cost, limited resources, funding, social stigma and distance/ability to secure an appointment.
Barriers to Care

COST IS THE MAIN BARRIER FOR ACCESSING MENTAL HEALTH.

42% of Americans say cost and poor insurance coverage are the top barriers for accessing mental health care.

Nearly 1 in 4 Americans noted they have had to choose between getting treatment for a physical health condition and a mental health condition due to their insurance policy.
Barriers to Care

94 Million Americans have had to wait longer than one week for mental health treatments.

74% of Americans do not believe mental health services are extremely accessible to the general population, and about half believe options are limited.

Nearly 46% of Americans have had to or know someone who has had to drive more than an hour roundtrip to seek treatment.
Younger Americans and Mental Health

YOUNGER AMERICANS DON’T KNOW WHERE TO TURN

- Younger Americans (i.e., Gen Z and Millennials) are less sure about resources for mental health services, compared to older generations.
- This younger generation is more likely to find it difficult to figure out legitimate resources online, turning to unreliable resources like social media instead.

- Younger Americans are more likely to have worried about others judging them when they say they have sought mental health services.
The Path Forward

- Younger Americans need to understand what mental illness is and that **TREATMENTS ARE EFFECTIVE**

- Improve understanding of the **REAL COST** of delivering mental health care

- Move reimbursement levels to **PARITY** with physical health care

- Explore new models including **PHILANTHROPY** and **Certified Community Behavioral Health Clinics (CCBHCs)** and community programs like Mental Health First Aid
Learn More

• Cohenveteransnetwork.org/AmericasMentalHealth

• TheNationalCouncil.org