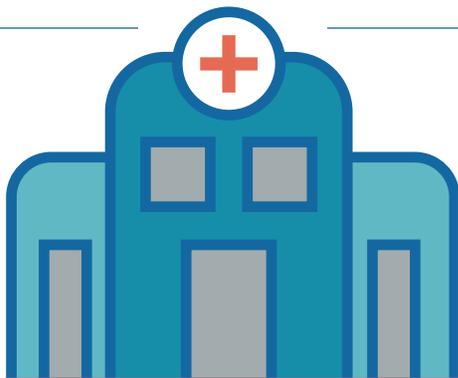




HEALTHY MINDS  
POLICY INITIATIVE

## MENTAL HEALTH IS: Beneficial to the Health Care System's Bottom Line

*Untreated mental health and substance use disorders ("SUD") cost the health care system.*



**\$1,198-\$2,264**

The average per person, per visit cost to emergency departments when treating patients with psychiatric needs.

### **Crises cost more money.**

The cost of acute care for untreated mental health is often higher than the cost of ongoing treatment.

### **Access to care matters.**

Lack of mental health care resources means U.S. hospitals are spending \$4.6 billion each year because emergency departments are providing mental health care.

### **SUD treatment saves hospitals money.**

When individuals are treated for SUD, emergency department costs decrease and inpatient stays for treatment increase.

*Sources: gao.gov; hfma.org; pubmed.ncbi.nlm.nih.gov*

**Many Oklahomans have mental health and substance use disorders, and too many are not receiving treatment.**

### **Mental illness is going untreated.**

22.4% of Oklahomans seeking care for any mental illness had unmet need because of insurance limitations, access to treatment and ability to pay.

### **Insurance coverage is scarce.**

Most adults with a serious mental illness have private insurance or Medicaid. SAMHSA found that for some period of the year, more than 1 in 10 had no insurance.

*Sources: U.S. Census data; samhsa.gov; odmhsas.org; mhanational.org*



**59%**

**OF OKLAHOMANS DID NOT RECEIVE NEEDED MENTAL HEALTH TREATMENT LAST YEAR.**

## TREATMENT WORKS.

Treatment for mental health conditions helps people stop substance use, manage their symptoms and improve their quality of life. Treatment saves money by helping people avoid the consequences of untreated conditions, like worsening health, reduced educational attainment, loss of employment and involvement with the justice system.



### Individuals have untreated mental health conditions and substance use disorders for a variety of reasons, with the primary reasons relating to access to treatment.

- Effective treatment models for treating mental illness and substance use disorder exist, but are not widely available.
- Evidence-based best practices to provide high-level care and treatment are available, but only a small percentage of the population can access this treatment, based on geography.
- For example, assertive community treatment and supported employment, both effective, evidence-based supports, is provided to only 2.1% of the people served in state systems nationwide.

Sources: [samhsa.gov](http://samhsa.gov); [hcup-us.ahrq.gov](http://hcup-us.ahrq.gov)



### Mental health and physical health are tightly linked and impacted by the cost of care.

- Mental illnesses lead to high medical costs. Health care costs can be two to three times higher for individuals with a mental health condition, even if that condition is not serious mental illness.
- Between 2006 and 2014 in the U.S., the rate of mental health and substance abuse-related emergency department visits increased by 44%.
- In 2014, people diagnosed with schizophrenia or mood disorders made 10.8 million visits to emergency departments.
- Hospitalizations for people with mental health and substance use disorders cost \$25.2 billion nationwide.
- Individuals with insurance still have challenges accessing treatment. Many individuals with serious mental illness lack a usual source of care or delay medical care because of cost.
- For those with a mental health condition, health care costs do not result from increased behavioral health services, but due to spending on chronic health conditions. It is common for individuals with a mental health condition to have other health conditions.

Sources: [samhsa.gov](http://samhsa.gov); [pubmed.ncbi.nlm.nih.gov](http://pubmed.ncbi.nlm.nih.gov); [hcupnet.ahrq.gov](http://hcupnet.ahrq.gov); [hcup-us.ahrq.gov](http://hcup-us.ahrq.gov); [gao.gov](http://gao.gov); [chcs.org](http://chcs.org)

For a full list of cited sources, please contact Healthy Minds.



## HEALTHY MINDS POLICY INITIATIVE

Building community capacity in Tulsa to address treatable mental illness through local systems change and statewide policy work. [LEARN MORE: HEALTHYMINDSPOLICY.ORG](http://HEALTHYMINDSPOLICY.ORG).