

References

Prevalence

- Oklahoma has the 10th highest prevalence of mental health and addiction issues.
 - (MHA) Mental Health America. (2021). Prevalence Data 2021. Mental Health America. <https://www.mhanational.org/issues/2021/mental-health-america-prevalence-data>
- Oklahoma is #50 in adverse child experiences (ACES) per person.
 - United Health Foundation. (2019). Health of Women and Children Report 2019. America's Health Rankings. <https://assets.americashealthrankings.org/app/uploads/health-of-women-and-children-2019.pdf>
- 39.6% of adults reported experiencing anxiety and depression symptoms in July.
 - National Center for Health Statistics. (2020). United States Census Bureau Household Pulse Survey. Centers for Disease Control and Prevention. <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>
- Of estimated 52,000 Oklahoma youth who had a major depressive episode (MDE) in the last year, 61% (3 in 5) did not receive treatment.
 - Mental Health America. (2021). Youth Data 2021. Mental Health America. <https://mhanational.org/issues/2021/mental-health-america-youth-data>

Cost

- 790 people died by suicide.
 - Centers for Disease Control and Prevention, National Center for Health Statistics. (2020). Multiple Cause of Death 1999-2019 on CDC WONDER Online Database. Data are from the Multiple Cause of Death Files, 1999-2019, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/mcd-icd10.html>
- Suicide is the 2nd leading cause of death for Oklahomans ages 10-34.
 - Centers for Disease Control and Prevention. (CDC). (2018). 2018 Fatal Injury Reports. Centers for Disease Control and Prevention. www.cdc.gov/injury/wisqars/fatal.html
- Addiction costs Oklahomans an estimated \$7.2 billion a year.
 - Smith, Bryan. (2012). Mental Health Funding. Oklahoma Watch. <https://oklahomawatch.org/2012/07/28/mental-health-funding/>
- There was a 95% increase in the number of meth treatment admissions statewide since 2012.
 - Healthy Minds Policy Initiative. (2020). Tulsa Methamphetamine Treatment Continuum Announced. Retrieved from <https://www.healthymindspolicy.org/tulsa-methamphetamine/>

Separate Systems Leave Gaps

- 45% of people who died by suicide had contact with primary care in the last month of their lives.
 - Wolters Kluwer Health: Lippincott Williams and Wilkins. (2015). High rate of healthcare visits before suicide attempts. ScienceDaily. www.sciencedaily.com/releases/2015/04/150415112427.htm
- Oklahomans with private insurance seek out-of-network mental health care 7-9 times more often than other kinds of care.
 - Girod, C. S., Hart, S. K., Liner, D. M., Snook, T. D., Weltz, S. A.; (2019). 2019 Milliman Medical Index. Milliman, Inc. <https://www.milliman.com/en/insight/2019-milliman-medical-index#>
- In Oklahoma, 82 percent of new prison inmates with nonviolent offenses have mental health and substance abuse needs.
 - Oklahoma Department of Corrections. (2014). Annual Report 2014. State of Oklahoma. https://oklahoma.gov/content/dam/ok/en/doc/documents/agency-information/2014_annual_report.pdf

Lack of timely treatment impacts all Oklahomans.

- Nationally, employers lose \$193.2 billion in annual earnings due to untreated mental illness.
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- Quality treatment and supports in schools are linked to better academic outcomes, proven to increase test scores by an average of 11 percent in a national study of 270,000 K-12 students.
 - Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: a meta-analysis of school-based universal interventions. *Child development*, 82(1), 405–432. <https://doi.org/10.1111/j.1467-8624.2010.01564.x>
- Health care costs are 2-3 times higher for individuals with a mental health condition, even if that condition is not a serious mental illness.
 - C. Murray, GBD Study, Lancet 2012; 2. Milliman Research Report: Potential economic impact of integrated medical-behavioral healthcare. Updated projections for 2017, January, 2018.

<https://www.milliman.com/en/insight/potential-economic-impact-of-integrated-medical-behavioral-healthcare-updated-projections>

- The average delay between onset of mental illness symptoms and treatment is 11 years.
 - Wang, P.S., Berglund, P.A., Olfson, M. and Kessler, R.C. (2004). Delays in Initial Treatment Contact after First Onset of a Mental Disorder. *Health Services Research*, 39: 393-416. <https://doi.org/10.1111/j.1475-6773.2004.00234.x>

Barriers prevent early treatment.

- Last year, 59% of Oklahomans living with a mental illness did not receive treatment.”
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- Ranking 44th for mental health spending per capita.
 - National Association of State Mental Health Program Directors Research Institute, Inc. (NRI). (2013). Table 1: SMHA Mental Health Actual Dollar and Per Capita Expenditures by State (FY2004 - FY2013). <http://www.nri-incdata.org/>
- Of those who reported an unmet need for mental health in Oklahoma, 46.7 percent did not receive care due to the cost.
 - National Survey on Drug Use and Health (NSDUH). (2018). Survey: National Survey on Drug Use and Health: 2-Year RDAS 2017 to 2018. NSDUH Substance Abuse and Mental Health Services Administration (SAMHSA)'s restricted online data analysis system (RDAS). [//rdas.samhsa.gov/#/survey/NSDUH-2017-2018-RD02YR/crosstab/?weight=DASWT_1&run_chisq=false&results_received=true](http://rdas.samhsa.gov/#/survey/NSDUH-2017-2018-RD02YR/crosstab/?weight=DASWT_1&run_chisq=false&results_received=true).
- Only half of the diagnosable mental health and substance abuse conditions are detected in primary care, and only half of those whose condition is detected receive any form of treatment.
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- Communities need 30.3 psychiatric prescribers per 100,000 residents
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- Oklahoma averages 10.3 with most rural counties having none.

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- Of people who saw a need for substance use treatment, 41.6 percent said stigma-related concerns kept them from seeking care.
 - National Survey on Drug Use and Health (2020). 2019 NSDUH Annual National Report. Substance Abuse and Mental Health Services Administration (SAMSHA). <https://www.samhsa.gov/data/report/2019-nsduh-annual-national-report>.