

# MENTAL HEALTH ISSUES SNAPSHOT: OKLAHOMA SERVICES & SYSTEMS

## UNDERSTANDING THE NEED

**59%**

of Oklahomans living with a mental illness **did not receive treatment** in 2020.

**22.5%**

of Oklahomans self-reported **any mental illness** (like depression or anxiety) in 2019.

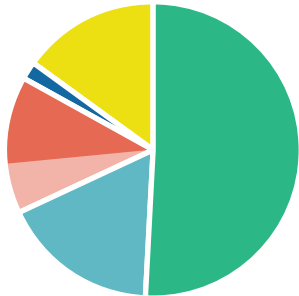
**5.4%**

of Oklahomans self-reported a **serious mental illness** (like bipolar disorder, etc.) in 2019.

**8.3%**

of Oklahomans 12 and older had a **substance use disorder** in 2019.

## FUNDING TREATMENT



### Health Insurance in Oklahoma, 2019

- **Private:** 51%
- **Medicaid:** 17%
- **Medicare:** 15.1%
- **Military:** 2%
- **Uninsured:** 14.9%
- **Uninsured transitioning to Medicaid:** Roughly 200,000 people (based on current loose projections)

*In June 2020, Oklahoma Medicaid Expansion passed, expanding Medicaid eligibility to adults whose income is 138% (133% with a 5% disregard) of the federal poverty level or lower.*

**950,728** Total people now on Medicaid (Feb '21)

**59,400** Average number of Medicaid enrollees receiving mental health treatment monthly (March '20 – Feb '21)

**\$34,846** Medicaid eligibility threshold for a family of four (post-expansion, after July '21; \$25,750 before July '21)

## ODMHSAS

The Oklahoma Department of Mental Health and Substance Abuse Services delivered services to approximately 197,000 Oklahomans in FY 2020 and served all 77 Oklahoma counties through a network of community-level providers. ODMHSAS provides treatment services and programs including:



**Inpatient hospital** and **outpatient** community-based **mental health treatment services**



**Forensic services;** competency evaluations, competency restoration.



**Residential treatment** and outpatient services for substance use and addiction



**Criminal justice diversion** (Smart Justice) initiatives



**Prevention services** in partnership with area health providers, schools, law enforcement and other community stakeholders



**Manages** the state's **behavioral health Medicaid services.**

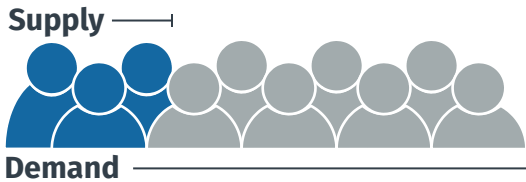


**Certifies** approximately **3,300 treatment providers,** organizations and individuals, throughout the state.

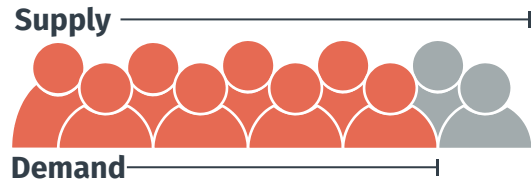
# WHO PROVIDES CARE

Oklahoma has a robust primary care workforce that can spot and treat low-level mental health conditions. However, the state has severe shortages of psychiatrists needed for advanced diagnoses and prescribing, as well as counselors, social workers, psychologists and other professions. Learn more about Oklahoma’s behavioral health workforce needs at [healthymindspolicy.org/workforce](http://healthymindspolicy.org/workforce).

## PSYCHIATRISTS

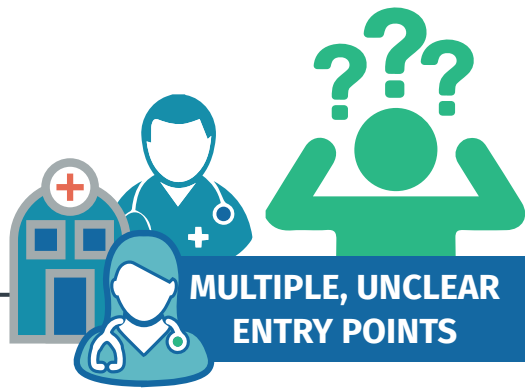


## PRIMARY CARE PHYSICIANS



# RECEIVING CARE

## CURRENT SYSTEM



**MULTIPLE, UNCLEAR ENTRY POINTS**

## IDEAL STRUCTURE



**SINGLE INTEGRATED HEALTHCARE SYSTEM**



Individuals are left on their own to figure out how to navigate narrow points of entry through separate general and mental health systems, sometimes receiving no care at all.



Mental health is often under-resourced, stigmatized and treated differently than physical healthcare, barring many Oklahomans from needed assistance in the current system.



Many mental health needs are left unmet, leading to expensive hospitalizations, higher incarceration rates, lower educational attainment and a lagging workforce.



Early intervention and prevention are widely accessible, including at the Primary Care Physician level.



Payers and providers ensure the equal treatment of mental health and physical health.



Access to the least costly and least restrictive levels of care in their communities allows Oklahomans to thrive in their homes, schools, places of employment and worship.

For a list of sources and additional information, please visit [healthymindspolicy.org/MH102](http://healthymindspolicy.org/MH102)



HEALTHY MINDS  
POLICY INITIATIVE

## HEALTHY MINDS POLICY INITIATIVE

Building community capacity in Oklahoma to address treatable mental illness and addiction through local systems change and statewide policy work.

**LEARN MORE: [HEALTHYMINDSPOLICY.ORG](http://HEALTHYMINDSPOLICY.ORG).**