Mending Colorado’s Mental Health

Mental Health Colorado
Mending Colorado’s Mental Health

Obstacles
Outcomes
Opportunities
Severe mental illness

Any mental illness
Any mental illness

Symptoms

8-10 years

treatment

National Institute of Mental Health
Any mental illness

Receive treatment 40%
Any mental illness

Lack treatment 40.7%
## Obstacles to Care

### Untreated

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Cost of treatment</td>
<td>56%</td>
</tr>
<tr>
<td>Didn’t think insurance would cover it</td>
<td>43%</td>
</tr>
<tr>
<td>Uninsured</td>
<td>10%</td>
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<tr>
<td>Hard to get appointment</td>
<td>35%</td>
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<tr>
<td>Uncomfortable discussing “personal problems”</td>
<td>31%</td>
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<tr>
<td>Concerned about someone finding out</td>
<td>22%</td>
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Colorado Health Access Survey (2017)
Mending Colorado’s Mental Health

Obstacles
Outcomes
Opportunities
Untreated mental illness

$200 billion lost disability

National Institute of Mental Health
Homeless adults

Severe mental illness

Any mental illness
Colorado adults with severe mental illness

Hospitalized: 1,325

Incarcerated: 5,433
Americans with severe mental illness

Life expectancy 25 years shorter
Colorado high school students

Seriously attempted suicide

Healthy Kids Colorado Survey (2015)
Mending Colorado’s Mental Health

Obstacles
Outcomes
Opportunities
Opportunities
Opportunities

➢ Prevention & Early Intervention
➢ Coverage & Delivery
➢ Facilities & Services
➢ Prevention & Early Intervention

LEARN MORE
Depression Screening

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Please note, all fields are required.

1. Little interest or pleasure in doing things
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

2. Feeling down, depressed, or hopeless
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day
Depression Screening Results

Mild Depression

Your results indicate that you may be experiencing some symptoms of mild depression. While your symptoms are not likely having a major impact on your life, it is important to monitor them.

These results do not mean that you have depression, but it may be time to start a conversation with your doctor. Finding the right treatment plan and working with your doctor, healthcare provider or a support person can help you feel more like you again.

The depression symptoms you are experiencing may also indicate a different type of mental health
Students participating in social and emotional learning programs

- Passing grades: +31%
- Test scores: +11%
- Absences: -20%
- Suspensions/expulsions: -44%

Child Development (2011) and Substance Abuse and Mental Health Services Administration (2008)
Students with mental illness

Successful referrals

Outside school 10-15%

School-based 90%
Best-practice guide

School Mental Health Toolkit

MENTAL HEALTH COLORADO
Opportunities

➢ Prevention & Early Intervention
Opportunities

➢ Prevention & Early Intervention
➢ Coverage & Delivery
Essential benefit

Pre-existing conditions

Parity

Network adequacy

Ratio: 1:1000

Wait: 7 days

Travel: 10-100 miles
Coverage for the treatment of mental illness must be no less extensive than the coverage provided for a physical illness.
Have you ever been denied mental health care?

TAKE SURVEY
Mental Health Insurance Questionnaire

Mental Health Insurance Claim Denial

1. Have you ever tried to get care for a mental health or substance use disorder?
   - Yes
   - No

2. Did you get the care you needed?
   - Yes
   - No
   - Some but not all of the care
3. Why didn't you get the care you needed? (please check all that apply)

- I left a message but did not receive a call back.
- The provider I was referred to was not taking new patients.
- The wait list was too long.
- I could not fit available appointment times in my schedule.
- I could not find a provider in my network.
- There were no available care providers within 60 miles.
- I could not afford the care.
- I did not receive a referral.
Integrated care ➢ Coverage & Delivery
Opportunities

➢ Prevention & Early Intervention
➢ Coverage & Delivery
➢ Facilities & Services
Inmates with mental illness

State prisons

Local jails

Facilities & Services

Eagle County voters approve marijuana tax to fund mental health programs

D-11 board refers ballot measure to improve Colorado Springs schools

Trail Gazette Editorial – A vote for the future

Larimer County eyes new behavioral health solutions

Denver sales tax hike would raise millions for mental health care
Local
Cities, counties, and school districts can all make a difference in mental health care.

GET INVOLVED

State
We can make Colorado a national leader in the prevention and treatment of mental health and substance use disorders.

GET INVOLVED

National
We can make it possible for all Americans to get the mental health care they need.

GET INVOLVED
<table>
<thead>
<tr>
<th>Street Address</th>
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<tbody>
<tr>
<td>City</td>
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<tr>
<td>State</td>
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<tr>
<td>Zipcode</td>
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JOIN THE WAVE

Mental Health Colorado is building a statewide network of advocates – we call it the Brain Wave. We need volunteers to identify local barriers to mental health care, suggest solutions, and engage policymakers and the press. Learn how you can get involved.

JOIN THE WAVE
Laroy's story

LEARN MORE

Marty: I Get To Live In The Now
Casual drinking, professional disappointments, boredom, socializing, the anxiety of peers living up to my.

Laroy: Faith Got Me Through
My first experience with the mental health system was the last week of June 1979. Laroy at a church camp on top of.

Nancy: I Never Give Up
My story started when I was 13 years old. Prior to starting junior high school, all was well. Learned smallest grades, Laroy,