United States/State Mental Health Agencies & Systems:

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Mental Illness and Substance Use Disorders in America

In 2018, 57.8M Americans had a mental and/or substance use disorder.

Among those with a substance use disorder:
- 3 IN 8 (38.3% or 7.4M) struggled with illicit drugs
- 3 IN 4 (74.5% or 14.4M) struggled with alcohol use
- 1 IN 8 (12.9% or 2.5M) struggled with illicit drugs and alcohol

Among those with a mental illness:
- 1 IN 4 (23.9% or 11.4M) had a serious mental illness

7.8% (19.3 MILLION)
People aged 18 or older had a substance use disorder (SUD)

3.7% (9.2 MILLION)
People 18+ had BOTH an SUD and a mental illness

19.1% (47.6 MILLION)
People aged 18 or older had a mental illness
Serious Mental Illness (SMI) Rising among Young Adults (18-25 y.o.) and Adults (26-49 y.o.)

PAST YEAR, 2008-2018 NSDUH, 18+

Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

53.8%
1.4 MILLION YOUNG ADULTS WITH SMI RECEIVED TREATMENT IN 2018
46.2% got NO treatment

63.7%
3.8M adults (26-49 y.o.) with SMI received treatment;
36.3% got NO treatment
Despite Consequences and Disease Burden, Treatment Gaps Remain Vast

* No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.
## Reasons for Not Receiving Mental Health Services in the Past Year
*(Adults, Aged 18+ with an Unmet Need for Mental Health Care, 2018)*

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percent Among Adults Who Did Not Receive Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afford Care</td>
<td>41.5</td>
</tr>
<tr>
<td>Treatment</td>
<td>30.4</td>
</tr>
<tr>
<td>or Services</td>
<td>27.7</td>
</tr>
<tr>
<td>Have Time</td>
<td>20.8</td>
</tr>
<tr>
<td>Treatment</td>
<td>15.7</td>
</tr>
<tr>
<td>Medication</td>
<td>12.4</td>
</tr>
<tr>
<td>Fear of Being Committed/Having to Take Medication</td>
<td>11.8</td>
</tr>
<tr>
<td>Neighbors/Community to Have Negative Opinion</td>
<td>11.5</td>
</tr>
<tr>
<td>Did Not Know Where to Go for Services</td>
<td>10.9</td>
</tr>
<tr>
<td>Did Not Have Time</td>
<td>10.7</td>
</tr>
<tr>
<td>Health Insurance Did Not Cover Enough Treatment</td>
<td>9.9</td>
</tr>
<tr>
<td>Might Cause Neighbors/Community to Have Negative Opinion</td>
<td>9.4</td>
</tr>
<tr>
<td>Did Not Feel Need for Treatment</td>
<td>8.4</td>
</tr>
<tr>
<td>Did Not Want Others to Find Out</td>
<td>3.9</td>
</tr>
<tr>
<td>Treatment Would Not Help</td>
<td>9.1</td>
</tr>
<tr>
<td>Concerned About Confidentiality</td>
<td>9.4</td>
</tr>
<tr>
<td>No Transportation/Inconvenient</td>
<td>8.4</td>
</tr>
<tr>
<td>Might Have Negative Effect on Job</td>
<td>10.7</td>
</tr>
<tr>
<td>Treatment Convenienet</td>
<td>10.7</td>
</tr>
<tr>
<td>Other Reason</td>
<td>10.7</td>
</tr>
<tr>
<td><em>Source: SAMHSA. (2019). National Survey on Drug Use and Health (NSDUH).</em></td>
<td></td>
</tr>
</tbody>
</table>
Suicide Mortality By State, 2017

Suicide rate estimates, age-standardized estimates by country, per 100,000 population, 2010 to 2016

<table>
<thead>
<tr>
<th>Country</th>
<th>2000</th>
<th>2010</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia</td>
<td>12.2</td>
<td>11.6</td>
<td>11.7</td>
</tr>
<tr>
<td>Netherlands</td>
<td>8.3</td>
<td>8.2</td>
<td>9.6</td>
</tr>
<tr>
<td>United Kingdom of Great Britain and Northern Ireland</td>
<td>8.1</td>
<td>6.9</td>
<td>7.6</td>
</tr>
</tbody>
</table>
U.S. Mental Health and Substance Abuse Spending: 2006-2015

State Mental Health Agencies

In the U.S., State governments have had the lead responsibility for organizing, funding, and delivering mental health services to Adults with Serious Mental Illness (SMI) and Children with Serious Emotional Disturbances (SED)

• The first state psychiatric hospital opened in Virginia in 1773. Every state operates psychiatric inpatient beds and funds or operates a community mental health system
• Every state organizes its public mental health system differently.
State Mental Health Agency Services

• In Fiscal Year 2015, SMHAs controlled the expenditures of over $43 billion to provide mental health services to 7 million unique clients
  ○ Expenditures were $135.80 per US resident
  ○ 2% of US population received an SMHA supported MH Service
  ○ 75% of spending was for community-based services
  ○ 22% of spending was in state psychiatric hospitals
Trends in SMHA-Controlled Mental health Spending (Current and Inflation Adjusted), FY 1981 to FY 2015

Expenditures in Billions

<table>
<thead>
<tr>
<th>State Fiscal Year</th>
<th>Current</th>
<th>Inflation-adjusted</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/1/81</td>
<td>$6.0</td>
<td>$6.0</td>
</tr>
<tr>
<td>7/1/87</td>
<td>$6.89</td>
<td>$6.89</td>
</tr>
<tr>
<td>7/1/97</td>
<td>$7.02</td>
<td>$7.02</td>
</tr>
<tr>
<td>7/1/03</td>
<td>$7.4</td>
<td>$7.4</td>
</tr>
<tr>
<td>7/1/06</td>
<td>$7.50</td>
<td>$7.50</td>
</tr>
<tr>
<td>7/1/09</td>
<td>$7.08</td>
<td>$7.08</td>
</tr>
<tr>
<td>7/1/12</td>
<td>$7.33</td>
<td>$7.33</td>
</tr>
<tr>
<td>7/1/15</td>
<td>$7.46</td>
<td>$7.46</td>
</tr>
</tbody>
</table>

Source: NRI—State Mental Health Agency Revenues and Expenditures Study, 2015
Per Capita SMHA Expenditures for Mental Health: FY 1981 to 2015, in Current and Constant “1981” Inflation Adjusted Dollars

Per Capita Expenditures

State Fiscal Year

Current
Inflation-adjusted

$0 $38 $75 $113 $150

7/1/81 7/1/87 7/1/97 7/1/03 7/1/06 7/1/09 7/1/12 7/1/15
State Mental Health Agency Controlled Expenditures for State Psychiatric Hospital Inpatient and Community-Based Services as a Percent of Total Expenditures: FY'81 to FY'15

Source: NRI—State Mental Health Agency Revenues and Expenditures Study, 2015
Patients in State Psychiatric Hospitals As a Share of SMHA Systems: FY 2015

- Percent of Consumers Served:
  - 0%: 2%
  - 9%: 22%
  - 18%: $9.7 Billion
  - 26%
  - 35%

2017 National Association of State Mental Health Program Directors Research Institute
State Psychiatric Hospital Expenditures for Forensic and Sex Offender Services and Percent of State Hospital Expenditures for Forensic and Sex Offender Services, FY 1983 To FY 2015
Total FY'2015 SMHA-Controlled Per Capita Mental Health Expenditures
Funding Sources for SMHA Services: FY1981 to FY2015

- Other Funds
- Other Federal
- MH Block Grant
- Federal Medicaid
- State Medicaid Match
- State General Funds

Mental Health Block Grant

State General Funds
Organization of State Mental Health, Substance Abuse, and Intellectual Disability Service Responsibilities: 2015
Primary Mechanism Used by SMHAs to Administer Community Mental Health Services: 2015

- No Response (3)
- SMHA directly operates community-based programs (4)
- SMHA funds county or city authorities (13)
- SMHA funds, but does not operate community providers (14)
Number of State Psychiatric Hospitals & Resident Patients at End of Year: 1950 - 2015

Sources: CMHS Additions and Resident Patients at End of Year, State and County Mental Hospitals, by Age and Diagnosis, by State, United States, 2002, and 2015 State MH Agency Profiles System
State Psychiatric Hospital Expenditures for Forensic and Sex Offender Services and Percent of State Hospital Expenditures for Forensic and Sex Offender Services, FY 1983 To FY 2015
## Number and Rate per 100,000 Psychiatric Inpatients and Other 24-Hour Residential Treatment Patients On April 30, 2014

<table>
<thead>
<tr>
<th>Year/Setting</th>
<th>Patients in Inpatients Beds (last Day of Year)</th>
<th>Inpatients Per 100,000 Population</th>
<th>Patients in Other 24-Hours Residential Treatment Beds</th>
<th>Other 24 Hour Residents Per 100,000 Population</th>
<th>Total Inpatient &amp; Other 24 Hour Patients</th>
<th>Total Rate per 100,000 Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>State &amp; County Psych Hospitals</td>
<td>37,209</td>
<td>11.7</td>
<td>2,698</td>
<td>0.8</td>
<td>39,907</td>
<td>12.6</td>
</tr>
<tr>
<td>Private Psychiatric Hospitals</td>
<td>24,804</td>
<td>7.8</td>
<td>3,657</td>
<td>1.0</td>
<td>28,461</td>
<td>9.0</td>
</tr>
<tr>
<td>General Hospital with Separate Psych Units</td>
<td>30,864</td>
<td>9.7</td>
<td>589</td>
<td>0.2</td>
<td>31,453</td>
<td>9.9</td>
</tr>
<tr>
<td>VA Medical Centers</td>
<td>3,124</td>
<td>1.0</td>
<td>3,886</td>
<td>1.2</td>
<td>7,010</td>
<td>2.2</td>
</tr>
<tr>
<td>RTCs</td>
<td>1,851</td>
<td>0.6</td>
<td>41,079</td>
<td>12.9</td>
<td>42,930</td>
<td>13.5</td>
</tr>
<tr>
<td>Other MH Providers</td>
<td>3,499</td>
<td>1.1</td>
<td>16,940</td>
<td>5.3</td>
<td>20,439</td>
<td>6.4</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>101,351</strong></td>
<td><strong>31.9</strong></td>
<td><strong>68,849</strong></td>
<td><strong>21.7</strong></td>
<td><strong>170,200</strong></td>
<td><strong>53.6</strong></td>
</tr>
</tbody>
</table>

Source: SAMHSA N-MHSS, 2014, Tables 2.3 and 2.5
Inpatient and Other 24-Hour Treatment Residents at End of Year, 1970 to 2014, by Major Psychiatric Setting
Reduced Substance Abuse

Reduced Hospitalization

Reduced Criminal Justice Involvement

Increased Work/School Performance

Increased Independent Community Living

Increased Social Connectedness

Increased Functional Living

Reduced Symptoms

Reduced Symptom Distress

Increased Functioning

* NOM

Outcomes of Mental Health Services
Number of Clients that Received SMHA Mental Health Services: 2018

- 58 states and territories reported data in 2018

- 7,808,416 clients (or 23.7 per 1,000) received services, including:
  - 5,669,155 adults (or 22.5 per 1,000)
  - 2,129,471 children (or 28.9 per 1,000)
  - 9,790 clients were missing age data

- 2.4% of the U.S. population received services from state mental health agencies
  - Ranging from 0.1% to 7.2% of state population

Note: Rate per 1,000 = number of clients served divided by the Census Bureau 2017 Resident state and U.S. population estimate times 1,000
Percent of Clients Served, by Service Setting: 2018 URS data

- 97% of clients received community-based mental health services
  - 22.9 per 1,000 population

- 1.7% of clients received services in state psychiatric hospitals
  - Range from less than 1% of clients (in 11 states) to 12% in (2 states) of total clients served

- 5.7% of clients received services in other psychiatric inpatient settings (39 states reporting on OPI)
Clients that Received SMHA Services per 1,000 State Population: 2018
Age and Gender Distribution of All Clients Served: 2018

- **Age 0-12**: 15%
- **Age 13-17**: 12%
- **Age 18-20**: 5%
- **Age 21-24**: 6%
- **Age 25-44**: 32%
- **Age 45-64**: 25%
- **Age 65-74**: 4%
- **Age 75 & Older**: 2%

- **Male**: 48%
- **Female**: 51%
Variation in Utilization Rate (per 1,000) of All Clients Served, by Age Group: 2018

7,808,416 clients received mental health services

Age not available for 9,790 or 0.1% of clients
Variation in Utilization Rate (per 1,000) of All Clients Served, by Race: 2018

7,808,416 clients received mental health services

Race was not available for 117,6463 or 15.1% of clients

Ethnicity was not available for 670,932 or 8.6% of clients

Utilization Rate per 1,000 Population

- American Indian/Alaskan Native (54 States)
- Native Hawaiian/Pacific Islander (55 States)
- Hispanic (52 States)

Race Group
Employment Status of Adult (Age 18 & Older) SMHA Clients: 2018

- Not in Labor Force: 51.8%
- Employed: 22.2%
- Unemployed: 26.0%

3,417,412 clients with known employment status (employment status not available for 1,686,754 clients (33%))
## Percent of Adult (Age 18 & Older) SMHA Clients Employed: 2007 to 2018

<table>
<thead>
<tr>
<th>URS Reporting Year</th>
<th>Percent of Clients Employed</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>21%</td>
</tr>
<tr>
<td>2008</td>
<td>21%</td>
</tr>
<tr>
<td>2009</td>
<td>20%</td>
</tr>
<tr>
<td>2010</td>
<td>19%</td>
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<tr>
<td>2011</td>
<td>18%</td>
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<td>2012</td>
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<td>2014</td>
<td>18%</td>
</tr>
<tr>
<td>2015</td>
<td>19%</td>
</tr>
<tr>
<td>2016</td>
<td>21%</td>
</tr>
<tr>
<td>2017</td>
<td>21%</td>
</tr>
<tr>
<td>2018</td>
<td>22%</td>
</tr>
</tbody>
</table>

One state was excluded in 2015 and 2016 for outlier data.
Starting in 2011, SMHAs began submission of de-identified client level data on all clients reported in their URS data system (reporting as part of MH Block Grant requirement—Data Due by December 1 each year):

- Client Level Data is de-identified client level information that contains additional about diagnoses, outcomes, and permits cross-tab analysis of client characteristics

- Reported by states as a companion to their URS reporting.
  - Not all states report.
  - 2018 data from 44 States, plus DC, Northern Marian Islands, Palau, and Puerto Rico.
Percent of Mental Health Clients Served, by Age and SMI/SED Status: 2018

- U.S. Population
- CLD (Clients with SMI/SED)
- CLD (All Clients)

N = 6,209,726
Missing = 4,065
Percent of Adults (Age 18 Years and Older) Served, by Diagnosis: 2018

N = 3,767,983
Missing = 366,106

Note: Clients may have more than one diagnosis.
Percent of Children (Age 0 to 17 Years) Served, by Diagnosis: 2018

N = 1,604,876
Missing = 117,974

Diagnosis

- Schizophrenia: 0.8%
- Bipolar Disorders: 2.2%
- Adjustment Disorders: 21.5%
- Anxiety Disorders: 23.2%
- Depression: 23.7%
- Attention-Deficit Disorder: 43.1%

Note: Clients may have more than one diagnosis.
Percent of Mental Health Clients Served, by Treatment Status at the Start and End of 2018 and SMI/SED Status

<table>
<thead>
<tr>
<th>Status</th>
<th>SMI</th>
<th>SED</th>
<th>Not SMI/SED</th>
</tr>
</thead>
<tbody>
<tr>
<td>New at Start of 2018, Continuing into 2019</td>
<td>23.7%</td>
<td>28.5%</td>
<td>33.8%</td>
</tr>
<tr>
<td>Continuing at Start of 2018, Continuing into 2019</td>
<td>26.8%</td>
<td>26.8%</td>
<td>26.9%</td>
</tr>
<tr>
<td></td>
<td>36.6%</td>
<td>29.9%</td>
<td>30.7%</td>
</tr>
</tbody>
</table>

N = 5,859,630
Missing = 354,161
Percent of Mental Health Clients Discharged at the End of 2018, by Reason for Discharge and SMI/SED Status

N = 5,859,630
Missing = 354,161
Employment: Profiles of Adult Clients
### Percent of Clients Age 16 Years and Older, by Employment Status at Discharge or End of Reporting Year and Diagnosis: 2018

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Employed</th>
<th>Unemployed</th>
<th>Not in Labor Force - Student</th>
<th>Not in Labor Force - Disabled</th>
<th>Other Not in Labor Force</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schizophrenia (N = 399,220)</td>
<td>20.2%</td>
<td>19.8%</td>
<td>21.6%</td>
<td>21.0%</td>
<td>14.1%</td>
</tr>
<tr>
<td>Anxiety Disorders (N = 794,412)</td>
<td>26.5%</td>
<td>19.8%</td>
<td>21.2%</td>
<td>19.9%</td>
<td>21.0%</td>
</tr>
<tr>
<td>Personality Disorders (N = 115,108)</td>
<td>26.1%</td>
<td>8.0%</td>
<td>26.1%</td>
<td>31.7%</td>
<td>8.0%</td>
</tr>
</tbody>
</table>

Note: Clients may have more than one diagnosis.
• Total number of clients with known employment status at Start of Reporting Year: N = 2,498,935
• Total number of clients with known employment status at the end of the year: N = 2,412,664
• Total number of clients with known employment status at the end of the year: N = 2,319,997
• Include only clients whose employment status is updated from their start status: N = 1,357,470
• Include only clients who received services on more than one day: N = 1,226,067
• Include only clients that were not discharged due to death: N = 1,222,302
Percent of Clients Age 16 Years and Older, by Change in Employment Status from Admission or Start of Reporting Year to Discharge or End of Reporting Year for Clients that were Employed at Admission or Start of Reporting Year: 2018

- Remained Employed: 86.5%
- Became Unemployed: 7.1%
- Became Not in the Labor Force: 6.4%

N = 262,759
Percent of Clients Age 16 Years and Older, by Change in Employment Status from Admission or Start of Reporting Year to Discharge or End of Year for Clients that were Unemployed at Admission or Start of Reporting Year: 2018

N = 313,347
Living Situation/Homelessness
Percent of Clients Served, by Residential Status at Admission or Start of Reporting Year and at Discharge or End of Reporting Year: 2018

Residential Status Prior to Admission or Start of Year
N = 3,670,027
Missing = 2,543,764

Residential Status Prior to Discharge or End of Year
N = 3,581,374
Missing = 2,632,417

Residential Status at Admission or Start of Reporting Year

- Crisis Residential: 0.2%
- Other Residential: 2.3%
- Residential Care Institution/Jail/Prison: 3.6%
- Homeless: 4.4%
- Homelike Setting: 85.8%

Residential Status at Discharge or End of Reporting Year

- Crisis Residential: 0.2%
- Other Residential: 2.3%
- Residential Care Institution/Jail/Prison: 3.7%
- Homeless: 4.4%
- Homelike Setting: 85.9%

Percent of Clients Served, 2018:
- 0%
- 23%
- 45%
- 68%
- 90%
- 85.8%
- 85.9%
- 4.4%
- 3.7%
- 3.5%
- 4.4%
- 0.2%
- 0.2%
- 2.3%
- 2.3%
- 3.6%
- 3.7%
- 3.7%
- 3.5%
Percent of Homeless Clients at Discharge or End of Reporting Year, by Age: 2018

N = 3,577,982
Missing = 2,631,744
Percent of Homeless Clients Aged 18 Years and Older at Discharge or End of Reporting Year, by Diagnosis: 2018

N = 2,523,459
Missing = 1,885,650

Note: Clients may have more than one diagnosis.
Percent of Clients Served, by Change in Residential Status from Admission or Start of Reporting Year to Discharge or End of Reporting Year for Clients that were Homeless at Admission or Start of Reporting Year: 2018

- Remained Homeless (N=48,945): 64.3%
- Moved to Residential Care: 27.3%
- Moved to Institution/Jail/Prison: 2.0%
- Changed Status: 2.3%

N = 76,136
First Episode Psychosis Programs

• Based on International research and a series of NIMH supported studies in the U.S. (Recovery After Initial Schizophrenia Episode, RAISE), states have been supporting Coordinated Specialty Care (CSC) programs focusing on clients with first episodes of psychosis (FEP)

• In FY 2014 Congress added $30 million to the Mental Health Block Grant to States (a 5% set-aside) and in 2016 doubled that to 10% of the Mental Health Block Grant

• State Governments have contributed additional state general funds (state tax funds) to further expand First Episode Psychosis services
Cumulative Number of States with Early Psychosis Intervention Plans

Source: SAMHSA, 2019
Number of Evidence-Based Coordinated Specialty Care Programs Implemented Nationally

- FY 2014: 37
- FY 2015: 53
- FY 2016: 140
- FY 2017: 214
- FY 2018: 265
SAMHSA Sponsored Evaluation of CSC Programs Funded by the Mental Health Block Grant

- A multi-year evaluation of the outcomes and fidelity of CSC programs funded by State Mental Health Agencies using the MHBG set-aside is just being completed.

### Exhibit 1. Changes in Standardized Outcomes

<table>
<thead>
<tr>
<th>Measure</th>
<th>Baseline (Mean, Std. dev.)</th>
<th>Most recent interview (Mean, Std. dev.)</th>
<th>Pr &gt; t</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colorado Symptom Index (CSI)</td>
<td>22.5 (13.1)</td>
<td>14.0 (11.6)</td>
<td>&lt;.0001***</td>
</tr>
<tr>
<td>Lehman’s Quality of Life Score</td>
<td>4.1 (1.5)</td>
<td>5.0 (1.3)</td>
<td>&lt;.0001***</td>
</tr>
<tr>
<td>Social Scale</td>
<td>5.0 (1.8)</td>
<td>6.1 (1.7)</td>
<td>&lt;.0001***</td>
</tr>
<tr>
<td>Role Scale</td>
<td>4.5 (2.3)</td>
<td>6.0 (2.2)</td>
<td>&lt;.0001***</td>
</tr>
</tbody>
</table>

### Exhibit 2. Percent of Clients Experiencing Changes in Work and School

<table>
<thead>
<tr>
<th>Most Recent Interview</th>
<th>Not working or in school (%)</th>
<th>Working and/or in school (%)</th>
<th>Total (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not working or in school</td>
<td>28.5</td>
<td>29.4</td>
<td>57.9</td>
</tr>
<tr>
<td>Working and/or in school</td>
<td>6.3</td>
<td>35.8</td>
<td>42.1</td>
</tr>
<tr>
<td>Total</td>
<td>34.8</td>
<td>65.2</td>
<td>100</td>
</tr>
</tbody>
</table>

Sample sizes range from 385 to 467.
“What did you take away from the meeting?”
For Additional Information…

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