A Public Health Crisis

Iowa Ranks at the Bottom of the 50 states in Mental Health Care

Prevalence and Rate of Treatment

Lifetime prevalence - 1 of 2 people (1.5 M)
Annual prevalence - 1 of 4 experience a mental illness (mild, moderate, severe) - 750,000 people
4.1% severe mental illness - 123,000 people
Half of all lifetime cases begin by age 14
Three-quarters by age 25
13% of youth age 8-15 live with mental illness causing significant impairment in their day to day lives
This figure jumps to 21% in youth age 13-18.
Less than half get help.

Workforce - Services

Without adequate workforce, there is no mental health system, there are no services or beds
Iowa is: 47th for # of psychiatrists,
46th for # of psychologists
44th for overall mental health workforce availability
316 prescribers in the state
(150 psychiatrists in private practice, 146 ARNP’s and 20 PA’s with psychiatric emphasis)
Problems with poor reimbursement, high caseloads, frequent burn-out, enough training locations and dollars, incentives, loan forgiveness programs
Nationally, only 55% of psychiatrists accept insurance - they want cash and no interference from insurance to treat individuals
Dire need for direct care professionals, peers, home aides

Criminalizing a Medical Illness

Iowa builds prisons instead of recovery centers
40%+ of male inmates have mental illness
60%+ of female inmates have mental illness
70% have a substance use disorder
Local jails have larger percentages.
Beds are increasing in prison, reducing in the public sector
Nationally, there are 10X more people with mental illness in jails and prison than hospital beds
We’ve come full circle from the 1840’s - Dorothy Dix would find more persons with mental illness in jails and prisons than in hospital beds in 2015, just like she did in the 1840’s
People with mental illness and substance abuse need treatment, not punishment
We need investment in the public sector.

Stigma - Lack of knowledge about MI

A mental illness is a medical illness - a disease - a neurodevelopmental disorder, not a criminal offense
Mental Illness is an equal opportunity disease. It strikes families from all walks of life regardless of age, race, income, religion and education.
A flaw in brain chemistry, not character
An ambulance won't respond to a request for medical assistance, our help comes from law enforcement
Treatment is needed, not punishment
Those with severe mental illness die on average 25-30 years sooner than the general population

Beds - Acute Care, Sub-Acute, Crisis

47th in the nation for hospital beds based on our population
726 Acute care beds statewide (96 at MHI’s)
Comparison to 123,000 with severe mental illness
Beds are full every day, people are turned away for treatment, tragedies happen
No facility based subacute beds - only 5 ACT teams
5 crisis observation centers
No place outside of criminal justice system to place persons with challenging behaviors for which effective treatment has not been found
Southern half of state in extreme need given the closing of two MHI’s at Mt. Pleasant and Clarinda

Suicide

445 in Iowa in 2013 (17% increase) compared to 50 homicides
40,000 nationally compared to 20,000 homicides
Suicide is now the first cause of injury deaths, followed by car crashes, poisoning, falls and murder
Many who complete suicide have visited their medical doctor within one month of their death
Males complete suicide 4X the rate of females
Completed suicides are more likely to be men over 45 who are depressed or alcoholic.
Over 4600 youth die from suicide each year
Over 90% of those who complete suicide have a mental disorder - 1/3 have alcohol or other drugs in their system
In recent wars, there have been more suicides than combat deaths
22 veterans complete suicide every day

People who have experienced trauma are 3X more likely to experience depression, 4X more likely to abuse alcohol and 15 times more likely to attempt suicide.

www.namigdm.org
July. 2015