

# 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.

### *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)  
compared 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

### *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

### *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.

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](http://www.namigdm.org)  
July, 2015