



## GALLATIN COUNTY MENTAL HEALTH LOCAL ADVISORY COUNCIL

### 2012-2013 FACT SHEET

- ◆ **Approximately 23,940 of the 91,377 people in Gallatin County will suffer from mental illness this year.** Of those, about 5,483 will suffer from a serious mental illness like major depression, bipolar disorder or schizophrenia.<sup>1</sup> More than 8,224 residents suffer from substance abuse or dependence.<sup>2</sup>
- ◆ **Only 12.0% of people with mental illness receive minimally adequate treatment,**<sup>3</sup> despite the fact that the efficacy of treatment for mental illness and substance abuse disorders is well documented and has improved dramatically over the past 50 years.<sup>4</sup>
- ◆ **An estimated 5,394 people in Gallatin County have both a major mental illness and a substance disorder (Co-Occurring Disorder).** An estimated only 7.4% of these people received treatment for both conditions with 55.8% receiving no treatment at all.<sup>5</sup> Alcohol and Drug Services of Gallatin County reports that 58% of people requesting services in 2012 have both a substance disorder and mental illness. Of these, 64% of clients had no health insurance.<sup>6</sup>
- ◆ **Of the 18,824 children in Gallatin Valley, about 14-18% have mental, emotional and behavioral disorders,** including depression, conduct disorder, and substance abuse.<sup>7</sup>
- ◆ **The primary barriers to effective treatment are attitudinal, most commonly, a desire to or belief in needing to handle the problem on one's own.** Lack of access (especially in rural areas of the county) and lack of insurance (22.0% of county adults)<sup>8</sup> are additional barriers to treatment.<sup>9</sup>
- ◆ **Suicide continues to be a leading cause of death** in Gallatin County, with an annual average age-adjusted suicide rate of 17.3 deaths between 1999-2007.<sup>8</sup>
- ◆ **Serious mental illness costs America \$193.2 billion in lost earnings** per year, not counting people who are hospitalized, incarcerated or homeless.<sup>10</sup>
- ◆ **Mental illness or substance disorders are likely to be present in those confined to jails and juvenile facilities.** Approximately 24% of adults in jails and prisons have been diagnosed with serious mental illness. An estimated 70% of youth in the juvenile justice have mental health disorders.<sup>11</sup> Over 70% have drug or alcohol problems.<sup>12</sup>
- ◆ **Mental health impacts physical health.** People with mental illness have higher medical complications, including rates of high blood pressure, asthma, diabetes, heart disease, and strokes, are more likely to visit the Emergency Room, be hospitalized, and to utilize health care services for physical problems.<sup>13</sup>

---

<sup>1</sup> Kessler RC, Chiu WT, Demler O, Walters EE. (2005). Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). Archives of General Psychiatry, 62(6), 617-27.

<sup>2</sup> Substance Abuse & Mental Health Services Administration (SAMHSA). National Expenditures for Mental Health Services and Substance Abuse Treatment, 1993-2003.

<sup>3</sup> Wang PS, Lane M, Olson M, Pincus HA, Wells KB, Kessler RC. Twelve month use of mental health services in the United States. Archives of General Psychiatry, 62(6), 629-640.

<sup>4</sup> World Health Organization (2001) The World Health Report 2001: Mental Health – New Understanding, New Hope.

<sup>5</sup> Substance Abuse and Mental Health Services Administration. (2010). Results from the 2009 National Survey on Drug Use and Health: Mental health findings. Office of Applied Studies, NSDUH Series H-39, No. SMA 10-4609.

<sup>6</sup> Shelly Johnson, Director, Gallatin County Drug and Alcohol Services, October 4, 2012, personal communication.

<sup>7</sup> National Academy of Sciences (2011). Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities.

<sup>8</sup> Professional Research Consultants (2011). PRC Community Health Report: Gallatin, Madison & Park Counties, Montana. Sponsored by Bozeman Deaconess Hospital, Community Health Partners (CHP) and Gallatin City-County Health Department.

<sup>9</sup> Mojtabai R, Olfson, M, Sampson, N, Jin, R, Druss, B. (2011). Barriers to Mental Health Treatment: Results from the National Comorbidity Survey Replication (NCS-R). Psychological Medicine, 41(8), 1751-1761.

<sup>10</sup> Kessler RC, Heeringa S, Lakoma MD, Petukhova M, Rupp AE, Schoenbaum M, Wang PS, Zaslavsky AM: Individual and societal effects of mental disorders on earnings in the United States: results from the National Comorbidity Survey Replication. Am J Psychiatry 2008; 165:703–711.

<sup>11</sup> James, D. & Glaze, L. (2006) Mental health problems of prison and jail inmates, US Department of Justice, Bureau of Justice Statistics.

<sup>12</sup> National GAINS Center for People with Co-Occurring Disorders in the Justice System. (2004). The prevalence of co-occurring mental illness and substance use disorders in jails. Fact Sheet Series. Delmar, NY: Author.

<sup>13</sup> Substance Abuse & Mental Health Services Administration. (2012). The National Survey on Drug Use and Health Report. Retrieved from <http://www.samhsa.gov/data/2k12/NSDUH103/SR103AdultsAMI2012.pdf> on October 7, 2012.