

America's hospitals and health systems are committed to providing accessible, affordable and evidence-based care for behavioral health, which includes mental illness and substance use disorders. Caring for the whole person improves health and saves lives.

The Problem

Behavioral health conditions are widespread, often untreated and drive health care costs:

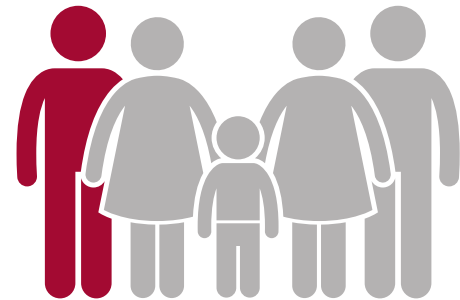
- Behavioral health disorders affect nearly 1 in 5 Americans.
- 70 percent of adults with a behavioral health disorder also have a physical health condition.
- People with certain mental health diagnoses live 7-24 years less than those without.
- Costs are 75 percent higher for people with both behavioral and physical conditions.
- Less than half the adults with any mental health disorder receive treatment.

Disparities in Access

Certain populations have less access to care, resulting in poorer health outcomes:

- While 48 percent of white adults with mental illness receive services, only 31 percent of African-American and Hispanic adults and 22 percent of Asian-American adults with mental illness receive services.
- LGBTQ Americans are at greater risk for depression and substance use disorders, and nearly one-third of LGBTQ youth are reported to have attempted suicide at least once in the past year.
- 60 percent of rural America is underserved for behavioral health needs, and more than 85 percent of the nation's behavioral health professional shortage areas are located in rural America.

Chart 1: Prevalence of Mental Illness

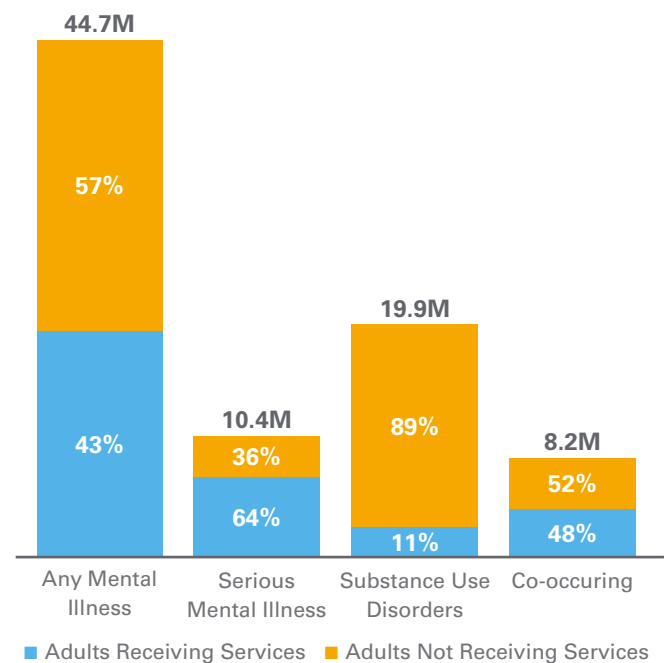


1 in 5 Americans

is affected by a behavioral health disorder

Source: www.samhsa.gov, 2017.

Chart 2: Behavioral Health Disorders in U.S. Adults and Access to Services, 2016 (in millions)



Source: Substance Abuse and Mental Health Services Administration (SAMHSA). (2017). *Key Substance Use and Mental Health Indicators in the United States: Results from the 2016 National Survey and Drug Use and Health* (HHS Publication No. SMA 17-5044, NSDUH Series H-52).

Hospitals and Health Systems are Taking Action

Hospitals and health systems are innovating to improve care for patients, save lives and lower costs:

- Yale New Haven Hospital implemented a delirium prevention program and showed 30 percent lower incidence of delirium and a projected \$16.5 million annual reduction in inpatient costs.
- Robert Young Center for Community Mental Health, an affiliate of UnityPoint Health-Trinity, instituted a patient-centered care model that reduced emergency department visits by 46 percent, psychiatric admissions by 50 percent, and medical admissions for patients with behavioral health diagnoses by 17 percent.
- Henry Ford Health System saw a 75 percent reduction in the rate of suicide among patients receiving behavioral health care following implementation of its Perfect Depression Care initiative.

Barriers Remain

We support policy changes to improve access to behavioral health care:

- Support workforce development by increasing funding for training and development of behavioral health professionals.
- Increase access to care by protecting insurance coverage for behavioral health services.
- Improve reimbursement rates for evidence-based care by enforcing parity laws and developing new payment models.

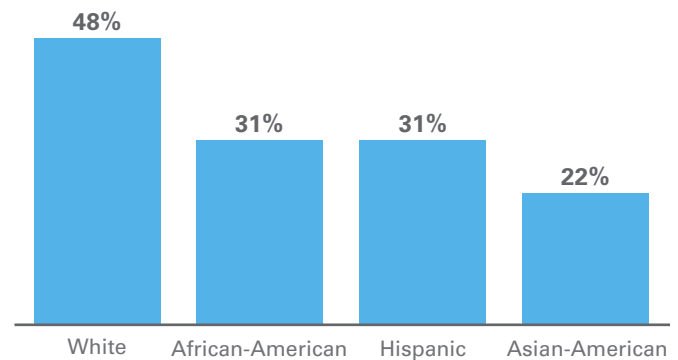
Find more information on the prevalence of behavioral health disorders, barriers to care and how hospitals and health systems are working to care for patients from the emergency department to the home in AHA's new *TrendWatch*. www.aha.org/advocacy/access-and-health-coverage/access-behavioral-health

Chart 3: Some Mental Health Diagnoses Decrease Life-expectancy More than Heavy Smoking



Source: Chesney, E., et al. (2014). Risks of all-cause suicide mortality in mental disorders: a meta-review. *World Psychiatry*. <https://www.ncbi.nlm.nih.gov/pubmed/24890068>.

Chart 4: Percent of Adults with Mental Illness Who Received Services



Source: American Psychiatric Association (APA). (2017). *Mental Health Disparities: Diverse Populations-FAQ: Mental Health Facts for Diverse Populations*. <https://www.psychiatry.org/psychiatrists/cultural-competency/mental-health-disparities>.

Chart 5: Strategies Identified from Health System Case Studies to Increase Access to Behavioral Health Services

