Mental Health Colorado’s work

We work across Colorado to
- End stigma
- Promote mental health
- Ensure equitable access to treatment and support

Suicide in Colorado

Suicide Rates among Adults (per 100,000), 2017

- 14 in Colorado
- 3 in US

Suicide Modalities in Colorado, 2017

- Solid or liquid substance: 3.4%
- Sharp object: 1.6%
- Hanging: 1.2%
- Gases and vapors: 1.1%
- Drugs: 12.9%
- Hanging: 24.7%
- Firearms: 50.3%

Colorado adults and suicide

Colorado ranks in the top ten states for suicide death rates

- 45% of Colorado suicide deaths have increased by 45% since 2000

People who use alcohol and drugs are 16 times more likely to die by suicide than the general population

- 16x

Colorado youth and suicide

The percentage of Colorado high school students who in the last year...

- 17% had serious thoughts of suicide
- 13% made a suicide plan
- 7% made a suicide attempt

Suicide is the LEADING cause of death among 10-14 year olds in Colorado

- 45% had considered suicide
- 34% made a suicide plan
- 20% made a suicide attempt

The percentage of Colorado lesbian, gay or bisexual youth who in the last year...

- 45% considered suicide
- 34% made a suicide plan
- 20% made a suicide attempt

Serious thoughts of suicide in Colorado by age group

- 7.5% in 2013-2014
- 8.6% in 2014-2015
- 9.0% in 2015-2016
- 5.4% in 2016-2017

Source: National Survey on Drug Use and Health, 2019
Suicide plans and attempts among high school students

- Seriously considered attempting suicide: 17% in Colorado, 17% in the US
- Made a plan about how they would attempt suicide: 14.8% in Colorado, 12.8% in the US
- Attempted suicide one or more times: 7.0% in Colorado, 7.4% in the US

Source: CDPHE, Healthy Kids Colorado, 2018; US Department of Health and Human Services, 2018

Prevalence of mental health and substance use disorders

- The percentage of adults who, in the past year, met diagnostic criteria for...
- any mental illness: 19%
- any substance use disorder: 8%
- serious mental illness: 5%
- alcohol use disorder: 6%
- drug use disorder: 3%

Source: SAMHSA, 2017

Percentage of Coloradans reporting poor mental health

Source: Colorado Health Institute, 2018, An Unmet Challenge

Colorado overdose rates

Drug overdose rates in Colorado have more than DOUBLED since 2000

- 2000: 7.8 per 100,000 people
- 2017: 17.6 per 100,000 people


Alcohol dependence or abuse in the past year among ages 12 or older

Source: Colorado Health Institute, 2018, An Unmet Challenge

Illicit drug dependence or abuse in the past year among ages 12 or older

Source: Colorado Health Institute, 2018, An Unmet Challenge
Percentages reporting substance use disorders in the past year

<table>
<thead>
<tr>
<th>Age Group</th>
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<tbody>
<tr>
<td>12+</td>
<td>8.9%</td>
<td>7.4%</td>
</tr>
<tr>
<td>12-17</td>
<td>5.6%</td>
<td>4.6%</td>
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Source: National Survey on Drug Use and Health, 2019

Behavioral health care is health care

- Over 30% of hospital inpatient stays are estimated to be related to mental health and/or substance use.
- 13% of mental health discharges from the hospital are readmitted within 30 days.
- 10% of all substance use discharges from the hospital are readmitted within 30 days.
- 1 in 8 of emergency department visits are due to mental health or substance use.

Source: Heslin et al., 2012

Our health care systems play a role in preventing suicide

- Many people who die by suicide are being treated for a behavioral health problem:
  - 33% of people who died by suicide reported a problem with alcohol prior to their death.
  - 32% of people who died by suicide were being treated for a mental health disorder at the time of their death.

Source: COHPH, Colorado Violent Death Reporting System, 2017

Access to mental health and substance use services

- Many Coloradans do not receive needed behavioral health care:
  - 8% of Coloradans needed but did not receive mental health or substance use services.

Source: Colorado Health Institute, 2017 Colorado's New Normal

- Stigma plays a role in Coloradans not receiving needed services:
  - 31% of people who need mental health and substance use services do not receive them because they believe it is too stigmatizing to talk about their problems.

Source: Colorado Health Institute, 2017 Colorado's New Normal

Reasons Coloradans who needed behavioral health care did not receive it

- Concerned about the cost of treatment:
  - 11% of Coloradans who needed behavioral health care did not receive it because of the cost of treatment.

Source: Colorado Health Institute, 2017 Colorado's New Normal

Percentages needing but not receiving treatment for substance use in the past year

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Source: National Survey on Drug Use and Health, 2019

Reasons Coloradans who needed behavioral health care did not receive it

- Concerned about the cost of treatment:
  - 11% of Coloradans who needed behavioral health care did not receive it because of the cost of treatment.

Source: Colorado Health Institute, 2017 Colorado's New Normal

- Did not think they had a problem:
  - 4% of Coloradans who needed behavioral health care did not receive it because they did not think they had a problem.

Source: Colorado Health Institute, 2017 Colorado's New Normal

- Concerned about what would happen if someone found out they had a problem:
  - 51% of Coloradans who needed behavioral health care did not receive it because they were concerned about confidentiality.

Source: Colorado Health Institute, 2017 Colorado's New Normal

- Did not feel comfortable talking with a health professional about their personal problems:
  - 16% of Coloradans who needed behavioral health care did not receive it because they did not feel comfortable talking with a health professional.

Source: Colorado Health Institute, 2017 Colorado's New Normal

- Did not have time to get an appointment:
  - 55% of Coloradans who needed behavioral health care did not receive it because they did not have time to get a appointment.

Source: Colorado Health Institute, 2017 Colorado's New Normal

- Mental Health Treatment:
  - 97% of Coloradans who needed behavioral health care did not receive it because they did not have time to get a appointment.

Source: Colorado Health Institute, 2017 Colorado's New Normal

- Substance Use Treatment:
  - 97% of Coloradans who needed behavioral health care did not receive it because they did not have time to get a appointment.

Source: Colorado Health Institute, 2017 Colorado's New Normal
Percentage who needed but did not receive needed mental health care in the past 12 months

Source: Colorado Health Institute, 2018, An Unmet Challenge

Availability of mental health and substance use services

Source: Colorado Health Institute, 2018, Providing Medication Assisted Treatment in Colorado

What can individuals do?

- Share your own stories of struggle and recovery
- Encourage people to seek help for mental health and substance use concerns
- Avoid labels
- Talk with people who might be struggling
- Become an advocate—join the brainwave
- Volunteer in your community
- Contact local health department to support implementation of health improvement plan
- Work with schools and Early Childhood Councils

What can local government do?

- Engage community to reduce stigma
- Assist people in locating treatment and support resources
- Promote healthy activities
- Support law enforcement’s participation in CIT and co-responder approaches
- Strive for equity and inclusion
- Engage in community planning efforts
- Implement strategies outlined in Early Childhood Toolkit
- Support schools in implementing best practices
- Provide local data through the Data Dashboard providing county and health services region data on key indicators
- Champion state legislation in support of underserved areas
- Assist communities to locate funding for specific efforts
- Offer technical assistance to school districts on implementation of School Toolkit
- Assist in understanding existing funding streams and state and federal program requirements
- Provide communications and technical support for local efforts to expand resources

How can Mental Health Colorado help local communities?

- Provide local data through the Data Dashboard providing county and health services region data on key indicators
- Champion state legislation in support of underserved areas
- Assist communities to locate funding for specific efforts
- Offer technical assistance to school districts on implementation of School Toolkit
- Assist in understanding existing funding streams and state and federal program requirements
- Provide communications and technical support for local efforts to expand resources
Join the Brain Wave

MENTAL HEALTH COLORADO

Text "TAKEACTION" to 66866
mentalhealthcolorado.org

Local Communities Resource Guide

A web-based resource guide for advocates and local communities working to improve availability and access to mental health and substance use services

Coming in 2019