

HB20-1113 – “MENTAL HEALTH EDUCATION RESOURCES”

This bill is comprised of three components:

1. Creation of a standalone website that will contain a comprehensive database of all mental and behavioral health services in Colorado and along its borders.
Currently there are no resources of this kind in the state.
 2. A targeted digital campaign to reach underserved groups (i.e, youth, rural, Latinx, LGBTQ, veterans, and seniors) with information on mental health resources in their area. ***There have been no campaigns of this kind in Colorado.***
 3. Include mental health first aid curricula in approved continuing education credits for all state employees.
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MENTAL ILLNESS IS A REAL PROBLEM

- Depression is the leading cause of disability worldwide.
- 43.8 million American adults experience mental illness in a given year.
- Colorado's suicide rate of 19.1 per 100,000 residents (2012) is the nation's sixth highest.
- Coloradans ages 45-54 have the highest rates of death by suicide.

IMPACTS OF MENTAL ILLNESS ON CHILDREN

- 1 in 5 children aged 13-18 have, or will have, a serious mental illness.
- Suicide is the 3rd leading cause of death in youth ages 10-24.
- Colorado is #1 in teen suicides in the U.S.
- 6.6% of adolescents contemplated suicide one or more times during the past 12 months.

MENTAL HEALTH VARIES BY RACE/ETHNICITY, GENDER, AND LOCATION

- Both black and Hispanic Coloradans are more likely than whites to say they have serious psychological distress, but they are less likely to receive treatment.
- 90% of Hispanics agree that mental health treatment can help people lead a normal life, five percentage points lower than non-Hispanic whites.
- Colorado males are more than three times as likely to commit suicide as females.
- Teen girls are twice as likely as boys to report feeling depressed.
- A higher percentage of Coloradans living in rural and frontier communities commit suicide than those in more urban counties.
- Nearly half of LGB students have seriously considered suicide compared to 11.7% of heterosexual students.
- Transgender Coloradans contemplated suicide at 9 times the rate (36%) as all Coloradans (4%) in 2014.

ECONOMIC IMPACTS OF MENTAL ILLNESS

- 1 in 8 of all visits to the U.S. emergency departments are related to mental and substance use disorders.
- Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity
- At least 8.4 million Americans provide care to an adult with an emotional or mental illness.

ACCESS TO MENTAL HEALTH CARE IS A CHALLENGE

- 39 counties do not have a practicing psychiatrist.
- 22 counties do not have an active licensed psychologist.
- 34% of Coloradans who didn't get needed care said they had trouble getting an appointment (2015)
- 442,000 Coloradans said they are not receiving care they said they need (2015)

THE STIGMA OF RECEIVING MENTAL HEALTH CARE IS ON THE RISE

- Nearly 1 in 10 Coloradans say there was a time they didn't receive needed mental health care. **1 in 4 said it was because they were worried what would happen if others found out.**
- Seniors are the least likely to report poor mental health.

STUDIES SHOW THAT SOCIAL MARKETING CAMPAIGNS YIELD ECONOMIC BENEFITS

- Individuals in need of treatment who were exposed to social marketing campaigns were more likely to seek treatment.
- Use of behavioral health services is associated with increased productivity and employment.
- Benefit-cost analysis for California campaign showed that increased productivity and employment returned \$1,251 to the state for every \$1 invested.
- Colorado is not investing enough in these efforts.