


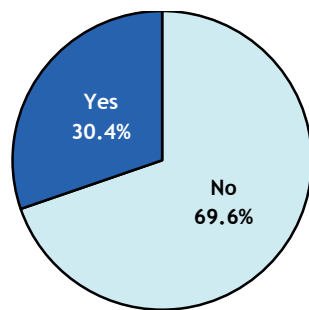
Mental Health

Why It Is Important

Mental health problems include depression, anxiety disorders, and psychotic disorders such as schizophrenia, attention-deficit/hyperactivity disorder and conduct disorder. A recent study found that 7.6 million out of 32 million (about 1 in 4) hospital stays by Americans ages 18 and older involved mental illness or alcohol or other drug disorders.²⁸ Access to quality mental health services is often difficult for many people, but often more so for people with low incomes. Compared with coverage of physical health issues, private insurance has generally been more restrictive in coverage of mental health illness. Public insurance programs such as Medicare and Medicaid also impose limitations on mental health coverage.²⁹

Timely and appropriate treatment for mental health issues can sometimes shorten the duration of symptoms or lessen the impact of the illness on the person’s quality of life. Depression is the most common mental health disorder, affecting more than 19 million adults in the United States.³⁰ In any given year, about one in ten American adults suffer from a depressive disorder.³¹ It is estimated that more than two-thirds of those who commit suicide each year suffered from depression.³² Often, health professionals, such as primary care physicians, are the first to discuss and diagnose mental health issues.

Figure 88:  During the Past 12 Months, Did You Ever Feel so Sad or Hopeless Almost Every Day for Two Weeks or More in a Row That You Stopped Doing Some Usual Activities? 2008



Source: Applied Survey Research, *Stanislaus County Community Health Assessment Survey*, 2008.

N=2,653

²⁸ Join Together: Advancing Effective Alcohol and Drug Policy, Prevention and Treatment, “Community Hospitals Hit Hard by Addiction, Mental Illness,” April 11, 2007.

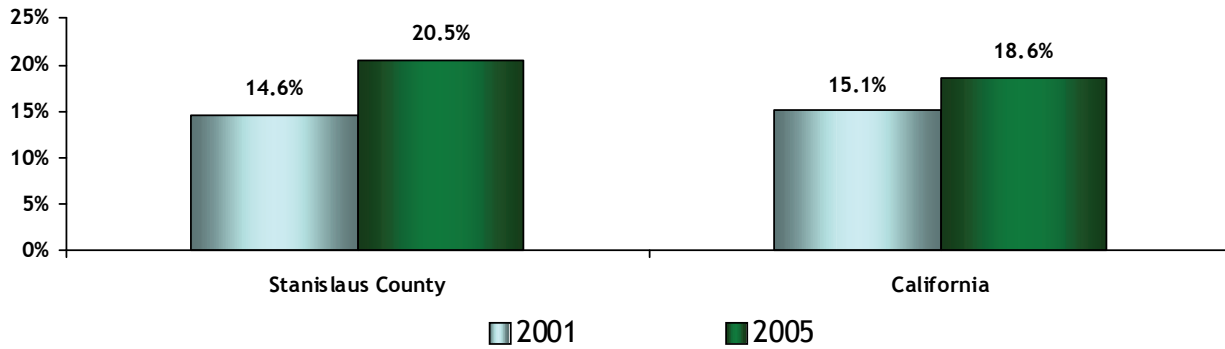
²⁹ The Office of the Surgeon General, *Mental Health: A Report of the Surgeon General*, 1997.

³⁰ U.S. Department of Health and Human Services, *Mental Health: A Report of the Surgeon General*, Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services, National Institutes of Health, National Institute of Mental Health, 1999.

³¹ U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, National Institute of Mental Health, *Depression*, 2002.

³² U.S. Department of Health and Human Services, *Mental Health: A Report of the Surgeon General*, Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services, National Institutes of Health, National Institute of Mental Health, 1999.

Figure 89:  **Percentage of Adults, Ages 18 Years and Older, Who Needed Help for Emotional or Mental Health Problems**



Source: 2001 and 2005 California Health Interview Survey.
 Stanislaus County 2001 N: 313,000; 2005 N: 351,000.
 California 2001 N: 24,466,000; 2005 N: 26,291,000.
 Note: Comparable data not available for 2003.


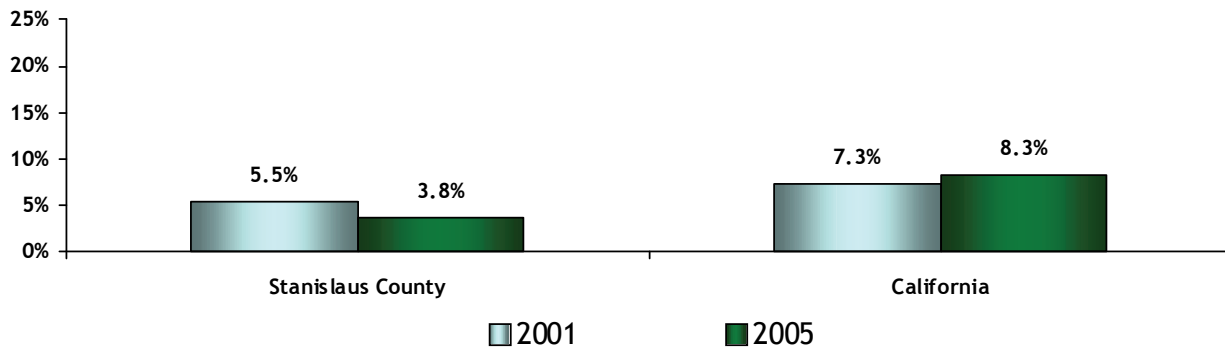
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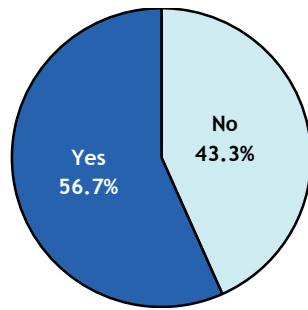
Figure 90:  **Percentage of Adults, Ages 18 Years and Older, Who Saw a Health Professional for Emotional or Mental Problems**



Source: 2001 and 2005 California Health Interview Survey.
 Stanislaus County 2001 N: 314,000; 2005 N: 351,000.
 California 2001 N: 24,535,000; 2005 N: 26,291,000.
 Note: Comparable data not available for 2003.

 **New data not available**

Figure 91:  **If You Needed Mental Health Treatment (Counseling or Other Help) in the Last 12 Months, Were You Able to Receive It? 2008**



Source: Applied Survey Research, *Stanislaus County Community Health Assessment Survey, 2008.*


N=1,383

Note: Chart reflects those respondents who indicated that they needed mental health treatment in the last 12 months.

Figure 92:  **If You Needed Mental Health Treatment in the Last 12 Months and Were Unable to Receive It, Why Couldn't Receive It? (Mark All That Apply), 2008**

Response	Frequency	Percent
No insurance	256	62.4
Couldn't afford it	96	23.3
Didn't know where to go	75	18.3
Insurance wouldn't cover it	62	15.1
Uncomfortable asking for help	60	14.5
Couldn't afford co-pay	38	9.2
Lack of services/services unavailable	36	8.7
Unable to find doctor to accept public health insurance	35	8.4
Transportation issues	31	7.5
Unable to communicate due to language or cultural differences	29	7.2
Doctor's office hours were not convenient	15	3.7
No follow-up from providers	3	0.7
Other	10	2.4
Total respondents	411	-
Total responses	745	-

Source: Applied Survey Research, *Stanislaus County Community Health Assessment Survey, 2008.*

Figure 93:  If You Didn't Get Professional Mental Health Assistance, Did You Go to Any of the Following for Help? (Mark All That Apply) Those Responding "Yes," 2008

Response	Frequency	Percent
Friend	141	26.0
Family	137	25.2
Church	108	19.8
Doctor	61	11.2
Spouse	53	9.8
Pastor/minister	45	8.2
Social services provider	39	7.2
Teacher	7	1.3
None of the above	244	44.7
Total respondents	545	-
Total responses	835	-

Source: Applied Survey Research, *Stanislaus County Community Health Assessment Survey, 2008*.

Data Summary

According to CHIS, in 2005, 21% of Stanislaus County adults and 19% of California adults were in need of help for an emotional or mental health problem, which was an increase from 15% since 2001 for both regions. Although 21% of Stanislaus County adults reported needing mental help, only 4% saw a health professional for emotional or mental problems in 2005.

Thirty percent (30%) of survey respondents reported having felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. Of those who needed mental health treatment in the last 12 months, 43% were unable to receive treatment. The most common reasons for being unable to receive treatment were "no insurance" (62%), "couldn't afford it" (23%), "didn't know where to go" (18%), "insurance wouldn't cover it" (15%), and "uncomfortable asking for help" (15%). For those who didn't get professional mental health assistance, the most common resources to whom people turned were "friend" (26%), "family" (25%), "church" (20%), "doctor" (11%), and "spouse" (10%).