

# Mental Health in Colorado

## Five Things to Know

Mental health is critical to each person's overall health and well-being. Leaders across the state are increasingly focusing on improving the mental health of Colorado's residents and communities. This work will have far-reaching implications for the state's businesses, public institutions and the economy.

The Colorado Health Institute has identified these five key trends related to mental health in Colorado.

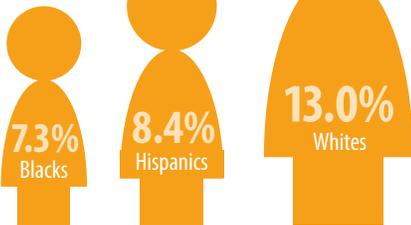
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### Mental Health Varies by Race/Ethnicity, Gender and Location.

#### Race/Ethnicity

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.

Are taking medication or are being treated for an emotional problem:



90%

of Hispanics agree that mental health treatment can help people lead a normal life, five percentage points lower than non-Hispanic whites.

#### Gender



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.



2

### Mental Health Also Varies by Age and Stage of Life.

#### Teens, High School Aged

24.3%

stopped doing some of their usual activities because they felt sad or hopeless almost every day for two consecutive weeks. Colorado ranked 9th best among all states.

#### Adults, 18-64

14.0%

reported that their mental health was not good eight or more days in the past month, a state ranking of 12th best.

#### Seniors 65 and Above

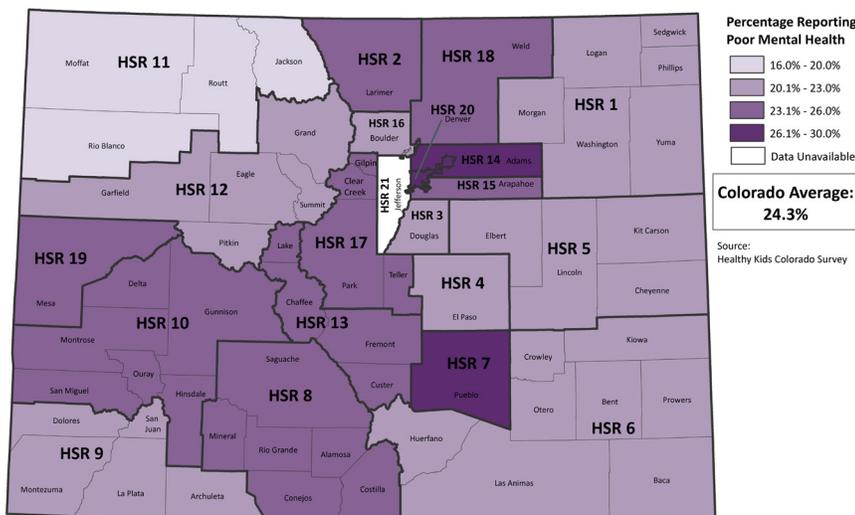
7.7%

reported poor mental health for eight or more days in the past month, a state ranking of 11th best.

#### Location

#### Teen mental health varies greatly across the state.

High schoolers on the Eastern Plains and in the Northwest corner report the lowest rates of depression. The urban counties of Adams and Pueblo report the highest rates, followed closely by some mountain regions.



Percentage of Colorado high school students who report feeling so sad or hopeless almost every day for two consecutive weeks in the past year that they stopped doing their usual activities (2013).

3

### Suicide: A Pressing Concern.

Colorado's suicide rate of 19.1 per 100,000 residents (2012) is the nation's sixth highest.

Despite concerted efforts, the state has not been able to lower this rate.

A higher percentage of Coloradans living in rural and frontier communities commit suicide than those in more urban counties.

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### Access to Mental Health Care is a Challenge.

The doctor is

OUT

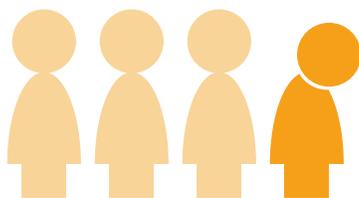
39 counties do not have a practicing psychiatrist.

22 counties do not have an active licensed psychologist.

It is becoming more difficult to get a mental health appointment. In 2015, **34.0 percent of Coloradans** who didn't get needed care said they had trouble getting an appointment, up from **30.5 percent** in 2013.

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### The Stigma of Receiving Mental Health Care Is On the Rise.



Stigma still prevents many from receiving needed mental health care. Nearly one of 10 Coloradans say there was a time they didn't receive needed mental health care. Of those, more than **one of four** said it was because they were worried what would happen if others found out.

#### If you did not get needed mental health care over the past 12 months, why?

All that apply

	2013		2015
You were concerned about the cost of treatment	75.6%	↓	57.3%
You did not think your health insurance would cover it*	55.3%	↓	43.3%
You were uninsured**	77.5%	↓	65.2%
You did not feel comfortable talking about personal problems with a health professional	31.0%	↑	40.2%
You were concerned about what would happen if someone found out you had a problem	19.8%	↑	27.6%
You had a hard time getting an appointment	30.5%	↑	34.0%

\* Asked of those insured during the past year \*\* Asked of uninsured during the past year SOURCE: 2015 Colorado Health Access Survey

## A Ray of Hope: Promising Initiatives

#### Integration: Colorado Works to Transform Health Care

Colorado has received a \$65 million State Innovation Model (SIM) award to integrate behavioral and physical health care for 80 percent of Coloradans by 2019, with the goal of reducing barriers to making mental health care available in a variety of settings.

#### Mental Health First Aid Colorado

This evidence-based training program designed to empower people to identify, understand and respond to those experiencing a mental health crisis has trained more than 15,000 people. Its goal is to train 100,000 by 2020.

#### Colorado Crisis Services

A support line that is always open to connect those in need with a mental health professional who can provide immediate support as well as additional resources. Eleven walk-in crisis services around the state offer in-person support.



### Want to Learn More?

Colorado Health Institute experts are available to present at your meetings. Call us at **303.831.4200** or visit [www.coloradohealthinstitute.org](http://www.coloradohealthinstitute.org)

#### Data Sources

<http://bit.ly/1F2IEb9>