

# MENTAL HEALTH Health Issue Brief

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Sedgwick County Health Department | 316-660-7300 | www.sedgwickcounty.org



## Defining the Issue of Mental Health

Mental health refers to the successful performance of mental function that results in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity.<sup>5</sup>

Mental health is essential to personal well-being, family and interpersonal relationships, and contribution to community or society. Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning.<sup>6</sup>

Mental illnesses are common in the United States and can begin at any age. This issue brief will address mental illness in general, as the issue has many moving parts and cannot be comprehensively addressed in one brief.



## Mental Health in the United States - Consequences and Impact

One in five adults, approximately 43.8 million Americans, experience mental illness in a given year. One in 25 (10 million) Americans, live with a serious mental illness (SMI) - such as schizophrenia, major depression or bipolar disorder.<sup>3</sup>

According to the **National Survey on Drug Use and Health (NSDUH)**, any mental illness (AMI) and serious mental illness (SMI) can range in impact from no or mild impairment to a significantly disabling impairment which substantially interferes with or limits one or more major life activities.<sup>4</sup>

Nationwide, approximately 26 percent of homeless adults living in shelters live with SMI. Roughly 24 percent of state prisoners have a "recent history of a mental health condition," and about 8.4 million adults have co-occurring mental health and addiction disorders.<sup>3</sup>

Suicide is the 10th leading cause of death in the United States. In 2013, 70 people committed suicide in Sedgwick County. Twenty-seven of those suicides (35 percent) were of child-bearing and child-rearing ages 25 to 44 and 19 (25 percent) were between ages 45 and 64. Of the three race/ethnic groups queried (whites, blacks, and others); the largest group to commit suicide was whites, with 46 males (61 percent) and ten females (13 percent).<sup>1</sup>

Table 1 - Prevalence of Mental Illness by Diagnosis in America

1.1 percent or 2.4 million American adults live with schizophrenia.

2.6 percent or 6.1 million American adults live with bipolar disorder.

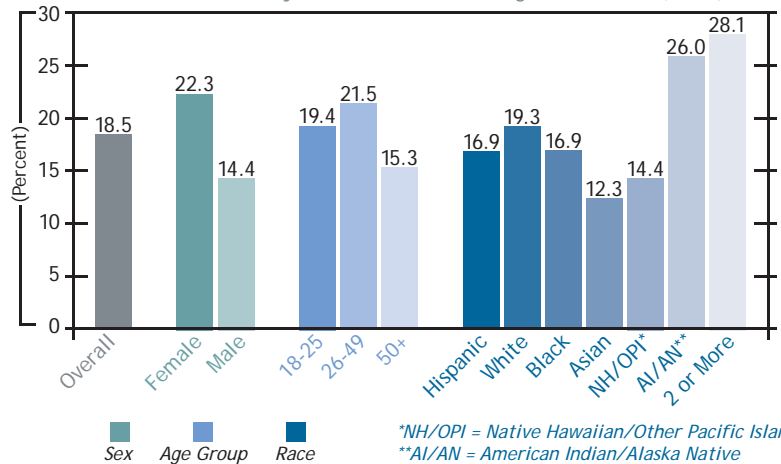
6.9 percent or 16 million American adults live with major depression.

18.1 percent or 42 million American adults live with anxiety disorders.

Information shown in the graph to the right indicates that mental illness is more prevalent among females and people between the ages of 26 to 49. While whites show a high prevalence of mental illness, the groups American Indian/Alaskan Native and "two or more" have the highest percentages.

Sources for the graph: SAMHSA, National Institute of Mental Health (NAMI), Any Mental Illness (AMI) Among Adults

Prevalence of Any Mental Illness Among U.S. Adults (2013)



\*NH/OPI = Native Hawaiian/Other Pacific Islander  
\*\*AI/AN = American Indian/Alaska Native

# MENTAL HEALTH

## Health Issue Brief

### Mental Health in Sedgwick County, KS

In Sedgwick County, 19.5 percent of adults reported having been diagnosed with a depressive disorder compared to 80.5 percent who reported NEVER having been diagnosed with a depressive disorder. Over 40 percent reported their physical or mental health kept them from normal activities such as self-care, work or recreation.

More than 70,000 calls are processed through the Sedgwick County Community Crisis Center's (CCC) crisis hotline in a given year. In addition to telephone intervention, the CCC provides face-to-face intervention services and a mobile crisis unit. While there are over 200 classified forms of mental illness, the five major categories of mental illness are shown below.<sup>2</sup>

- |                                   |                  |
|-----------------------------------|------------------|
| Anxiety Disorders                 | Mood Disorders   |
| Schizophrenia/Psychotic Disorders | Eating Disorders |
| Dementias                         |                  |

COMCARE Crisis Hotline

**316-660-7500**

24 hours a day, 7 days a week



The Sedgwick County Community Crisis Center (CCC) is now located at 635 N. Main, Wichita, KS.

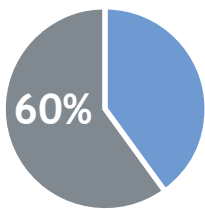


### Delays in Seeking Help

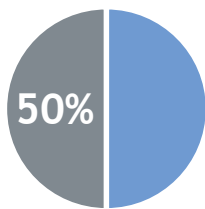
The average age for the onset of symptoms in youth is 14 and yet the average age for seeking treatment is 24. False perceptions, stigmatization, general misunderstanding and religious beliefs are some contributing factors to people not seeking diagnosis of mental illnesses and treatment for their symptoms.

As shown in the charts below, nearly 50 percent of youth aged 8 to 15 received no mental health services in the previous year. In the past year, African Americans and Hispanics used mental health services at about half the rate of whites. Asian Americans used mental health services at about one third of that rate. Delays in seeking treatment range from six years to more than 20 years, during which the disorder often worsens and becomes more disruptive.<sup>6</sup>

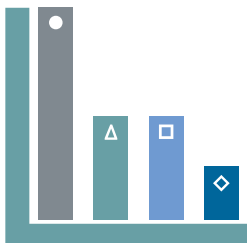
#### Treatment in America



Nearly 60 percent of adults with a mental illness didn't receive mental health services in the previous year.<sup>6</sup>



Nearly 50 percent of youth aged 8-15 didn't receive mental health services in the previous year.<sup>6</sup>



African Americans (Δ) and Hispanic Americans (□) used mental health services at about 1/2 the rate of Whites (●) in the past year and Asian Americans (◇) at about 1/3 the rate.

### Resourceful Ways to Deal with Mental Illness

Talk with your doctor

Visit the National Alliance on Mental Illness (NAMI) website at [www.NAMI.org](http://www.NAMI.org)

Visit COMCARE's website at [www.sedgwickcounty.org](http://www.sedgwickcounty.org)

Learn more about mental illness by participating in Mental Health First Aid classes offered by COMCARE

Connect with other individuals and families

#### Sources List:

1. KDHE Bureau of Epidemiology and Public Health Informatics, Kansas Information in Communities (KIC), 2013. Web. 22 Dec. 2015. <[http://kic.kdheks.gov/death\\_new.php](http://kic.kdheks.gov/death_new.php)>.
2. Sedgwick County Government, COMCARE Mental Health Emergencies, 2015. Web. 22 Dec. 2015. <<http://www.sedgwickcounty.org/comcare/crisis.asp>>
3. National Alliance of Mental Illness (NAMI), Mental Illness FACTS AND NUMBERS, Statistics: Any Disorder Among Adults. 2013. Web. 22 Dec. 2015. <<http://www.nami.org/NAMI/media/NAMI-Media/Infographics/GeneralIMHfacts.pdf>>.
4. National Institute of Mental Health (NIMH), Any Mental Illness (AMI) Among Adults, 2013. 22 Dec. 2015. <<http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-us-adults.shtml>>.
5. Sedgwick County Government, Sedgwick County Health Department 2012 Data Book, pg 40. Web. 22 Dec. 2015. <<http://www.sedgwickcounty.org/healthdept/reports/DataBook.pdf>>.
6. Statistics provided by National Institute of Mental Health (NIMH). Graph information by National Alliance on Mental Illness (NAMI), 2015. 22 Dec. 2015. <<http://www.nami.org/NAMI/media/NAMI-Media/Infographics/GeneralIMHfacts.pdf>>.



*Sedgwick County...  
working for you*

For more information, contact the Sedgwick County Health Department

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