Why talk about Affordability and Mental Health?
Minnesota prevalence of emotional disturbance (children) and mental illness (adults)

**Children**
- **Resilience**: About 20% of the population experience challenges in emotional well-being and development
- **Emotional disturbance**: About 13% of the population in a given year
- **Severe emotional disturbance**: About 7% in a given year

**Adults**
- **Mental health**: About 20% of the population experience challenges in mental well-being
- **Mental illness**: About 15% of the population in a given year
- **Serious mental illness**: About 3% of population in a given year
- **Serious and persistent mental illness**: About 2% in a given year

**Source**: Governor’s Task Force on Mental Health, 2016
Suicide rate increasing


Source: Minnesota Department of Health 2019
**Mortality**

Among comparable countries, the U.S. has the highest rate of death from mental health and substance use disorders.

Age standardized death rate per 100,000 population due to mental health and substance use disorders, both sexes, 2015

<table>
<thead>
<tr>
<th>Country</th>
<th>Death Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>12.0</td>
</tr>
<tr>
<td>France</td>
<td>6.5</td>
</tr>
<tr>
<td>Germany</td>
<td>6.2</td>
</tr>
<tr>
<td>Sweden</td>
<td>5.9</td>
</tr>
<tr>
<td>Canada</td>
<td>5.8</td>
</tr>
<tr>
<td>Austria</td>
<td>5.8</td>
</tr>
<tr>
<td>Australia</td>
<td>5.6</td>
</tr>
<tr>
<td>Switzerland</td>
<td>5.3</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>5.2</td>
</tr>
<tr>
<td>Comparable Country Average</td>
<td>4.9</td>
</tr>
<tr>
<td>Belgium</td>
<td>4.8</td>
</tr>
<tr>
<td>Netherlands</td>
<td>2.5</td>
</tr>
<tr>
<td>Japan</td>
<td>0.9</td>
</tr>
</tbody>
</table>

Mental Health Access

Areas of designated shortages of mental health providers

Source: Minnesota Department of Health Office of Rural Health, 2016
Mental Health Access

Areas of designated shortages of mental health providers
Mental Health Needs in EDs

In Minnesota, ED visits for mental health (including substance abuse) increased 75% from 2010-2017, while total ED visits increased 16.2%.

Source: MN Department of Health
### Estimated cost & savings with integration of medical and behavioral health care

<table>
<thead>
<tr>
<th>Payer</th>
<th>Total Claims (in billions)</th>
<th>Cost Savings (in billions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commercial</td>
<td>$1,098</td>
<td>$19-38</td>
</tr>
<tr>
<td>Medicare</td>
<td>$561</td>
<td>$6-12</td>
</tr>
<tr>
<td>Medicaid</td>
<td>$531</td>
<td>$12-17</td>
</tr>
<tr>
<td>Total</td>
<td>$2,191</td>
<td>$38-68</td>
</tr>
</tbody>
</table>

Source: Potential economic impact of integrated medical-behavioral healthcare, Milliman Jan 2019
Affordability for patients

Of the 21% of respondents polled in April 2016 who reported they or a family member did not receive needed mental health care, the following percentage reported the reason for foregoing care as:

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Couldn't afford the cost</td>
<td>13%</td>
</tr>
<tr>
<td>Insurance wouldn't cover it</td>
<td>12%</td>
</tr>
<tr>
<td>Afraid or embarrassed to seek care</td>
<td>10%</td>
</tr>
<tr>
<td>Didn't know where to go to get care</td>
<td>8%</td>
</tr>
</tbody>
</table>

Source: Kaiser Family Foundation Health Tracking Poll: April 2016 • Get the data • PNG