Information for your “Needs Statement”

• One in four adults in the U.S. experiences a diagnosable mental illness in a given year. Six percent have a serious mental illness. Nearly half of all adults in the U.S. will have a diagnosable mental health condition in their lifetime.

• According to the Texas Department of State Health Services, less than one-third (44,787 or 28.9%) of 154,724 Texas children with severe emotional disturbance received treatment through community mental health services. Only 156,880 (33.6%) of 488,520 adults with serious and persistent mental illness received services through the community mental health system.

• While the population in Texas has increased and become more diverse and health care needs have grown more complex, the supply of psychologists and social workers has remained flat, causing an overall decline in the ratio of provider to population.

• North Texas is does not have enough mental health workers to meet the demand—The mental health professional shortage is especially acute in North Texas where 20 out of 27 counties in the region (including Dallas and Tarrant Counties) are designated at Mental Health Professions Shortage areas. Even in those seven counties that do not have a shortage, providers cannot keep up with the demand as community members from more other areas are driving to other counties to access services. To determine if your county is a mental health professional shortage area, see: http://bhpr.hrsa.gov/shortage/updateddesignations/2012June29/mentalhealthhpsas06292012.pdf. Texas’ MHPSAs begin on page 151.

• In the US, clergy outnumber psychiatrists by nearly ten to one and approximately 40% of persons seeking help turn first to clergy. 27% of families in Christian congregations reported having a mentally ill relative, but congregations are often not equipped to deal with the adverse effects of mental illness. Outside of consultations with pastors, congregations often don’t realize the power they have to address mental illness, so instead, a church’s silence can lead to more isolation, shame and an increased stigma. Pastors want to be of more help but they are not sure how to proceed.

For general demographic data by your city, county, or state: http://quickfacts.census.gov/qfd/states/48000.html

This (very long) report has all kinds of good mental health data in it. If you search the word “Texas” you can find good statewide data. There is no local data in this report: http://www.samhsa.gov/data/2k12/MHUS2010/MHUS-2010.pdf

According to a survey released in October 2010 by the Substance Abuse and Mental Health Services Administration1:

20% of US adults—over 45 million people—experienced mental illness in the past year
4.8% suffered serious mental illness
20% of adults with mental illness in the past year also had a substance abuse disorder

Check the % of people in your Metropolitan Service Area (MSA) who reported five or more days of poor mental health which includes stress, depression, and problems with emotions.
http://www.dshs.state.tx.us/chs/brfss/query/brfss_form.shtm

General health and other factors about your county: http://www.dshs.state.tx.us/chs/cfs/Texas-Health-Facts-Profiles.doc

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