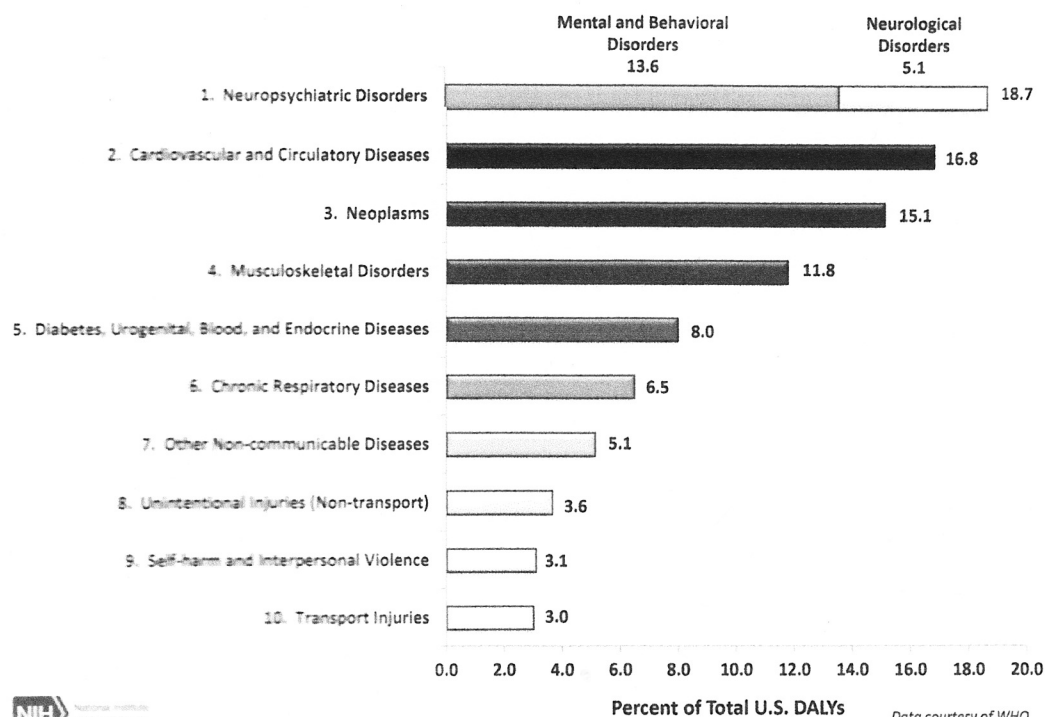


Chapter 1: Mental Health Problems in the United States

Top 10 Leading Disease/Disorder Categories Contributing to U.S. DALYs (2010)²⁹



Transformation of Mental Health Care in the United States

In recent years, the World Health Organization (WHO) has compared the relative impact of different illnesses across the world on disease burden. *Disease burden* is the combined effect of premature death and years lived with disability caused by illness. Neuropsychiatric disorders (including mental, behavioral, and neurological disorders) are the leading cause of disability in the US, followed by cardiovascular and circulatory diseases and neoplasms.²⁹ Of the different mental disorders, depression is the biggest single cause of disease burden.

The President's New Freedom Commission on Mental Health final report in 2003 recommended a fundamental transformation in the approach to mental health care in the United States.⁴ This report recommended six goals to improve the lives of people with mental disorders:

GOAL 1	Americans understand that mental health is essential to overall health.
GOAL 2	Mental health care is consumer and family driven.
GOAL 3	Disparities in mental health services are eliminated.
GOAL 4	Early mental health screening, assessment, and referral to services are common practice.
GOAL 5	Excellent mental health care is delivered and research is accelerated.
GOAL 6	Technology is used to access mental health care and information.

Helpful Resources

WEBSITES

Mental Health America

www.mentalhealthamerica.net

Visit Mental Health America's site for information on mental health, getting help, and taking action.

National Council for Behavioral Health

www.TheNationalCouncil.org

To locate mental health and addictions treatment facilities in your community, use the "Find a Provider" feature on the National Council's website.

National Empowerment Center

www.power2u.org

The mission of the National Empowerment Center is to carry a message of recovery, empowerment, hope, and healing to those diagnosed with a mental illness. The center provides information and advocacy resources.

National Institute of Mental Health MENTAL ILLNESS AMONG US ADULTS

<http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-us-adults.shtml>

The National Institute of Mental Health website provides prevalence statistics pertaining to mental illnesses, including data by age, gender, and race.

President's New Freedom Commission on Mental Health

<http://govinfo.library.unt.edu/mentalhealthcommission/reports/reports.htm>

This commission report was released in 2003 as part of an effort to eliminate inequality for Americans with disabilities. It was tasked to "promote successful community integration for adults with a serious mental illness and children with a serious emotional disturbance." The final report describes problems and gaps in the US mental health system and makes recommendations for improvements at the federal, state, and local levels of government, as well as private and public health care providers. A key recommendation calls for a "recovery-oriented mental health system."

World Health Organization

DISABILITY FROM MENTAL ILLNESS

www.who.int/topics/global_burden_of_disease/en/

The World Health Organization website contains information on the global burden of disease in various parts of the world, including burden due to mental disorders. It gives projections into future years, when the burden of mental disorders is expected to greatly increase.

Mental Health First Aid® Action Plan for Substance Use Disorders

MENTAL HEALTH FIRST AID® ACTION PLAN	
ACTION A	Assess for risk of suicide or harm
ACTION L	Listen nonjudgmentally
ACTION G	Give reassurance and information
ACTION E	Encourage appropriate professional help
ACTION E®	Encourage self-help and other support strategies