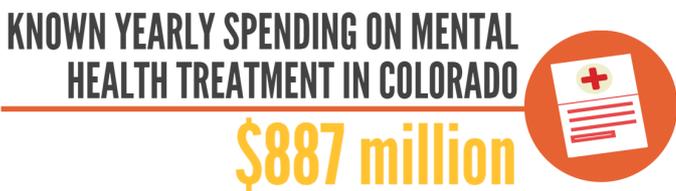
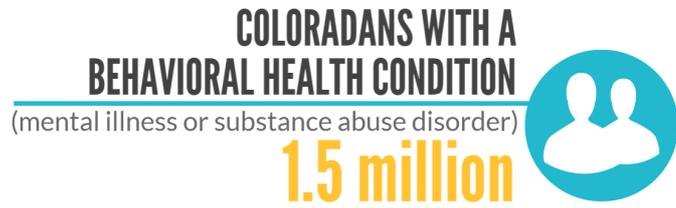


# MENTAL HEALTH CARE IN BOULDER COUNTY



Hope for the future, help when you need it.

Our overall health and well-being is affected by both our physical health and our mental health – the two are inextricably linked. We are working with our partner organizations in the community to help those who need mental health services, and to integrate those services into the primary care setting and into our own case management.



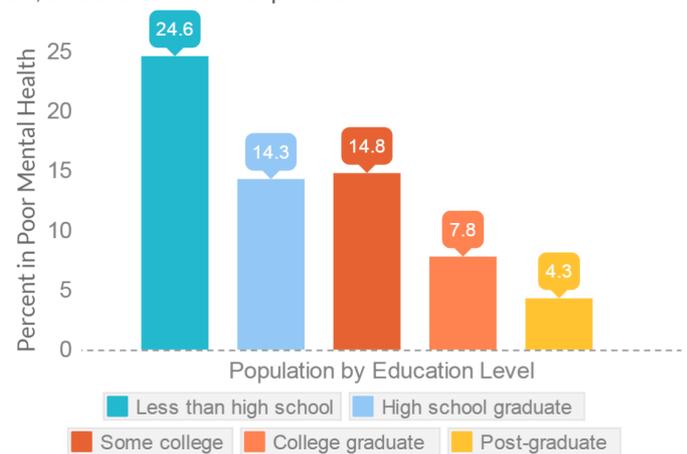
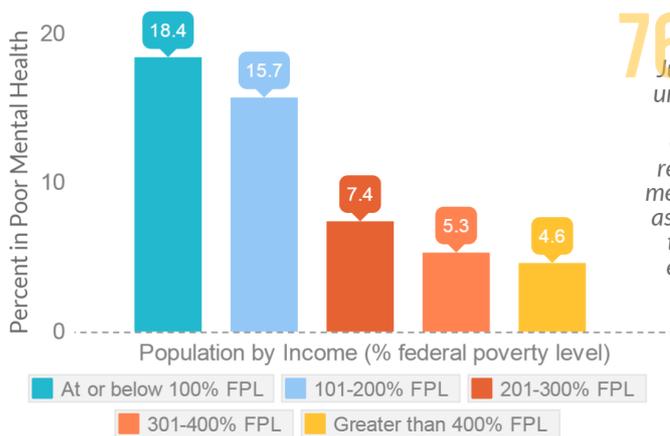
- \$2.9 billion in lost wages
- \$2 billion in medical costs (private and public)
- \$425 million in disability pay
- \$6.2 million in public schools
- \$44.7 million in county jails and \$28 million in state prisons

*As a whole, the United States spends more than \$113 billion per year on mental health treatment.*

*Nationwide, the economic cost of untreated mental illness is more than \$100 billion each year.*

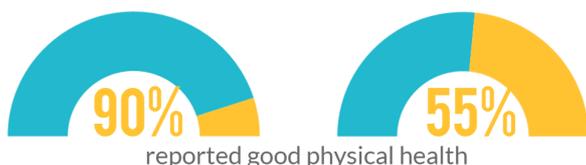
## MENTAL HEALTH IS STRONGLY ASSOCIATED WITH INCOME, EDUCATION & EMPLOYMENT

The below charts show the percentage of Colorado residents with self-reported poor mental health. In its statewide survey, the Colorado Health Institute defines poor mental health as 8+ days in the past month during which a person experienced a mental health condition such as stress, depression, or other emotional problems.



## MENTAL HEALTH AND PHYSICAL HEALTH

Of all Coloradans reporting good mental health:      Of all Coloradans reporting poor mental health:



## CREATING HEALTHIER ENVIRONMENTS

At BCDHHS, we are working to address critical needs in our community, all of which are strongly tied to health and well-being. By investing in areas such as health coverage, education, employment, and housing, we can help create conditions for people to become more self-sufficient and lead healthier, happier lives. Additionally, we are focusing on identifying mental health care opportunities earlier and directing our clients to the appropriate health care and counseling services when needed.

**SOURCES:** The Status of Behavioral Health Care in Colorado (2011); Colorado Health Institute – CO Health Access Survey (2013); Boulder County Department of Public Health – Community Dashboard; Health Affairs – Changes In US Spending On Mental Health And Substance Abuse Treatment (2011); Rocky Mountain PBS News – Untreated (2014); National Alliance on Mental Illness (NAMI) – Mental Illness Facts

Through our Self-Sufficiency Matrix, we are closely tracking - and seeing improvements in - the well-being of the people we serve. For instance, recent data shows that 75% of clients who needed but didn't know how to get help at the time of their first evaluation were subsequently accessing mental health services.