

OREGON RANKS 12TH IN ADULT ACCESS TO MENTAL HEALTH SERVICES*

Oregon Ranks 6TH In Youth Access To Mental Health Services

Mental Health America's 2018 State of Mental Health Report ranks Oregon 12th in access to mental health services. Access for youth is even better. Oregon is ranked 6th in the nation. That's the good news.

However, the report says Oregon has the highest prevalence of mental illness and substance use disorders. As a result, Mental Health America gives Oregon an overall "mental health ranking" of 44 (out of the 51 states plus the District of Columbia).

What Does Mental Health America's Overall Ranking Mean?

Mental Health America ranks Oregon 44th because it has a very high rate (51st) of identified mental illness and substance use disorder. Compare Oregon with other states:

	PREVALENCE OF MENTAL ILLNESS	ACCESS TO CARE	% WITH MENTAL ILLNESS—UNINSURED	OVERALL
Oregon	51	12	14.5	44
Texas	5	49	23.3	39
Kansas	13	32	18.5	19
S. Carolina	7	50	23.8	45
Alabama	8	48	19.3	41

Why does Oregon have such a high prevalence of mental illness and substance use disorder?

One answer might be Medicaid expansion.

When most of the population has health insurance coverage and access to care, mental health and substance use problems are more likely to be identified.

States like Texas, Kansas, South Carolina and Alabama score well on Mental Health America's "prevalence" score, in part because they have high rates of uninsured and limited access to care. That is not a model Oregon should strive to emulate.

What can we learn from Mental Health America's report?

- 1. Oregon has very good access to care.** There is always room for improvement but Oregonians have better access than 38 other states for adults and 44 other states for children.
- 2. Too many Oregonians struggle with drug and alcohol dependence.** Oregon ranks 44th for adults reporting problems with alcohol and drug use.
- 3. Suicide is a serious problem.** 136,000 (4.37%) Oregon adults had serious thoughts of suicide, which is above the national average of 3.99%.

*Statistics and rankings from "The State of Mental Health in America 2018"

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