

MENTAL HEALTH MONTH 2015

B4Stage4 Get Screened

Many people do not seek treatment in the early stages of mental illnesses because they don't recognize the symptoms.

84%

of the time between first symptoms and first treatment is spent not recognizing the symptoms of mental illness.

16%

of time is spent getting help.¹

The delays in treatment for mental illnesses are longer than for many other health conditions.²⁻⁴



Anxiety Disorders



Mood Disorders



Psychosis

Screening can help catch mental health problems early—B4Stage4.

Screening is an anonymous, free and private way to learn about your mental health and if you are showing warning signs of a mental illness.

A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.



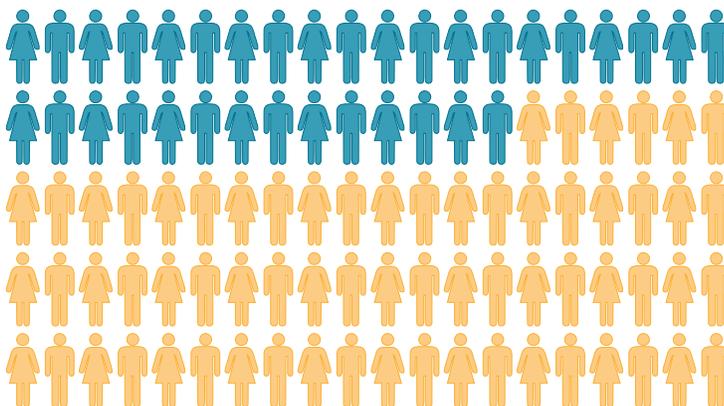
www.mhascreening.org

Anonymous • Free • Confidential

MHAScreening.org uses proven tools to check for symptoms of depression, anxiety, mood disorders and Post-Traumatic Stress Disorder.

90%

of people who started a screen at MHAScreening.org completed a screen and got immediate results.



66%

of people who took a screening scored moderate to severe. Of those, over 60% had never been diagnosed.

Getting screened increases the chances of getting treatment.

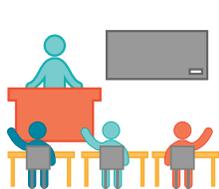


When positive screening results were given during a primary care visit, doctors were **over 3 times more likely to recognize the symptoms of mental illness** and to plan to follow up with the patient.

Treatment following screening has been shown to reduce symptoms of mental illness and the **positive effects of treatment are still seen a year later.**⁵⁻⁷

The earlier that mental health problems are caught and treated, the less it costs and the better the results.

Early Late



Good Behavior Game Prevention Program

\$81.04
per student
per year⁸



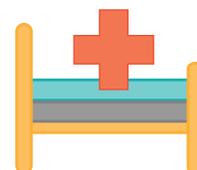
Cognitive Behavioral Therapy for Anxiety

\$1,239.62
per year or course
of 12 sessions⁹



Intensive Home-Based Family Therapy for Youth

\$7,680.85
per year¹⁰



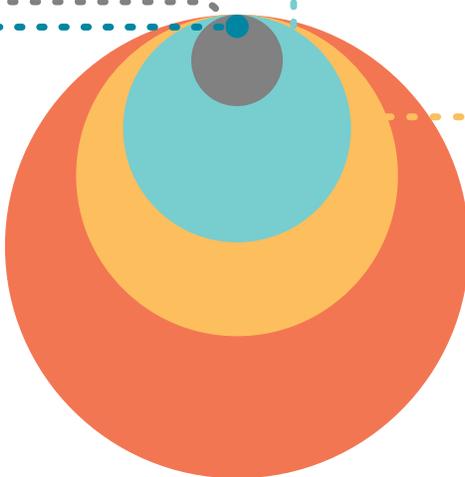
Hospitalization

\$15,317.57
per stay
(average length
of stay 7.2 days)^{11,12}



Incarceration

\$31,846.46
per year¹³



www.mentalhealthamerica.net/may



[facebook.com/MentalHealthAmerica](https://www.facebook.com/MentalHealthAmerica)



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#B4Stage4 #MHMonth2015

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B4Stage4

Sources

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² McGorry, P. D., Purcell, R., Goldstone, S., & Amminger, G. P. (2011). Age of onset and timing of treatment for mental and substance use disorders: implications for preventive intervention strategies and models of care. *Current Opinion in Psychiatry*, 24(4), 301-306.
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⁴ McGlashan, T. H. (1999). Duration of untreated psychosis in first-episode schizophrenia: marker or determinant of course? *Biological psychiatry*, 46(7), 899-907.
⁵ Christensen, K. S., Toft, T., Frostholm, L., Ørnboel, E., Fink, P., & Olesen, F. (2005). Screening for common mental disorders: who will benefit? Results from a randomised clinical trial. *Family practice*, 22(4), 428-434.

⁶ Pignone, M. P., Gaynes, B. N., Rushton, J. L., Burchell, C. M., Orleans, C. T., Mulrow, C. D., & Lohr, K. N. (2002). Screening for depression in adults: a summary of the evidence for the US Preventive Services Task Force. *Annals of internal medicine*, 136(10), 765-776.
⁷ O'Connor, E. A., Whitlock, E. P., Beil, T. L., & Gaynes, B. N. (2009). Screening for depression in adult patients in primary care settings: a systematic evidence review. *Annals of Internal Medicine*, 151(11), 793-803.
⁸ <http://www.wsipp.wa.gov/BenefitCost/Program/82>
⁹ <http://www.wsipp.wa.gov/BenefitCost/Program/71>
¹⁰ <http://www.wsipp.wa.gov/ReportFile/1484>
¹¹ <http://kff.org/other/state-indicator/expenses-per-inpatient-day/>
¹² <http://www.cdc.gov/nchs/fastats/mental-health.htm>
¹³ <http://www.vera.org/sites/default/files/resources/downloads/price-of-prisons-updated-version-021914.pdf>
 *Cost figures adjusted for 2015 using The U.S. Bureau of Labor Statistics CPI