



HEALTHY MINDS POLICY INITIATIVE

Mental Health in the Covid-19 Era

Health and Human Services Working Group

September 8, 2021

Healthy Minds: What we do

- Data-driven **research** and **problem-solving** – not advocacy
- Identifying and advancing **policy** to improve systems
- Building a **better climate** for change



HEALTHY MINDS
POLICY INITIATIVE

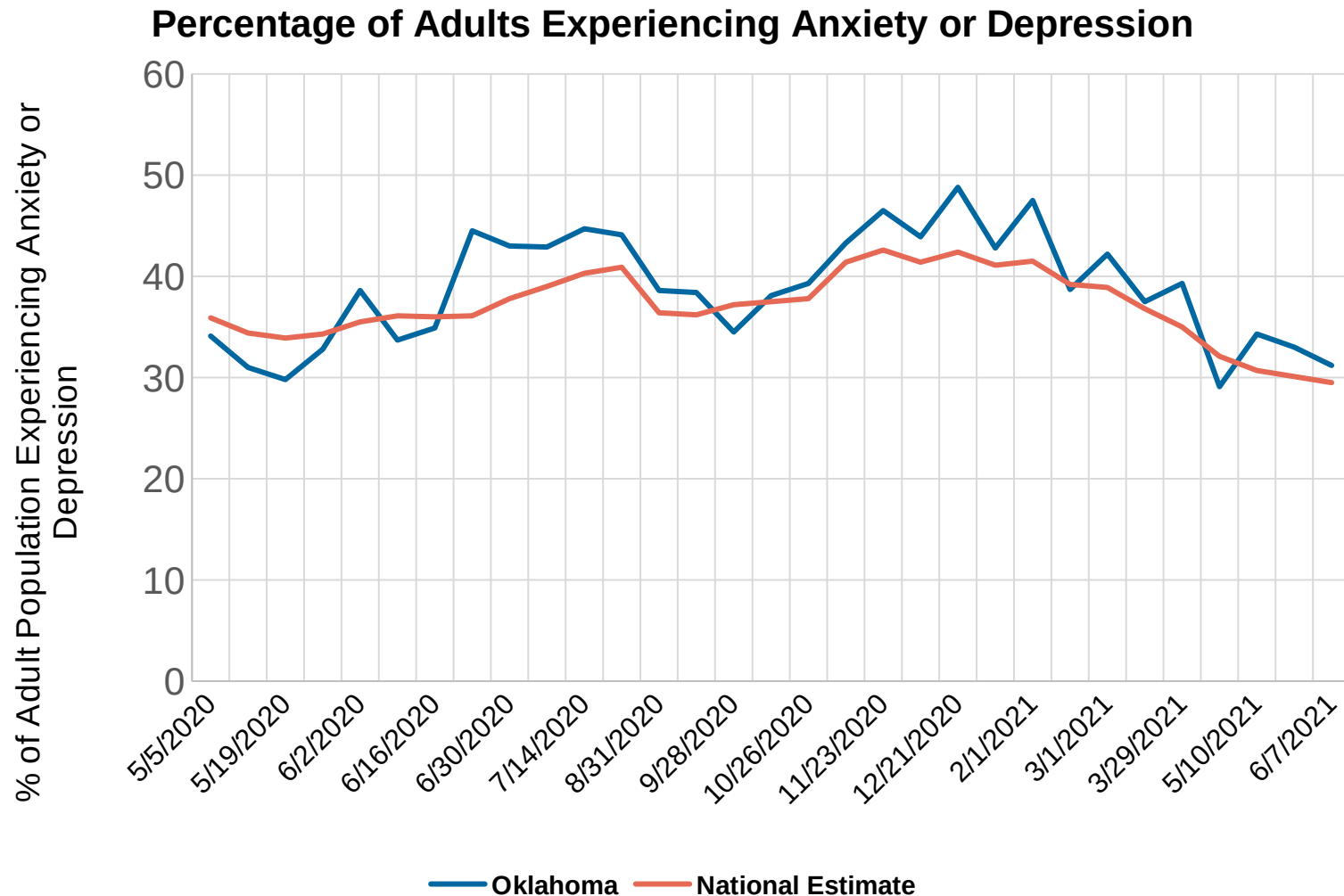
We support policymakers with collaborative, data-informed strategies and approaches that **reduce the devastating effects of mental illness and substance use disorder** on Oklahomans, their communities and their state budget.





Mental Health Trends

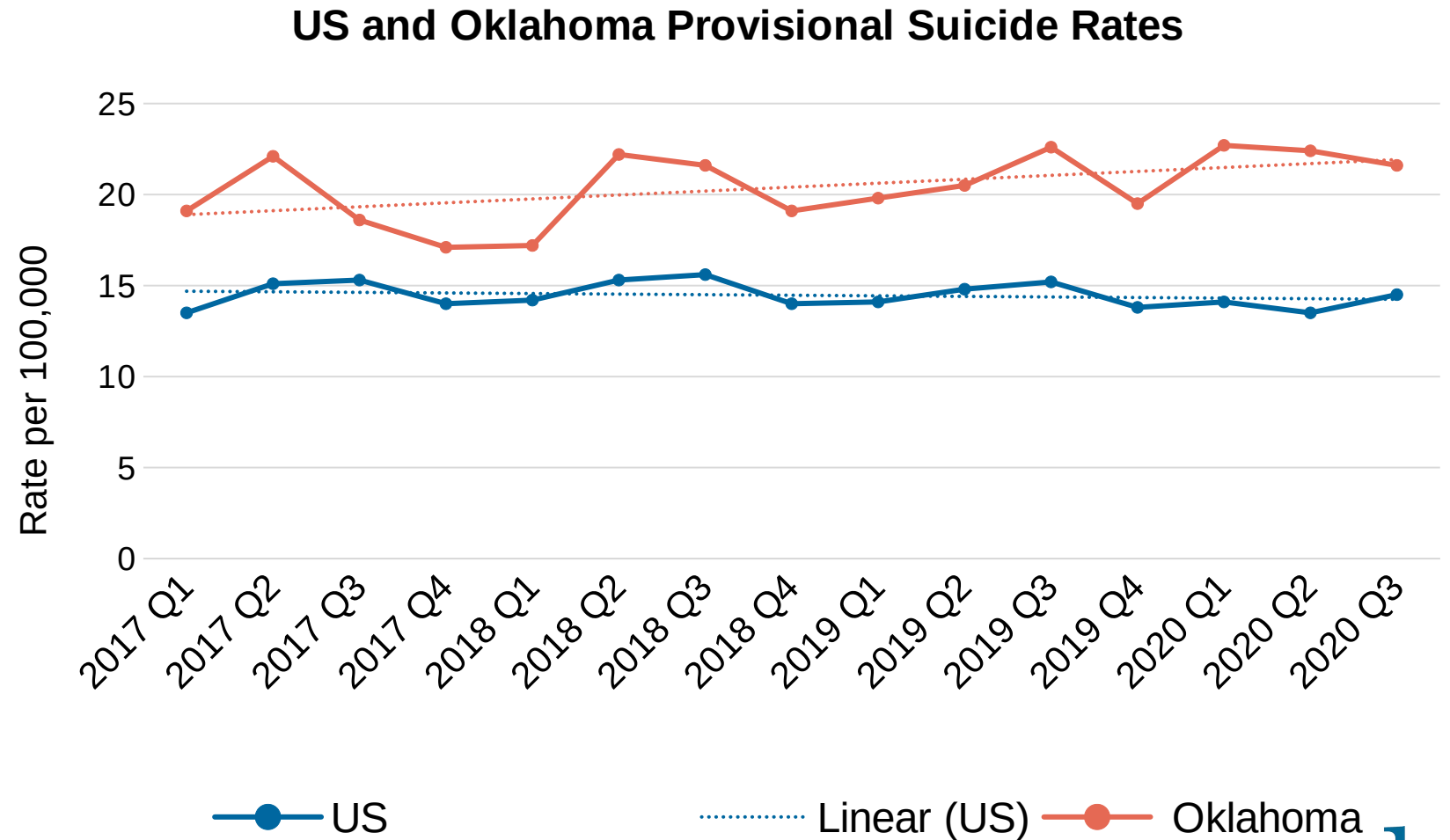
Anxiety and depression



- **Before the pandemic:** Around 20% of Oklahomans had a diagnosable mental health condition.
- **During pandemic:** Nearly 45% of Oklahomans had symptoms of depression and anxiety.

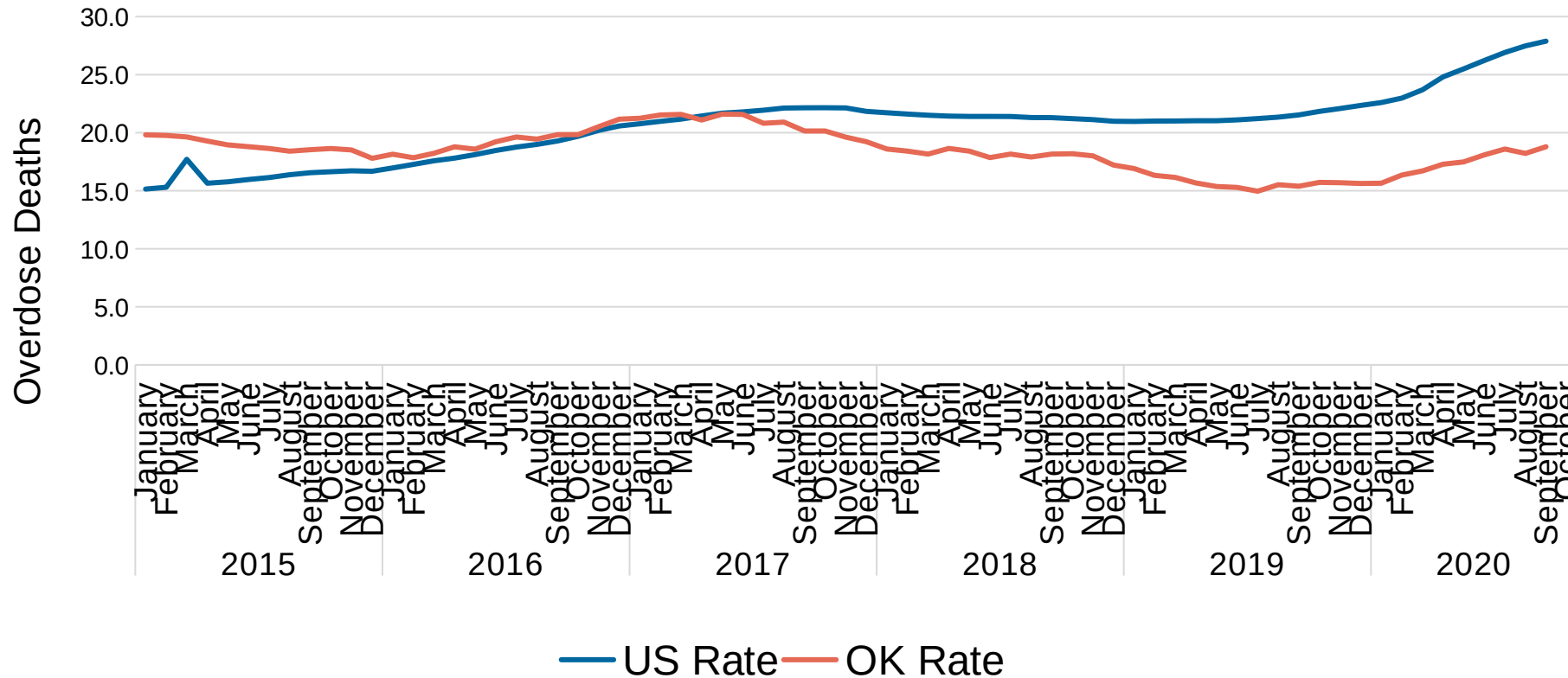
Suicide

- **Statewide:** 8-10% increase
- **Rural:** 27% increase
- **Urban:** 2-3% increase



Substance use and overdose

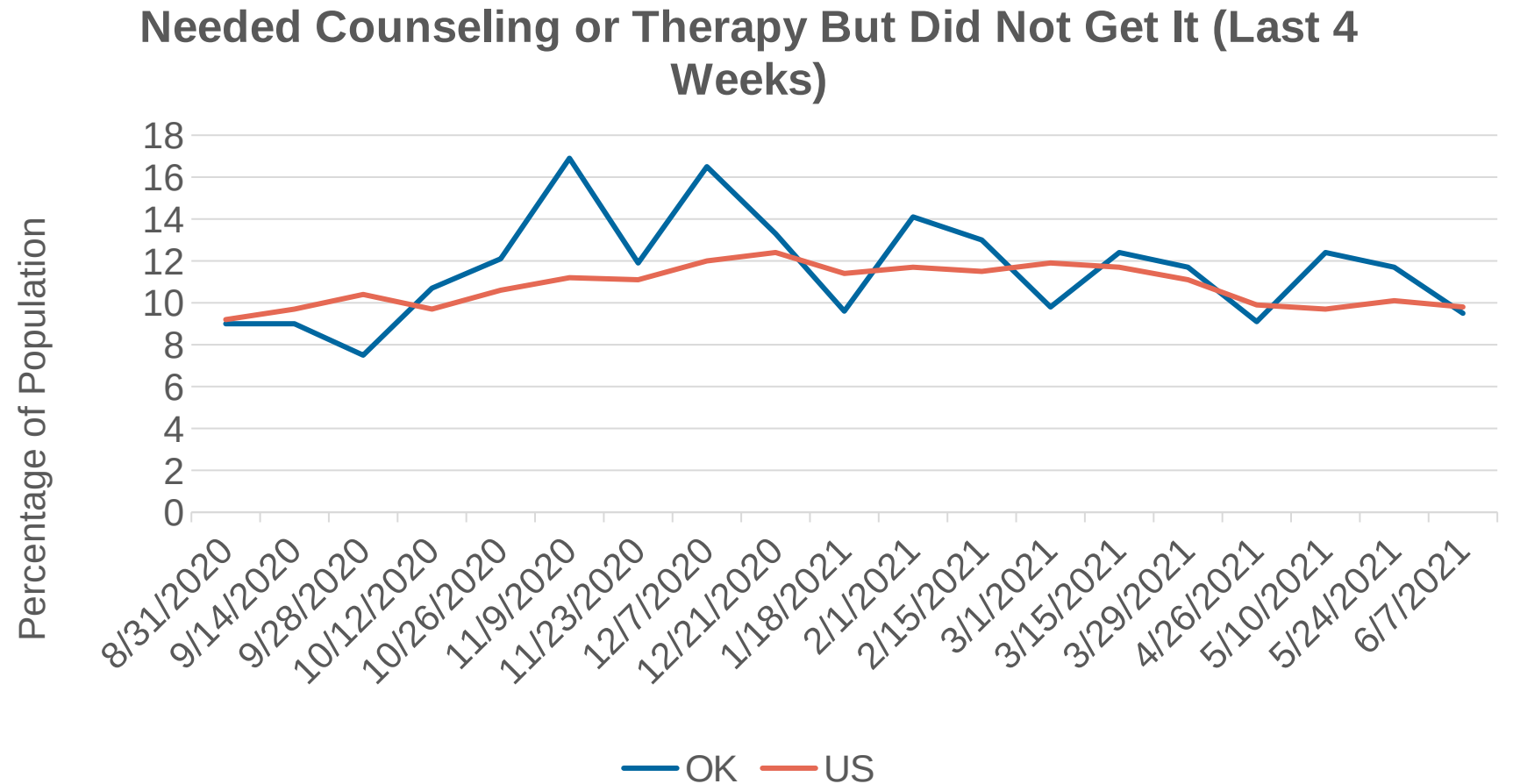
Provisional Overdose Deaths Per 100,000 Population



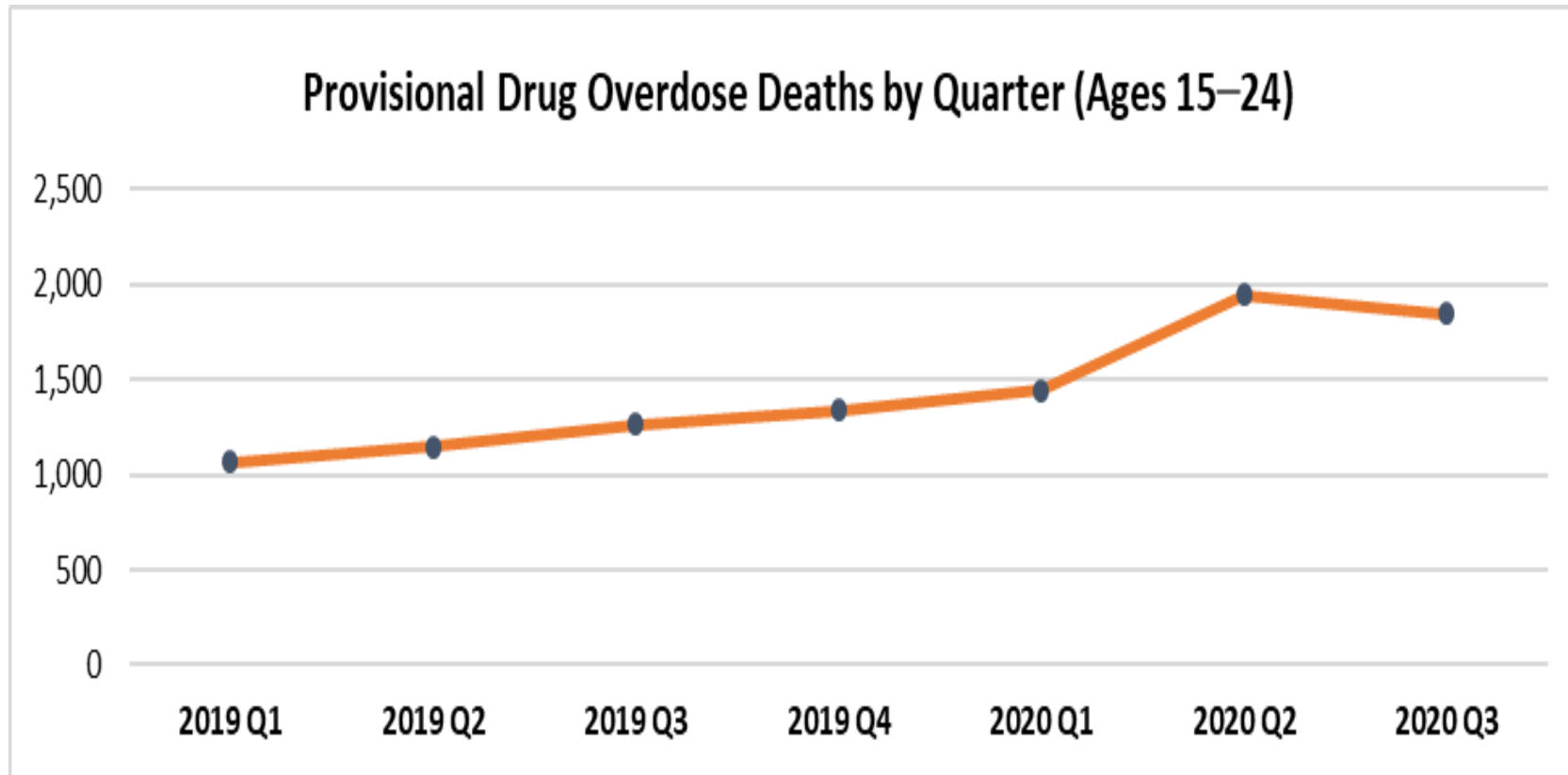
Overdose deaths have increased, reversing Oklahoma's strides in reducing its rates of overdose since 2017

Access to care

The percentage of Oklahomans with unmet mental health need has remained on par or higher than national average.



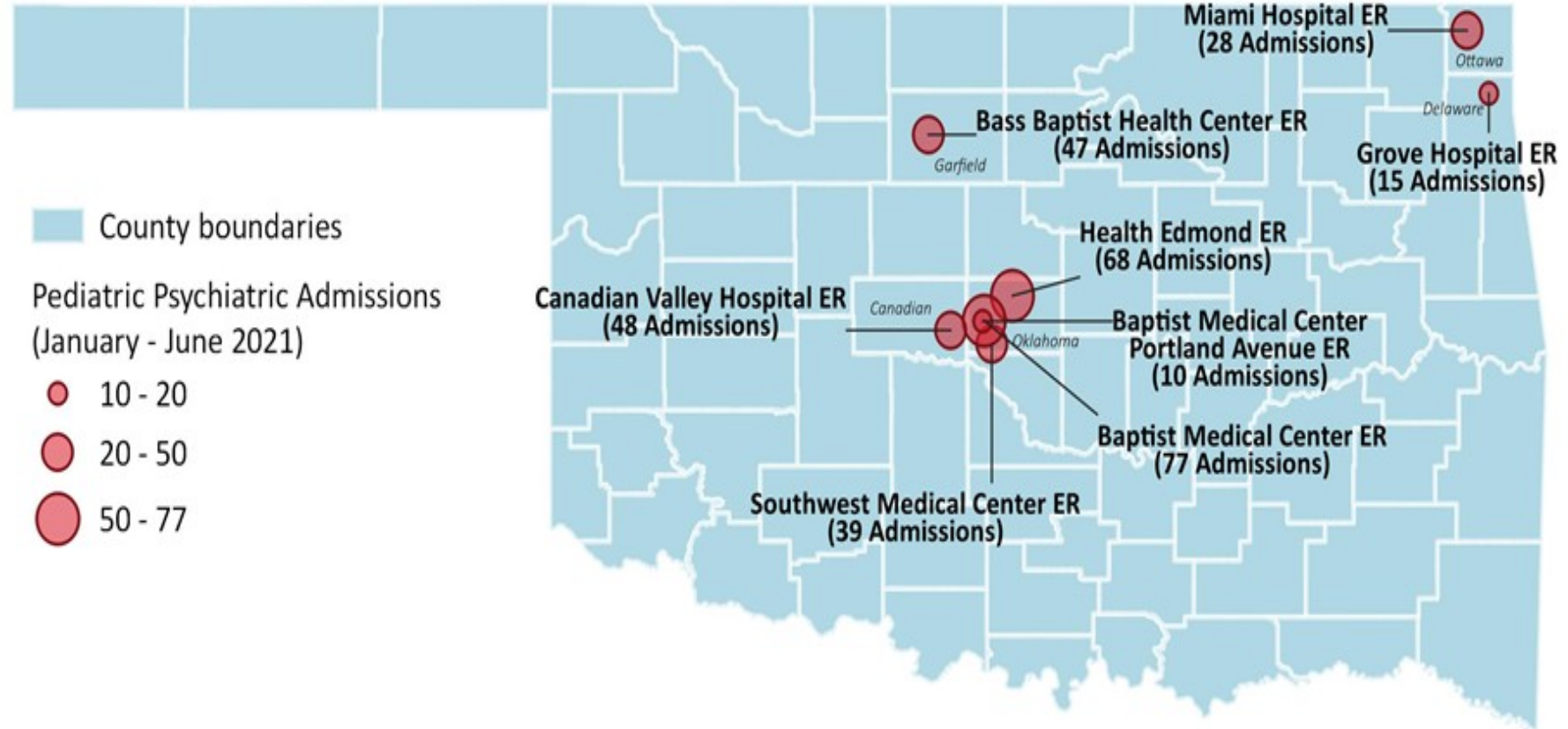
Children and youth



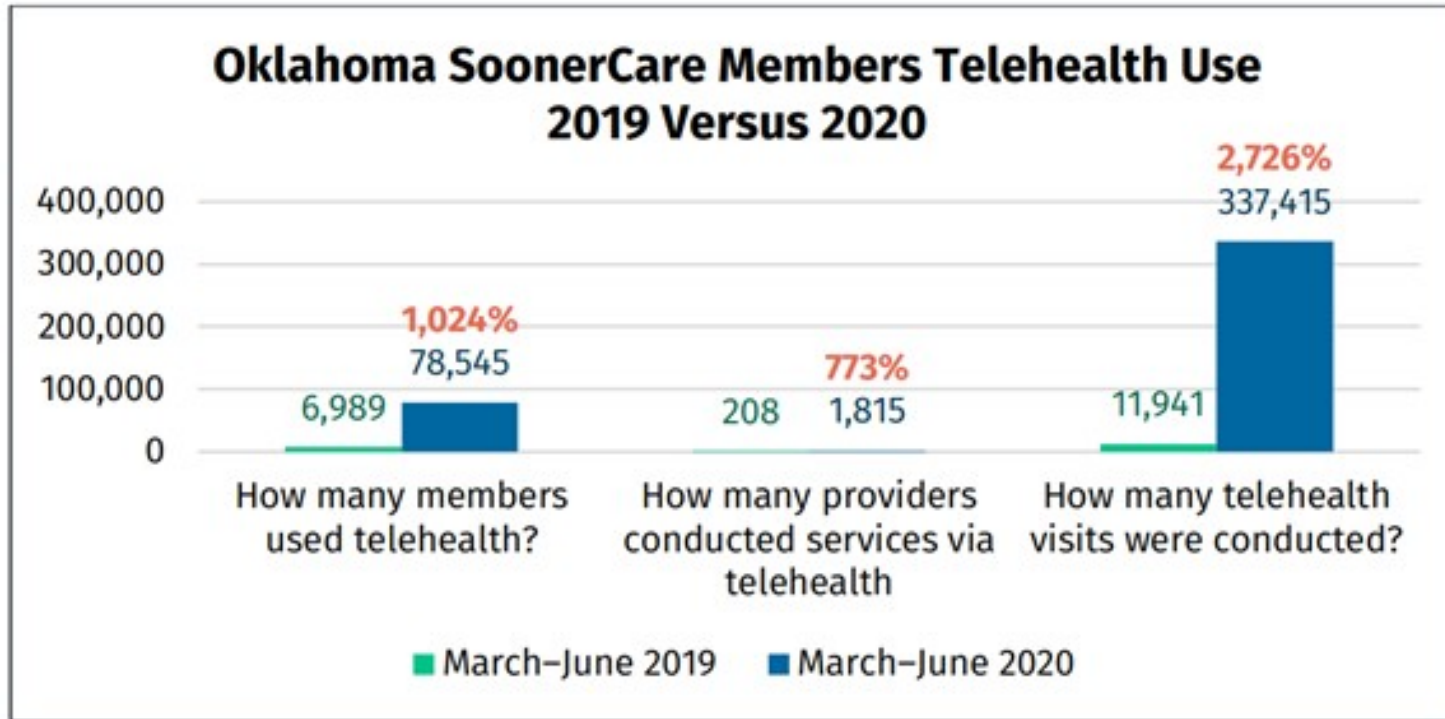
- Prolonged stress and social isolation impact adolescent mental health
- Both youth suicidality and substance use have increased during the pandemic

Children's crisis care

Gaps in children's crisis care means increased mental health need in hospital emergency rooms



Telehealth



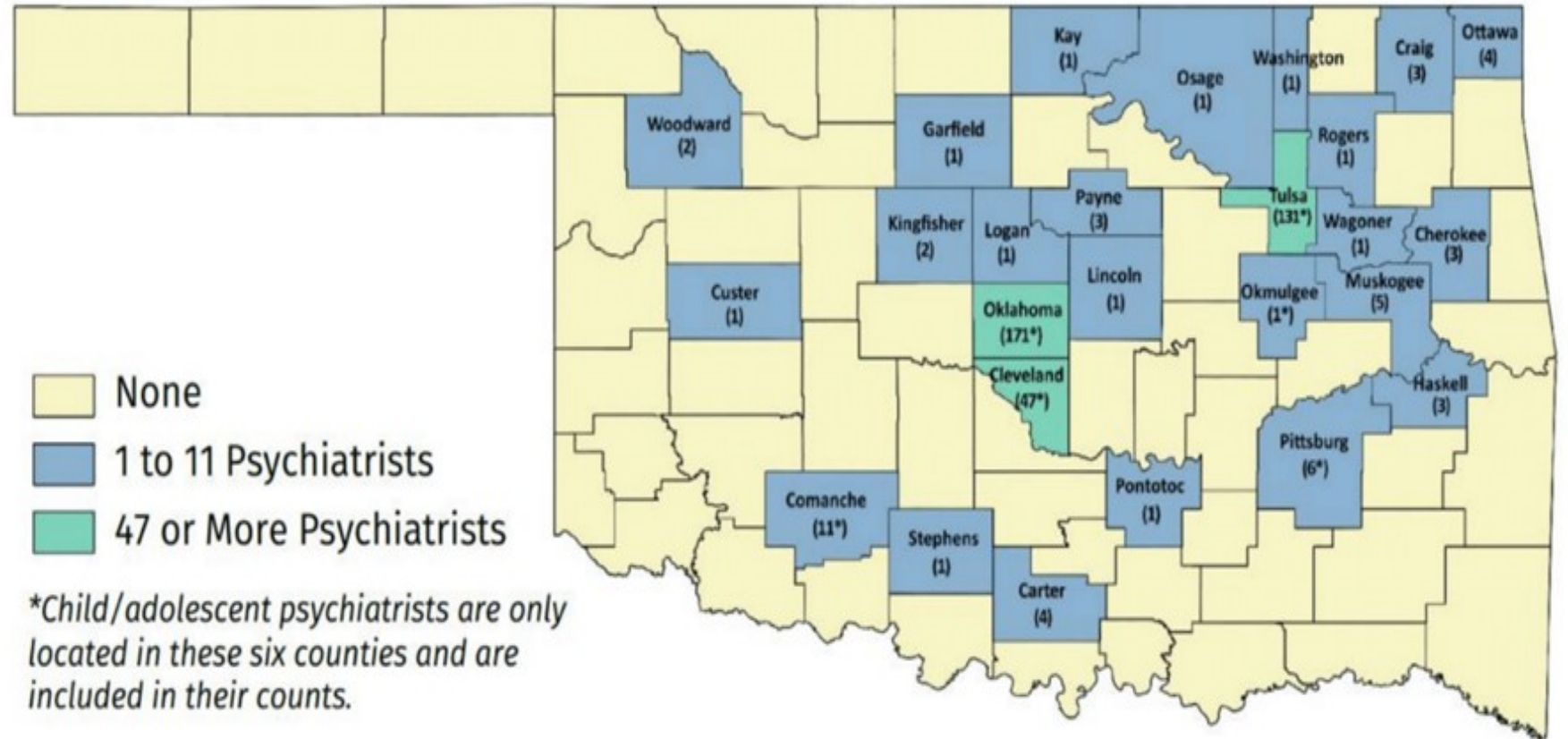
Before Covid-19, telehealth comprised 1% or less of all visits. By August 2020:

- Private pay: 58%
- Medicare: 23%
- Medicaid: 20%





Today, around **50%** of all telehealth in Oklahoma is behavioral health related

Meeting the demand

Workforce shortages worsen care-access issues, especially in rural Oklahoma.



Summary: Key Takeaways

-  • **Both anxiety and depression increased dramatically**, with Oklahoma rates during some periods of the pandemic reaching nearly four times higher than in 2019.
-  • Suicide increased between 8% to 10% statewide in 2020, and **rural areas had a 27% increase**.
-  • **Overdoses rates are back to 2017 levels and rising**, erasing over two years of improvement. Substance use by those under age 25 are among the drivers.
-  • Telehealth has become the top method for accessing mental health services, but workforce challenges will continue to be a barrier. Around **50% of telehealth encounters** in Oklahoma are related to mental health and substance use disorders.



HEALTHY MINDS POLICY INITIATIVE

Zack Stoycoff,
Executive
Director

zstoycoff@healthymindspolicy.org
918.500.0531

Brittany Hayes,
Policy Director

bhayes@healthymindspolicy.org
918.282.4808

Contact

Zack Stoycoff, Executive
Director

zstoycoff@healthymindspolicy.org
918.500.0531

Brittany Hayes, Policy
Director

bhayes@healthymindspolicy.org
918.282.4808