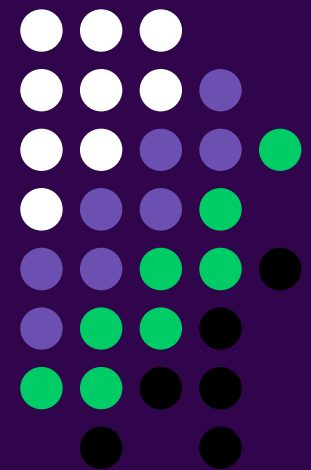


# “Mental Health Parity – Issues in Recognition, Treatment & Prevention”

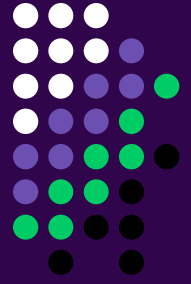
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**R. Murali Krishna, MD, DFAPA**

President & Chief Operating Officer  
INTEGRIS Mental Health and  
James L. Hall, Jr. Center for Mind, Body and Spirit

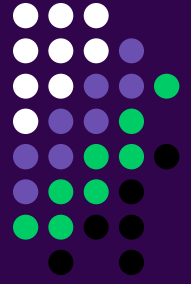


# Stress and Illness Connection



- Stress & Heart
- Stress & Immunity
- Stress & Sleep
- Stress & Cancer
- Stress & Stroke
- Stress & Substance Abuse
- Stress & Mental Illness

# Mental Illness



- One in four suffer in U.S.A.
- Leading cause of disability (ages 15 to 44)
- Mental illness affects productivity
- 15% of the Global Burden of Disease is due to mental illness
- Five times more likely to have a co-occurring physical illness

## Cost to Businesses

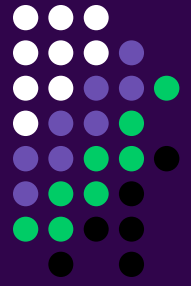
- 75% of Depressed patients are undiagnosed
- 80% of Depressed get well with treatment

### Effects on Workplace:

- Decreases productivity
- Increases absenteeism
- Increases turnover
- Increases disability claims
- Increases corporate emotional and financial costs
  - 217 million days of work lost
  - \$17 billion yearly costs to employers

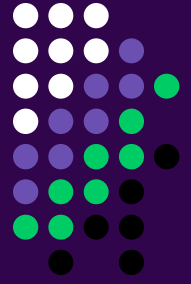


## Effects on Workplace (cont'd)



- More women are disabled because of Mental Disorder or Substance Abuse than because of physical illness
- Disability days for Depression exceed those for Diabetes, Heart Disease and back problems combined.
- Costs to employers for stress, anxiety and depression = \$8,000 per year per employee
- Medical bills of employees with depression are 70% higher than those without depression

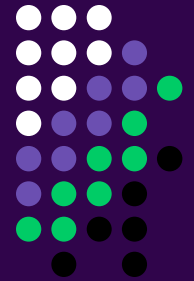
# Alcohol & Substance Abuse Disorders



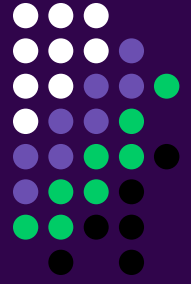
- 40% of industrial fatalities
- 47% of industrial accidents linked to Alcohol Abuse
- Costs \$81 billion attributable to Alcohol Abuse
- Costs \$97 billion attributable to Substance Abuse
- 500 million lost work days annually
- More health problems
- Increased absenteeism
- Decreased productivity
- Burden on others

# MAJOR DEPRESSION

- **Medical Disorders and Depression**  
*(Mood disorder due to General Medical Condition)*
  - Cushing 's Disease: 60 - 80%
  - Hypothyroidism: 40%
  - Cancer: 31%
  - Parkinson's Disease: 29%
  - Recent MI: 15 - 22%
  - Recent CVA: - 27 -40%
  - Dementia (DAT): - 11%
  - Diabetes Mellitus
  - Auto Immune Disease [ SLE, RA, MS ]
  - HIV, AIDS
  - Seizure Disorder
  - Infection
  - Hypogonadism
  - Chronic Pain Syndrome

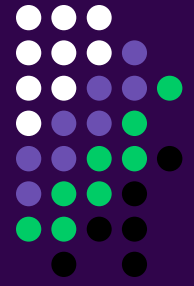


# Comorbid Patterns with Medical Conditions



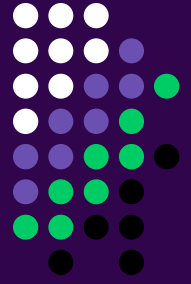
- Coronary Artery Disease:
  - Major Depressive Disorder in Post MI 40% to 65%
  - Mortality rate is **4 times** higher with depression in coronary patients
  - Cancer 25%
  - Chronic Fatigue Syndrome 46% to 75%

## Comorbid Patterns with Medical Conditions (cont'd)



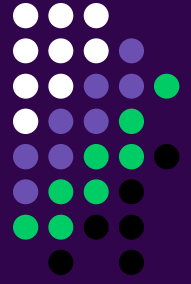
- Depression Prevalence with General Medical Condition 12% to 36%
- Medical Inpatient 40%
- Nursing Home Residents 16%
- Stroke 10% - 27%
- Parkinson's 50%
- Diabetes 3 times as frequent as General Medical
- **More than 72 medical conditions have risk factors that can be attributed to substance abuse**

# Medical Illness



- Infections
  - Viral
- CA of Pancreas, Lung
- Diabetes
- Ischemic Heart Disease
- Chronic Pain
- Vitamin B1 or B12 deficiency
- Parkinson's
- Arthritis

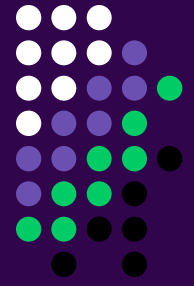
# Treatment Works!



## Success Rates of Treatment for Mental Illness:

- 80% for Depression
- 70% to 90% for Panic Disorder
- 60% for Schizophrenia
- Equal or surpass the success rates of treatment for other medical conditions
  - For example: 50% for Heart Disease

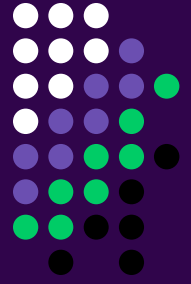
# Treatment for Addictive Disorders Works Too:



- **Treatment just as effective** as treatment for other chronic conditions
- **Job problems related to addiction** were cut by an average of 75 percent among employees who received treatment for substance abuse disorders
- **Blue Cross/Blue Shield** found that a family's healthcare costs decreased by 87% after substance abuse treatment

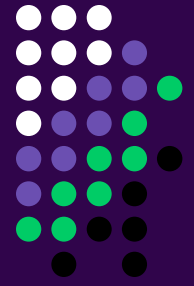
# Treatment for Addictive Disorders

## Works Too: (cont'd)



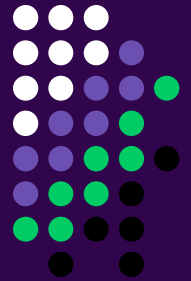
- Investing in treatment can have significant effects on employment
- It costs an average of \$16,000 per year to incarcerate a person for drug- or alcohol-related offenses in Oklahoma
- Individuals who enter treatment under legal pressure have outcomes as favorable as those who enter treatment voluntarily

# Conclusion



- Mental & Substance Abuse Disorders are medical illnesses.
- They have a major impact on a person's life and health.
- They have a major impact on businesses and society.
- Treatment works.
- We need to support efforts to enhance the understanding of Mental & Addictive Disorders and facilitate conditions for proper diagnosis and treatment.

## Suggested Actions:



- Promote education & discussion of mental health issues with key groups in community.
- Develop prevention programs.
- Facilitate early recognition and treatment.
- Champion reducing the stigma associated with mental illness.
- Develop coalitions with legislative, business, civic, and governmental leaders to achieve the above goals.