

**QC Hearts & Minds  
Inaugural Symposium:  
“Bridging Medical Practice  
with Behavioral Health”**

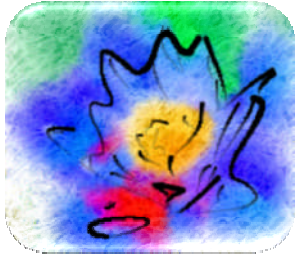


**May 13, 2009**

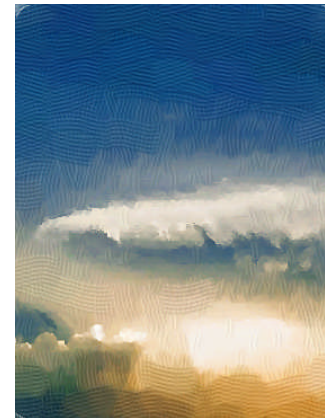


## Prevalence of Mental Disorders in Chronic Physical Illness

	<b>Prevalence</b>
All Conditions	24.7%
Neurological Disorders	37.5%
Heart Disease	34.6%
Chronic Lung Disease	30.9%
Cancer	30.3%
Arthritis	25.3%



**Depression has been shown to make physical diseases even worse**



# Impact of Mental Disorders: Utilization of Depression

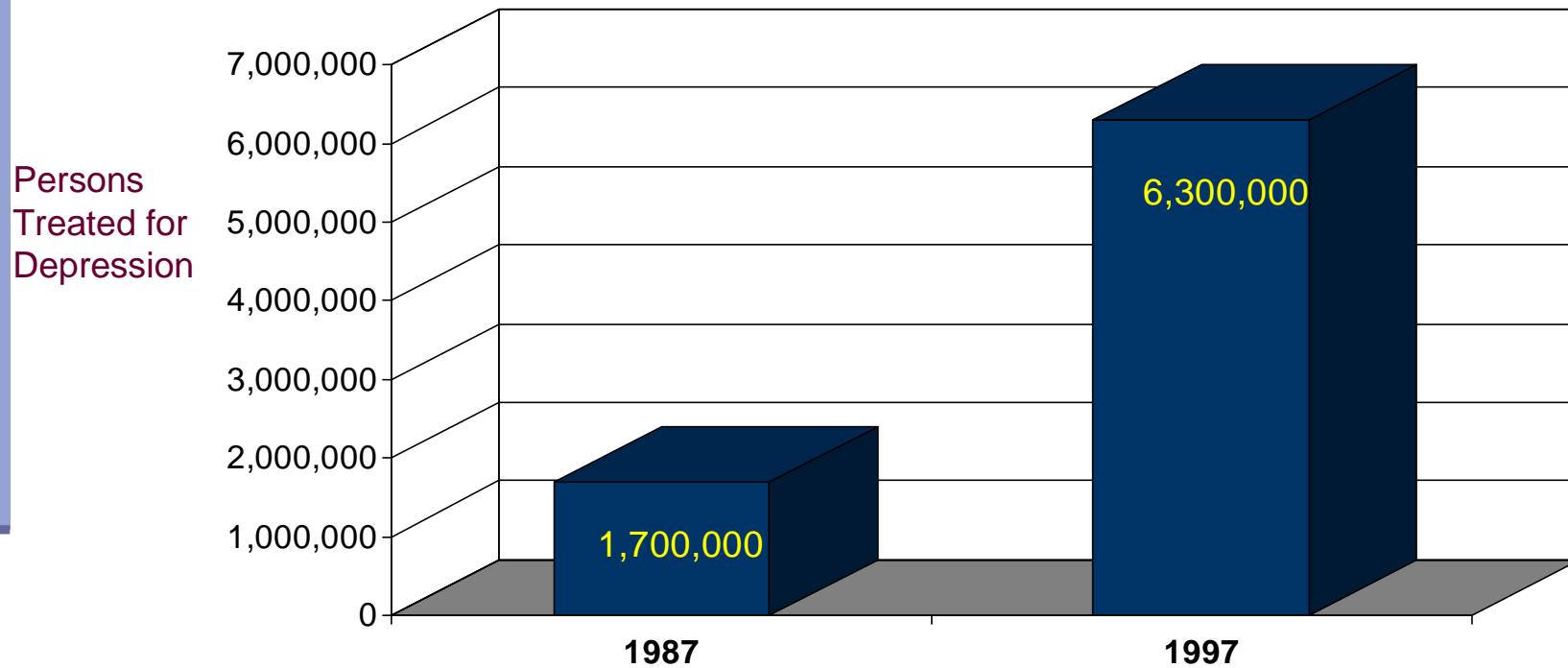


## Depressed Patients:

- Utilize 3 Times The Amount Of Healthcare Services
- Incur Twice The Medical Costs



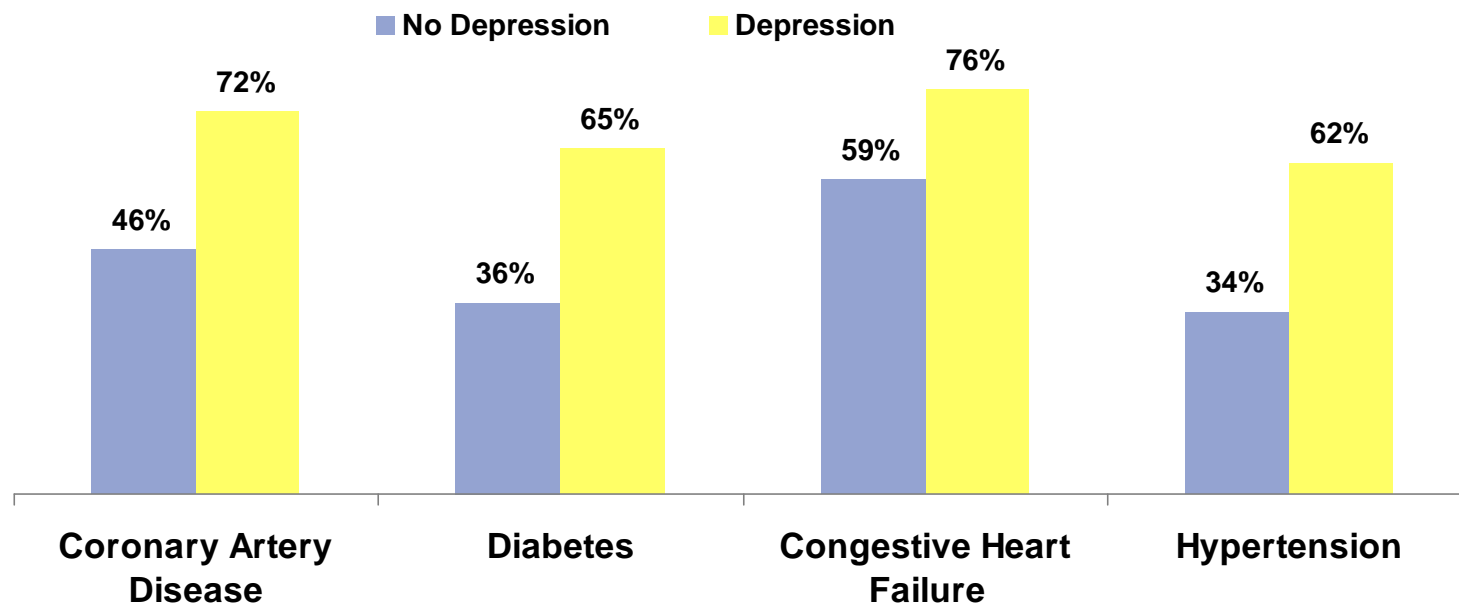
# Number of Persons Treated for Depression: 1987 - 1997



Journal of American Medical Association  
January 9, 2002

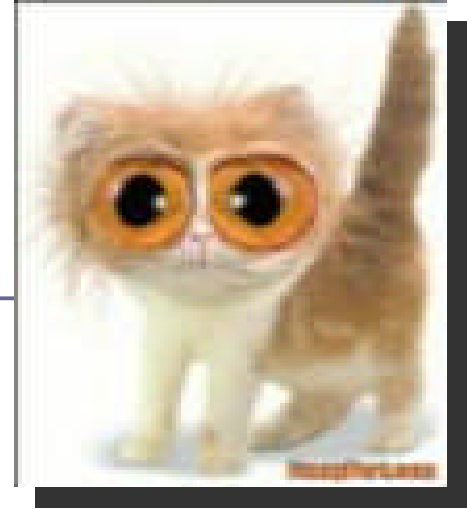
...and individuals with depression are also more likely to use the ED for other chronic conditions.

Percent of Medicare Beneficiaries with Chronic Conditions Visiting the ED, Beneficiaries With and Without Depression, 1999



Source: Himelhoch, S., et al. (2004). Chronic Mental Illness, Depression, and Use of Acute Medical Services Among Medicare Beneficiaries. *Medical Care*, 42(6), 512-521.

# Impact of Mental Disorders: Utilization in Anxiety



- Anxiety Disorders account for 6 to 12% of all outpatient medical visits
- Panic disorder patients have 10 times the number of visits to hospital ER's
- 70% of patients with panic disorders see 10 M.D.'s before the diagnosis is made
- Anxiety disorders comorbid with Asthma triple the hospitalization rate.

As many as 75 percent of people with schizophrenia have serious physical illnesses, such as diabetes, respiratory and heart problems, and high blood pressure.



Also, people with depression are twice as likely to have diabetes and are at a greater risk than non-depressed patients for developing heart disease.



**Negative Impact On Daily Living**

**Stroke**

**Cancer**

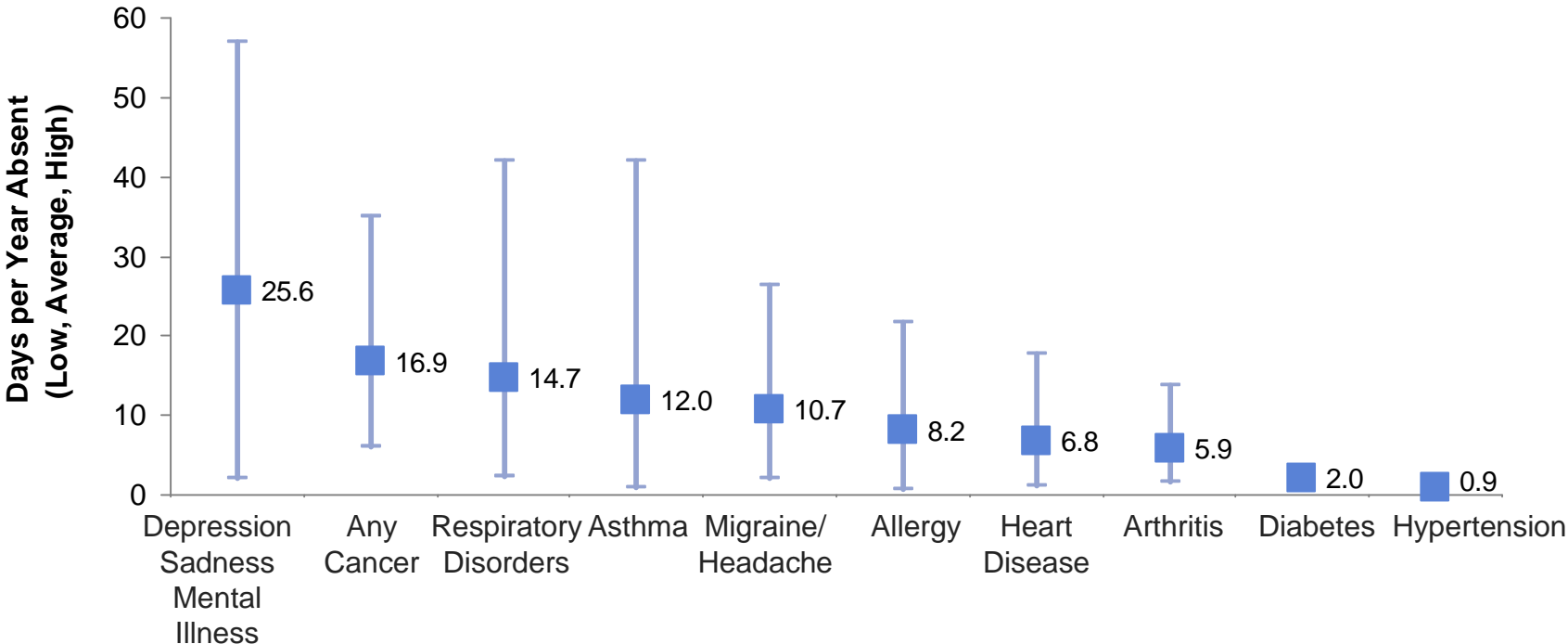
**Mental Illness**

**The Most Limiting Disease on Capacity to Work**

**Mental Illness**

# Common chronic conditions, on average, account for more than 10 days of work lost per year...

Chart 3: Number of Days Absent per Affected Individual per Year Due to 10 Conditions, 1997-1999



Source: Goetzel, R.Z., et al. (2004). Health, Absence, Disability, and Presenteeism Cost Estimates of Certain Physical and Mental Health Conditions Affecting U.S. Employers. *Journal of Occupational and Environmental Medicine*, 46(4), 398-412.



# How About Results ?

- Depression
- Schizophrenia
- Obsessive Compulsive Disorder
- Bipolar Disorder
- Substance Abuse
- Alzheimer's
- Angioplasty
- Heart Disease
- Cancer
- Diabetes
- Asthma
- Flu
- Common Cold



**Treating Behavioral Health  
Problems Can Produce Better  
Medical Outcomes  
&  
Reduce Overall Health Costs**



## Medical Cost Offset



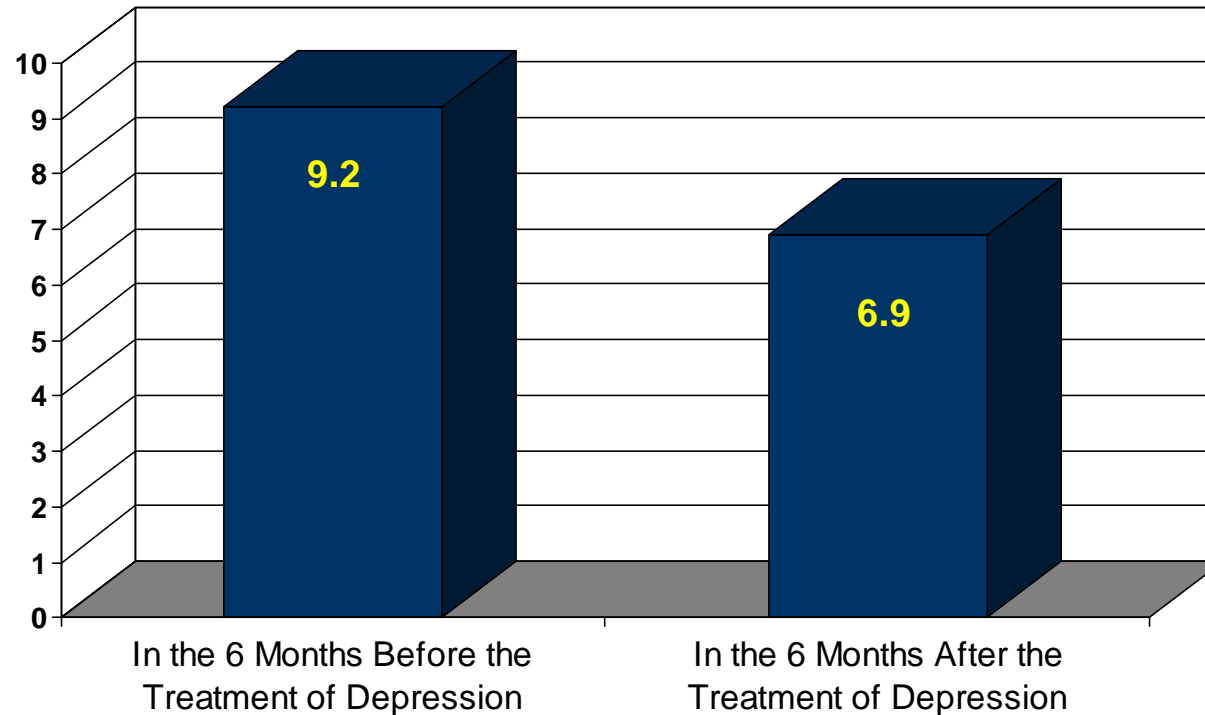
**Effective treatment of mental disorders can produce a 20% reduction in the overall costs of health care.**

**Without treatment, alcoholics spend twice as much on health care as people without abuse problems.**



## Reduced Need for Medical Visits As a Result of Treatment for Depression

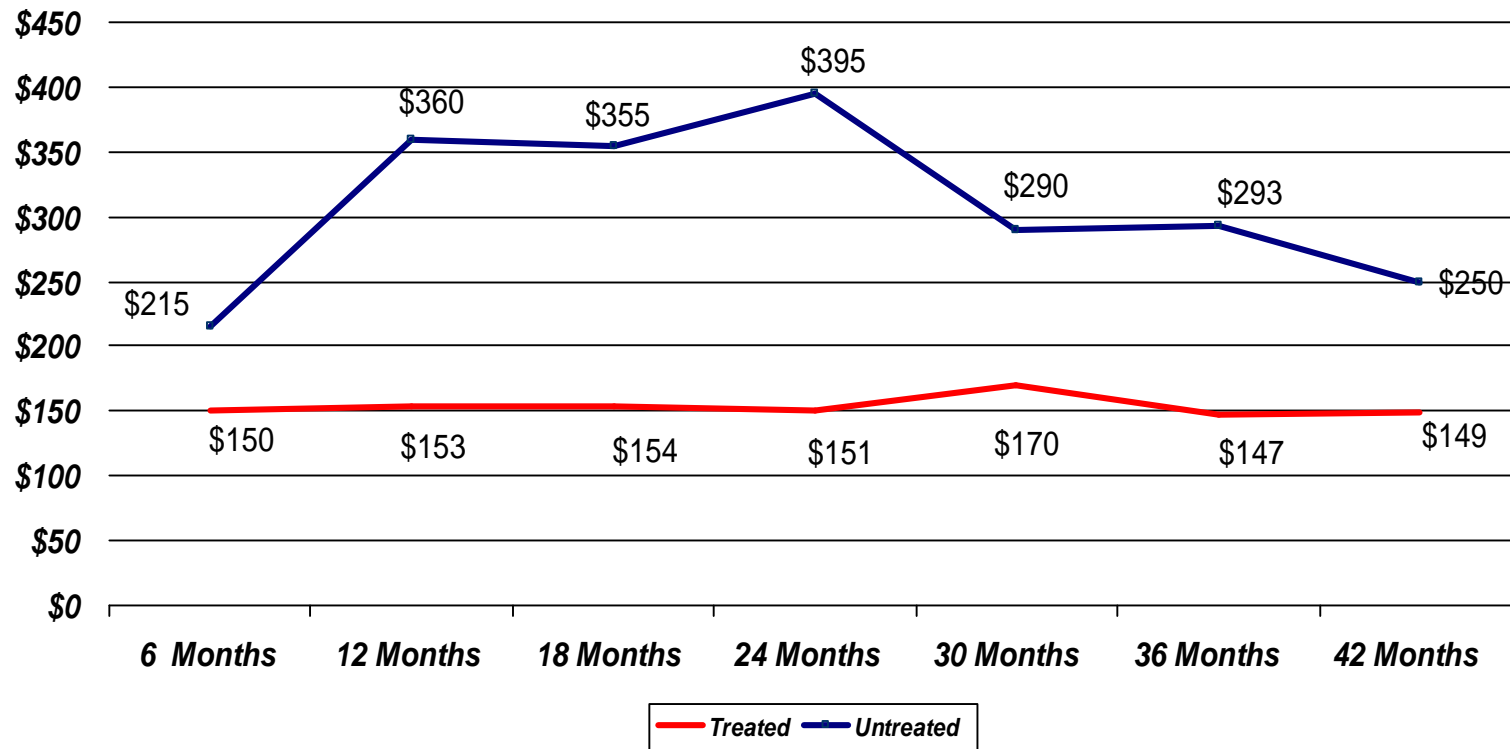
Number of Visits Over 6 Months to Primary Care Physician



Health Insurance Plan of New York;  
Business & Health Executive Briefing, 1999

# Treatment for Substance Abuse Reduces Health Care Cost

Average Per Person Cost



Substance Abuse and Mental Health  
Administration (SAMSHA), 1994

## What We Know About Mental Illness and the Treatment of Mental Illness:

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- It is one of the most prevalent physical diseases
- It is a major brain disease yet people mock and joke about it.
- Has the most negative impact on a person's ability to work and is a major detriment to living a natural lifestyle
- Capable of producing at least equal treatment outcomes as other disease groups.
- One of the least expensive diseases to treat.
- Receives less 3<sup>rd</sup> Party reimbursement and fewer authorized inpatient and outpatient days than other diseases.
- Treatment produces an offset that reduces other health care expenses.

The mental illness stigma...

**Lose it.**<sup>TM</sup>



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