



## Adults

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According to the National Mental Illness Association, one in four adults suffers from a mental illness such as bipolar disorder, schizophrenia, major anxiety or panic disorder, and post-traumatic stress disorder. Many adults may also experience short-term depression resulting from job loss, divorce, military duty or other life events. Depression not only effects job productivity, but can destroy families if left untreated.

The latest report from Mental Health America estimates severe depression afflicts 9 percent of Colorado adults each year. This possibly contributes to the state's high suicide rate. A 2007 report by the National Association of County and City Health Officials found Colorado Springs suicide rate was No. 2 among 54 major U.S. cities.

In addition to mental illness, substance abuse in Colorado is on the rise. For every \$100 spent on the problems caused by substance abuse in Colorado (jails, prisons, emergency room visits, health care for the diseases caused by substance abuse), only \$0.06 is spent on treatment or prevention. The average for other states is \$3.70 per \$100.<sup>1</sup>

While helping people recover from mental illness and substance abuse is essential, communities need to also help those with learning disabilities remain self-sufficient and rehabilitate people trapped in a cycle of crime. None of these issues live in a vacuum and it is essential for communities to take an integrated approach to addressing community behavioral health needs.

1. A 2001 Report from U.S. Department of Health and Human Services entitled National Estimates of Expenditures for Substance Abuse Treatment.