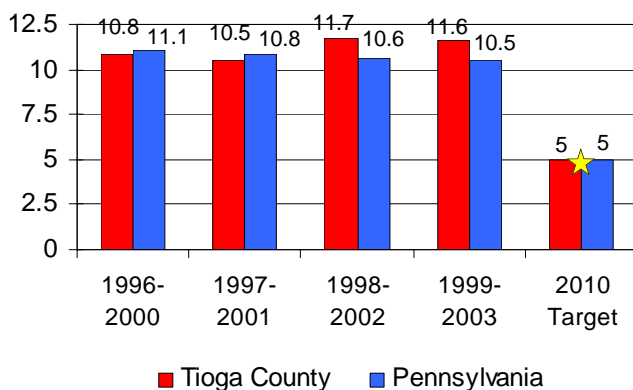


Mental Health Facts

Mental Health and Mental Illness

Mental health is a process that develops and changes over a lifetime. It is influenced by genetic factors, social interactions and personal life experiences which result in a variety of outcomes. For most, these outcomes result in productive activity, fulfilling relationships, and the ability to adapt to change and adversity. Mental disorders occur when these outcomes result in dysfunctional changes in one's thinking, mood, or behavior that cause distress or impairment. When these disorders are diagnosed, they are referred to as mental illnesses.

Suicide Rate per 100,000*



*Age-Adjusted to 2000 Standard Population.

What is the extent of mental illness in Tioga County?

In 2000, 18% of Tioga County adults reported their overall mental health as being *poor* or *very poor*. While 26% percent of Tioga County adults could be placed into the categories of *moderate to severe depression*, only 18.6% reported being diagnosed. With the exception of depression, the extent of specific mental illnesses in Tioga County, such as schizophrenia, bipolar disorder, obsessive compulsive disorders and personality disorders, is not known.

What are some of the barriers to treatment?

While most types of mental illness are treatable, a majority of persons in the U.S. with a diagnosable mental illness do not seek treatment. The major reasons for not seeking treatment include cost and stigma. Approximately 87% percent of adults in Tioga County have some type of health insurance. Of those, however, 18% indicated their health insurance plan did not include coverage for mental health services.

Percent of Adults with Health Insurance

	1995	2000
All Respondents	86.7	87.4
By Subgroups		
<u>Income</u>		
Poor	63.7	51.0
Near Poor	76.3	83.1
Middle/High	92.8	93.5
<u>Education</u>		
No diploma	83.1	75.0
H.S. diploma	85.9	87.7
Some college	89.1	90.3

Percent of Adults Whose Children Were Diagnosed with Stress or Emotional Problems

All Respondents	1995	2000
	10.2	8.2

By Subgroups

Income

Poor	15.6	26.6
Near Poor	12.3	6.1
Middle/High	8.1	5.6

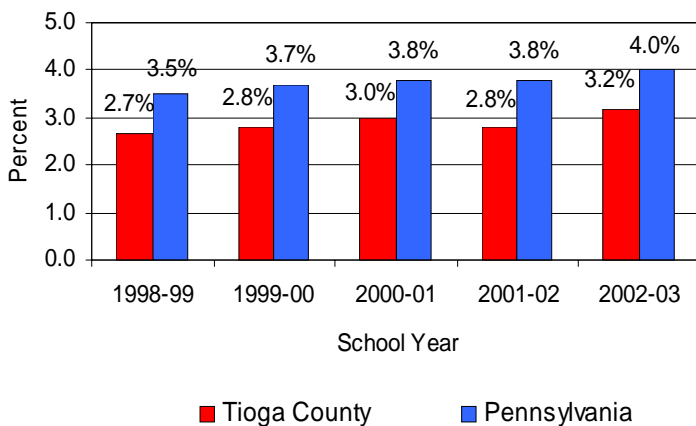
Education

No diploma	15.2	14.0
H.S. diploma	10.0	8.1
Some college	8.7	7.0

Are certain children at a greater risk of developing a mental illness?

While no one is immune to mental disorders, certain children are at a greater risk. Biological risk factors may include genetic predisposition, prenatal exposure to alcohol and tobacco, low birth weight or environmental exposure to toxins like lead. Harmful psychosocial experiences such as poverty, neglect, abuse and exposure to traumatic events can also impact the mental health of children.

Percent of Students Diagnosed with AD/HD



What types of mental illness are common in children?

Children and youth are most likely to be diagnosed with depression, anxiety, attention deficit/hyperactivity disorder (AD/HD), eating disorders and developmental disorders such as autism. Many of these become apparent in the school environment. Left untreated, mental problems in children and youth may lead to school failure, substance abuse and can result in life threatening consequences such as violence or suicide.

Actions To Encourage Those with a Mental Illness to Seek Treatment:

- Seek help and support if you think you have a mental illness; likewise, support those with a mental illness.
- Facilitate entry into mental health care by educating people on where effective and affordable services are available.
- Tailor interventions to groups that are at high risk of developing a mental illness.
- Reduce stigma by dispelling myths about mental illness.
- Improve public awareness of effective treatments to help ensure the continued delivery of state-of the-art treatments and the supply of mental health services.

Those seeking assistance in any of these areas should talk with their primary health care provider or a mental health professional. In Tioga County, contact Guideline at 1-800-332-6718 for referral to the appropriate service.



Data for this fact sheet were taken from a report entitled *Mental Health in Tioga County*. For more information regarding this fact sheet or the full report, please call (570) 662 – 4767 or email Iselham@mansfield.edu.

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Leslie S. Shelhamer M.A., Health Data Analyst