



Behavioral Health Services: A Wise Investment

Behavioral health disorders are common.

Behavioral health encompasses mental health and/or substance use disorders.

1 in 5 children

will experience a
diagnosable mental
health disorder in
any given year

75%

of all mental health
disorders develop
before the age of 24

1 in 10 people

will experience a
substance use disorder
in their lifetime

48%

of adults with a
substance use disorder
in the past year also had
a mental illness

The COVID-19 Pandemic has worsened people's behavioral health.

- Emergency Department visits for potential suicidality for youth aged 12-17 increased 39% from 2019 to 2021
- Adults saw an increase in rates of anxiety from 8% to 33% from 2019 to 2021
- Adults saw an increase in rates of depression from 6% to 25% from 2019 to 2021
- Opioid overdose deaths increased 30% from 2019 to 2020

Many people do not receive needed treatment. Prior to March 2020:



Just 20% of people aged 12 or older
with a substance use disorder
received treatment



Less than 20% of children
with mental health disorders
received treatment

Since COVID-19, the number of people not receiving needed treatment has increased dramatically.

Consequences of untreated behavioral health disorders:

- **Drop Out: 40%** of youth diagnosed with an emotional disability drop out of high school
- **Juvenile Justice System: 70%** of youth involved with the juvenile justice system have a mental health disorder
- **Incarcerated: 70%** of individuals in Maryland jails have a substance use disorder
- **Emergency Departments: 1 of 8** emergency department visits are related to mental health and substance use disorders
- **Homelessness: 30%** of homeless individuals have a serious mental health disorder, and **65%** have a substance use disorder

**Behavioral health services save money—
and improve the lives of Maryland's children, adults and families.**



Every \$1 invested
in mental health services



saves \$7 in future costs



Every \$1 invested
in substance disorder services



saves \$12 in future costs

Invest in behavioral health services for children and adults!

Maryland Coalition of Families (MCF)

Using our personal experience caring for loved ones with behavioral health needs, MCF connects, supports and empowers Maryland's families and advocates to improve systems that impact individuals with behavioral health challenges. We empower caregivers and loved ones by:

- Helping them navigate services and systems
- Connecting them to each other
- Providing them with tools to advocate
- Raising public awareness and fighting stigma

*References for data presented are available on the MCF website at:
<https://www.mdcoalition.org/whats-happening/publications/>*

Maryland Coalition of Families | www.mdcoalition.org

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