



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

ince 2019 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.**



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 used are available on the MCF website at www.mdcoalition.org/data