

The Rising Tide of Mental Health Disorders: Human Challenges and Human Solutions

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1 in 5 Americans can drive a stick shift



**1 in 5 American children
have a mental health
condition**

1 in 20 Americans is a vegetarian



**1 in 20 Americans
has major depression**

1 in 3 Americans has a passport



**1 in 3 teens with a
mental health condition
drops out of school—the
highest dropout rate of
any disability group**

1 in 4 Americans has a tattoo



**1 in 4 American women
has met the criteria for
an anxiety disorder in
the past year**

1 in 75 Americans has red hair



**About 1 in 75 adults
has schizophrenia**

1 in 4 Americans admits to
“double-dipping” their chip at a party



**1 in 4 adults staying at a
homeless shelter has a
serious mental illness**

**Mental health issues are
everywhere.**

They are all around us.

And these issues are growing.



WHY?

Lessening stigma is good...



But there are breakdowns of communities, and increased stress



The Story of Lila



For People First, Use Person-First Terminology



Depression



Post-Traumatic Stress Disorder



Anxiety Disorders



Substance Use Disorders



Antisocial Personality Disorder



Myths of mental health issues and violence



New directions in treatment



Mental illness is a risk factor

for landing in jail– even as it's not a
direct risk factor for violence

Jails have become
mental institutions



Trauma and Poverty

- They increase both the risk of mental health disorders– and of incarceration
- Families in poverty don't have as many resources to treat problems, and the kids end up in schools without resources too

Inmates with mental health problems are more likely to have experienced or witnessed trauma in their **childhood or adolescence**

- In state prisons, 73 percent of women and 55 of men have at least one mental health problem
- In federal prisons, 61 percent of women and 44 percent of men
- In local jails, 75 percent of women and 63 percent of men

- Prison environments often increase mental health symptoms
- Inmates with mental illness more likely to be injured in prison fights
- Inmates with mental illness more likely to have served multiple sentences

A disconnect



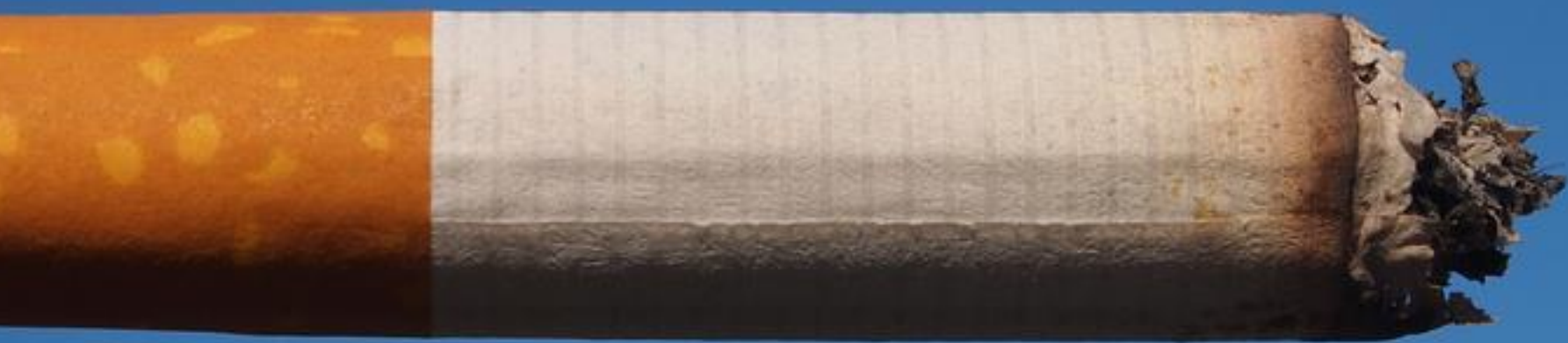
**What can create the
connection?**

YOU.



And the human connection can help
you both too





A sense of social support brings

- Lowered blood pressure
- Better cancer prognosis
- Better HIV prognosis
- Boosted immune system
- Fewer stress effects
- Better health habits



- Less cognitive decline
- Increased creativity
- Mood boost from helping others
- Better recovery after trauma
- Added protection against depression and anxiety



Loneliness makes us sick. Full stop.



Sometimes it feels easier to turn away



But hope is there if you look for it



Be human. Be real.



Together.

