

State Statistics: North Carolina

Mental Illness Is Common

- Of North Carolina's approximately 9.2 million residents, close to 335,000 adults live with serious mental illnessⁱ and about 99,000 children live with serious mental health conditions.ⁱⁱ

Untreated Mental Illness has Deadly and Costly Consequences

- In 2006, 1,106 North Carolinians died by suicide.ⁱⁱⁱ Suicide is almost always the result of untreated or under-treated mental illness.
- Nationally, we lose one life to suicide every 15.8 minutes. Suicide is the eleventh-leading cause of death overall and is the third-leading cause of death among youth and young adults aged 15-24.^{iv}
- During the 2006-07 school year, approximately 68 percent of North Carolina students aged 14 and older living with serious mental health conditions who receive special education services dropped out of high school.^v

Public Mental Health Services are Inadequate to Meet Needs

- North Carolina's public mental health system provides services to only 34 percent of adults who live with serious mental illnesses in the state.^{vi}
- North Carolina spent just \$126 per capita on mental health agency services in 2006, or \$1,105.4 million.^{vii} This was just 3.1 percent of total state spending that year.^{viii}
- In 2006, 74 percent of North Carolina state mental health agency spending was on community mental health services; 25 percent was spent on state hospital care.^{ix} Nationally, an average of 70 percent is spent on community mental health services and 28 percent on state hospital care.^x

Criminal Justice Systems Bear a Heavy Burden

- In 2006, 1,029 children were incarcerated in North Carolina's juvenile justice system.^{xi} Nationally, approximately 70 percent of youth in juvenile justice systems experience mental health disorders, with 20 percent experiencing a severe mental health condition.^{xii}
- In 2008, approximately 8,200 adults with mental illnesses were incarcerated in prisons in North Carolina.^{xiii} Additionally, an estimated 31 percent of female and 14 percent of male jail inmates nationally live with serious mental illness.^{xiv}

Many Residents Rely on Public Services for Needed Care

- Approximately 13.8 percent of North Carolinians are enrolled in Medicaid.^{xv}
- Approximately 1,466,000 North Carolinians are uninsured.^{xvi}

Housing is Unaffordable for People who Rely on SSI or SSDI

- The average rent for a studio apartment in North Carolina is 84 percent of the average Supplemental Security Income (SSI) payment, making housing unaffordable for adults living with serious mental illness who rely on SSI.^{xvii}

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- ⁱ Holzer, III, C.E. and Nguyen, H.T., psy.utmb.edu.
- ⁱⁱ U.S. Public Health Service, *Report of the Surgeon General's Conference on Children's Mental Health: A National Action Agenda*, (Washington, DC: Department of Health and Human Services, 2000).
- ⁱⁱⁱ McIntosh, J.L. (for the American Association of Suicidology), *U.S.A. Suicide 2006: Official Final Data*, (Washington, DC: American Association of Suicidology, April 19, 2009), <http://www.suicidology.org>.
- ^{iv} National Institute of Mental Health, "Suicide in the U.S.: Statistics and Prevention," 2009, <http://www.nimh.nih.gov/health/publications/suicide-in-the-us-statistics-and-prevention/index.shtml>, (January 25, 2010).
- ^v U.S. Department of Education, Office of Special Education Programs, Data Accountability Center, Individuals with Disabilities Education Act (IDEA) Data, "State Rank-Ordered Tables," Table 1.3b, Data Analysis System (DANS), (July 15, 2008), <https://www.ideadata.org/StateRankOrderedTables.asp>.
- ^{vi} Aron, L., Honberg, R., Duckworth, K., et al., *Grading the States 2009: A Report on America's Health Care System for Adults with Serious Mental Illness*, (Arlington, VA: National Alliance on Mental Illness, 2009).
- ^{vii} NASMHPD Research Institute, Inc. (NRI Inc.), "State Mental Health Agency Profiles Systems (Profiles) and Revenues Expenditures Study: Revenues and Expenditures Reports from 2006," National Association of State Mental Health Program Directors Research Institute, Inc., (2006), http://www.nri-inc.org/projects/Profiles/Prior_RE.cfm.
- ^{viii} Ibid.
- ^{ix} Ibid.
- ^x Ibid.
- ^{xi} *OJJDP Statistical Briefing Book*, U.S. Department of Justice, Office of Justice Programs, Office of Juvenile Justice and Delinquency Prevention, (September 12, 2008), <http://ojjdp.ncjrs.gov/ojstatbb/corrections/qa08601.asp?qaDate=2006>.
- ^{xii} Shufelt, M.S. and Cacoza, J., *Blueprint for Change: A Comprehensive Model for the Identification and Treatment of Youth with Mental Health Needs in Contact with the Juvenile Justice System*, National Center for Mental Health and Juvenile Justice, (2007).
- ^{xiii} Sabol, W. J., West, H. C. and Cooper, M., *Prisoners in 2008*, U.S. Department of Justice, Bureau of Justice Statistics, (2009), and James, D. and Glaze, L., *Mental Health Problems of Prison and Jail Inmates*, U.S. Department of Justice, Bureau of Justice Statistics, (2006).
- ^{xiv} Steadman, H. J., Osher, F.C., and Robbins, P.C., et al., "Prevalence of Serious Mental Illness among Jail Inmates," *Psychiatric Services* 60, (June 2009).
- ^{xv} The Kaiser Family Foundation, statehealthfacts.org. Data Source: Urban Institute and Kaiser Commission on Medicaid and the Uninsured estimates based on the Census Bureau's March 2008 and 2009 Current Population Survey (CPS: Annual Social and Economic Supplements), <http://www.statehealthfacts.org/comparetable.jsp?typ=1&ind=125&cat=3&sub=39>.
- ^{xvi} Ibid
- ^{xvii} O'Hara, A., Cooper, E., Zovistoski, A., and Buttrick, J., *Priced Out in 2006: The Housing Crisis for People with Disabilities*, Technical Assistance Collaborative, Inc., Consortium for Citizens with Disabilities, Housing Task Force, (Technical Assistance Collaborative, Inc.: 2007).