



**NAMI**

**Idaho**

**National Alliance on Mental Illness**

**Idaho Senate Health and Welfare Committee**

**January 25, 2022**

**Presented by**

**Michael Sandvig, President Emeritus**

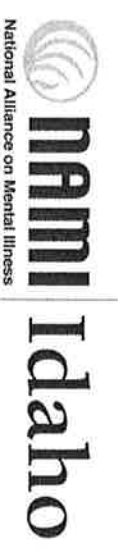
# NAMI – National Alliance on Mental Illness

- Nation’s largest grassroots mental health organization
- Dedicated to building better lives for the millions of Americans affected by mental illness
- Started in 1979 as a small group of families gathered around a kitchen table
- NAMI Idaho was founded and incorporated in 1991



# NAMI Idaho - State Organization

- Our mission is to improve the quality of life for all those affected by mental illness through
  - Support
  - Education
  - Advocacy
- NAMI ID - 501(c)(3) organization presently funded by member dues, private donations, and grants



## NAMI Idaho Local Affiliates

- Far North (Sandpoint, Region 1)
- Coeur d'Alene (Region 1)
- North Central Idaho (Moscow, Region 2)
- Treasure Valley (Region 4)
- Wood River Valley (Region 5)
- Upper Valley (Idaho Falls, Region 7)
  
- Working to expand in Regions 2, 3, 5 and 6

## COVID-19 Response

- Moved to online support groups
- Zoom format
- Support groups open through out the state
- Trained more support group facilitators
- 56 support groups held monthly, up from 13 in early 2020
- Continuing online, in person and hybrid formats
- Greatly increased availability in rural areas and those without local affiliates

# Mental Health Condition/Illness

- Medical condition impacting the brain
- Impacts people regardless of economic status, religion, race, gender or education
- 50% of all lifetime mental illness begins by age 14
- 75% by age 24
- Average delay between symptom onset and treatment – 11 years

# Mental Health Numbers - Idaho

- 1 in 5 U.S. adults experience mental illness each year
- 311,000 adults in Idaho have a mental health condition
- 71,000 adults in Idaho have a serious mental illness
- 26,000 Idahoans age 12-17 have depression
- 51,000 Idahoans on Medicaid "received specialty mental health services"
  - Invitation To Negotiate (ITN), Idaho Health and Welfare, 12/30/21

# Mental Illness Stigma Must End

- Mental illness is not a lifestyle choice
- Mental illness is not a welfare issue
- Mental illness is not caused by behavior issues
- Mental illness may cause behavior and thought issues
- Stigma is a significant cause for lack of timely identification and treatment
- **With identification and treatment there is hope for recovery**



## Mental Illness Ripple Effect

- Increased risk for chronic disease like cancer and diabetes
- Substance abuse – 18% have mental illness
- Caregivers provide an average of 32 hours per week unpaid care
- 21% of homeless have mental illness
- 37% of people in state and federal prisons have diagnosed mental illness
- 70% of youth in the juvenile justice system have diagnosable condition
- Depression is a leading cause of disability
- Lost productivity
- Suicide

# Thoughts for Policy Makers

- Actions taken by the Legislative and Executive branches directly impact the quality and effectiveness of mental health outcomes
- The 11 year gap receiving effective treatment results in the most costly ripple effects
- Early identification and treatment greatly improves outcomes, recovery and reduced costs
- Your decisions directly impacts the bottom line for Idahoans and the health of Idaho