

## State Statistics: Connecticut

### Mental Illness Is Common

- Of Connecticut's approximately 3.5 million residents, close to 109,000 adults live with serious mental illness<sup>i</sup> and about 39,000 children live with serious mental health conditions.<sup>ii</sup>

### Untreated Mental Illness has Deadly and Costly Consequences

- In 2006, 292 Connecticut residents died by suicide.<sup>iii</sup> 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.<sup>iv</sup>
- During the 2006-07 school year, approximately 32 percent of Connecticut students aged 14 and older living with serious mental health conditions who receive special education services dropped out of high school.<sup>v</sup>

### Public Mental Health Services are Inadequate to Meet Needs

- Connecticut's public mental health system provides services to only 24.5 percent of adults who live with serious mental illnesses in the state.<sup>vi</sup>
- Connecticut spent just \$170 per capita on mental health agency services in 2006, or \$591.6 million.<sup>vii</sup> This was just 2.6 percent of total state spending that year.<sup>viii</sup>
- In 2006, 59 percent of Connecticut state mental health agency spending was on community mental health services; 30 percent was spent on state hospital care.<sup>ix</sup> Nationally, an average of 70 percent is spent on community mental health services and 28 percent on state hospital care.<sup>x</sup>

### Criminal Justice Systems Bear a Heavy Burden

- In 2006, 498 children were incarcerated in Connecticut's juvenile justice system.<sup>xi</sup> Nationally, approximately 70 percent of youth in juvenile justice systems experience mental health disorders, with 20 percent experiencing a severe mental health condition.<sup>xii</sup>
- In 2008, approximately 3,400 adults with mental illnesses were incarcerated in prisons and jails in Connecticut.<sup>xiii</sup>

### Many Residents Rely on Public Services for Needed Care

- Approximately 11.5 percent of Connecticut residents are enrolled in Medicaid.<sup>xiv</sup>
- Approximately 334,000 Connecticut residents are uninsured.<sup>xv</sup>

### Housing is Unaffordable for People who Rely on SSI or SSDI

- The average rent for a studio apartment in Connecticut is 96 percent of the average Supplemental Security Income (SSI) payment, making housing unaffordable for adults living with serious mental illness who rely on SSI.<sup>xvii</sup>

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<sup>i</sup> Holzer, III, C.E. and Nguyen, H.T., psy.utmb.edu.

<sup>ii</sup> 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).

<sup>iii</sup> 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>.

<sup>iv</sup> 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).

<sup>v</sup> 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>.

<sup>vi</sup> 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).

<sup>vii</sup> 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](http://www.nri-inc.org/projects/Profiles/Prior_RE.cfm).

<sup>viii</sup> Ibid.

<sup>ix</sup> Ibid.

<sup>x</sup> Ibid.

<sup>xi</sup> *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>.

<sup>xii</sup> 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).

<sup>xiii</sup> 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).

<sup>xiv</sup> The Kaiser Family Foundation, [statehealthfacts.org](http://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>.

<sup>xv</sup> Ibid.

<sup>xvi</sup> 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).