



FLORIDA HOSPITAL ASSOCIATION

POLICY DOCUMENT

# BEHAVIORAL HEALTH PROFILE

## DATA BRIEF

MAY 2023

## Behavioral Health Data Profile for Florida

### Background

A combination of factors creates challenges for many Floridians to access affordable, appropriate, and timely behavioral health care. The result is that too many adults and children in Florida with behavioral health needs must rely on clinically inappropriate care settings, such as hospital emergency departments, to receive needed behavioral health treatment. COVID-19 has created new challenges for the behavioral health care system as more people experience symptoms of mental illness and substance use disorder.

Florida's hospitals across the state are committed to working with community groups, state agencies, advocates and consumer groups, and other health care providers to implement and sustain systems of care that timelier meet the behavioral health needs of Floridians.

The care of individuals with behavioral health needs and diagnoses and substance use disorders should be addressed with a collaborative approach. This can be achieved by expanding community-based support, increasing provider reimbursement, and expanding the behavioral health workforce. FHA works with state and federal policymakers to improve access to timely, community-based care, including increasing funding for community response teams.

### National Statistics<sup>1</sup>

- 21% of adults, or 50 million, American adults, are experiencing a mental illness.
- 55% of adults with a mental illness, over 28 million individuals, receive no treatment.
- 15% of adults had a substance use disorder in the past year.
- 93.5% of adults with substance use disorder did not receive treatment.
- 16% of youth have experienced at least one major depressive episode in the past year.
- More than 2.7 million youth are experiencing severe major depression.
- 60% of youth with major depression do not receive mental health treatment.
- 1 in 10 youth with private health insurance do not have coverage for mental or emotional difficulties.
- In the U.S., there are 350 individuals for every one mental health provider.
- 16.39% of youth (age 12-17) reported suffering from at least one major depressive episode (MDE) in the past year.

<sup>1</sup> [The State of mental Health in America, 2023, MHA](#)

306 E COLLEGE AVE  
TALLAHASSEE, FL 32301

850.222.9800  
VISIT FHA.ORG



Mission to Care. Vision to Lead.

# BEHAVIORAL HEALTH PROFILE

## Florida's Statistics

### Adult Prevalence of Mental Illness (Adults with Any Mental Illness (AMI))

Florida is ranked #1 in the nation with nearly 3 million adults, or 17.49%, experiencing a mental illness.

### Prevalence of Mental Illness

Florida ranks 7<sup>th</sup> in the nation for prevalence of mental health and substance use issues.

The six measures that make up the Prevalence Ranking include:

1. Adults with Any Mental Illness (AMI)
2. Adult with Substance Use Disorder in the Past Year
3. Adults with Serious Thoughts of Suicide
4. Youth with at Least One Major Depressive Episode (MDE) in the Past Year
5. Youth with Substance Use Disorder in the Past Year
6. Youth with Severe MDE

### Overall Ranking

Florida ranks 35<sup>th</sup> among all states for prevalence of mental illness and higher rates of access to care. This overall ranking includes both adult and youth measures, as well as prevalence and access to care measures.

### Adult Rankings

Florida ranks 25<sup>th</sup> in for prevalence of mental illness and access to care.

### Youth Rankings

Florida ranks 33<sup>rd</sup> in the prevalence of mental illness and higher rates of access to care for youth.

### Access to Care Rankings

The access ranking indicates how much access to mental health care exists within a state. The access measures include access to insurance, access to treatment, quality and cost of insurance, access to special education, and mental health workforce availability. Florida ranks 46<sup>th</sup>.

### Adults with Substance Use Disorder in the Past Year

Florida is ranked 11<sup>th</sup> with 2.5 million, or 14.81%, of adults reported having a substance use disorder in the past year.

### Adults with Serious Thoughts of Suicide

Florida is ranked 4<sup>th</sup>, with 727,000, or 4.26%, of adults reporting serious thoughts of suicide.

### Youth Prevalence of Mental Illness (Youth with at Least One Major Depressive Episode (MDE) in the Past Year)

Florida ranks 13<sup>th</sup> with 225,000, or 15.51%, of youth reporting at least one major depressive episode (MDE) in the past year.

### Youth with Substance Use Disorder in the Past Year

Florida is ranked 13<sup>th</sup> with 87,000 youth, or 5.99%, reported having a substance use disorder in the past year.

# BEHAVIORAL HEALTH PROFILE

## **Youth with Severe Major Depressive Episode**

Florida ranks 25<sup>th</sup> at 174,000, or 12.30%, of youth with severe Major Depressive Episodes.

## **Adult Access to Care (Adults with AMI Who Did Not Receive Treatment)**

Over half (54.7%) of adults in the U.S. with a mental illness received no treatment. Over 28 million individuals experiencing a mental illness are going untreated. Florida ranks 45<sup>th</sup> with 1,679,000, or 58.40%, in the prevalence of untreated adults with mental illness.

## **Adults with AMI Reporting Unmet Need**

Almost a third (28.2%) of all adults with a mental illness reported that they were not able to receive the treatment they needed. Cost of care remains a significant barrier for many individuals in the U.S. Most adults with AMI who reported unmet need for treatment indicated that they did not receive care because they could not afford it (42%). Florida ranks #32 with 838,000, or 29.10% of adults with AMI reporting unmet treatment.

## **Adults with AMI Who Are Uninsured**

In the U.S. there are 10.8% (over 5.5 million) of adults with a mental illness are uninsured. Florida ranks #40 with 393,000, or 13.60%, of adults with a mental illness who are uninsured.

## **Adults Reporting 14 or More Mentally Unhealthy Days a Month Who Could Not See a Doctor Due to Costs**

In the U.S. there are 22.87% of adults who reported experiencing 14 or more mentally unhealthy days each month and were not able to see a doctor due to costs. Florida ranks #48 with 635,806, or 30.07%, with adults with 14 or more mentally unhealthy days who could not see a doctor.

# BEHAVIORAL HEALTH PROFILE

## **Youth Access to Care (Youth with MDE Who Did Not Receive Mental Health Services)**

In the U.S., 59.8% of youth with major depression do not receive any mental health treatment. Florida ranks #38 with 146,000, or 61.80%, of untreated youth with depression.

## **Youth with Severe MDE Who Received Some Consistent Treatment**

Nationally, only 28% of youth with severe depression receive some consistent treatment of 7 to 25 or more visits in a year. Consistent treatment is determined if a youth visits a specialty outpatient mental health service, including a day treatment facility, mental health clinic, private therapist, or in-home therapist more than seven times in the previous year.

Florida ranks #29 with 45,000, or 26.50%, of youth with severe depression who received some outpatient treatment.

## **Youth with Private Insurance That Did Not Cover Mental or Emotional Problems**

Nationally, 1 in 10 youth who are covered under private insurance do not have coverage for mental or emotional difficulties – totaling over 1.2 million youth. Florida ranks #40 with 68,000, or 11.40%, of youth lacking mental health coverage.

## **K – 12 Student Identified with Emotional Disturbance for an Individualized Education Program**

Nationally, only .718 percent of students are identified as having an ED for IEP. For purposes of an IEP, the term “Emotional Disturbance” is used to define youth with a mental or behavioral health condition that is affecting their educational performance. Florida ranks #40 with 12,875, or 4.70% of students identified as having an emotional disturbance (ED) for an individual education program (IEP).

## **Mental Health Workforce Availability**

Florida ranks 43rd with a 550-to-1 ratio of residents to mental health providers. States with lower rates, ranked 44 – 51, are: Indiana, Iowa, Tennessee, Georgia, Arizona, West Virginia, Texas, and Alabama.

## **Summary**

FHA believes that behavioral health care efforts should not solely focus on the individual in crisis. The care of the psychiatric and substance use disorder population must be addressed with a collaborative approach and a plan to address the social determinants of health that work to impede in developing self-sufficiency and resiliency. This can be achieved by expanding community-based support, increasing <sup>2</sup>

---

<sup>2</sup> [National Association on Mental Illness](#)