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## Mental Health/Illness in the United States

- 1 in 5 adults live with mental illness
- 59.3 million people 18 or older live with AMI (Any Mental Illness), which is 22.8% of all U.S. adults
- Young adults aged 18-25 have the highest prevalence rate, at 36.2% of AMI, compared to those who are older

### LET'S BREAK IT DOWN FURTHER Mental Illness Breakdown by Racial Groups

- White (24.6%)
- Hispanic (21.4%)
- African American (19.7%)
- American Indian or Alaska Native (19.6%)
- Asian (16.8%)

### Mental Illness Within the LGBTQ+ Community

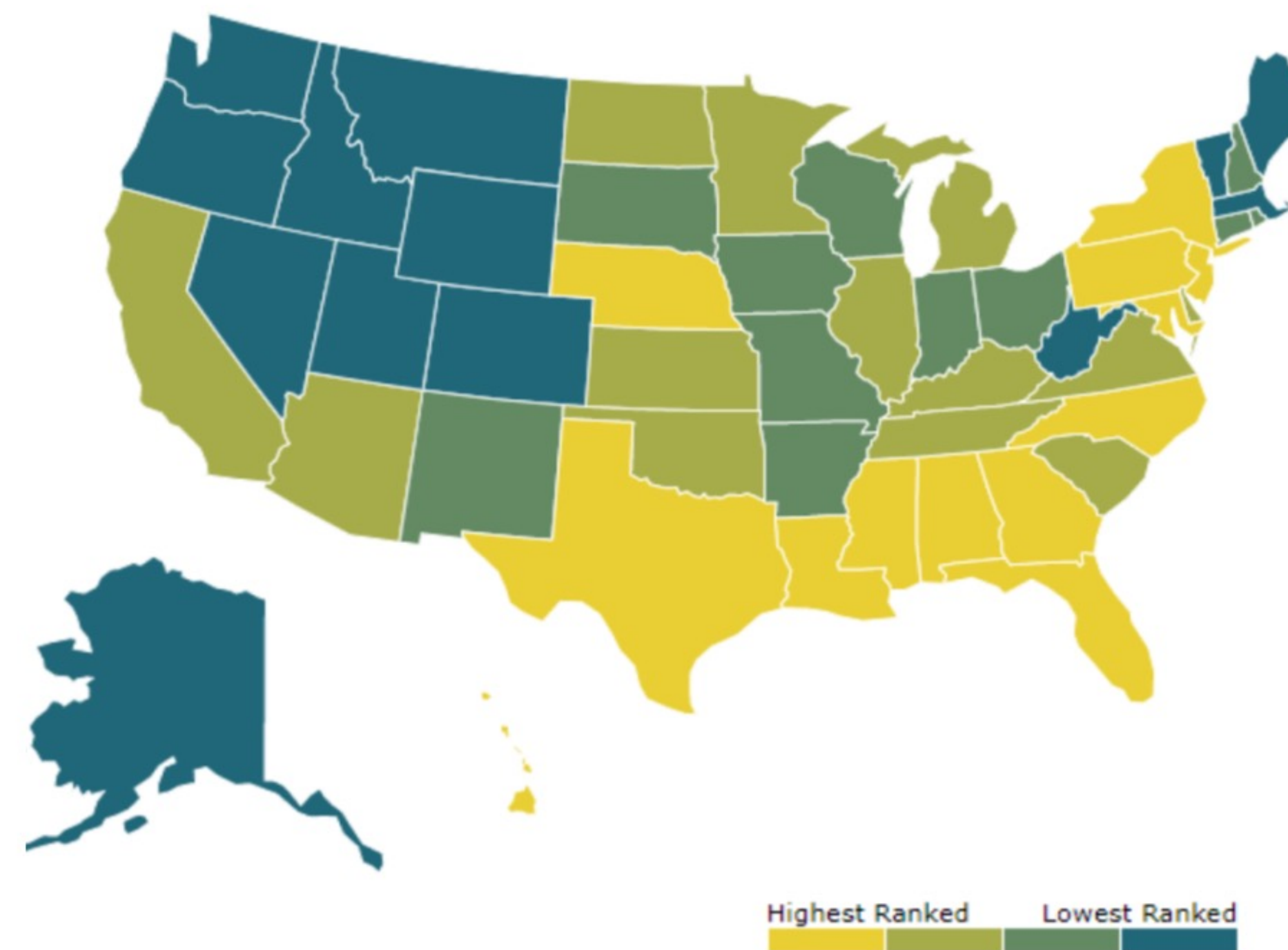
- Adults who identify within the LGBTQ Community are twice as likely to experience a mental health condition
- 86% of LGBTQ youth reported being harassed or assaulted at school (2019)



## How Has Covid 19 Transformed These Statistics?

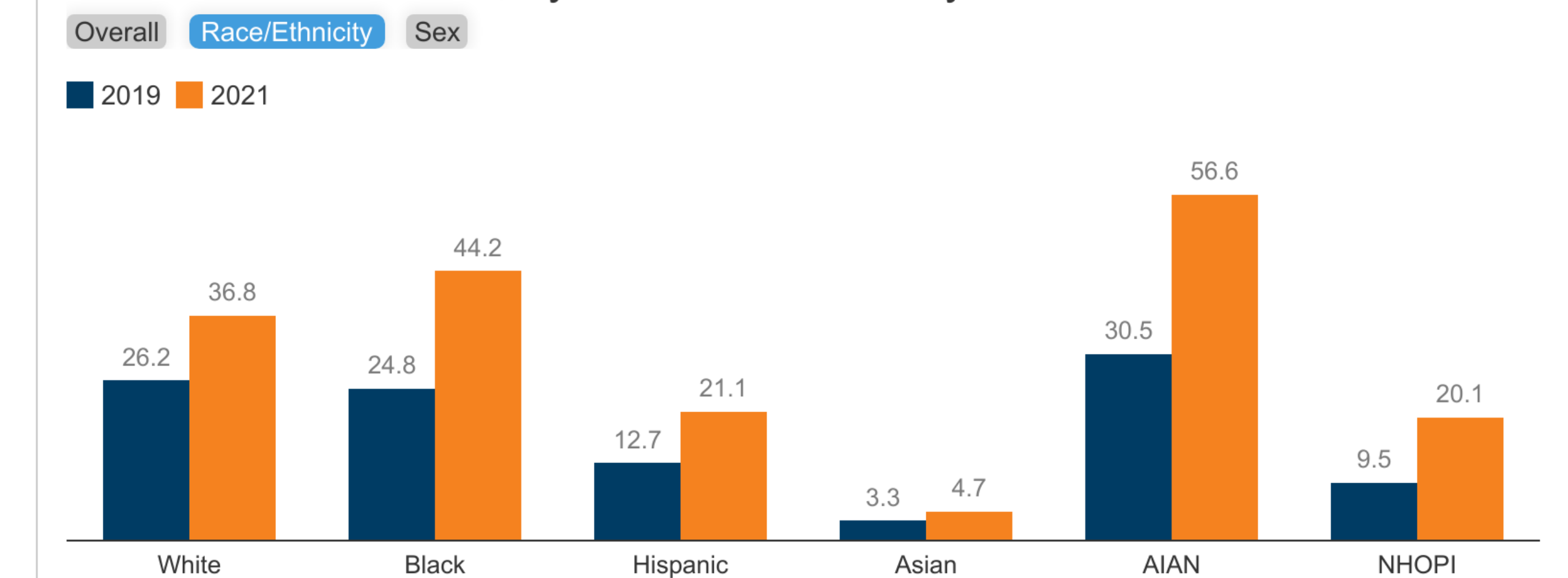
- Mental Health and Substance use concerns remain elevated three years post-pandemic
- 90% of Americans believe our country remains in a mental health crisis
- Symptoms of anxiety and depression heightened and are more pronounced with individuals who experienced household job loss, young adults, as well as women
- 47% of parents report that the pandemic hurt their children's mental health + 17% of those parents report a "significant negative impact" on their children's mental health
- Drug overdose death rate increased by 50% throughout the pandemic
- 50.2% of adults who identify as lesbian, gay, or bisexual (LGB) experienced a mental health condition in 2020
- 21 million U.S. adults are currently living with depression + 3.7 million kids ages 12-17 suffer from severe depression
- 42.5 million adults nationwide suffer from anxiety disorders (generalized anxiety, OCD, and panic disorder)
- 42.5 million adults currently live with PTSD
- 3.3 million U.S. adults live with Bipolar disorder
- 1.5 million adults have been diagnosed with schizophrenia

F1: Prevalence of Mental Illness by State, 2020



## Drug Overdose Deaths Before and During Pandemic by Racial Groups

Figure 4  
Age-Adjusted Drug Overdose Death Rates, Before and During the COVID-19 Pandemic, by Race and Ethnicity



NOTE: Drug overdose deaths were classified using the following ICD-10 codes: X40-44, X60-64, X85, or Y10-Y14. Death rates are per 100,000. AIAN refers to American Indian and Alaska Native people. Persons of Hispanic origin may be of any race but are categorized as Hispanic for this analysis; other groups are non-Hispanic. Persons of more than one race are not included in the data.  
SOURCE: KFF analysis of Centers for Disease Control and Prevention (CDC), National Center for Health Statistics, Multiple Cause of Death 2018-2021 on CDC WONDER Online Database.

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## The Effects of Mental Health Services During Covid 19

- Many mental health issues and its prevalence rates increased due to the drastic change in mental health services
- Such changes left gaps for people able to access care, especially those who need it most
- services for mental, neurological, and substance use conditions were the most disrupted

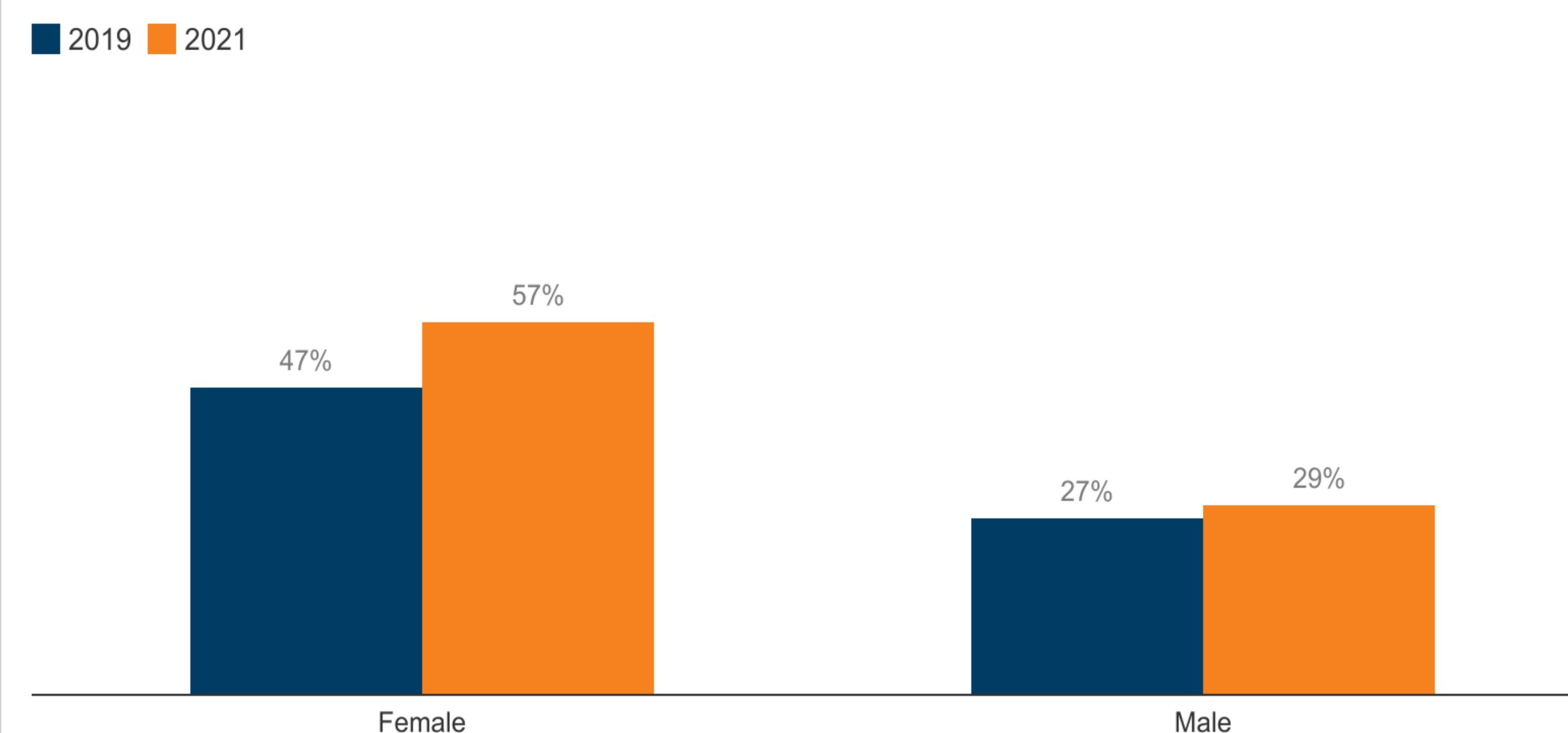
## Suicide Rates Within the United States (18+19 – 20+21)

- 47,500 lives were attributed to suicide between 2018-2019
- 2018-2019: The first time in a decade that suicide rates dropped
- Within the first ten months of the pandemic, suicide was listed as a leading cause of death in U.S youth between the ages of 5-24 years old
- Within the first 10 months, 5,568 young individuals died by suicide

In 2021:

- 48,183 deaths which equates to 1 death every 11 minutes
- 12.3 million adults in the U.S. seriously considered suicide in 2021 with
- 3.5 million are planning a suicide attempt
- 1.7 million are attempting suicide!

Figure 3  
Share of High School Students with Persistent Feelings of Hopelessness and Sadness, Before and During the Pandemic, by Sex



SOURCE: CDC Youth Risk Behavior Survey

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## Why does mental health Support serve as a Catalyst for mental health improvement?

- Getting aid will help improve your quality of life
- Gain insight on managing your symptoms, which can allow clients to enjoy life without having their mental health conditions stand in the way
- Positive Support Systems have been proven to reduce symptoms of depression and anxiety disorders along with levels of stress
- Gaining social support can help you reintegrate with the outside world and allow you to focus on others and activities
- Gaining positive Influences from those around you will aid in motivating one towards healthier habits, especially with positive accountability partners

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