



## MENTAL HEALTH NUMBERS AND RESOURCES

### Iowa ranks:

- 47th in the US in the number of psychiatrists
- 47th in the US in the number of psychologists
- 47th in the US in the number of psychiatric beds (8.1 per 100,000 versus the recommended 50 per 100,000)

### Resources in Black Hawk County:

- Psychiatrists — 10 full time (3 are hospitalists), 4 part time
- Psychiatric Nurse Practitioners — 6 full time
- University of Iowa Hospital and Clinics has 53 psychiatrists on staff



Cedar Valley United Way is bringing together health care providers, school personnel, law enforcement, legislators, families and individuals affected by mental health illnesses to find a path forward to improve the state of mental health in Black Hawk County.

## WHAT WORKS?

Research suggests that delaying treatment results in the development of more complex, difficult to treat illnesses. Virtually every community survey that has been done in recent years has identified mental health needs as a priority. Yet, since 2011, 41 states have cut their mental health budgets despite predicting an increase in the number of people requiring mental health services.

### What type of mental health programs and services work?

- Evidence-based practices
- Prevention and education
- Early intervention (school-based)
- Outreach or in-home services
- Crisis intervention training for law enforcement
- Mobile crisis programs
- Jail diversion (pre and post)
- Integrated health homes (care coordination)
- Injectable medications
- Transportation
- Patient assistance programs
- Open access

## PRIORITY ACTION ITEMS

- Increasing school-based mental health services
- Increasing community treatment capacity
- Decreasing the burden of mental health on our emergency departments and jail facilities