

Mental Health Matters in Missouri

A Snapshot of Diagnosis and Spending from Commercial Claims



As the mental health crisis in the United States continues to grow, employers must understand how these diagnoses are directly and indirectly impacting their employees and their health care spending. Here, MHI reports on commercially insured Missourians aged 0-64.

Diagnosis

In 2023,
1 in 7



commercially insured Missourians had a mental health diagnosis,

A **41.7%**

growth in those with a diagnosis from 2016.

Financial Burden

Those with a mental health diagnosis, compared to those without, incurred

\$6000+ more

annually on medical and pharmacy service expenses per member,

And had

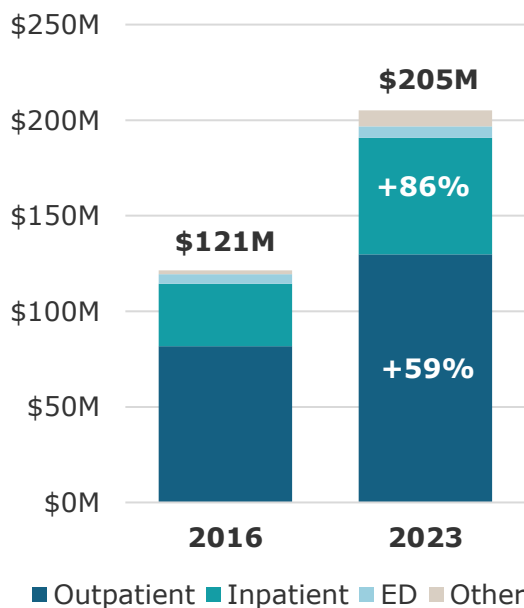
152% more

emergency department visits.



Spending

From 2016 to 2023, **mental health spending** in Missouri increased by **69%**.



Outpatient Care

From 2016 to 2023,



Outpatient visits for **anxiety disorders** increased by **109%**, making up **34%** of all outpatient mental health visits.



Children had **up to 46%** more outpatient mental health visits than **adults**.



Females had **up to 71%** more outpatient mental health visits than **males**.



27 miles - **Average distance** traveled by Missourians to receive outpatient mental health care in 2023.

Community Resources

In Crisis:



Call 988 in crisis, but also at any time for additional information or help.

It's free, judgment-free, and confidential.

Behavioral Health Crisis Centers

- Scan the QR code to find the nearest location



Local Walk-in Clinics

- SSM Health Behavioral Health Urgent Care
- BJC Behavioral Health Same Day Access Clinic

Local Organizations:



Missouri Suicide Prevention Network provides training and more at mospn.org

NAMI St. Louis offers free mental health education, advocacy, and support services.

About MHI



Trusted
Information



Engaged
Stakeholders



Forum for
Collaboration

The Midwest Health Initiative (MHI) brings together those that provide, pay for, and use health care to tackle some of the region's most pressing health care challenges.

Its multistakeholder leaders share a belief in the power of information and collaboration to transform health care.

Talk About Mental Health in A Better Way

The words you use matter. Break down negative stereotypes and give people hope by choosing words that are more relatable and promote understanding. This simple but caring approach may help people feel more comfortable and willing to talk openly about mental health and to reach out for support early.

SAYING

- Mental health condition
- The weather is unpredictable
- My daughter has schizophrenia
- Person with a mental health condition
- Lives with, has or experiences



INSTEAD OF

- Brain disorder or brain disease
- The weather is bipolar
- My daughter is schizophrenic
- Consumer, client or patient
- Suffers from, afflicted with or mentally ill

Acknowledgements

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Statistics on the front page are from an analysis completed by Midwest Health Initiative using its commercial claims data warehouse and methods guided by *Recommendations for a Standardized State Methodology to Measure Clinical Behavioral Health Spending* by the Milbank Memorial Fund and Freedman HealthCare.

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