

Integrated Healthcare

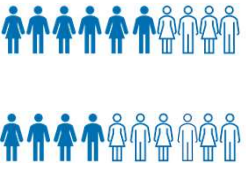

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Physical Illness Presents a Pressing Crisis

Such as heart disease, cancer, chronic lung disease, stroke, and diabetes

- 6 out of every 10 Americans suffer from a chronic illness
- 4 out of every 10 Americans suffer from 2+ chronic illnesses

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Mental Health Challenges Also Harm Our Communities

The National Institute of Mental Health (NIMH) reports that:

- 1 in 5** Americans dealt with a mental health issue in 2021.

Recent research also shows that:

- 40M+** Of us experience some type of anxiety disorder.
- 21M+** Of us have experienced a major depressive episode.
- 39M+** Americans struggle with substance abuse disorder.



Anxiety & Depression: Association of Anxiety & Depression, 2019
Mental Health America, 2020
Mental Health in America, 2021
Mental Health in America, 2021

Chronic Illness Costs Us Trillions

\$3.69T Chronic diseases and mental health challenges account for 90% of the United States' \$4.1 trillion annual health care spending.

\$225B We could save \$225 billion in annual medical costs by eradicating smoking across the United States.

\$2.5T - \$8.5T Worldwide, substance use, neurological, and mental disorders are attributed to a loss of \$2.5 to \$8.5 trillion in lost productivity, depending on the method of assessment.

TheChicagoSchool | Health and Economic Costs of Chronic Illness, 2020 | Brook & Wong, 2019

Mental & Physical Health are Inextricably Linked

Anxiety & Major Depressive Disorders

Heart Disease & Cerebrovascular Diseases

Diabetes

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Links Begin Early with Adverse Childhood Experiences

Adverse Childhood Experiences such as:

- Parental Divorce
- Parental Substance Abuse

Can lead to adult health issues such as:

- Depression
- Heart Disease

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Links Extend Beyond Anxiety and Depression

Women with bipolar disorder are more like to develop:

- Thyroid disease
- Migraine headaches
- Problems with alcohol use
- Depression
- Postpartum psychosis

Eating disorders can cause:

- Heart disease
- Diabetes
- Bone disease
- Gastrointestinal distress

TheChicagoSchool | Center for Discovery, LLC | 2015 Dept. of Health & Human Services, 2015

Physical Healthcare + Mental Healthcare = Comprehensive Wellness

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Integrated Conditions Need Comprehensive Treatments

Comprehensive Medicine

- Treats the whole patient with attention to all aspects of a patient's lifestyle and personal environment
- Reflects the interconnectedness of bodily systems
- Places the patient at the center of health care plan
- Team approach across all mental and physical health specialists

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We Can Take Steps Today to Make a Difference

Prioritize proactive care.

Take lived experience into account when developing a care plan.

Reduce stigma around mental health care.

Use technology to increase healthcare accessibility.

Invest in cross-disciplinary healthcare networks.

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We can no longer think of mental health as a separate issue from physical health. These two realms are inextricably linked.

And comprehensive wellness necessitates integrated treatment. With a commitment to integrated care, we can provide everyone with the care they deserve.

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