



Circle of Strength

Magellan Healthcare, Wyoming's Care Management Entity

Mental Health America ranks Wyoming 46th

For the fifth year in a row, Mental Health America released its annual *State of Mental Health Report*, which ranks all 50 states and the District of Columbia based on several mental health and access measures.

This year, Wyoming was ranked 46th out of 51 states overall. Minnesota was ranked 1st and Nevada was ranked last. For youth-specific mental health services, Wyoming was ranked 49th. For youth-specific rankings, states with high rankings have lower prevalence of mental illness and higher rates of access to care for youth. Lower rankings indicate that youth have higher prevalence of mental illness and lower rates of access to care.

The seven measures that make up the Youth Ranking include:

1. Youth with at least one major depressive episode in the past year
2. Youth with substance use of disorder in the past year
3. Youth with severe major depressive episode
4. Youth with major depressive episode who did not receive mental health services
5. Youth with severe major depressive episode who received some consistent treatment
6. Children with private insurance that did not cover mental or emotional problems
7. Students identified with emotional disturbance for an individualized education program.

Some of the key findings include:

- **Over 44 million American adults have a mental health condition.** Since the release of the first State of Mental Health in America report (2015), there has only been a slight decrease in the number of adults who have a mental health condition (from 18.19% to 18.07%)
- **Rate of youth experiencing a mental health condition continues to rise.** The rate of youth with Major Depressive Episode (MDE) increased from 11.93% to 12.63%. There was only a 1.5% decrease in the rate of youth with MDE who did receive treatment. Data showed that 62% of youth with MDE received no treatment.
- **More Americans are insured and accessing care.** We can continue to see the effects of healthcare reform on the rate of Adults who are uninsured. This year there was a 2.5% reduction in the number of Adults with a mental health condition who were uninsured.
- **Mental health workforce shortage remains.** Many states saw some improvement in their individual to mental health provider ratio. But in states with the lowest workforce there was almost 4 times the number individuals to only 1 mental health provider.

Read more at www.mentalhealthamerica.net/issues/state-mental-health-america.

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1-307-459-6162 (M-F, 9 a.m. – 5 p.m.)
www.MagellanofWyoming.com

Magellan
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Culture impacts communication

Culture can allow or get in the way of communication. Organizations can increase communication effectiveness when they recognize and bridge cultural differences that may contribute to miscommunication.

Health professionals and educators can use the *Primer: Cultural Competency and Health Literacy* guide for teaching cultural competency (<https://sph.umd.edu/department/epib/cchc/cultural-competence-health-literacy-primer>). The primer provides teaching tools to improve cross-cultural communication skills, deliver culturally and linguistically appropriate healthcare services to diverse populations, and develop programs and policies to improve health outcomes and reduce health disparities.

You can find the primer and other resources on Center for Disease Control's Culture & Health Literacy web page (<https://www.cdc.gov/healthliteracy/culture.html>), which is dedicated to helping health professionals address the cultural and language differences between the people who provide information and services and the people they serve.

These resources are made possible by the Center for Disease Control.

New! Magellan Health Crisis Communications Resource Page

Sadly, nearly every day we are faced with traumatic events that impact everyone in our communities and across the U.S. Whether it be weather related events, shootings or other emergencies, these traumatic events are frightening. Some of the events make national news and impact people in many areas, while other events are more local and may impact only a small group of people.

When an event impacts many people in a region, Magellan Health opens a crisis line and encourages the public to call for counseling and other resources. In response to traumatic events, Magellan has developed a central location for crisis communications resources. The resource page can be found at www.magellanhealth.com/crisiscommunications.



Wyoming
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Know your rights and responsibilities as a member

Visit the *Family and Youth Guide* at MagellanofWyoming.com/youth-families/why-wraparound/family-youth-guide.

Crisis Text Line

All Wyoming residents have access to a free, 24/7 text line for people in crisis. Simply text **WYO** to **741741** to be connected to a crisis counselor. This resource can be used in non life-threatening situations. If your child or someone you know is in a life-threatening situation, call 911 right away!

Contact us

Office Hours:

M – F, 9 a.m. to 5 p.m. MST.

Phone: 307-459-6162

Emergency services are available 24 hours a day.

Toll-free: 1-855-883-8740

TDD/TTY: 1-800-424-6259

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