



MHA Releases 2024 State of Mental Health in America Report Indiana Advances to 24th in National Mental Health Rankings

National Mental Health America (MHA) released its annual State of Mental Health in America report, highlighting significant improvements in Indiana's mental health ranking. Using 2022 data, Indiana has risen to 24th in the nation, demonstrating substantial progress in mental health access and outcomes.

Indiana's Specific Statistics:

- **Adults with Any Mental Illness (AMI):** 24.44% of adults experienced a mental illness in the past year, affecting approximately 1.26 million individuals in Indiana.
- **Serious Thoughts of Suicide:** 5.56% of adults in Indiana reported experiencing serious thoughts of suicide, compared to the national average of 5.04%, representing about 287,000 people in the state.
- **Substance Use Disorder:** 19.08% of adults had a substance use disorder in the past year, higher than the national average of 17.82%, impacting approximately 983,000 adults in Indiana.
- **Access to Care:** Indiana ranks 18th for mental health care access, reflecting improvements but also highlighting areas needing further attention.

Progress in Indiana

"Historically, Indiana has rated poorly in most studies, but we have clearly made progress and continue to do so through the work of the Indiana Behavioral Health Commission, State Senator Mike Crider's SEA 1 that promotes 988, the expansion of Certified Community Behavioral Health Clinics (CCBHCs), and the increase of \$100M in funding," said Steve McCaffrey, CEO of Mental Health America of Indiana. "Further, Indiana was recently named a federal CCBHC Demonstration state thanks in large part to the leadership of US Senator Todd Young with the support of the entire congressional delegation. However, this is just the beginning-- as there is much more to do to advance mental wellness for Hoosiers."

Barriers and Opportunities in Indiana

Indiana faces specific barriers to mental health treatment that need to be addressed. Over 6% of adults with a mental illness in Indiana are uninsured. Cost remains a significant barrier, with 21.9% of adults who experienced mentally unhealthy days each month unable to see a doctor due to expenses, affecting about 190,000 people in the state. Moreover, Indiana struggles with a shortage of mental health providers. The state has approximately 530 residents for every one mental health provider, which hinders timely access to care. This shortage is more pronounced in rural areas, where the distance to mental health services can be a major obstacle.



Opportunities for Improvement

Indiana has several opportunities to further improve mental health outcomes. There remain gaps in the mental health parity legislation that must be closed. The continued expansion and support for CCBHCs with the approval of demonstration status can enhance access to comprehensive mental health services across the state. Additionally, the implementation of SEA 1 and the promotion of the 988 crisis hotline are pivotal steps toward addressing immediate mental health needs and preventing crises. Indiana can also benefit from increased funding and resources dedicated to mental health services, particularly in underserved areas. By addressing the provider shortage and reducing financial barriers to care, Indiana can continue its upward trajectory in national mental health rankings. Of course this will require further financial investment as Indiana makes budgetary decisions in the next Session of the Indiana General Assembly.

Key Data from Indiana

The report is based on federal data available from the Substance Abuse and Mental Health Services Administration, the Centers for Disease Control and Prevention, the Department of Health and Human Services, and the Department of Education. MHA evaluated Indiana on criteria such as the prevalence of mental health and substance use conditions, suicidal ideation, access to care, provider availability, and other metrics. MHA gathered the most recently available federal data in each state, with the majority collected through 2022. States with positive outcomes are ranked higher (closer to one) than states with poorer outcomes (closer to 50). The COVID-19 pandemic had a serious impact on federal agencies' ability to collect national surveillance data in 2020. As a result, the rankings in this year's State of Mental Health in America report cannot be directly compared years, though it does provide an accurate snapshot of mental health at a point in time. In releasing the report, MHA aims to: inform policy and program planning, analysis, and evaluation; track changes in the prevalence of mental health issues and access to mental health care; and increase dialogue with and improve outcomes for individuals and families with mental health needs and help education institutions.

Read more in the full State of Mental Health in Indiana report [here](#).

To learn more about Mental Health America of Indiana, visit our [website](#).