$175M for Mental Health Treatment to Help 22.5% of U.S. Adults

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An estimated 22.5 percent of U.S. adults—nearly 51.2 million people—had at least one mental disorder in the past year, according to a report from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Institute of Mental Health (NIMH).

In response, SAMHSA has granted $175 million in new funding to programs across the country that will help promote better treatment and recovery services for those living with mental health and substance abuse issues.

According to federal researchers, the report—titled "Past Year Mental Disorders Among Adults in the United States"—offers some of the most comprehensive data about mental illness in the country. Using survey and surveillance data from 2008 to 2012, the report outlines the prevalence of each mental disorder and then breaks the disorders down by gender, age, race, socioeconomic status and several other important subpopulations, such as poverty levels, education status and location.

The bulk of the new SAMHSA funding is based on these estimates, and has been allocated to programs that will help diagnose people with these mental health issues, refer them to specialized treatment, provide them with access to housing and employment opportunities, and connect them with peer support groups.

Grants will also target a variety of at-risk groups, including homeless people, HIV-positive minorities, and pregnant or postpartum women.

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