



Go-Throughs to Get Through: Low-income Young Adults and Mental Health

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May, 11 2017

This Presentation

- Selected findings
 - Focus group conducted with 26 African-American young adults
 - Analysis of National Data from SAMHSA 2015 National Survey on Drug Use and Health

Mental Health *Defined*

Go-Throughs to Get Through: Low-Income Young Adults and Mental Health

CLASP

#GoThroughs2GetThrough

How do young adults define mental health?

Mental health is defined by strengths, not problems. Young adults shared an affirmative vision of wellness that includes positive attributes, behaviors, and values.

"Things gonna get better. You feel me?"

-Rural Focus Group Participant



Urban and Rural



Urban



Rural



Go-Throughs to Get Through: Low-Income Young Adults and Mental Health

Young adults living in poverty face high exposure to "go-throughs," including structural disadvantages and trauma.

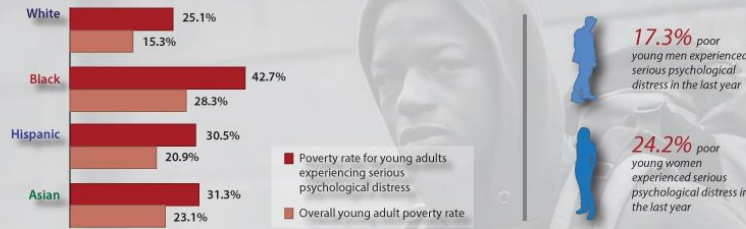
Percent of youth affected by mental illness in the last year:

26.9% WHITE	20.4% HISPANIC
14.8% BLACK	22.8% OTHER YOC (youth of color)

They frequently "get through" these challenges without formal mental health supports.

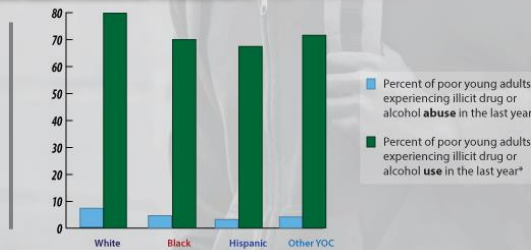
8% of poor young adults (more than 3/4 of a million young people) needed mental health treatment in the last year but did not receive it.

Young adults who experience psychological distress are more likely to be poor.



Substance use is common among young adults, but substance abuse is rare.

White young adults experience drug and alcohol abuse rates (7%) 1.5-2 times higher than youth of color.



* Abuse: use of alcohol or illicit drugs that leads to clinically significant impairment or distress | Use: any use of alcohol or illicit drugs in the last year

Low-income young adults who have insurance don't know it covers mental health services.



Young adults + health insurance

- 78% of poor young adults report that they have health insurance.
- 35% report that they have health insurance through Medicaid.

15% of poor young adults are **unsure** whether their health insurance covers mental health services.

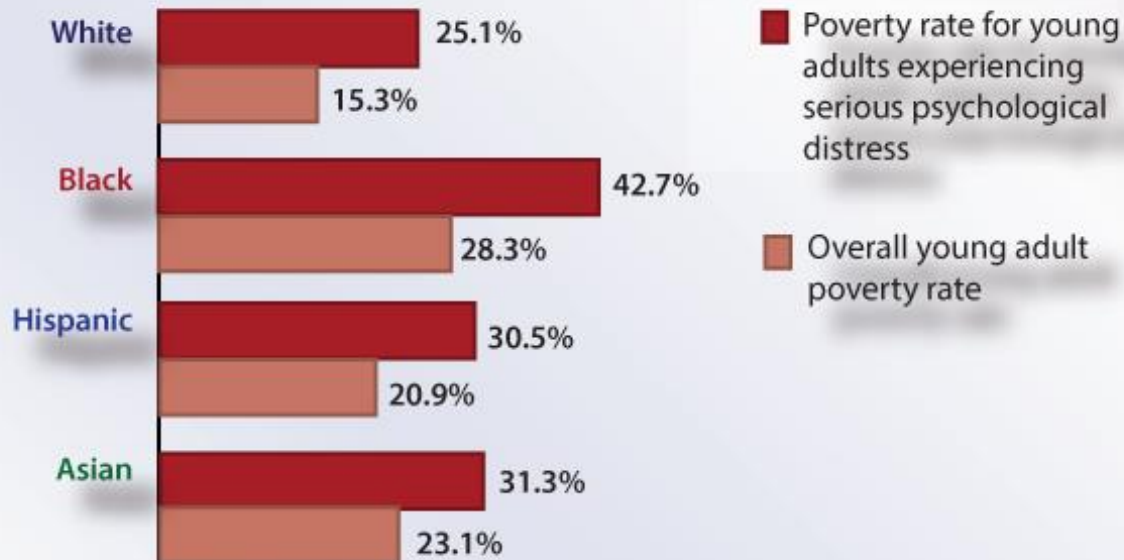
Nearly 1 in 4 (22%) white young adults believe that their health insurance covers mental health treatment

5 - 10% Black and Hispanic young adults believe their health insurance covers mental health treatment

Black (46.2%) and Hispanic (42.1%) young adults are disproportionately likely to be insured through Medicaid compared with white young adults (26.6%).

Psychological Distress and Poverty

Young adults who experience psychological distress are more likely to be poor.



17.3% poor young men experienced serious psychological distress in the last year

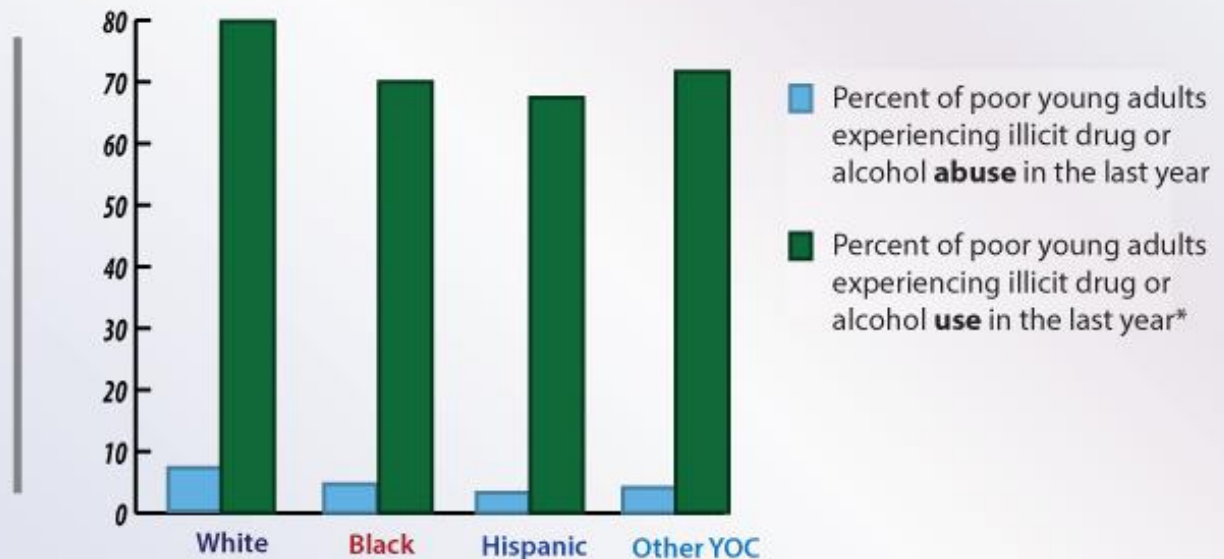


24.2% poor young women experienced serious psychological distress in the last year

Substance Use and Abuse

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Health Insurance and Mental Health

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Call to Action

“Just everything bro. It’s like everything, it’s like every time something go negative I just think like if that [expletive] had never happened I wouldn’t have been here now. I could have been somewhere else doing better, probably going to college right now.”

-Rural Focus Group Participant