



Navigating Mental Health Today

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What do we mean by “mental health?”

Mental health refers to our emotional, psychological, and social well-being.

It influences how we:

- Experience and regulate emotions
- Cope with stress and challenges
- Build and maintain relationships
- Make decisions and navigate daily life

Like physical health, mental health exists on a spectrum and changes over time

An essential part of **total health**

Mental and physical health are deeply connected.

- Mental health affects physical health — for example, chronic stress can raise risks for heart disease, diabetes, and sleep problems
- Physical health also influences mental health — regular exercise, balanced nutrition, and sufficient rest can support emotional well-being

Both are essential parts of overall health; one cannot be fully achieved without the other

National prevalence of mental health conditions



- 1 in 5 adults experience mental illness each year (61.5M people)
- 1 in 6 youth (ages 6–17) experience a disorder yearly
- Anxiety and depression are the most common conditions

National prevalence of mental health conditions



Of the 61.5 million U.S. adults who experienced Any Medical Illness (AMI) in the past year, **29.5 million** with AMI did **not** receive treatment.

National prevalence of mental health conditions



Youth — Adolescents & Teens

Among high school students in 2023:

- 40% reported persistent feelings of sadness or hopelessness over the past year
- 20% seriously considered suicide
- 16% made a suicide plan
- 9% attempted suicide

Prevalence of adult mental illness: **KS, OK, & AR**



Adult prevalence

- **Kansas:** 24.41%
- **Oklahoma:** 25.88%
- **Arkansas:** 23.86%
- **Combined average:** **24.7%** of adults across these states experienced mental illness in the past year. It's significant that all three states fall above the **national average of 23.1%**

Access to care



50% of adults with mental illness do not receive treatment

Barriers:

- Cost and insurance gaps
- Provider shortages, especially rural areas
- Stigma and lack of awareness

Trends since the pandemic



- Rise in anxiety and depression symptoms
- Greater demand for mental health services
- Rapid growth in telehealth
- Persistent digital access gaps
 - Stable internet
 - Digital literacy

Factors that support mental health

- Early intervention and school-based supports
- Community partnerships and education programs
- Law enforcement support
- Crisis care access (24/7, mobile, hotlines (988))
- Awareness and breaking stigma

Factors that support mental health



Early intervention and school-based supports

- **BISS, Behavioral Intervention Services in Schools, is a program that provides extra support for students, giving them one-on-one help with behavioral needs while in school**
- **248 schools across 118 NE/NC Oklahoma districts provide students with access to on-site GRAND embedded behavioral health specialists**
- **5,986 unique count of clients in school**

Factors that support mental health

Community partnerships and education programs

- More than 700 Community Partners across Oklahoma including:



Factors that support mental health

Law Enforcement Support

Crisis Intervention Response Teams (CIRT) – CIRT is a collaboration with community police departments focused on providing professional, compassionate and comprehensive services for mental health crisis intervention to citizens

Three CIRT fundamentals:

1.

Increase on-scene safety for all involved parties

2.

Reduce incarceration related to crimes secondary to mental illness
& unnecessary referrals to hospital emergency rooms

3.

Create a culture of police-mental health collaboration
with a focus on community need & engagement

Factors that support mental health

Crisis care access

- 24/7 Mobile Crisis Teams that respond directly to individuals in their homes, schools, or community settings
- 24/7 Urgent Recovery Centers and Crisis Stabilization Centers across our service area for around the clock walk-in care, assessment, and short-term treatment
- 24/7 Crisis Line staffed with trained professionals ready to help at any hour, any day
- 24/7 Street Outreach Teams serving those experiencing homelessness

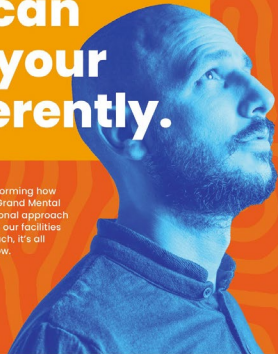
Factors that support mental health



Awareness & breaking stigma

We look at mental health differently, so you can look at your life differently.

Helping transform lives requires transforming how we treat mental health diagnoses. At Grand Mental Health, we take a progressive yet personal approach towards caring for those in need. From our facilities to our programs to our ongoing outreach, it's all focused on delivering a better tomorrow.



Leading Change. Advancing Care.

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Breakthroughs happen when you focus more on the person than the diagnosis.

Mental health care is more than simply a treatment plan. It's about treating the whole person. Which is why we provide immediate access to integrated care in the least restrictive environment possible. This means focusing on your mind, body and emotional well being. And it starts the minute you reach out to us.

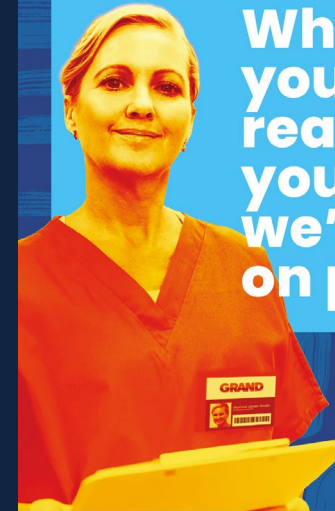


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When you've reached your point, we're on point.

We know that immediate access to personalized care saves lives. So, no matter how overwhelming your world gets, there's always hope. Because we're always here, 24 hours a day, seven days a week...to answer your call or welcome you through our front doors.



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Future Outlook

- Growing awareness and openness about mental health
- Innovations in care delivery (teletherapy, integrated care)
- Ongoing challenges:
 - Workforce shortages
 - Equitable access
 - Youth mental health needs



Conclusion

- Mental health is essential to overall health
- Progress is being made, but challenges remain
- Families, schools, workplaces, healthcare, and communities all play a role





Our mission is simple yet powerful: To improve life.

As we look to the future of mental health in this region & beyond, we remain steadfast in our commitment to that mission.

We've seen a transformation in how mental health is understood and prioritized. Stigma is giving way to awareness. Silence is being replaced with open, supportive conversations.

And at GRAND, we are proud to be part of that progress—expanding access, innovating care, and investing in our people every step of the way.





Thank You

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