

THE FACTS

OLDER OKLAHOMANS,
MENTAL HEALTH DISORDERS
AND SUBSTANCE ABUSE



The Oklahoma Mental Health & Aging Coalition works to improve the availability, accessibility, and quality of mental health and substance abuse services for older Oklahomans through training, education, and advocacy

FACT: 13.4% or 495,000 Oklahomans are age 65 or older. By 2030, 20% of all Oklahomans will be 65+. (2010 Census)

FACT: Approximately 1 in 5 older adults has a diagnosable mental and/or substance use disorder. (Dept Health & Human Services)

FACT: 25% of adults 65+ misuse or abuse alcohol, illicit drugs or prescription medications. (SAMHSA 2005) Substance use problems affect up to 19% of older adults. (Blow2005)

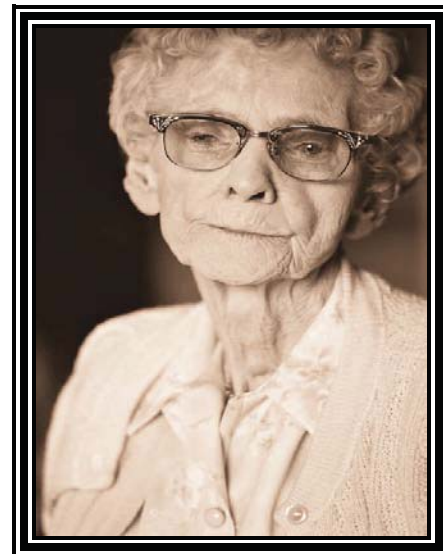
FACT: Untreated mental disorders can worsen physical illnesses and lead to the loss of independence, premature death and suicide. (SAMHSA)

FACT: Older adults with depression and serious chronic illness are at increased risk for disability and premature death, and the costs of medical care increases as much as 50% - 100%. (Husaini 2000) (Katon 2002)

FACT: Mental health treatment reduces, not increases health care costs; treatment of depression often facilitates recovery from other medical illnesses (ODMHSAS.org).

FACT: Recovery rates for depression are as high as 60-80% with appropriate treatment. The likelihood of improvement does not decrease with age. (University of Pittsburgh Medical Center; www.latelifedepression.org)

FACT: Approximately 550 Oklahomans die by suicide every year. Adults 65+ represent 13.4% of Oklahoma residents but account for 15% of Oklahoma suicides. (CDC 2010)



**TREATMENT WORKS, PREVENTION WORKS
RECOVERY IS NOT AGE LIMITED**

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Oklahoma Mental Health and Aging Coalition www.omhac.org



Member of the National Coalition on Mental Health and Aging www.ncmha.org

