Reply W 17

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**Response 1**

Approximately 19% of the adults in the United States experience some form of mental health problem. 8.5 % are involved in substance use disorder. The suicide rate among adults increases from 3.7% in 2012 to 4.19% in 2017 in the United States. In the US more than 10.3 million adults have serious thoughts of suicide. Studies have shown that the prevalence rate of substance use disorder including alcohol dependence and illicit drugs, has decreased from 8.4% in 2012 to 7.7% in 2017. In youth, the prevalence rate of substance use disorder has decreased to 4.2% in 2017. Studies have shown that those individuals with substance use disorder are also diagnosed with mental problems. I believe that substance use disorder and mental health services should meet the requirement of MHPAEA. Services such as therapy, counseling, social work services, substance use disorder treatment and social work services should be provided under these plans (Alegría, Green, McLaughlin, & Loder, 2015).

**Response 2 and 3**

Mental illness is defined as a health condition that involves changes in thinking, emotions, and behavior. It is usually associated with problems or distress functioning in work and social activities. The federal parity law basically requires insurance companies to treat substance use disorder and behavioral and mental health. In the last few years’ significant increases have been shown in the use of psychotropic medicines. Psychotropic medicines are receiving close scrutiny from the state budget makers, health insurers and ordinary citizens. The two main classes of psychotropic drugs in terms of sales are antidepressants and antipsychotics. In the United States, although the mental health care system is a multibillion-dollar industry, it is still not enough to serve all individuals who need it. The main barriers to treatment are cost and attitude (Moncrieff, Cohen, & Porter, 2013). News laws related to mental health care are changed regarding access to mental health but still, many significant barriers remain. Despite the presence of effective treatment for mental health illness, almost 41% of people with serious mental health problems do not receive treatment. The reason behind this is a stigma associated with seeking treatment. I think that one of the reasons that this problem still exists is poor funding for services and research as compared to other illness.

**Response 4**

In my opinion there is a need to determine the gaps in mental health care treatment. I believe that proper interventions, research grants and funding for research and treatment can prove to be very effective in combating mental health problems. The discrimination and stigma that families and individuals suffer due to mental illness are pervasive and intense. I believe that effective prevention can prove very effective and also change the way in which mental disorders are looked upon by society. I think for effective treatment of mental illness, there is a need to decrease the stigma associated with mental illness and substance abuse. Interventions such as primary education, removing discrimination, improving nutrition and ensuring basic economic security is necessary to prevent mental health problem.

**References**

Alegría, M., Green, J. G., McLaughlin, K., & Loder, S. (2015). Disparities in child and adolescent mental health and mental health services in the US. *New York: William T. Grant Foundation*.

Moncrieff, J., Cohen, D., & Porter, S. (2013). The psychoactive effects of psychiatric medication: the elephant in the room. *Journal of psychoactive drugs, 45*(5), 409-415.