

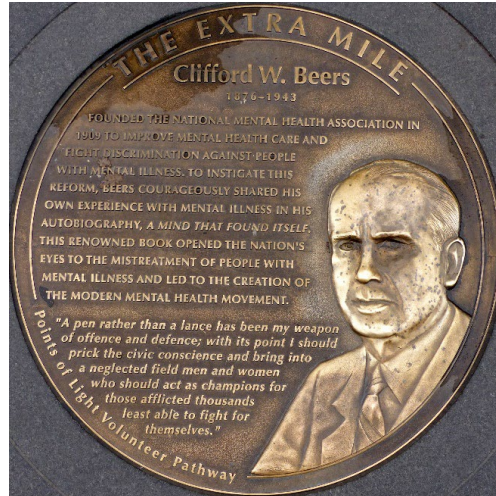


# Innovative Data Science Approaches to Assess Suicide Risk in Individuals, Populations, and Communities: Population Health through Online Mental Health Screenings

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Mental Health America

**MHIA**  
Mental Health America  
**B4Stage4**

# Mental Health America



## A Century of Advocacy "I must fight in the open."

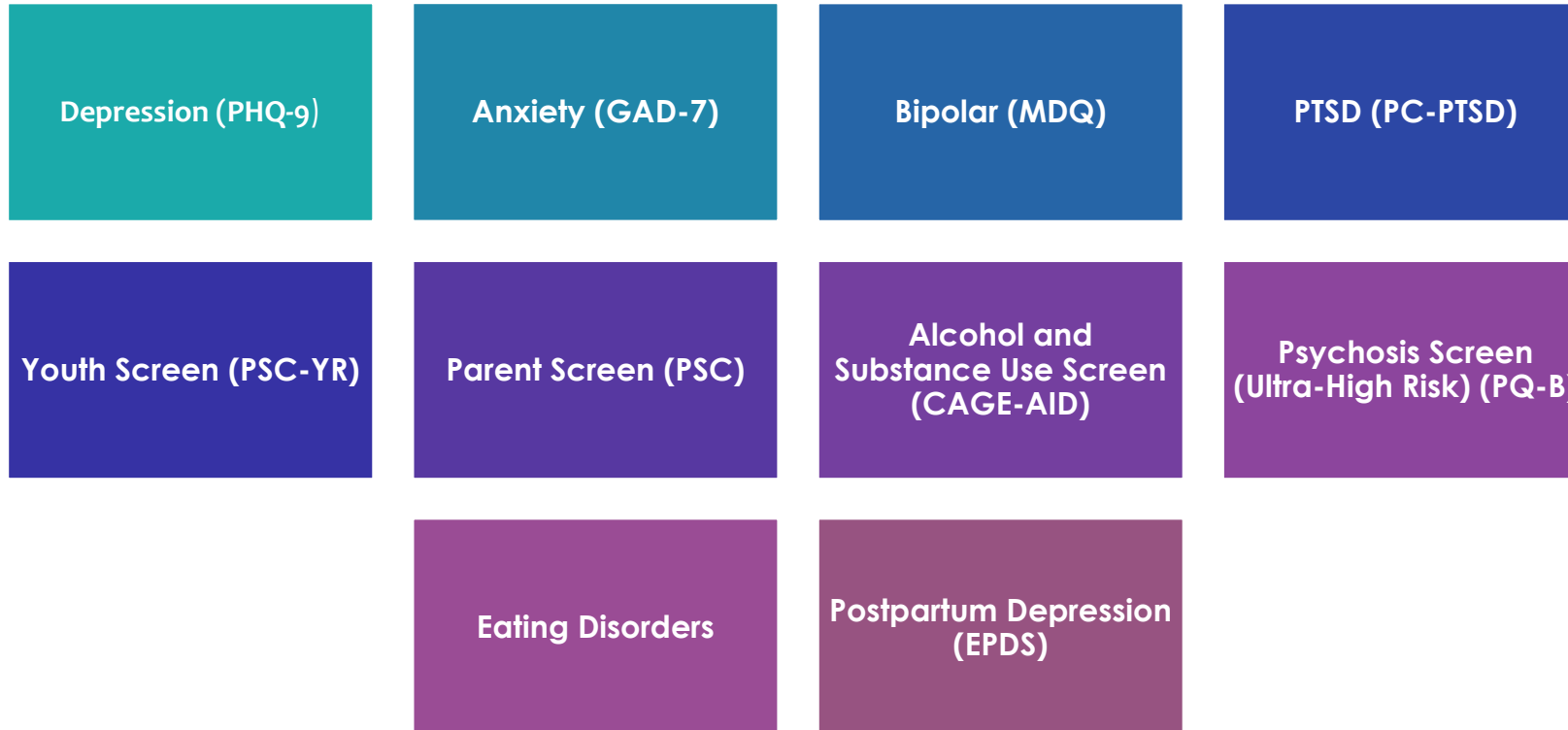
- To move mental health care from poor houses and prisons to health care facilities;
- To screen children for mental health conditions;
- To move dollars from custodial institutions to community-based programs;
- To make mental health a part of overall health.

-- 1913 Policy Agenda,  
National Committee for  
Mental Hygiene



Get informed.	Get screened.	Get help.
<b>B4Stage4</b>		<b>MHA</b> Mental Health America

# MHA Screening ([www.mhascreening.org](http://www.mhascreening.org)): Over 13 Million Completed Screens. Nearly 6 in 2021



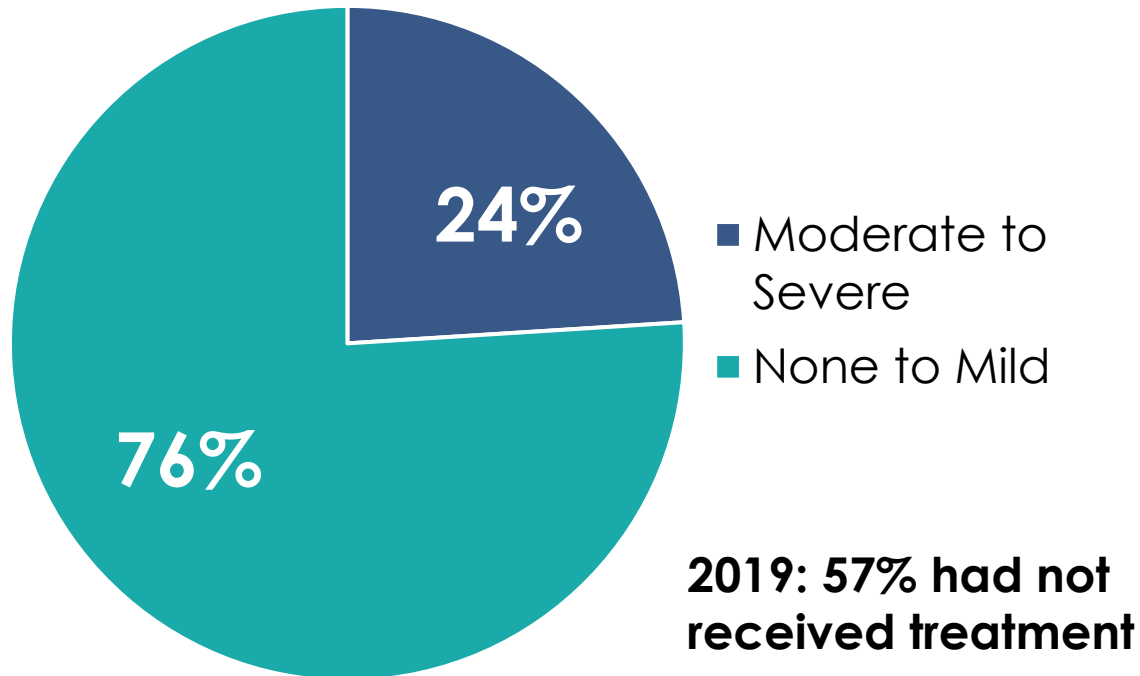
MHA Screening reflects the experiences of a help-seeking population that accesses mental health screening through [www.mhascreening.org](http://www.mhascreening.org).  
We do not reach the entire population; therefore our numbers are likely to underreport the actual experiences of the population.

# Overview of MHA Screening Demographics

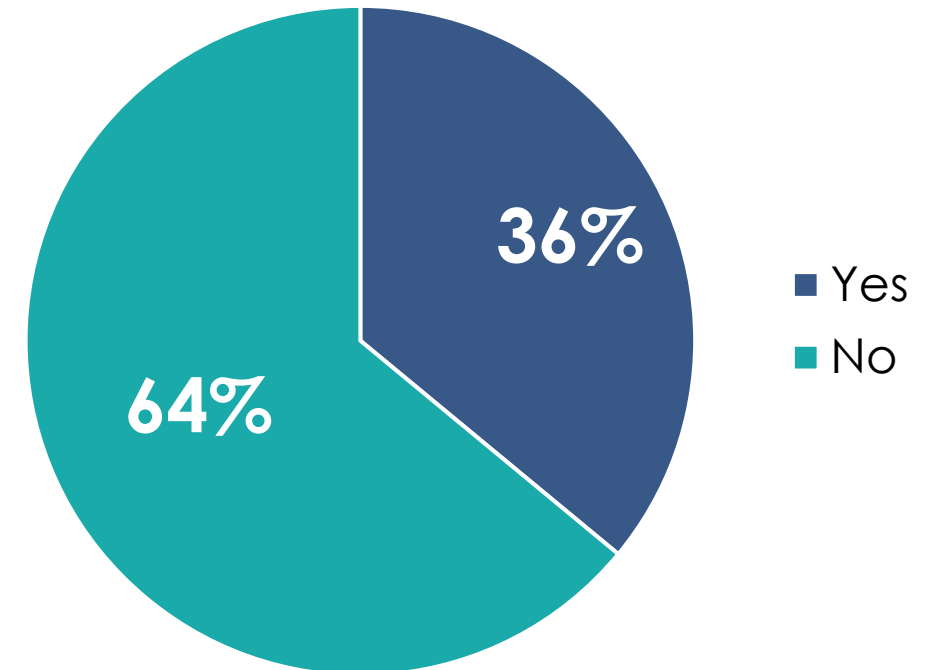
- **Data are deidentified, demographic data is voluntary, up to 80% of users answer at least one question.**
- **Over 13 million** screeners since 2014;
  - Represent a help-seeking population for mental health conditions;
- 70% are female;
- Screeners screen more often for depression than any other condition;
- 45% are youth under 18;
- 49% identify as a racial/ethnic minority;
- In 2020, MHA results are consistent with the US Census Bureau Pulse Survey and CDC findings.

# High Severity, No Previous Support

Percent Scoring Moderate Severe for all Conditions

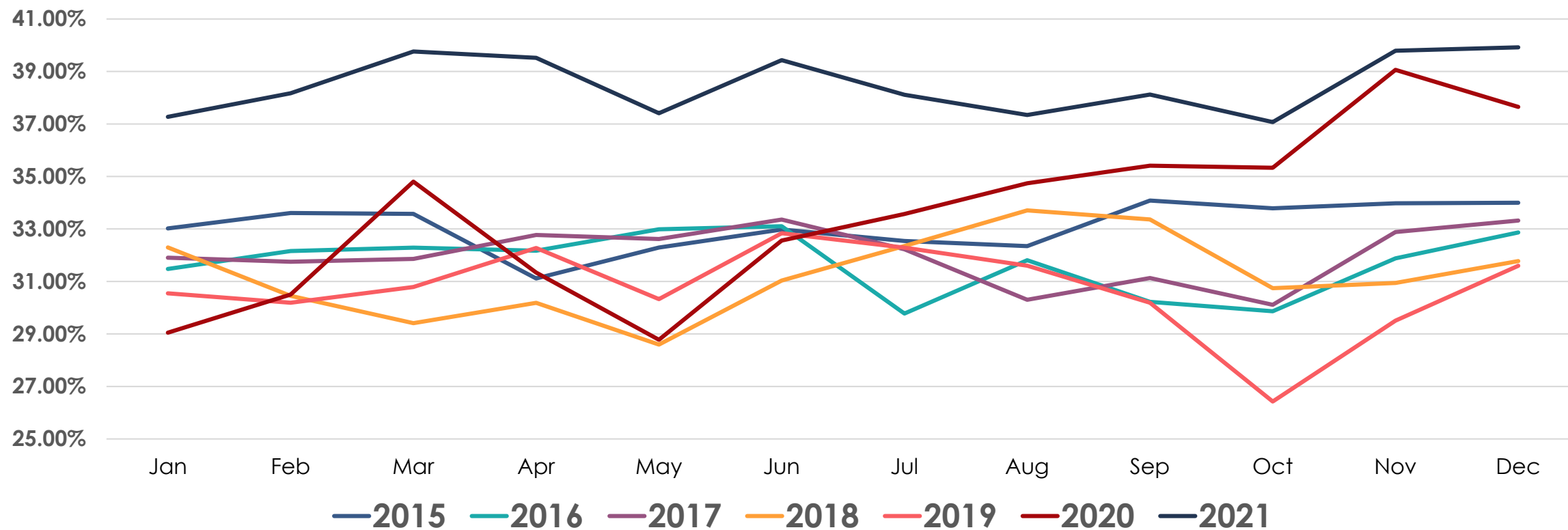


Have you ever received treatment or support for a mental health problem?



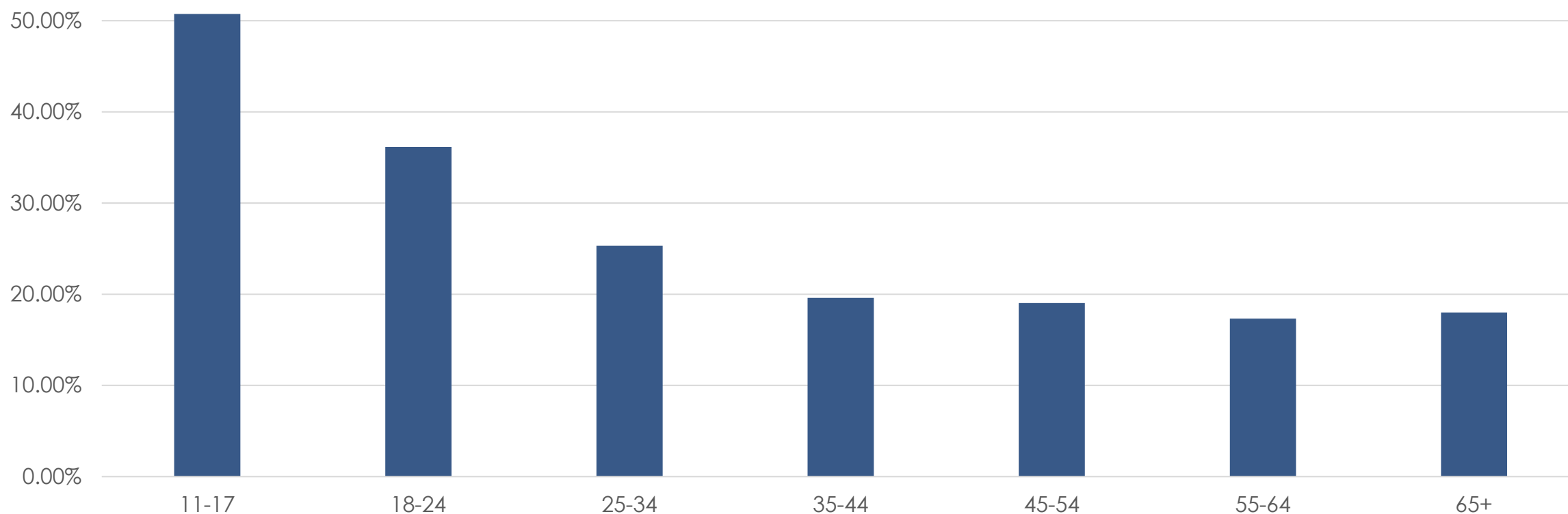
# Suicidal Ideation Reported at Higher Rates Since June 2020

Percentage Reporting Suicidal Ideation More Than Half or Nearly Every Day  
2015-2021

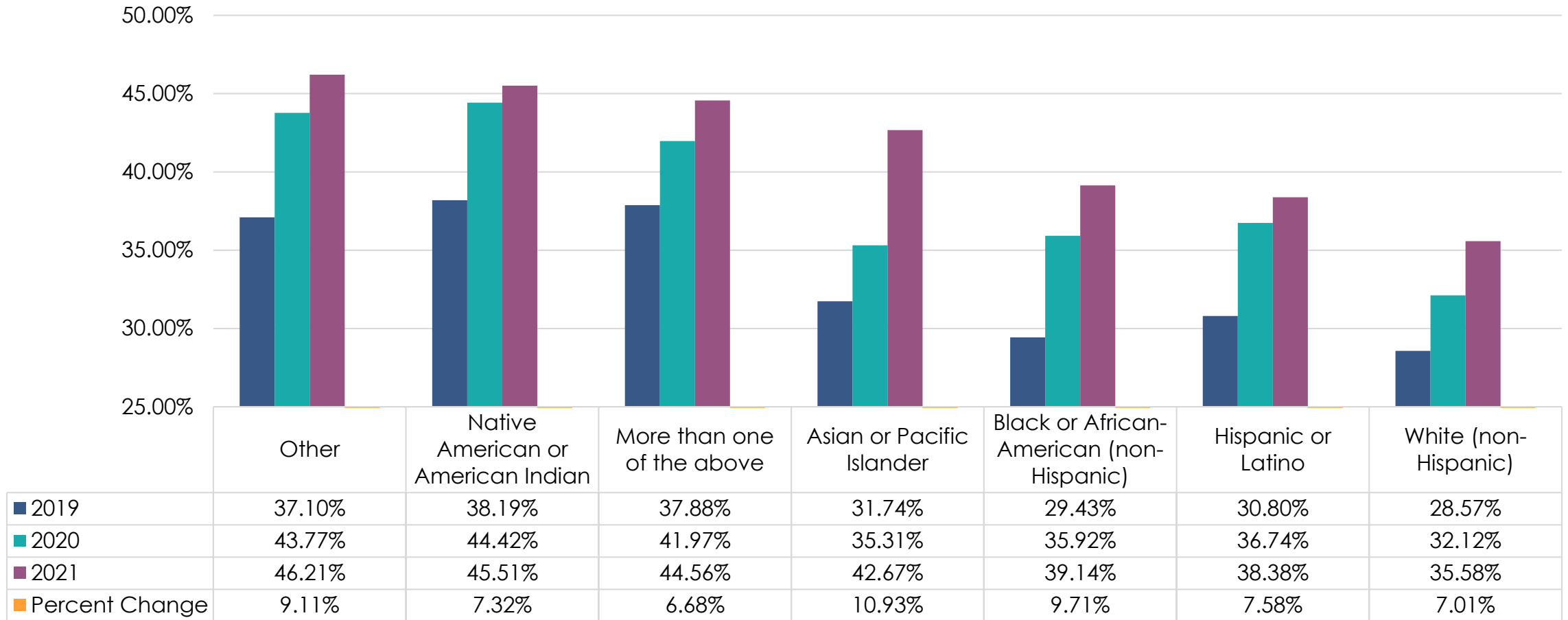


# Suicidal Ideation Highest Among Youth

Percentage Reporting Frequent Suicidal Ideation  
2021, N=1,127,380



# Other, Native Am, Multiracial, A/PI Experiencing More Self-Harm Thoughts



■ 2019 ■ 2020 ■ 2021

# Results At A Glance (2020/2021)

Special Populations	Percent
Student	66.74%
LGBTQ	35.36%
Live w/ chronic pain	35.61%
Trauma survivor	33.14%
Healthcare worker	7.91%
Caregiver	4.69%
Veteran or active duty military	4.01%
New or expecting mother	2.66%

Results	Percent
Likely SUD	79.11%
Unlikely SUD	20.89%

Type of Addiction	Jan 2022 Count	2021 US Only Counts	Percent
More than one	4058	27347	44.58%
Alcohol	3530	27440	41.62%
Marijuana	3264	24755	38.01%
Tobacco	2272	16050	25.54%
Self harm/cutting	2101	10436	20.19%
Stimulants (e.g. Speed, Meth, Prescription Stims)	936	6915	10.76%
Cocaine/crack	581	4001	6.45%
Prescription Opioids	526	4231	6.31%
Benzodiazepines (e.g. Xanax, Valium)	515	3953	6.03%
Heroin	218	1604	2.50%
Total	8707	64251	

Use this dashboard to view data from individuals reporting frequent suicidal ideation on the PHQ-9 depression screen at the state and county levels in 2020-2021. Use the drop down menus and click Apply to filter the dashboard.

Total PHQ-9 Responses

657,103

Total Reporting Frequent Suicidal Ideation

216,950

Total # Reporting Frequent Suicidal Ideation per 100K Population

67.69

2. Select State or County

State

3. Filter State. Click Apply

State (All)

County

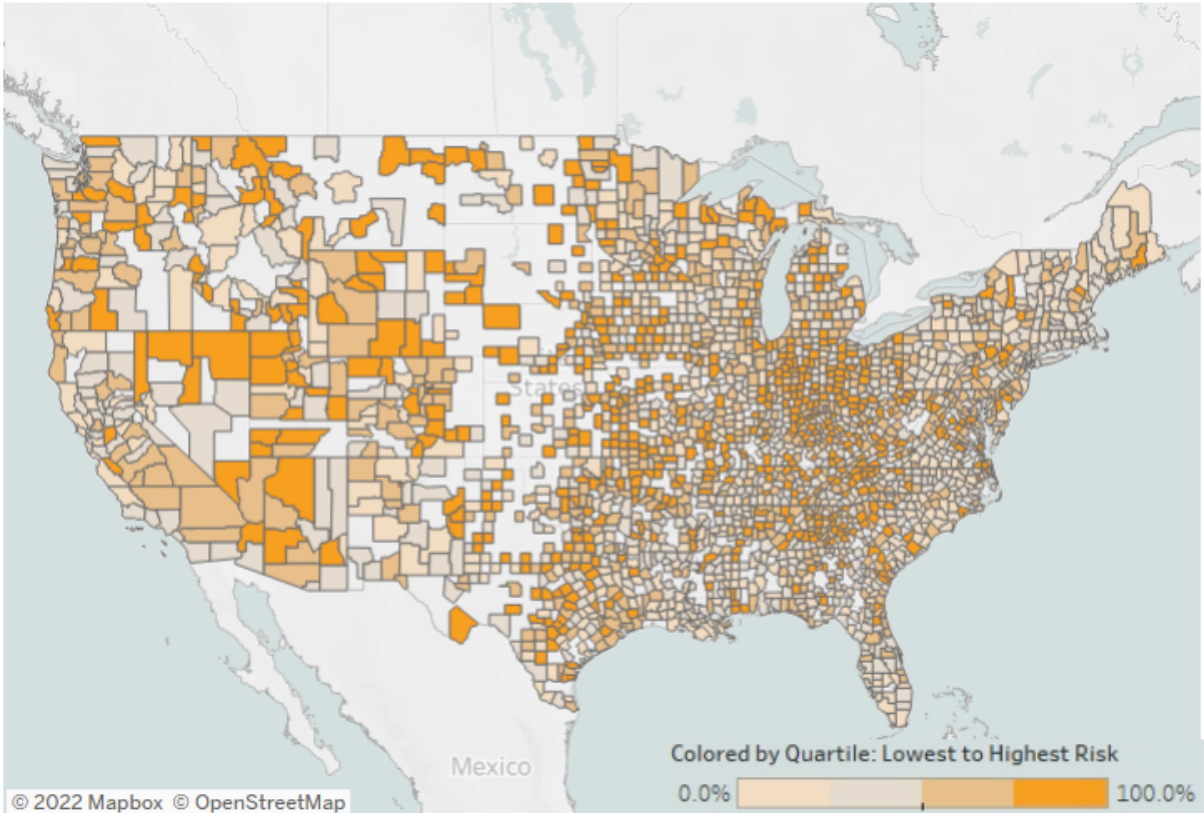
4. Filter County. Click Apply

a. State (All)

b. County, State (All)

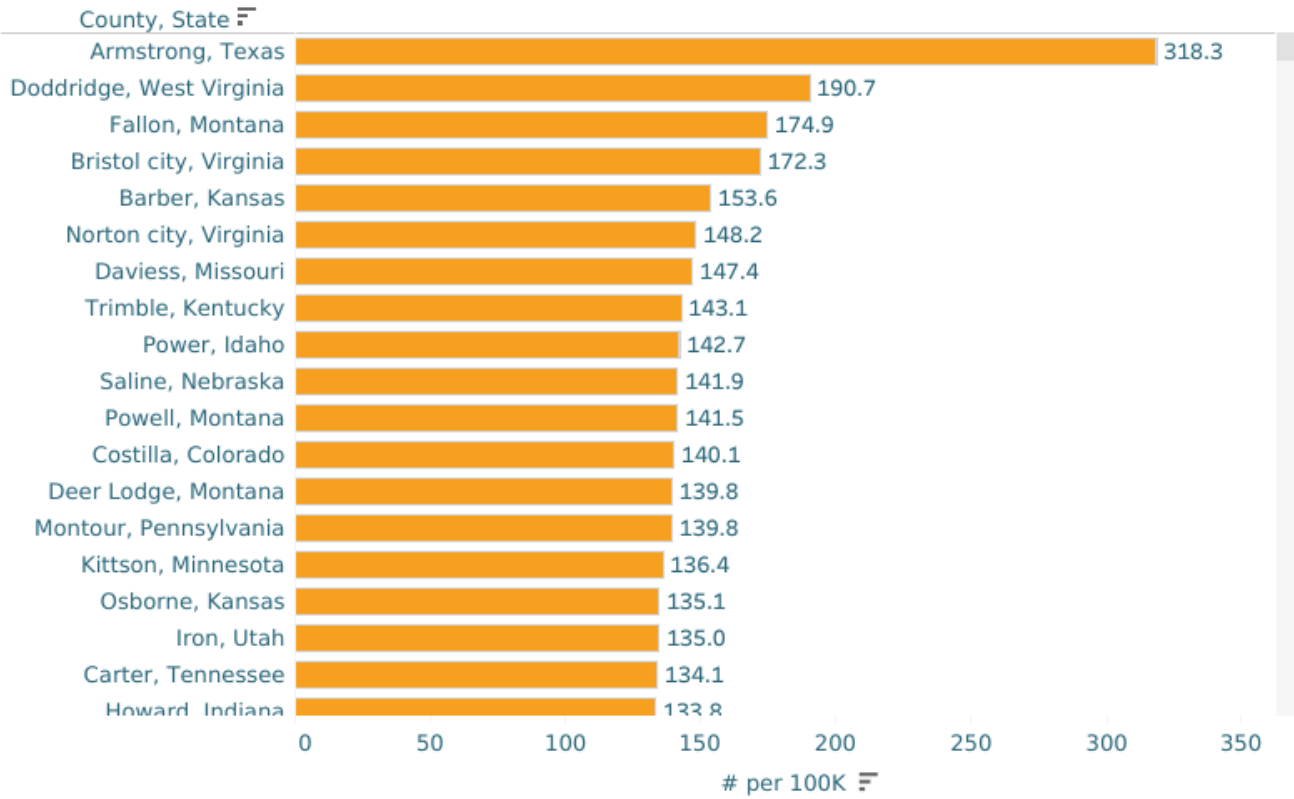
Suicidal Ideation Map  
County

Hover over the states to see the county breakdown for suicide risk within that state. States and counties are colored by quartiles. Darker colors indicate greater risk.



Breakdown by  
County

By default, states are listed in ascending order (from states with the lowest number of individuals per 100K reporting frequent suicidal ideation to highest) and counties are listed in descending order. Click on the axis to change the sort order. When selecting a State on the map, the corresponding position on the chart will be highlighted.



# Mental Health America's Focus

- Prevention and early identification:
  - Population health
  - Creation of free co-designed digital tools (patient and community participatory research)
- Policy: Use of data to inform policy and programming at federal and local level
  - US Preventive Services Task Force suicide screening: complexity of suicidal ideation, thoughts of death, NSSI and equity issues.
  - Funding and implementation of 988 and other crisis related interventions
  - Build infrastructure for person and recovery-oriented crisis supports, including mobile crisis, peers, peer run respite.

# Current Research

- **Northwestern University and the University of Toronto.**
  - The project investigates the feasibility and impact of text-based interventions post screening.
  - The project seeks to understand NSSI among young adults and test the feasibility of digital mental health intervention
- **Dartmouth and Microsoft** titled: Examining Mental Health Using Online Search Data and Online Screening. The study is using data collected from MHA and Microsoft Bing to evaluate the search behaviors of people who search on Bing and take a mental health screen with MHA to understand concerns before and after taking a mental health screen and greater understand the timeline for optimal engagement and intervention in online setting.
- **University of California, Irvine** titled: A Crowd-Powered Technological Treatment for Depression and Anxiety. The project investigates using crowd resourced information to build improved digital application tools using cognitive behavioral therapy.
- **University of Washington and Talkspace** title: Enhancing Engagement with Digital Mental Health Care. The project seeks to understand the characteristics of optimal engagement with digital mental health treatment, and to identify effective, personalized methods to enhance motivation to engage in digital mental health treatment in order to improve mental health outcomes.

# Resources

- MHA Online Screening Program:  
[www.mhascreening.org](http://www.mhascreening.org)
- MHA State and County Data Dashboard:  
<https://mhanational.org/mha-state-county-data>
- 2022 State of Mental Health in America:  
<https://mhanational.org/issues/state-mental-health-america>

# Contact Us



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