Men’s Mental Health in Massachusetts

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A Crucial Starting Point

Mental, Physical, Brain, Psychological...Whatever you Call It...

THE PROBLEMS ARE REAL, PAINFUL, AND COSTLY
Consequences of Undetected and Untreated Mental Illness

- Financial
- Social/Familial/Community
- Physical
Burden of Disease:
Lead Contributing Disease Categories to DALYs

1. Neuropsychiatric Disorders: 28.47%
2. Cardiovascular Diseases: 13.94%
3. Malignant Neoplasms: 12.57%
4. Unintentional Injuries: 6.69%
5. Sense Organ Disorders: 6.61%
6. Respiratory Diseases: 6.57%
7. Musculoskeletal Diseases: 3.84%
8. Digestive Diseases: 3.31%

Percent of Total DALYs; U.S. & Canada

Data courtesy of WHO
Some Facts about Men’s Mental Health

Men...

- Die an average of 7 years younger than women
- Are four times more likely than women to commit suicide
- Are less likely to seek help for virtually *every* problem
- Drop out of treatment more quickly
- Ask fewer questions of physicians
- Are *asked* fewer questions by physicians
Some Facts about Men’s Mental Health in Massachusetts

Percentage of Population Reporting at Least 14 Mentally Unhealthy Days in a Month:

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<thead>
<tr>
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<th>Males</th>
<th>Females</th>
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<tbody>
<tr>
<td>Massachusetts</td>
<td>7.9</td>
<td>10.9</td>
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<tr>
<td>United States</td>
<td>8.4</td>
<td>11.4</td>
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Source: National Center for Chronic Disease Prevention and Health Promotion
More Facts about Men’s Mental Health in Massachusetts

Suicide Rates Per 100,000

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Source: Centers for Disease Control
Compared to women, men in the U.S.:

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<tr>
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<th>Violent Crime</th>
<th>Substance Abuse</th>
<th>Depression and Anxiety</th>
<th>Help-Seeking for Mental and Physical Health Problems</th>
<th>4:1 Suicide Ratio</th>
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Mental Health Services in MA

Leadership in Cutting Edge Research

Per capita Expenditures at or Above National Averages

Broadly Speaking, Many Effective Services
When it comes to Men’s Mental Health in MA:

The challenge is not the need for development of new treatments.

The challenge is that men often do not recognize mental health issues in their own lives, and do not seek help.
2 Steps for Increasing Men’s Access to Effective Mental Health Services:

1. Understand Obstacles to Access

What Boys and Men Have Learned:

*Stigma * Fear
What does it mean to ‘be a man’?
Client:

“That’s why yellow makes me sad, I think.”

Therapist:

“That’s interesting. You know what makes me sad. You Do! Maybe we should chug on over to mamby pamby land and maybe we can find some self confidence for you – you jack wagon!”

Tissue? [throws the box out of reach from the client] You cry baby!
2 Steps for Increasing Men’s Access to Effective Mental Health Services:

2. Remove Obstacles to Access

*Educate, Normalize, Destigmatize*
Challenge the Stigma:
http://menanddepression.nimh.nih.gov/

It Takes Courage to Ask for Help
These Men Did
Click on their pictures to hear their stories.

REAL MEN
REAL DEPRESSION

Learn about:
- depression in men,
- the signs and symptoms of depression,
- the treatments available and
- getting help for depression.

Also hear real stories of depression and order publications and other materials.
Did You Know?

Men Struggle Too.

It Takes Courage To Talk About It.

You’re Not Alone.
Conclusions

1. The Costs of Lack of Attention to Men’s Mental Heath in Massachusetts are *Substantial*.

2. The Costs of Starting a *Statewide Conversation* Are Relatively Small.

3. The Potential Payoffs are *Huge*.