

Did you know...

American Indian and Alaska Native Communities Mental Health Facts

- No large-scale epidemiological studies of American Indian and Alaska Natives have yet been published.
- One small study with a 20-year follow up found the lifetime prevalence of mental disorders to be 70%.¹
- Native Americans have very high prevalence of substance use, alcohol dependence, and need for illicit drug abuse treatment.²
- The Great Smoky Mountain Study found that Native American children had similar rates of disorders (17%) compared to white children (19%).³
- The suicide rate for Native Americans is 1.5 times the national rate. Native American males ages 15 to 24 account for two-thirds of all Native American suicides.⁴
- Over one quarter of Native Americans live in poverty, compared to 8% of whites.⁵
- Native Americans made up less than 1% of the U.S. population in 1999, yet they accounted for 2.4% of all admissions to publicly funded substance abuse treatment facilities.⁶
- Just under half of Native Americans have job-based health coverage compared to 72% of whites.⁷
- Native Americans use of mental health services are limited by lack of research.
 - Traditional healing is used by a majority of Native Americans.⁸
 - Native Americans rate their healer's advice 61.4% higher than their physician's advice.
- Only 14.8% of the patients seeing healers tell their physician about their use.⁹

NAMI's Multicultural and International Outreach Center
Improving access to treatment for all people with mental illness

- There are over 550 tribal groups in the U.S. and over 1000 languages for 2.2 million people.¹⁰

Created by the *NAMI Multicultural & International Outreach Center*

Colonial Place Three • 2107 Wilson Boulevard, Ste. 300 • Arlington, VA 22201

(703) – 524-7600 • www.nami.org • NAMI_MIO@nami.org

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¹ Mental Health: Cultural, Race, and Ethnicity Supplement to Mental Health: Report of the Surgeon General

² Mental Health Matters: Dupage Health

³ Mental Health: Cultural, Race, and Ethnicity Supplement to Mental Health: Report of the Surgeon General

⁴ CDC

⁵ Mental Health: Cultural, Race, and Ethnicity Supplement to Mental Health: Report of the Surgeon General

⁶ The DASIS Report: SAMHSA

⁷ The Henry J. Kaiser Family Foundation: Kaiser Commission on Medicaid and the Uninsured

⁸ Mental Health: Cultural, Race, and Ethnicity Supplement to Mental Health: Report of the Surgeon General

⁹ American Medical Association

¹⁰ R. Dale Walker, MD, Oregon Health Sciences Center, Portland OR: 2000 AAAP Annual Meeting Proceedings