

# B4Stage4 Get Screened

Many people do not seek treatment in the early stages of mental illnesses because they don't recognize the symptoms.

**84%**

of the time between first symptoms and first treatment is spent not recognizing the symptoms of mental illness.

**16%**

of time is spent getting help.<sup>1</sup>

The delays in treatment for mental illnesses are longer than for many other health conditions.<sup>2-4</sup>



Anxiety Disorders



Mood Disorders



Psychosis

Screening can help catch mental health problems early—B4Stage4.

Screening is an anonymous, free and private way to learn about your mental health and if you are showing warning signs of a mental illness.

A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

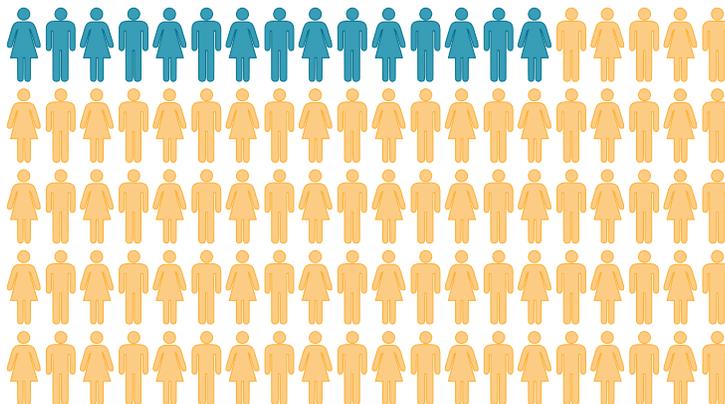


[www.mhaet.com](http://www.mhaet.com)  
Anonymous • Free • Confidential

MHA East Tennessee uses proven tools to check for symptoms of depression, anxiety, mood disorders, Post-Traumatic Stress Disorder and more.

**90%**

of people who started a screen at [www.mhaet.com](http://www.mhaet.com) completed a screen and got immediate results.



**85%**

of people who took a screening scored moderate to severe. Of those, over 66% sought help and entered treatment within 45 days.

## Getting screened increases the chances of getting treatment.

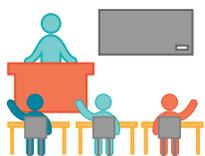


When positive screening results were given during a primary care visit, doctors were **over 3 times more likely to recognize the symptoms of mental illness** and to plan to follow up with the patient.

Treatment following screening has been shown to reduce symptoms of mental illness and the **positive effects of treatment are still seen a year later.**<sup>5-7</sup>

## The earlier mental health problems are caught and treated, the less it costs and the better the results.

Early ..... Late



Mental Health 101 Program

**\$5.01**  
per student  
per year<sup>8</sup>



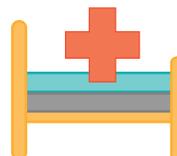
Cognitive Behavioral Therapy for Anxiety

**\$1,200.00**  
per year or course  
of 12 sessions<sup>9</sup>



Intensive Home-Based Family Therapy for Youth

**\$7,680.85**  
per year<sup>10</sup>



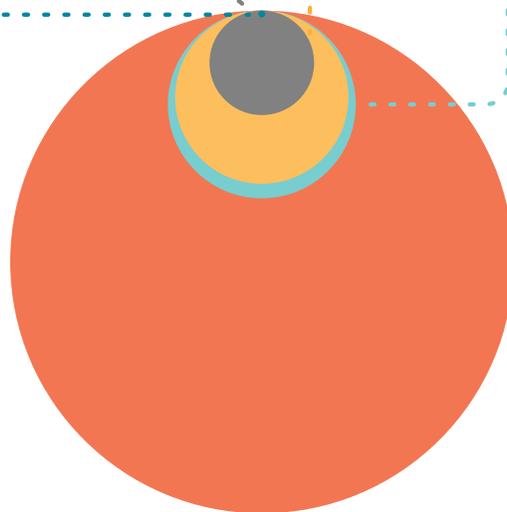
Hospitalization

**\$7,920.00**  
per stay  
(average stay 6.6 days)<sup>11</sup>



Incarceration

**\$27,790.00**  
per year<sup>12</sup>



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EAST TENNESSEE

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An affiliate of

**MHA**  
Mental Health America  
**B4Stage4**

### Sources

<sup>1</sup> Korczak, D. J., & Goldstein, B. I. (2009). Childhood onset major depressive disorder: course of illness and psychiatric comorbidity in a community sample. *The Journal of pediatrics*, 155(1), 118-123.  
<sup>2</sup> McGorry, P. D., Purcell, R., Goldstone, S., & Amminger, G. P. (2011). Age of onset and timing of treatment for mental and substance use disorders: implications for preventive intervention strategies and models of care. *Current Opinion in Psychiatry*, 24(4), 301-306.  
<sup>3</sup> Wang, P. S., Berglund, P., Olfson, M., Pincus, H. A., Wells, K. B., & Kessler, R. C. (2005). Failure and delay in initial treatment contact after first onset of mental disorders in the National Comorbidity Survey Replication. *Archives of general psychiatry*, 62(6), 603-613.  
<sup>4</sup> McGlashan, T. H. (1999). Duration of untreated psychosis in first-episode schizophrenia: marker or determinant of course? *Biological psychiatry*, 46(7), 899-907.  
<sup>5</sup> Christensen, K. S., Toft, T., Frostholm, L., Ørnbøl, E., Fink, P., & Olesen, F. (2005). Screening for common mental disorders: who will benefit? Results from a randomised clinical trial. *Family practice*, 22(4), 428-434.

<sup>6</sup> Pignone, M. P., Gaynes, B. N., Rushton, J. L., Burchell, C. M., Orleans, C. T., Mulrow, C. D., & Lohr, K. N. (2002). Screening for depression in adults: a summary of the evidence for the US Preventive Services Task Force. *Annals of internal medicine*, 136(10), 765-776.  
<sup>7</sup> O'Connor, E. A., Whitlock, E. P., Beil, T. L., & Gaynes, B. N. (2009). Screening for depression in adult patients in primary care settings: a systematic evidence review. *Annals of Internal Medicine*, 151(11), 793-803.  
<sup>8</sup> MHA of East Tennessee  
<sup>9</sup> https://therapists.psychologytoday.com/rms/prof\_results.php?city=Knoxville&state=TN&spec=293  
<sup>10</sup> http://www.wsipp.wa.gov/ReportFile/1484  
<sup>11</sup> http://www.beckershospitalreview.com/finance/average-cost-per-inpatient-day-across-50-states.html  
<sup>12</sup> http://www.knoxviews.com/node/23980