

# PATH *to* BEHAVIORAL HEALTH

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**DENNIS MURPHY**

President & CEO, Indiana University Health

IU Health, Indiana’s largest healthcare provider and only academic health system, is dedicated to increasing Hoosiers’ access to behavioral health services and addiction treatment. On average, one adult in four suffers from a diagnosable mental health disorder. However, the current recovery rate for patients with mental illness is only 5 to 10 percent due to limited resources. Mental health disorders are closely related to addiction, including the current opioid epidemic. On an average day, more than 650,000 opioid prescriptions are dispensed in the United States. Additionally, \$55 billion is spent every year on health and social costs related to prescription opioid abuse. Indiana struggles to maintain an adequate supply of behavioral health and addiction treatment providers. As a result, IU Health has made bridging the gap between patients and available treatment options a top priority.

Dennis Murphy, president and CEO of IU Health, notes an early step IU Health has taken toward building healthier communities for Indiana residents. “We’ve already begun to integrate behavioral health services into our primary care practices to help treat addiction and other behavioral health issues.”



With plans to increase the number of behavioral health professionals at facilities across the state, IU Health aims to significantly increase access to mental health services and addiction treatment for Hoosiers.

At IU Health, we will continue to improve the health and well-being of our communities by increasing the size and quality of our behavioral health workforce, integrating behavioral health into primary care, increasing the number of patient beds, improving emergency department capacity through telehealth, offering effective addiction and pain management services, and introducing more technology into various aspects of care. Together, we can make Indiana one of the healthiest states in the nation.



**1** *in* **4**

**SUFFER FROM MENTAL DISORDERS**

One adult in four suffers from a diagnosable mental disorder. Our goal is to improve access to high quality behavioral health services throughout the IU Health system.