

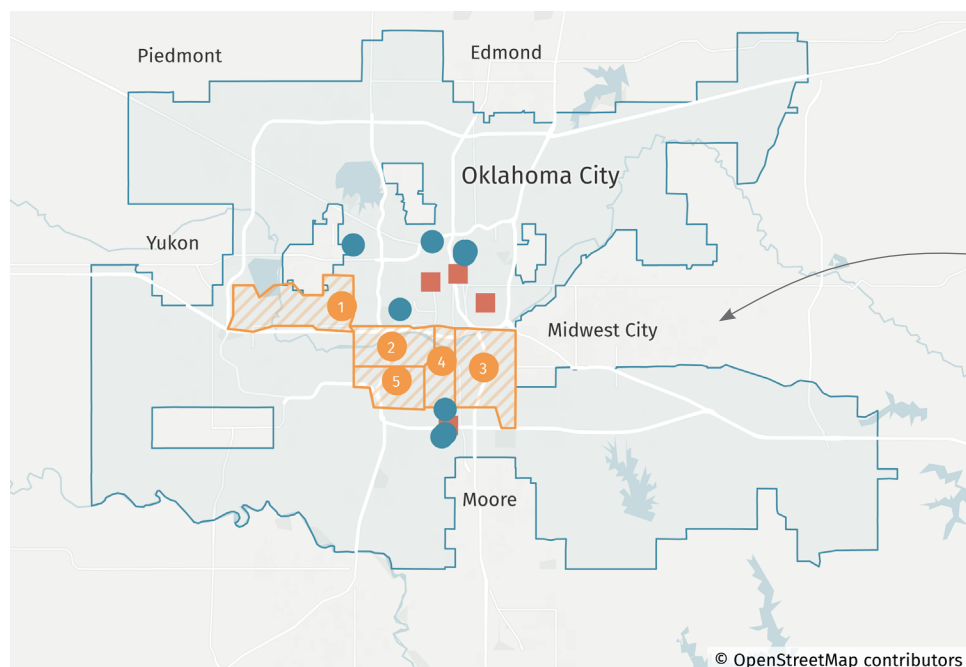
Behavioral health in Oklahoma City

An overview of the community's needs and challenges

To address Oklahoma City's urgent challenges around mental health and substance use, **Healthy Minds identified several key areas** the Oklahoma City community can concentrate on in future strategic planning and behavioral health investment:

Removing structural and systemic barriers to care

- In parts of the city where risk for mental health problems is highest, we see some of the worst access to safety-net mental health providers like Certified Community Behavioral Health Centers (CCBHCs) and Comprehensive Community Addiction Recovery Centers (CCARCs)
- Other systemic barriers keep residents from care: inadequate insurance, an overstretched workforce, and a lack of coordination between providers



● CCBHC locations

■ CCARC locations

□ Oklahoma City boundaries

▨ Zip codes with highest social vulnerability

38%

of schools are located within two-thirds of a mile from places that sell alcohol, but about a third are more than two miles from the nearest public park

Zip codes with highest levels of social vulnerability:

1. 73127
2. 73108
3. 73129
4. 73109
5. 73119

56%

Increase in behavioral-health related ER visits from 2019 to 2024 in Oklahoma City, while visits to urgent recovery or crisis centers remained steady

Diverting residents to appropriate settings of care

- Oklahoma City has promising new resources for people in mental health crises, but data shows lower than expected use of mobile crisis teams for community-based response
- More people still go to the ER for mental health-related emergencies than to urgent recovery or crisis centers

Addressing missing community-based intensive services

- **Only about a third** of residents with serious mental illness (about 8,100 out of an estimated 25,500) were served in the state-funded behavioral health system in Oklahoma City in 2024
- When communities lack community-based care for people with serious mental illness, people with complex needs often cycle between homelessness, emergency rooms, and the criminal legal system

85

Only 85 people in Oklahoma City received PACT services through state-funded providers in 2024

Investing in children and youth to strengthen community wellbeing

- At a time of rising mental health need for young people, **the number of children receiving outpatient care in the state-funded system declined by 25% between 2019 and 2014**, while youth ER visits climbed by about 19% during the same period
- Too few Oklahoma City students receive school-based prevention programming: only two of Oklahoma City's five public school districts get state funding for primary prevention

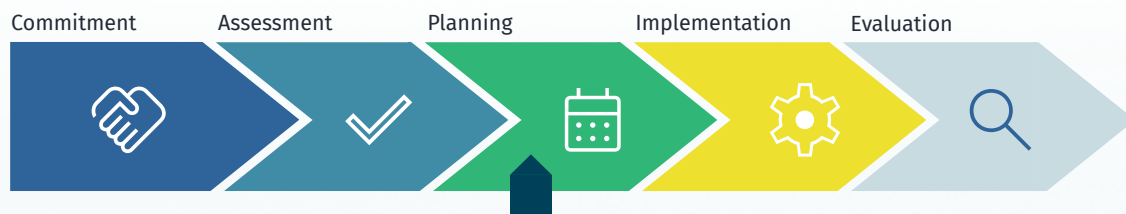
4 of 5

Nearly 80% of middle and high schoolers in Oklahoma City Public Schools had moderate or high depressive symptoms during the 2023-2024 school year

Meeting residents' basic needs

- **Too many Oklahoma City residents struggle to meet even their basic needs**, like having a safe place to live, enough to eat, and earning a living wage
- About 18% of the population, or nearly 127,000 people, live in areas with inadequate food access
- Nearly half of renters in Oklahoma City — 48% — spend more than 30% of their income on rent, which means they are cost-burdened by housing

What's next for Oklahoma City



Progress to date:

- Oklahoma's mental health leadership team formed
- In-depth needs assessment completed
- Working groups strategizing around neighborhood-level service access, youth mental health, and intensive community-based services

What's next:

- Selecting, implementing, and measuring strategies to solve Oklahoma City's most urgent mental health and substance use challenges

About this report

Healthy Minds Policy Initiative prepared this assessment as part of the first phase of Oklahoma City's mental health initiative, which has been generously funded by Inasmuch Foundation, the City of Oklahoma City, and the United Way of Central Oklahoma.