



Behavioral Health Profile

Howard County

May 2014



Located in Central Missouri, Howard County has a population of 10,257. Among Missouri's 114 counties plus the city of St. Louis, Howard County ranks 87 in terms of population. Howard County's unemployment rate in 2013 was 5.6%. This was lower than the statewide unemployment rate of 6.5%. In 2012, the poverty rate was 17.4% which was higher than the statewide poverty rate of 16.2%. The median income of the county was \$37,742.

Substance Use and Abuse in Howard County

The availability of county-level data on substance use and abuse is limited. The Missouri Student Survey can provide estimates for youth in most Missouri counties. This survey is administered in even-numbered years to 6th through 12th grade students in participating school districts.

Healthy People 2020, a set of federal goals, has established objectives to reduce tobacco initiation and use by adolescents and adults. In Howard County, 40.8% of youth believe that it would be easy to get cigarettes and 43.8% have friends who smoke.

Youth who use alcohol are at greater risk of developing abuse problems later in life. An estimated 45.8% of youth in Howard County believe that it would be easy to get alcohol and 49.4% have friends who drink alcohol.

Marijuana use is of increasing concern across the state. In 2012, 21.8% of Howard County youth said that marijuana is easy to get, 21.3% report having at least one friend that uses it and 14.0% said that smoking marijuana is 'no risk at all'.

In Howard County, 8.5% of youth believe that it would be easy to get other drugs such as cocaine, methamphetamine, and ecstasy.

Substance Use Consequences in the County

Health: In 2011, Howard County residents had a total of 10 alcohol-related and 7 drug-related hospitalizations. In addition there were 30 alcohol-related and 11 drug-related ER visits that did not include a hospital stay.

Treatment: In 2012, 26.1% of mothers in Howard County reported smoking during their pregnancy. This is an increase from 2011 (23.8%).

Current Substance Use for Grades 6 - 12, 2012 data

| | 30 Day Use County | 30 Day Use Missouri | Age of First Use County |
|------------|----------------------|------------------------|----------------------------|
| Cigarettes | <u>15.3%</u> | 10.6% | 13.13 |
| Alcohol | <u>19.8%</u> | 16.9% | 12.54 |
| Binge* | <u>13.9%</u> | 9.6% | N/A |
| Marijuana | <u>8.9%</u> | 8.6% | 14.43 |
| Inhalants | 2.2% | 2.3% | 11.37 |
| RX Abuse | <u>5.0%</u> | 4.7% | unknown |
| OTC Abuse | 2.2% | 3.5% | unknown |
| Synthetic | <u>5.0%</u> | 2.9% | unknown |

Current Substance Use for Ages 18+ in the Central Region, 2008-10 data

| | 30 Day Use Region | 30 Day Use Missouri |
|------------------------------|----------------------|------------------------|
| Cigarettes | <u>30.6%</u> | 28.5% |
| Alcohol | <u>54.7%</u> | 54.2% |
| Binge** | <u>26.8%</u> | 25.3% |
| Marijuana | 5.7% | 6.0% |
| Illicit Drug excluding MJ | 2.7% | 2.8% |

*5+ drinks on a single occasion in last 2 weeks.

**5+ drinks on a single occasion in last 30 days.

Red underlined is higher than state average.

Substance Abuse Treatment in Howard County

| | |
|-------------------|----|
| Total | 43 |
| Alcohol Primary | 17 |
| Marijuana Primary | 10 |

Law Enforcement: In 2012, Howard County had 63 DWI arrests, 47 liquor law violations and 45 drug-related arrests. Howard County had 2 methamphetamine laboratory seizures in 2012 and 0 in 2013. The manufacture of methamphetamine has been particularly problematic for rural Missouri. Specifically, labs tend to be clustered primarily in the counties surrounding St. Louis and secondarily in the southwest and southeast areas of the state.

Traffic Crashes in Howard County

Alcohol-related traffic crashes decreased in the last year (from 46 in 2011 to 13 in 2012). Alcohol-related crashes are more likely to produce fatalities and injuries compared to non-alcohol-related crashes.

| 2012 Number of Alcohol-Related Crashes by Severity | | | | 2012 Number of People Injured / Killed in Alcohol and Drug-Related Crashes | | | |
|---|----------------|--------------------|-----------------------------|---|---------------------|--------------------|------------------|
| Total Crashes | Fatal Crash | Crash w/ Injury | Crash w/ Property Damage | Alcohol Fatalities | Alcohol Injuries | Drug Fatalities | Drug Injuries |
| 13 | 2 | 6 | 5 | 2 | 11 | 0 | 3 |

Mental Health in Howard County

Individuals struggling with serious mental illness are at higher risk for homicide, suicide, and accidents as well as chronic conditions including cardiovascular and respiratory diseases and substance abuse disorders. In state fiscal year 2013, 91 Howard County residents received treatment for serious mental illness at publicly-funded facilities. See table for details. While there is data on those who receive treatment, data on mental health in the general population is very limited. This is especially true at the local level.

In Central Missouri, 22.2% of those 18 and older had a mental illness in the past year with 5.2% having a serious mental illness. Serious mental illness is defined as any of the mental disorders asked about and 'these disorders resulted in substantial impairment in carrying out major life activities'.

Approximately 7.2% of Central Missouri residents ages 18+ had at least one major depressive episode in the past year. A major depressive episode is characterized by an extended period of depressed mood, loss of interest or pleasure, and impaired functioning. Typically females are more likely to report having had a major depressive episode.

Students (6th-12th grade) in the county were asked about their mental health. 7.8% had considered suicide in the last year, 3.9% made a plan, and 0.0% actually attempted, resulting in an injury. In 2012, 3 Howard County residents committed suicide. Nationally, males are about four times more likely to commit suicide than females. Older males have higher rates of suicide than younger males.

| Comprehensive Psychiatric Services Numbers Served in Howard County | | |
|---|---------------|---------------|
| | <u>FY2012</u> | <u>FY2013</u> |
| Total | 96 | 91 |
| Adjustment Disorder | * | * |
| Anxiety Disorder | 28 | 19 |
| Developmental Disorder | * | 0 |
| Impulse Control Disorder | 11 | * |
| Mood Disorder | 52 | 42 |
| Psychotic Disorder | 35 | 31 |

These numbers indicate the number of clients seen with each diagnosis per year. An individual client may have more than one admission within a year.
*Counts under 5 suppressed to protect identities

Developed with support from the Missouri Division of Behavioral Health and the
Substance Abuse and Mental Health Services Administration.
For more information: <http://dmh.mo.gov/ada/mobhew>