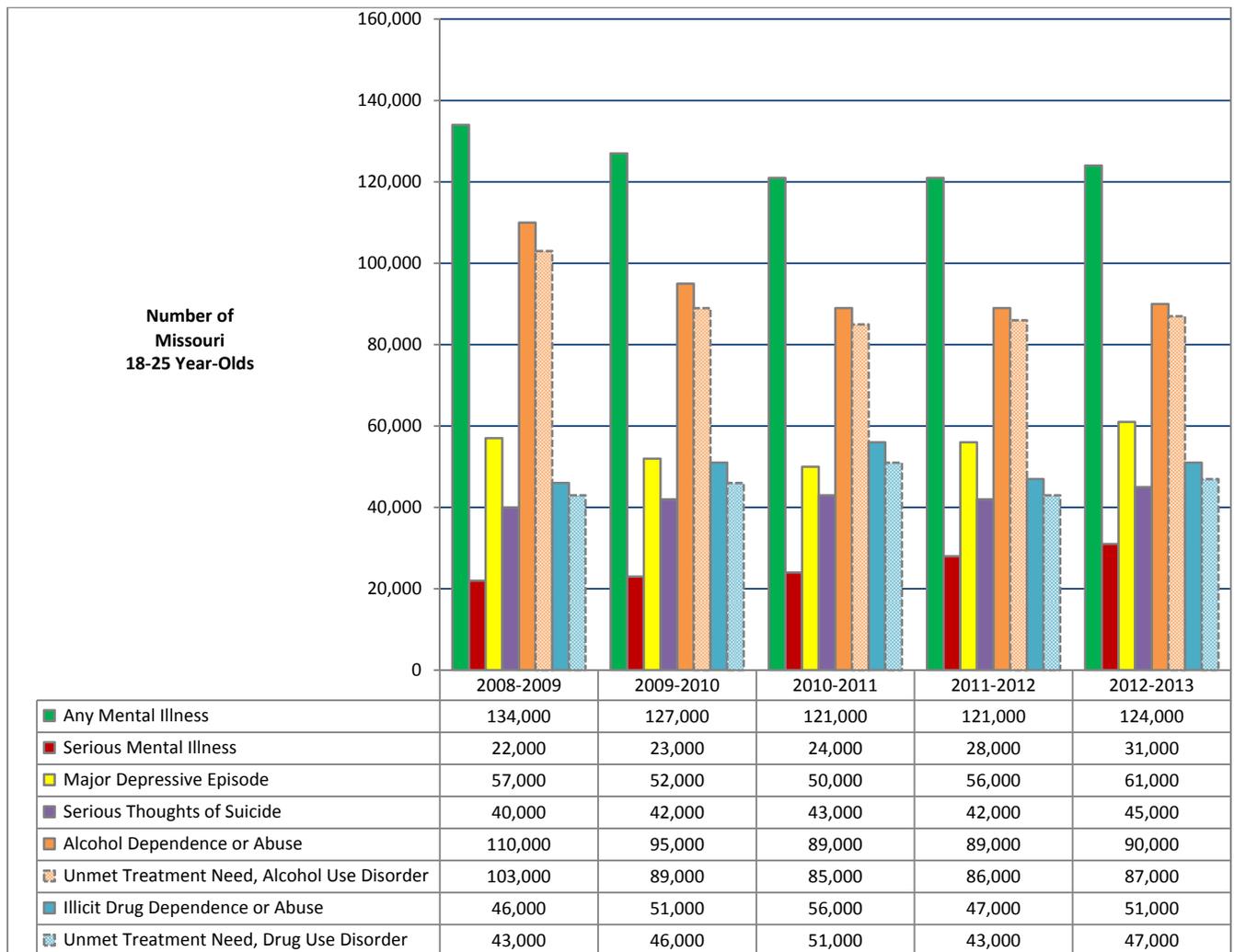


YOUNG ADULTS

Adults under age 26 have the highest rates of substance use disorders. According to state data from the National Survey on Drug Use and Health (NSDUH) for years 2012-2013, 18.1% of Missouri adults in the age group of 18-25 have a past-year substance use disorder—considerably higher than the estimated rate of 5.8% for adolescents and 7.1% for older adults. Among these 118,000 young adults, 90,000 have an alcohol use disorder and 51,000 have a drug use disorder. Included are 23,000 with alcohol *and* drug disorders. In fiscal year 2014, approximately 6,200 young adults were admitted to Missouri Division of Behavioral Health (DBH) treatment programs for substance use disorders. The NSDUH estimates that 87,000 young adults have an unmet need for treatment of alcohol use disorders and 47,000 for drug use disorders.

Figure 13: Past-Year Mental Illness and Substance Use Disorders among Missouri Adults Ages 18-25



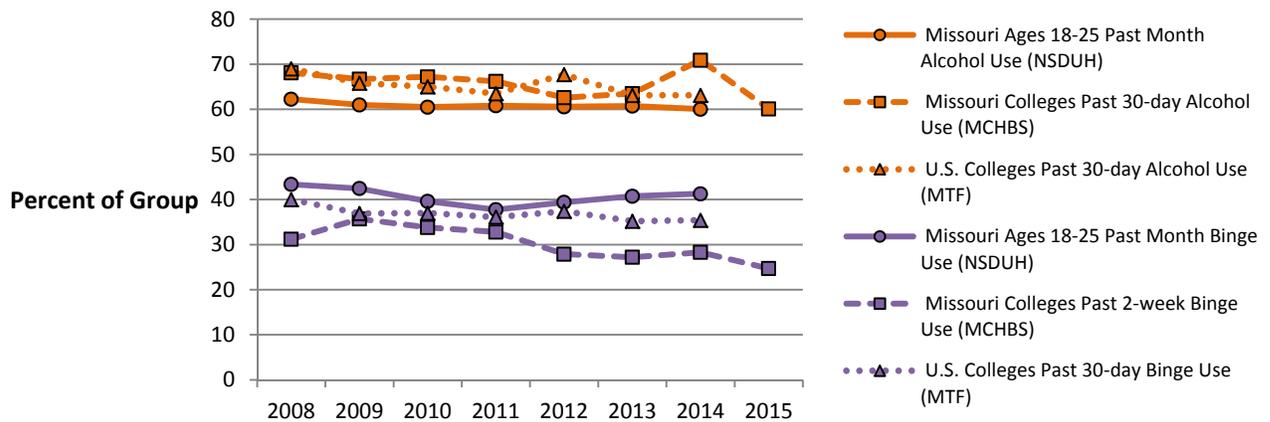
Data Source: U.S. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), National Survey on Drug Use and Health. Estimates are annual averages for the Missouri population 18-25 years of age.

Young adults are nearly twice as likely to contemplate suicide as older adults. The 2012-2013 NSDUH indicates that 6.8% of adults 18-25 years of age report past-year serious thoughts of suicide, compared to 3.6% of those over age 25. The survey estimates that 124,000 young adults have any past-year mental illness. Among these are 31,000 with serious mental illness (SMI), 61,000 who report a past-year major depressive episode, and 45,000 who report serious thoughts of suicide. In fiscal year 2014, DBH psychiatric programs served approximately 7,600 adults in the 18-25 age group—chiefly for mood, anxiety, and impulse control disorders.

Anxiety and depression are prevalent among Missouri college students. According to the 2015 Missouri College Health Behavior Survey (MCHBS), 45% of students at 21 Missouri universities and colleges had past-year mental health problems with anxiety, and 21% with major depression. The survey also indicates that 17% of students experienced panic attacks and 15% had suicidal thoughts. In contrast, the 2012-2013 NSDUH household survey finds that only 9.4% of Missouri residents 18-25 years of age experience major depression and 6.9% have serious thoughts of suicide in a one-year period.

Three-fourths of Missouri college students have used alcohol in the past year and one-fourth are binge drinkers. The MCHBS also finds that 60% of Missouri college students in 2015 have used alcohol in the past 30 days, matching the 2014 estimated past-month rate for the Missouri 18-25 age group. This rate is slightly lower than the past 30-day rate of 63% for U.S. college students from the nationwide Monitoring the Future (MTF) 2014 survey. The MCHBS reports that 24.7% of college students are current binge drinkers, considerably lower than the 2014 NSDUH estimate of 41% for binge drinking in the Missouri 18-25 age group. This rate is also lower than the binge drinking rate of 35% for U.S. college students.

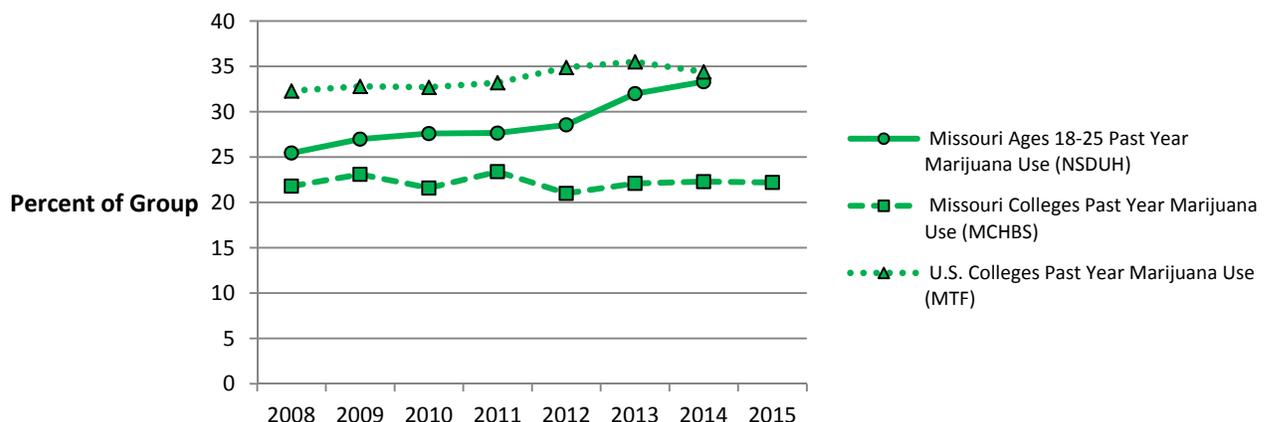
Figure 14: Alcohol Use and Binge Alcohol Use among Missouri Young Adults and College Students



Data Sources: Substance Abuse and Mental Health Services Administration (SAMHSA), National Survey on Drug Use and Health. University of Michigan, Institute for Social Research, Monitoring the Future survey. Partners in Prevention Statewide Coalition, Missouri College Health Behavior Survey.

In the past year, 22% of Missouri college students have used marijuana. This percentage is considerably lower than the 2014 past-year estimates of 34% for U.S. college students and 33% for Missouri adults in the 18-25 age group.

Figure 15: Marijuana Use among Missouri Young Adults and College Students



Data Sources: Substance Abuse and Mental Health Services Administration (SAMHSA), National Survey on Drug Use and Health. University of Michigan, Institute for Social Research, Monitoring the Future survey. Partners in Prevention Statewide Coalition, Missouri College Health Behavior Survey.