



## Behavioral Health Profile

### Putnam County

May 2014



Located in Northwest Missouri, Putnam County has a population of 4,875. Among Missouri's 114 counties plus the city of St. Louis, Putnam County ranks 110 in terms of population. Putnam County's unemployment rate in 2013 was 5.7%. This was lower than the statewide unemployment rate of 6.5%. In 2012, the poverty rate was 18.5% which was higher than the statewide poverty rate of 16.2%. The median income of the county was \$35,217.

### Substance Use and Abuse in Putnam 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 Putnam County, 88.2% of youth believe that it would be easy to get cigarettes and 78.6% have friends who smoke.

Youth who use alcohol are at greater risk of developing abuse problems later in life. An estimated 76.8% of youth in Putnam County believe that it would be easy to get alcohol and 84.3% have friends who drink alcohol.

Marijuana use is of increasing concern across the state. In 2012, 63.8% of Putnam County youth said that marijuana is easy to get, 50.7% report having at least one friend that uses it and 11.6% said that smoking marijuana is 'no risk at all'.

In Putnam County, 39.7% 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, Putnam County residents had a total of 20 alcohol-related and 9 drug-related hospitalizations. In addition there were 14 alcohol-related and 9 drug-related ER visits that did not include a hospital stay.

Treatment: In 2012, 31.9% of mothers in Putnam County reported smoking during their pregnancy. This is an increase from 2011 (14.3%).

#### Current Substance Use for Grades 6 - 12, 2012 data

|            | 30 Day Use<br>County | 30 Day Use<br>Missouri | Age of First<br>Use County |
|------------|----------------------|------------------------|----------------------------|
| Cigarettes | <u>15.9%</u>         | 10.6%                  | 12.00                      |
| Alcohol    | <u>23.2%</u>         | 16.9%                  | 11.77                      |
| Binge*     | <u>18.2%</u>         | 9.6%                   | N/A                        |
| Marijuana  | 2.9%                 | 8.6%                   | 13.27                      |
| Inhalants  | 1.4%                 | 2.3%                   | 13.05                      |
| RX Abuse   | <u>13.2%</u>         | 4.7%                   | unknown                    |
| OTC Abuse  | <u>11.6%</u>         | 3.5%                   | unknown                    |
| Synthetic  | 2.9%                 | 2.9%                   | unknown                    |

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

|                              | 30 Day Use<br>Region | 30 Day Use<br>Missouri |
|------------------------------|----------------------|------------------------|
| Cigarettes                   | <u>28.7%</u>         | 28.5%                  |
| Alcohol                      | <u>55.3%</u>         | 54.2%                  |
| Binge**                      | 25.0%                | 25.3%                  |
| Marijuana                    | 5.7%                 | 6.0%                   |
| Illicit Drug<br>excluding MJ | 2.8%                 | 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 Putnam County

|                   |    |
|-------------------|----|
| Total             | 46 |
| Alcohol Primary   | 23 |
| Marijuana Primary | 15 |

Law Enforcement: In 2012, Putnam County had 24 DWI arrests, 7 liquor law violations and 29 drug-related arrests. Putnam County had 3 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 Putnam County

Alcohol-related traffic crashes decreased in the last year (from 5 in 2011 to 4 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<br>by Severity |                |                    |                             | 2012 Number of People Injured / Killed in<br>Alcohol and Drug-Related Crashes |                     |                    |                  |
|---|----------------|--------------------|-----------------------------|---|---------------------|--------------------|------------------|
| Total<br>Crashes                                      | Fatal<br>Crash | Crash w/<br>Injury | Crash w/<br>Property Damage | Alcohol<br>Fatalities   | Alcohol<br>Injuries | Drug<br>Fatalities | Drug<br>Injuries |
| 4   | 0              | 1                  | 3                           | 0   | 2                   | 0                  | 0                |

### Mental Health in Putnam 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, 37 Putnam 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 Northwest Missouri, 20.7% of those 18 and older had a mental illness in the past year with 5.0% 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 6.9% of Northwest 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. 17.1% had considered suicide in the last year, 15.9% made a plan, and 0.0% actually attempted, resulting in an injury. In 2012, 0 Putnam 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<br>Numbers Served in Putnam County |               |               |
|---|---------------|---------------|
|   | <u>FY2012</u> | <u>FY2013</u> |
| Total   | 41            | 37            |
| Adjustment Disorder   | *             | *             |
| Anxiety Disorder  | 18            | 15            |
| Developmental Disorder  | *             | *             |
| Impulse Control Disorder  | 5             | *             |
| Mood Disorder   | 30            | 19            |
| Psychotic Disorder  | 8             | 6             |

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>