

HIGHLIGHTS

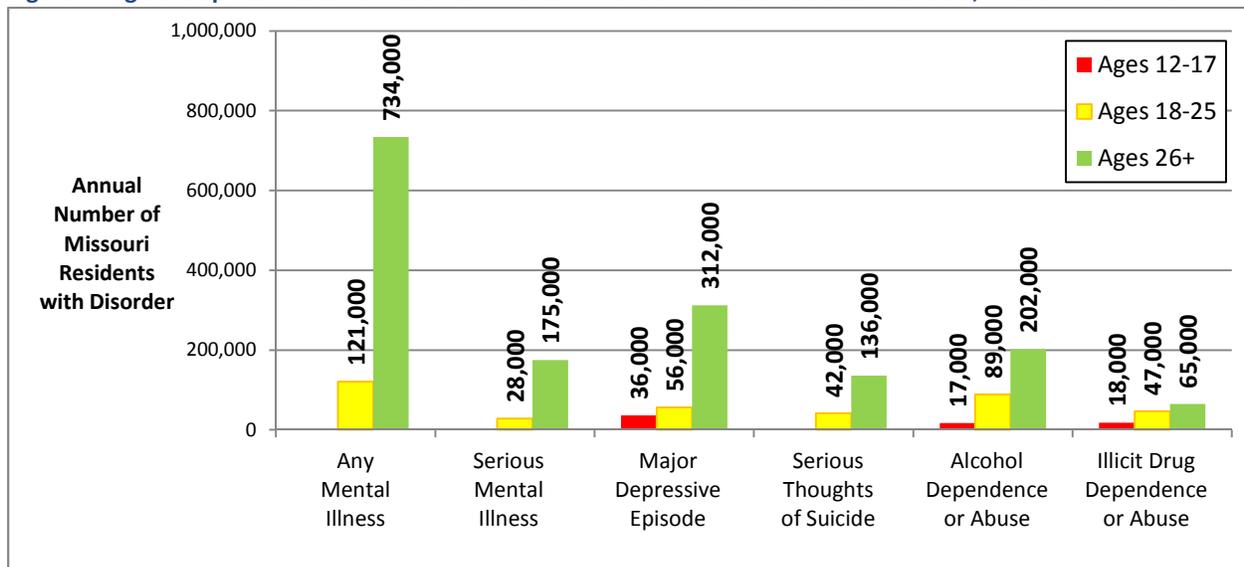
THE BIG PICTURE

Nearly one in five Missouri adults suffers from mental illness and one in 13 suffers from substance use disorders. Missouri data for years 2011 and 2012 from the National Survey on Drug Use and Health (NSDUH) indicate that an estimated 19% of Missouri adults (ages 18 and older) numbering 855,000 have had any past-year mental illness and 8% of adults or 367,000 have had a past-year substance use disorder. Among adults with any mental illness, 203,000 have past-year *serious* mental illness. NSDUH 2012 national data indicate that nearly 20% of adults with any mental illness have a co-occurring substance disorder and over 40 percent of adults with a substance disorder have co-occurring mental illness. These findings suggest that a projected 150,000 to 160,000 Missouri adults might have co-occurring disorders. Components of mental illness include mood disorders such as depression and thoughts of suicide, anxiety disorders, psychotic disorders, impulse control disorders, and adjustment disorders. More than 7% of Missouri adults or 324,000 experienced a major depressive episode in the past year and 4% or 180,000 had serious thoughts of suicide. The adults with substance use disorders include approximately 254,000 with primarily alcohol dependence or abuse, 77,000 with primarily illicit drug dependence or abuse, and 36,000 with both alcohol and illicit drug dependence or abuse.

Young Missouri adults have substantially higher rates of substance use disorders than older adults or adolescents. Over 17% of adults 18-25 years of age have had a past-year substance use disorder, compared to less than 7% of adults over age 25 and 6% of adolescents under age 18. They also have higher rates of past-year major depression than older adults.

Nearly 8% of Missouri adolescents 12-17 years of age have had at least one major depressive episode in the past year. In addition to these 36,000 adolescents, an estimated 6% of Missouri adolescents numbering 30,000 have a past-year substance use disorder. They include approximately 12,000 primarily with alcohol dependence or abuse, 13,000 with illicit drug dependence or abuse, and 5,000 with both alcohol and illicit drug dependence or abuse.

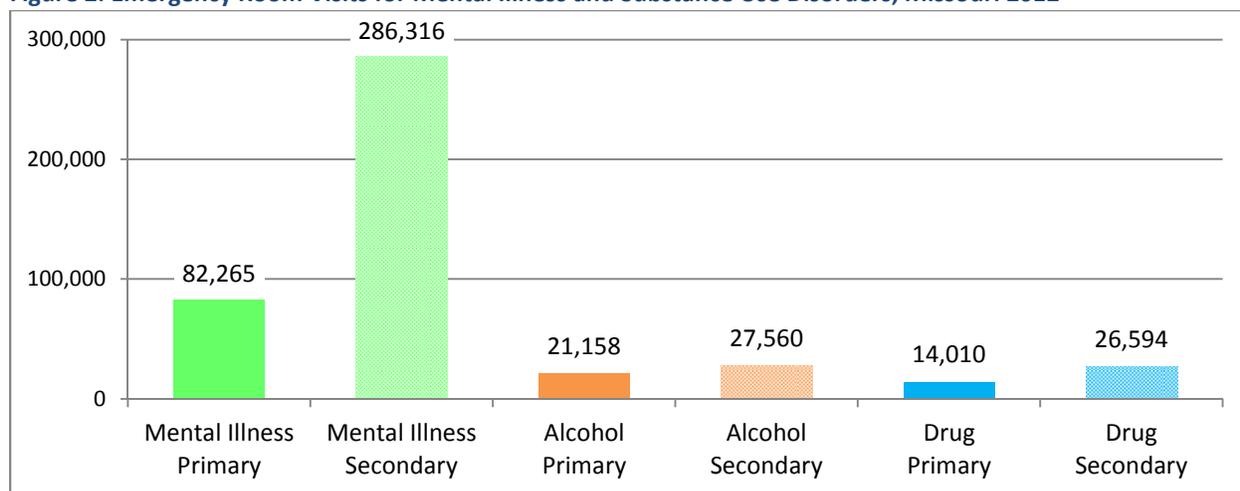
Figure 1: Age Group Estimates for Past-Year Mental Illness and Substance Use Disorders, Missouri 2011-2012



Source: U.S. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). National Survey on Drug Use and Health, 2011-2012. Estimates are 2-year averages. Some individuals are in more than one disorder category. Estimates are not available for ages 12-17 for Any Mental Illness, Serious Mental Illness, and Serious Thoughts of Suicide.

Mental illness accounts for more emergency room visits than alcohol and drug abuse. In 2012, mental disorders were the principal diagnosis among more than 82,000 Missouri emergency room episodes. Over 21,000 E.R. visits were attributed primarily to alcohol and 14,000 to drugs. Approximately 35% of the individuals treated in the emergency room primarily for mental disorders were admitted to the hospital for additional services. Among individuals treated primarily for alcohol or drug disorders, 25% were admitted to the hospital. Additionally, large numbers of individuals entered emergency departments with secondary diagnoses of mental, alcohol, and/or drug disorders.

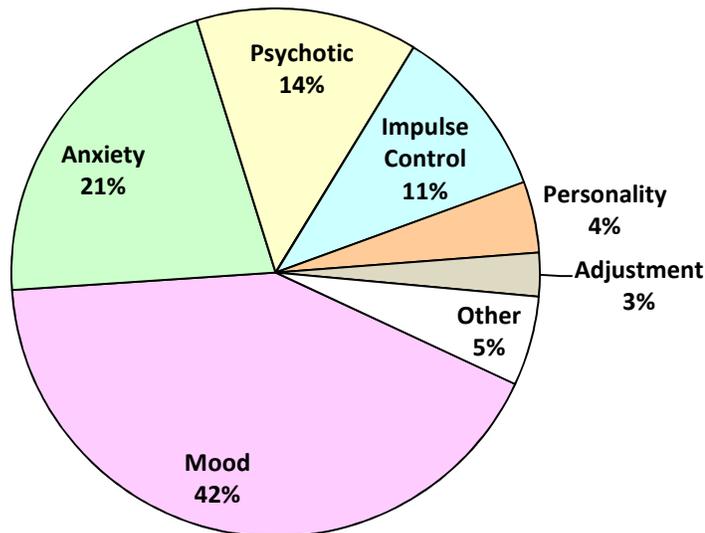
Figure 2: Emergency Room Visits for Mental Illness and Substance Use Disorders, Missouri 2012



Source: Missouri Department of Health and Senior Services. Data are based on ICD-9 code categories developed by the Healthcare Cost and Utilization Project (HCUP). Some individuals may be in more than one secondary diagnosis category.

Among individuals receiving Division of Behavioral Health (DBH) psychiatric services during the past year, 42% were treated for mood disorders. Another 21% were diagnosed with anxiety disorders, 14% with psychotic disorders, and 11% with impulse control disorders. Smaller numbers were treated for personality, adjustment, developmental, sexual and other disorders and impairments including dementia.

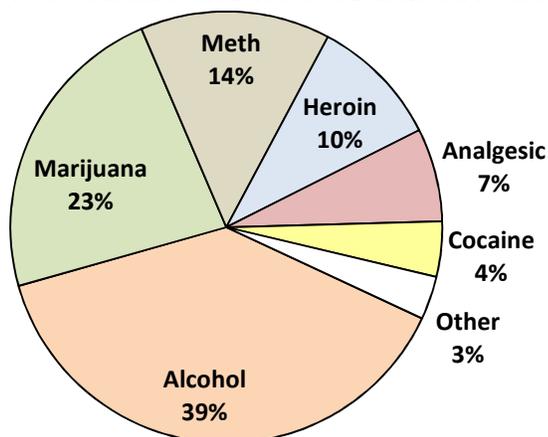
Figure 3: Mental Illness Disorders Treated in Missouri Division of Behavioral Health Programs, Fiscal Year 2013



Source: Missouri Department of Mental Health, Customer Information Management, Outcomes & Reporting (CIMOR) System.

Nearly 39% of individuals receiving DBH services for substance abuse were treated for alcohol use as their primary substance disorder. Nearly 23% were treated for marijuana use, 14% for methamphetamine, 10% for heroin, 7% for non-heroin analgesics, and 4% for cocaine. Other drug mentions for primary drug problem included tranquilizers, hallucinogens, non-meth stimulants, sedatives, and inhalants. Many individuals were also treated for a secondary drug of abuse or for alcohol-in-combination with drugs.

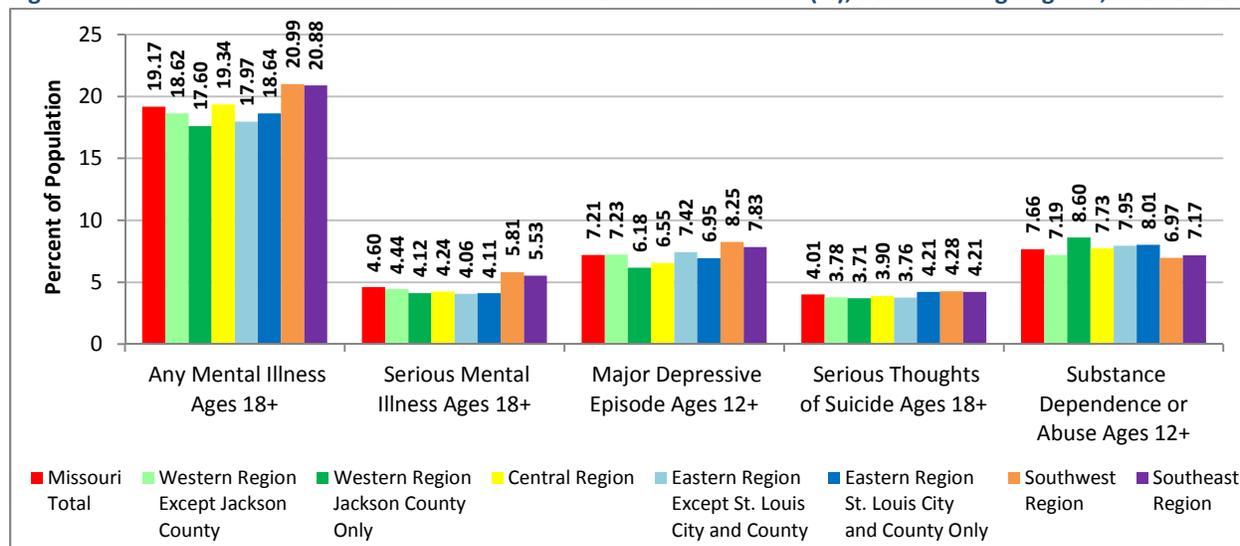
Figure 4: Substance Use Disorders Treated in Missouri Division of Behavioral Health Programs, Fiscal Year 2013



Source: Missouri Department of Mental Health, Customer Information Management, Outcomes & Reporting (CIMOR) System.

Adult mental illness rates tend to be higher in rural areas of Missouri, while adolescent and adult substance use disorder rates are higher in urban areas. Prevalence estimates for mental illness, depression, and suicidal thoughts are highest in the Division of Behavioral Health Southwest and Southeast planning regions and lowest in the Kansas City (Jackson County) and Saint Louis areas. Conversely, substance dependence and abuse rates are highest in the two metro regions. The rates are based on three years of Missouri data from the National Survey on Drug Use and Health (NSDUH). Most of the apparent rate differences are not statistically significant due to small regional survey samples.

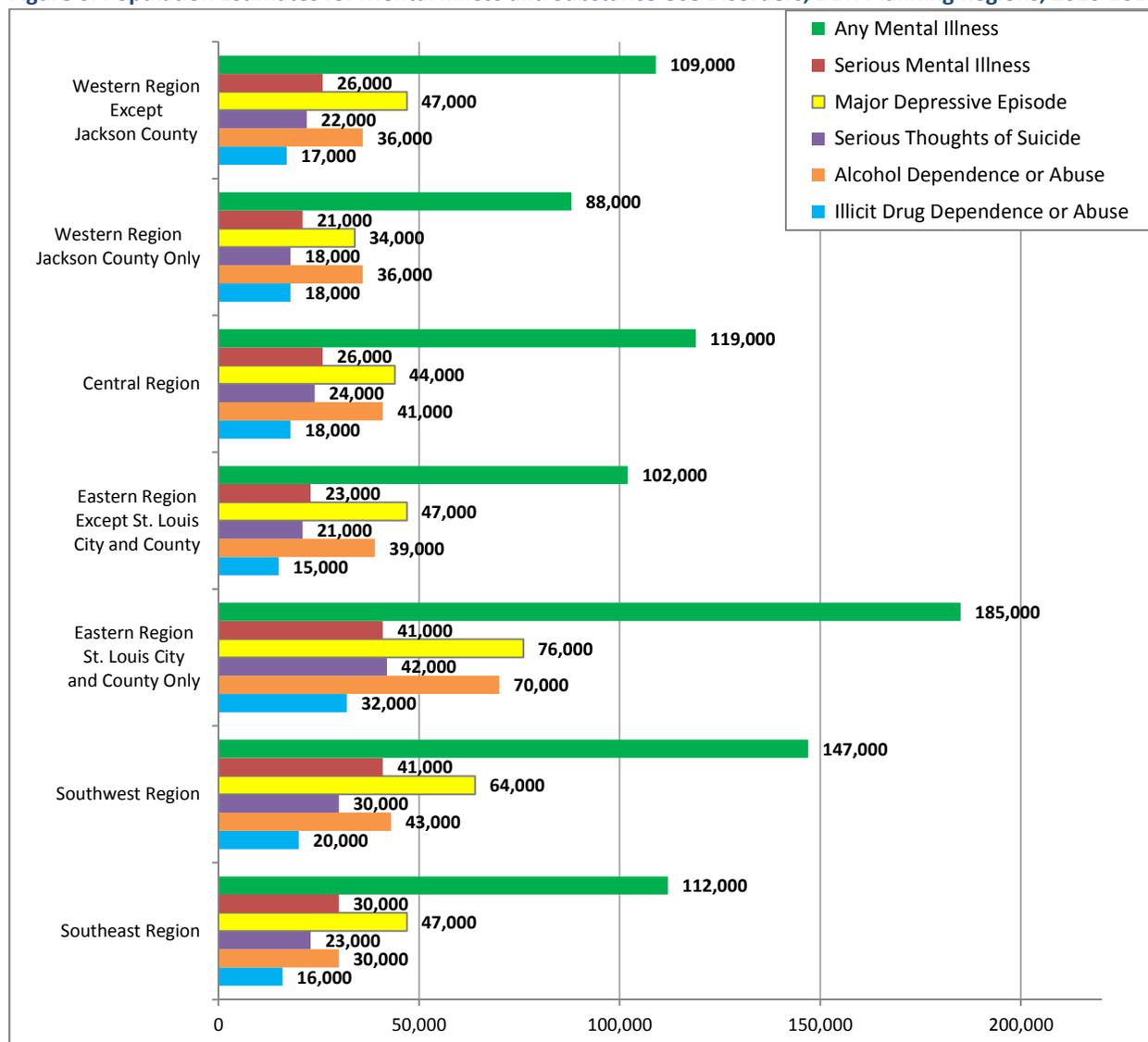
Figure 5: Past-Year Mental Illness and Substance Use Disorder Estimates (%), DBH Planning Regions, 2010-2012



Source: U.S. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). National Survey on Drug Use and Health, 2010-2012. Some individuals are in more than one disorder category. Estimates are 3-year average rates for the Missouri population 18 years and older for Any Mental Illness, Serious Mental Illness, and Serious Thoughts of Suicide. Rates for Major Depressive Episode and Substance Dependence or Abuse are for ages 12 and older.

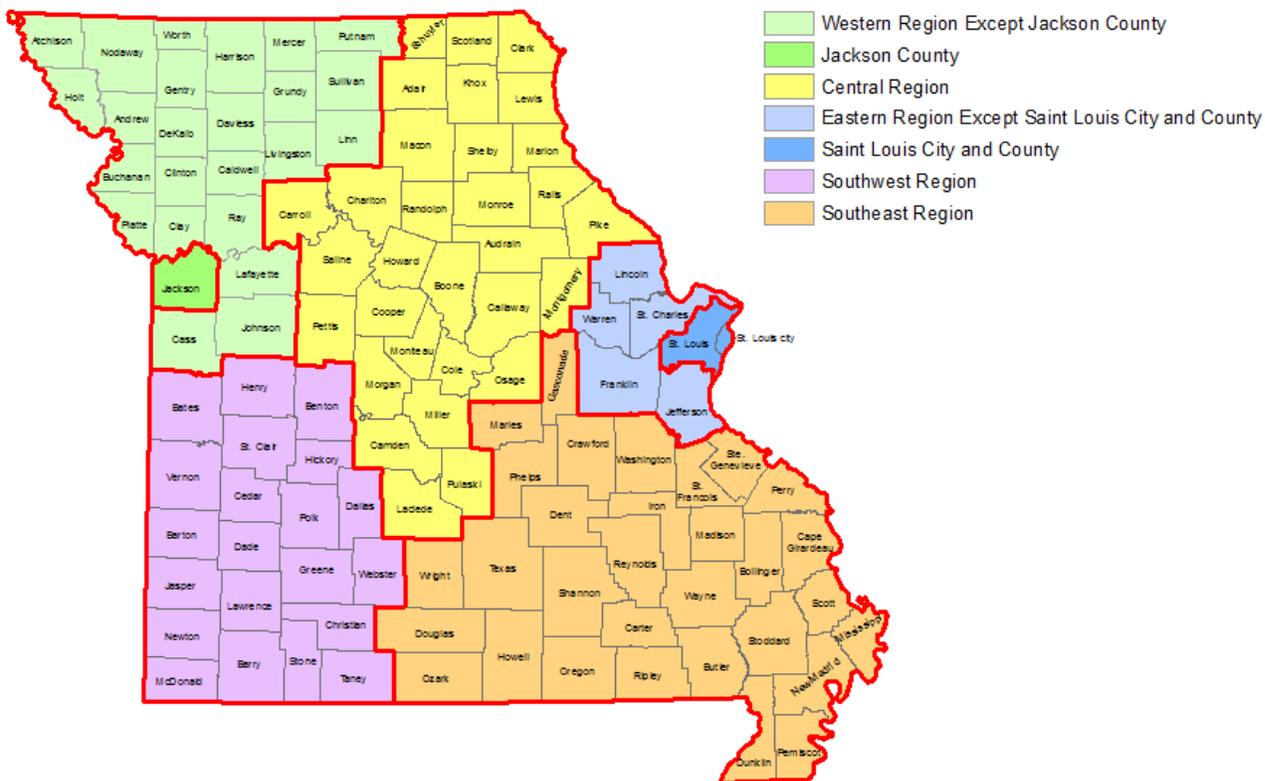
One-third of the Missouri population, and one-third of individuals with mental health and substance use disorders, reside in Saint Louis County, Saint Louis City, and Jackson County. Based on the 2010-2012 NSDUH rate estimates, the prevalence of mental illness and substance abuse in these largest urban areas is in proportion to their populations. Overall, the Saint Louis area and the remainder of the Division of Behavioral Health (DBH) Eastern planning region has approximately 287,000 adults with mental illness and 138,000 adolescents and adults with substance use disorders. Jackson County and the remainder of the Kansas City area and Western planning region have 197,000 with mental illness and 94,000 with substance disorders. Central region has 119,000 with mental illness and 52,000 with substance disorders; Southwest region has 147,000 with mental illness and 54,000 with substance disorders; and Southeast region has 112,000 with mental illness and 43,000 with substance disorders. Separate population estimates are provided for the urban and non-urban portions of Western and Eastern regions, and for alcohol and drug dependence or abuse.

Figure 6: Population Estimates for Mental Illness and Substance Use Disorders, DBH Planning Regions, 2010-2012



Source: U.S. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). National Survey on Drug Use and Health, 2010-2012. Some individuals are in more than one disorder category. Estimates are 3-year averages for the Missouri population 18 years and older for Any Mental Illness, Serious Mental Illness, and Serious Thoughts of Suicide, and for the population 12 years and older for Major Depressive Episode, Alcohol Dependence or Abuse, and Illicit Drug Dependence or Abuse.

Figure 7: Missouri Division of Behavioral Health Planning Regions and Sub-regions Containing NSDUH Estimates

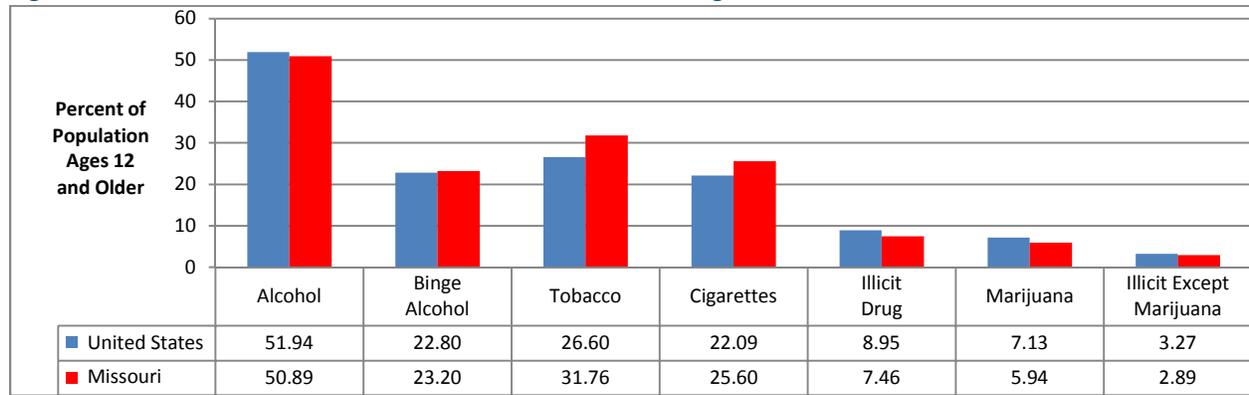


Source: Missouri Department of Mental Health, Division of Behavioral Health.

One-half of Missouri’s population drinks alcohol, and one-fourth smokes cigarettes. Based on three years of NSDUH data, an estimated 51% of the population ages 12 and older consumed alcohol at least once in the month prior to the survey, and 23% consumed five or more drinks on one occasion, generally referred to as “binge drinking”. Missouri’s drinking and binge drinking rates for the overall population are statistically identical to the national rates. Drinking rates are approximately 8 percentage points higher in the Eastern and Western regions than in the Southeast and Southwest regions, but these differences are not statistically significant. An estimated 14% of Missouri adolescents 12-17 years of age drink alcohol—about the same as adolescents nationwide. Among young adults 18-25 years of age, 60% are past-month drinkers—again the same as the U.S. rate for that age group. Missouri’s cigarette smoking rate of 26% remains four percentage points higher than the national rate of 22% for the population ages 12 and older. Smoking rates are highest in the Southeast region at 30% and lowest in the Eastern region at 23%. Among Missouri adolescents, 11% are current smokers compared to 7.5% nationwide. Missouri young adults have higher smoking rates than adolescents or older adults and, at 37%, a rate 4 percentage points higher than the U.S. rate for the 18-25 age group.

Illicit drug use in Missouri is slightly lower than the national average. An estimated 7.5% of the Missouri population ages 12 and older used an illicit drug in the past month. About 6% used marijuana in the past month and 10% used it in the past year. Nationwide, past-month marijuana use is 7% and past-year use is nearly 12%. Usage rates are highest in the Eastern region—particularly in the Saint Louis area at over 7%—and lowest in the Southeast region at 4%. Marijuana is used by approximately 14% of Missouri adolescents 12-17 years of age, 28% of young adults, and 7% of adults over age 25. Nationwide rates are also 14% for adolescents, but are 31% for young adults and 8% for older adults.

Figure 8: Estimated Past-Month Alcohol, Tobacco, and Illicit Drug Use, U.S. and Missouri: 2011-2012

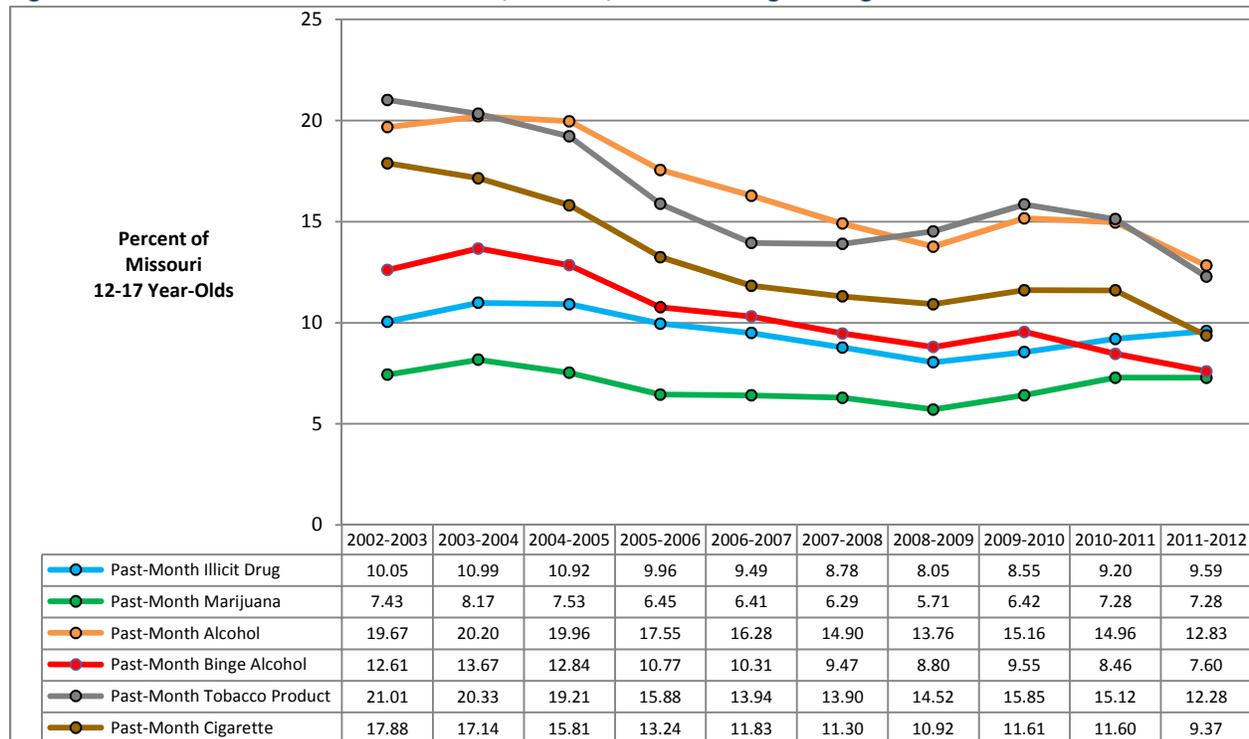


Source: U.S. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). National Survey on Drug Use and Health, 2011-2012. Estimates are 2-year average rates for the United States and Missouri populations ages 12 years and older.

TRENDS

Adolescent alcohol and tobacco use continues to decline. Among Missouri’s 12-17 year-olds, alcohol use reached its lowest level in 2011-2012 since the National Survey on Drug Use and Health (NSDUH) began measuring state rates in 1999. Binge drinking in this age group has also declined. Although adolescent tobacco use in Missouri is higher than the national rate, it has declined considerably from an estimated 21% in 2002-2003 to less than 13% in 2011-2012. Cigarette use has led that trend, decreasing from nearly 18% to less than 10% during that 9-year period. Adolescent marijuana use in Missouri has shown no change in the latest NSDUH estimates, while overall illicit drug use is trending upward. Slight year-to-year increases in estimates of past-month illicit drug use are not statistically significant, but suggest that drug use might be slowly increasing in the 12-17 age-group.

Figure 9: Trend in Past-Month Use of Alcohol, Tobacco, and Illicit Drugs among Missouri Adolescents



Data Source: Substance Abuse and Mental Health Services Administration (SAMHSA), National Survey on Drug Use and Health, 2011-2012. Estimates are 2-year averages.