



# Behavioral Health Profile

## Scotland County

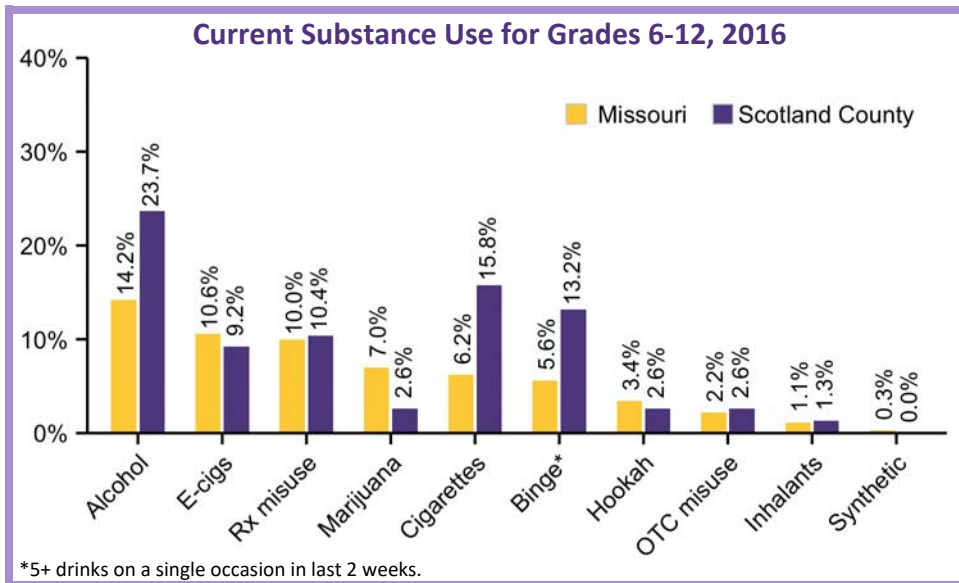
2017



Scotland County is located in Central Missouri and had a population of 4,854 in 2015. Scotland County ranks 110 in population size among Missouri's 114 counties plus the city of St. Louis. The 2016 unemployment rate in the county was 4.1%. This was lower than the statewide unemployment rate of 4.5%. In 2015, the poverty rate was 15.8% which was higher than the statewide poverty rate of 14.8%. The median income of the county was \$41,324.

### Substance Use in Scotland County

The availability of county-level data on substance use is limited. The Missouri Student Survey convenience sample 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. Adult data are available at the regional level from the NSDUH.

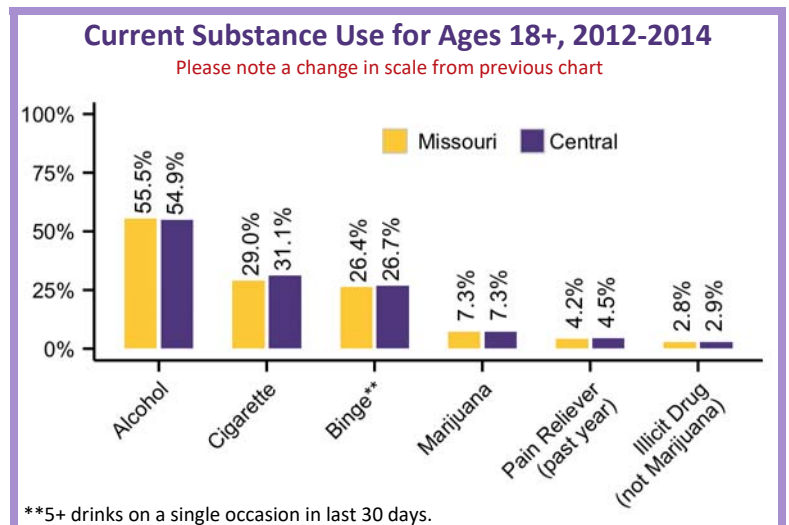


**Alcohol** is the most commonly used substance by youth in Missouri. An estimated 58.7% of youth in Scotland County believe that it would be easy to get alcohol and 34.4% believe that using alcohol presents only 'slight' or 'no risk' of harm. The average age of first use is 12.9 and 48.1% have at least one friend that uses alcohol.

**Cigarette** use, both standard and electronic, is of concern across the state. The average age that county youth first use standard cigarettes is 13.3. An estimated 40.8% of youth believe that it would be easy to get cigarettes and 30.3% to get e-cigarettes.

**Prescription drug** misuse is of growing concern both across the nation and in Missouri. In Scotland County, 28.9% of youth believe that they would be easy to get. Most youth report that there is a risk of harm when misusing prescription drugs, but 10.5% of youth believe that there is 'slight' or 'no risk at all'. Pain medication was the most commonly misused prescription medication by youth across the state. Most Missouri youth get prescription drugs from a friend or family member.

**Marijuana** use in Missouri youth continues to be of interest, particularly with recent shifts in legality of adult use across the nation. In 2016, 15.8% of county youth said that marijuana is easy to get, 19.7% report having at least one friend that uses it, and 18.4% believe that there is only a 'slight' or 'no risk' of harm from smoking marijuana once or twice a week. The average age of first use is 14.9.



## Substance Use Consequences in the County

**Health:** In 2014, Scotland County residents had a total of 1 alcohol-related and 1 drug-related hospitalizations. In addition there were 1 alcohol-related and 2 drug-related ER visits that did not include a hospital stay.

**Treatment:** In 2015, 17 individuals were admitted into Substance Abuse Treatment Programs. A total of 8 were primarily due to alcohol, less than 5 were primarily due to marijuana, and less than 5 were primarily due to prescription drugs.

**Law Enforcement:** In 2015, Scotland County had 9 DWI arrests, 3 liquor law violations and 6 drug-related arrests. There were 2 methamphetamine laboratory seizures in Scotland County in 2016.

**Traffic Crashes:** Alcohol-related traffic crashes remained the same in the last year (from 4 in 2014 to 4 in 2015). Alcohol-related crashes are more likely to produce fatalities and injuries compared to non-alcohol-related crashes.

2015 Number of Alcohol-Related Crashes by Severity				2015 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
4	1	2	1	1	5	1	0

## Mental Health Data for Scotland 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 use disorders. In state fiscal year 2015, 30 Scotland County residents received treatment for serious mental illness at publicly-funded facilities. See table for details. While there are 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.

Numbers Served in Scotland County		
	FY2014	FY2015
Total	30	30
Adjustment Disorder	*	*
Anxiety Disorder	15	18
Developmental Disorder	*	*
Impulse Control Disorder	14	14
Mood Disorder	24	22
Psychotic Disorder	0	*

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

In Central Missouri, 19.0% 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 7.3% 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. 10.4% had considered suicide in the last year, 6.8% made a plan, and 2.6% actually attempted, resulting in an injury. In 2014, 1 Scotland County residents died by suicide. Typically, males and whites are most likely to die by suicide.

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/>