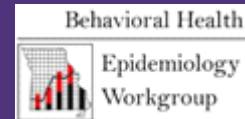




# Behavioral Health Profile

## Washington County

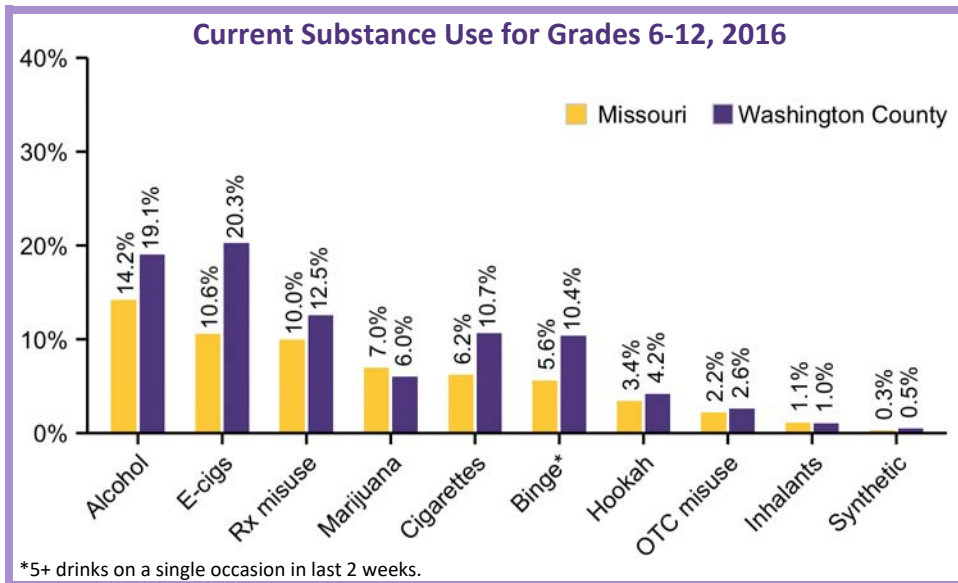
2017



Washington County is located in Southeast Missouri and had a population of 24,788 in 2015. Washington County ranks 46 in population size among Missouri's 114 counties plus the city of St. Louis. The 2016 unemployment rate in the county was 6.3%. This was higher than the statewide unemployment rate of 4.5%. In 2015, the poverty rate was 20.7% which was higher than the statewide poverty rate of 14.8%. The median income of the county was \$37,986.

### Substance Use in Washington 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.

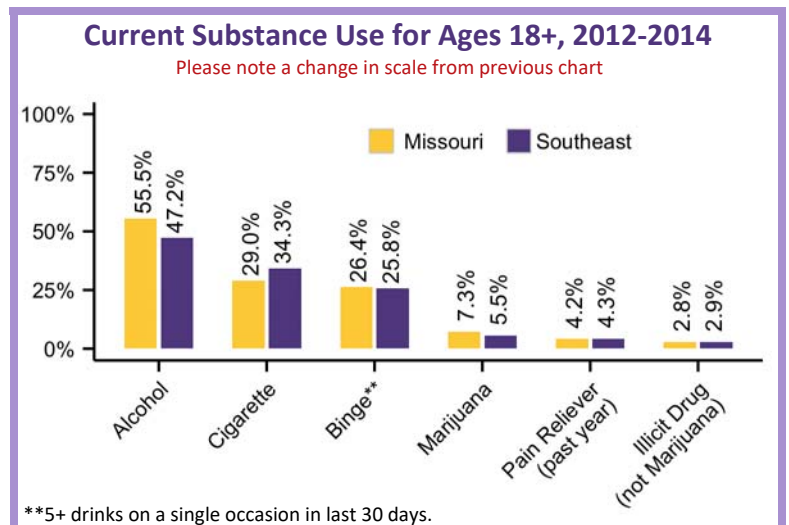


**Alcohol** is the most commonly used substance by youth in Missouri. An estimated 61.0% of youth in Washington County believe that it would be easy to get alcohol and 33.4% believe that using alcohol presents only 'slight' or 'no risk' of harm. The average age of first use is 12.4 and 58.6% have at 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 12.3. An estimated 51.9% of youth believe that it would be easy to get cigarettes and 53.2% to get e-cigarettes.

**Prescription drug** misuse is of growing concern both across the nation and in Missouri. In Washington County, 33.5% 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 14.0% 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, 44.4% of county youth said that marijuana is easy to get, 43.5% report having at least one friend that uses it, and 33.0% 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 14.0.



## Substance Use Consequences in the County

**Health:** In 2014, Washington County residents had a total of 5 alcohol-related and 27 drug-related hospitalizations. In addition there were 25 alcohol-related and 61 drug-related ER visits that did not include a hospital stay.

**Treatment:** In 2015, 165 individuals were admitted into Substance Abuse Treatment Programs. A total of 33 were primarily due to alcohol, 34 were primarily due to marijuana, and 14 were primarily due to prescription drugs.

**Law Enforcement:** In 2015, Washington County had 59 DWI arrests, 7 liquor law violations and 71 drug-related arrests. There were 2 methamphetamine laboratory seizures in Washington County in 2016.

**Traffic Crashes:** Alcohol-related traffic crashes decreased in the last year (from 27 in 2014 to 22 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 |
| 22   | 0           | 14              | 8                        | 0  | 19               | 0               | 8             |

## Mental Health Data for Washington 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, 249 Washington 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 Washington County  |        |        |
|--|--------|--------|
|  | FY2014 | FY2015 |
| Total  | 257    | 249    |
| Adjustment Disorder  | *      | *      |
| Anxiety Disorder   | 54     | 59     |
| Developmental Disorder   | 6      | 5      |
| Impulse Control Disorder   | 31     | 30     |
| Mood Disorder  | 130    | 112    |
| Psychotic Disorder   | 50     | 49     |
| 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 Southeast Missouri, 20.7% of those 18 and older had a mental illness in the past year with 6.1% 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 7.5% of Southeast 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. 13.2% had considered suicide in the last year, 9.9% made a plan, and 1.3% actually attempted, resulting in an injury. In 2014, 5 Washington 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/>