

## TREATMENT NEED

### *Alcohol and Drug Dependence and Abuse*

Criteria for identifying substance dependence and abuse are specified in the *Diagnostic and Statistical Manual of Mental Disorders, 4<sup>th</sup> Edition*. Based on two years of combined data from the National Survey on Drug Use and Health (NSDUH), an estimated annual average of 10.6 percent of the Missouri population 12 years of age and older was dependent on, or abused, alcohol or illicit drugs during the one-year periods preceding the combined 2003/2004 surveys. This rate was higher than the 9.6 percent reporting dependence or abuse in the 2002/2003 surveys. It was also higher than the national rate of 9.2 percent reported in both two-year periods [52, 53, 55]. Using Missouri's 2003/2004 rates, the NSDUH analysis provides Missouri population estimates (rounded to the nearest thousand) for past month and past year alcohol and illicit drug use, dependence, abuse, and unmet treatment need.

Based on Missouri estimates for dependence and abuse, the state has approximately 499,000 individuals who need treatment for alcohol or illicit drug dependence or abuse. This figure is very similar to the estimate of 491,223 derived from the Missouri treatment needs assessment completed in 2003 by the Research Triangle Institute [42]. Alcohol is the largest component of Missouri's dependence and abuse problem, with a rate of 9.0 percent and a treatment need of 423,000 among adolescents and adults. Illicit drugs comprise a rate of 3.0 percent and a treatment need of 142,000. The separate alcohol and illicit drug rates and estimated numbers total more than the combined rate of 10.6 percent and 499,000 because some individuals are dually dependent on both alcohol and illicit drugs. Therefore, 357,000 need treatment only for alcohol dependence or abuse, 76,000 only for illicit drug dependence or abuse, and 66,000 for both alcohol and illicit drug dependence or abuse. The tables on pages 38 and 39 present the Missouri prevalence rates and population estimates by age group from the 2003/2004 NSDUH.

Missouri's adolescent age group of 12-17 has an alcohol dependence or abuse rate of 7.1 percent and illicit drug dependence or abuse rate of 5.8 percent, with a combined rate of 10.5 percent based on the 2003/2004 surveys. Nationally, the alcohol and illicit drug combined rate for this age group is 8.8 percent. The Missouri rates yield estimates of adolescent treatment need of 51,000, including 23,000 for alcohol dependence or abuse only, 16,000 for illicit drug dependence or abuse only, and 12,000 for both alcohol and illicit drugs.

Among young adults 18-25 years of age, Missouri's dependence/abuse rates are 19.4 percent for alcohol, 8.9 percent for illicit drugs, and 24.0 percent for alcohol and illicit drugs combined, compared to a U.S. combined rate of 21.2 percent. Based on these estimated rates, 155,000 young adults in Missouri need substance abuse treatment—98,000 for alcohol only, 30,000 for illicit drugs only, and 27,000 for both alcohol and illicit drugs.

Adults age 26 and older are more likely than the younger age groups to have a dependence or abuse problem with alcohol only. The alcohol dependence/abuse rate for this population in Missouri is 7.4 percent, the illicit drug rate is 1.6 percent, and the combined rate is 8.2 percent. Among this older adult population nationwide, the dependence/abuse rate for alcohol and illicit drugs is one percentage point lower at 7.2 percent. The Missouri rates indicate that 293,000 Missouri adults older than age 25 need treatment. Of these, 237,000 have only alcohol dependence or abuse, 29,000 have only illicit drug dependence or abuse, and 27,000 have a dependence or abuse problem with alcohol and illicit drugs.

### *Co-Occurring Mental Health Problems*

The NSDUH also examines the relationship between substance abuse and two types of mental health problems—serious psychological distress (SPD) and major depressive episodes (MDE).

Based on the 2004 NSDUH, an estimated 9.9 percent of the United States adult population age 18 and older scored above the criteria threshold for past year SPD, previously referred to as serious mental illness (SMI). The survey also found that an estimated 14.7 percent of the U.S. population age 12 and older had at least one episode of MDE in their lifetime and 8.1 percent had an episode in the past year [54]. The rates of SPD and MDE are much higher for individuals who have substance dependence or abuse problems. Among those meeting the criteria for past year SPD in 2004, 21.3 percent had alcohol or illicit drug dependence or abuse, compared to only 7.9 percent of individuals without SPD. Similarly, 22.0 percent of individuals who had a past year MDE also had substance dependence or abuse, compared to 8.6 percent without a past year MDE. Among the 22 percent with MDE, 16.8 percent had alcohol dependence or abuse and 9.6 percent had illicit drug dependence or abuse. Consistent with these findings, individuals with past year SPD and MDE had higher rates of substance use. Among those with SPD, 9.7 percent reported past month heavy alcohol use, consisting of at least five episodes of binge drinking, while heavy drinking was reported by 7.0 percent of individuals not meeting the criteria for SPD. Past month illicit drug use was much higher at 27.6 percent for those with SPD compared to 11.8 percent without that mental health disorder. Past month cigarette use was also reported by 40.8 percent of individuals with past year SPD but only 24.5 percent of those without SPD. Individuals with past year MDE had higher rates of heavy alcohol use (9.2 percent verses 6.0 percent), illicit drug use (28.8 percent verses 13.8 percent), and cigarette smoking (25.5 percent verses 15.1 percent) than individuals without MDE.

Among U.S. adults 18 years of age and older with past year illicit drug use in 2004, 20.6 percent had past year SPD, while only 8.3 percent without illicit drug use had SPD. Similar relationships exist for substance abuse and MDE. Among individuals 12 years of age or older in the U.S. with past year substance dependence or abuse, 18.5 percent had a past year MDE in 2004. Only 7.0 percent of those without substance dependence or abuse had a past year MDE.

The combined 2003/2004 surveys found that 11.5 percent of Missouri adults had past year SPD, compared to a national rate of 9.6 percent for the same two-year survey period. Missouri's past year SPD rate was 15.5 percent for young adults 18-25 years of age while the national rate was 13.6 percent. Among those 26 years of age and older, 10.7 percent of the Missouri population and 8.9 percent of the U.S. population had past year SPD [53, 55].

## **UNMET NEED AND TREATMENT ACCESS**

Based on the combined 2003 and 2004 results from the National Survey on Drug Use and Health (NSDUH), an annual average of 8.6 percent of the Missouri population 12 years of age and older have an unmet need for treatment of alcohol use and 2.8 percent have an unmet need for treatment of illicit drug use [55]. By comparison, the U.S. population has lower rates, with unmet needs for alcohol treatment and illicit drug treatment of 7.3 percent and 2.7 percent respectively [52]. Using Missouri's 2003/2004 rates, the NSDUH analysis provides population estimates for unmet need rounded to the nearest thousand. In Missouri, an estimated 405,000 adolescents and adults have an unmet need for treatment of alcohol use and 134,000 have an unmet need for drug treatment. Based on the estimates presented in the *Treatment Needs* section above which identified 423,000 needing treatment for alcohol dependence or abuse and 142,000 needing treatment for illicit drug dependence or abuse in Missouri, only 4.3 percent of the individuals needing alcohol treatment and 5.6 percent of those needing drug treatment are accessing services.

Among adolescents 12-17 years of age, an estimated 35,000 need treatment for alcohol dependence or abuse, yet the unmet need is 34,000—a treatment rate of only 2.9 percent. In that same age group, 28,000 have illicit drug dependence or abuse and 26,000 have an unmet need for drug