

STATUS REPORT ON MISSOURI'S SUBSTANCE ABUSE AND MENTAL HEALTH PROBLEMS

Eighteenth Edition -- 2012



**MISSOURI DEPARTMENT OF MENTAL HEALTH
Divisions of Alcohol and Drug Abuse
& Comprehensive Psychiatric Services**

STATUS REPORT ON MISSOURI'S SUBSTANCE ABUSE AND MENTAL HEALTH PROBLEMS

EIGHTEENTH EDITION — 2012

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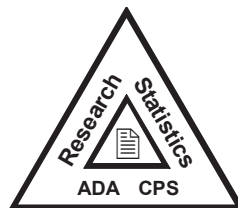
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PREFACE

The *Status Report on Missouri's Substance Abuse and Mental Health Problems* is a compilation of data intended to support the numerous programs and projects that address alcohol and drug addiction and other behavioral health impairments. The *Status Report* presents national and state survey data, state and county problem indicators, and data from clinical treatment programs administered by the Divisions of Alcohol and Drug Abuse and Comprehensive Psychiatric Services. *Status Report* data are used for needs assessments, planning and development of prevention and treatment services, and public information—all vital in our efforts to restore and enhance the mental health and productivity of our citizens.

Multiple personal problems often contribute to—or result from—substance abuse and mental illness. The *Status Report* tracks a variety of documented events, recognizing that data-driven collaboration is essential among numerous responding and affected agencies. One year ago, the Missouri Department of Mental Health convened the Missouri Behavioral Health Epidemiology Workgroup. These data specialists study and recommend ways to improve the collection, dissemination, and utilization of behavioral health data. Through their guidance and support, the Department has developed a data querying website that enables users to extract and analyze multiple years of behavioral health indicators, statistics from national and state surveys, population estimates, and substance abuse/mental health treatment data. Visit <http://dmh.mo.gov/seow/default.aspx>.

Inquiries and comments should be directed to the Divisions of Alcohol and Drug Abuse and Comprehensive Psychiatric Services, Research and Statistics office at: <mailto:adamail@dmh.mo.gov>.

Prior editions of the *Status Report* are accessible at this website:
<http://www.dmh.missouri.gov/ada/rpts/status.htm>.

Sincerely,

A handwritten signature in black ink, appearing to read "Mark Stringer".

Mark Stringer

ACKNOWLEDGMENTS

The authors would like to recognize and thank several agencies, and especially these individuals, for their contributions of data and support in producing this 18th Edition of the Status Report:

Kathleen Anderson, University of Missouri—Columbia
Bryan Angell, Missouri Department of Health and Senior Services
Ron Beck, Missouri Department of Public Safety
Carol Bontempo, Missouri Department of Health and Senior Services
Karin Bosh, Missouri Department of Health and Senior Services
Gerard Callahan, Missouri Department of Public Safety
Avera Daniels, Missouri Department of Corrections
Susan Depue, Missouri Institute of Mental Health
John Doyle, Missouri Department of Public Safety
Keith Gast, Missouri Department of Revenue
Art Hughes, U.S. Department of Health and Human Services
Andrew Hunter, Missouri Department of Health and Senior Services
Anne Janku, Office of State Courts Administrator
Brad Jones, Missouri Department of Public Safety
Jeremy Kintzel, Missouri Department of Health and Senior Services
Rebecca Kniest, Missouri Department of Social Services
Tracy Lehmen, Missouri Department of Public Safety
David Litchfield, Missouri Department of Health and Senior Services
Rick McElfresh, Missouri Office of State Courts Administrator
Joan Masters, University of Missouri—Columbia
Kimberly McKane, Missouri Department of Social Services
Richard Morrissey, Missouri Office of State Courts Administrator
Tom Ogle, Missouri Department of Elementary and Secondary Education
Mary Pearce, Missouri Department of Elementary and Secondary Education
Angela Plunkett, Missouri Office of State Courts Administrator
Dan Reilly, University of Missouri—Columbia
Tracy Greever Rice, University of Missouri, Office of Social and Economic Data Analysis
Liz Sale, Missouri Institute of Mental Health
Tina Senter, Missouri Office of State Courts Administrator
Freddie Spraggs, Missouri Department of Social Services
Dewayne Sprenger, Missouri Department of Public Safety
Meliny Staysa, Missouri Department of Social Services
Angie Stuckenschneider, Missouri Department of Mental Health
Lois Thomas, Missouri Department of Mental Health
Mark VanTuinen, Missouri Department of Health and Senior Services
Clive Woodward, Missouri Department of Mental Health
Shumei Yun, Missouri Department of Health and Senior Services

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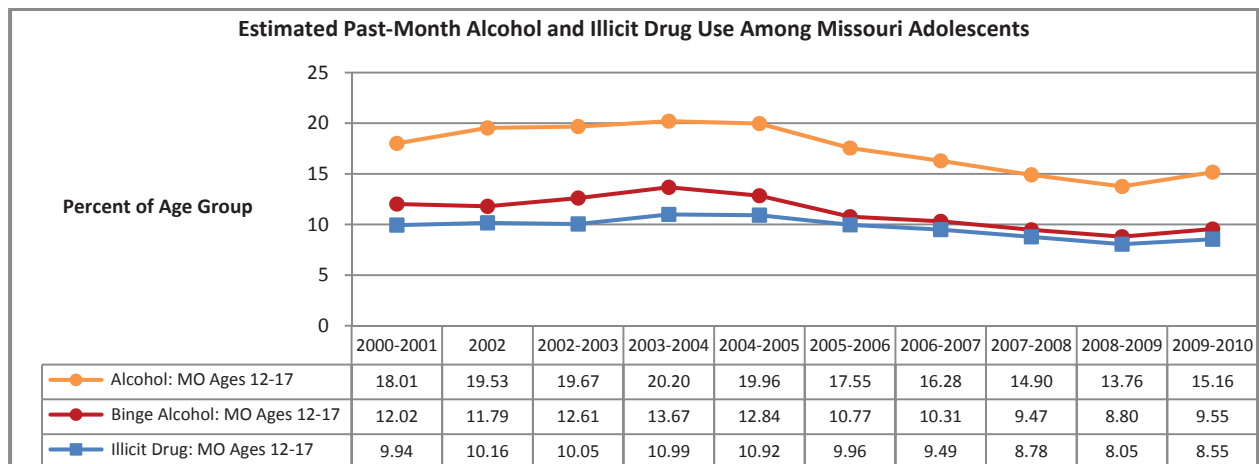
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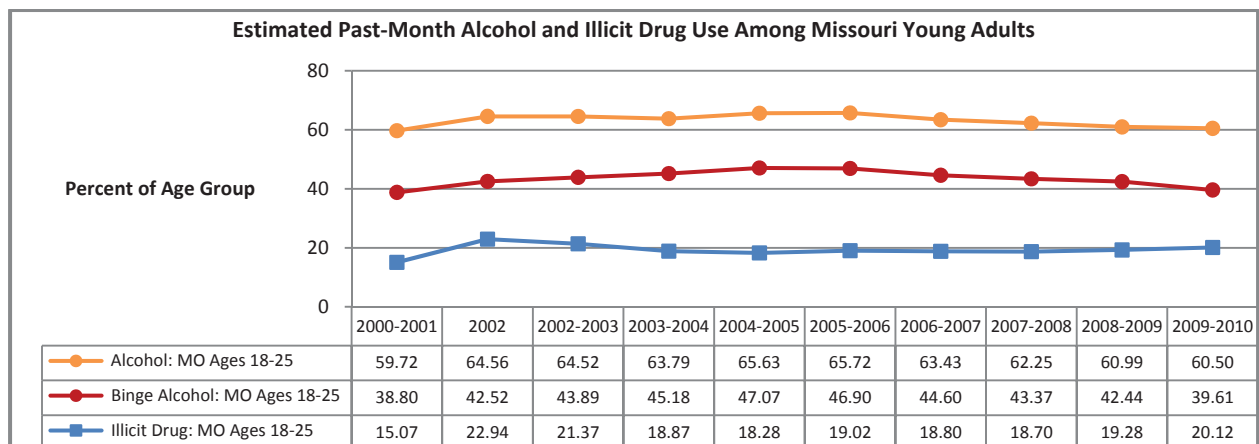
PREVALENCE OF SUBSTANCE USE

Approximately 15 percent of Missouri’s adolescents recently drank alcohol, and nearly nine percent used an illicit drug. Estimates from the National Survey on Drug Use and Health during the past decade indicate that past-month alcohol use among Missouri’s population 12-17 years of age declined from a peak of 20% to a current rate of 15%. Past-month binge drinking in this age group reached nearly 10% in the most recent survey, indicating that two-thirds of the adolescents who drank in the past month consumed five or more drinks on at least one drinking occasion. During the decade, illicit drug use among Missouri’s adolescents decreased from 11% to less than 9%. Missouri’s rates have generally paralleled U.S. rates but were a few percentage points higher than national for alcohol use until the mid-2000s. Missouri and U.S. adolescent alcohol and drug use are beginning to increase after several years of decline.



Data Source: Substance Abuse and Mental Health Services Administration (SAMHSA), National Survey on Drug Use and Health.

Sixty percent of Missouri’s young adults recently consumed alcohol, and 20% used an illicit drug. Past-month alcohol use in the Missouri 18-25 age group has inched downward from 65% in the middle of the last decade, while illicit drug use has shown little fluctuation or change. Missouri alcohol use rates for young adults have generally been higher than U.S. rates and illicit drug use rates slightly lower than national rates. Like the adolescent age group, two-thirds of the past-month drinkers in the young adult age group engaged in binge drinking.



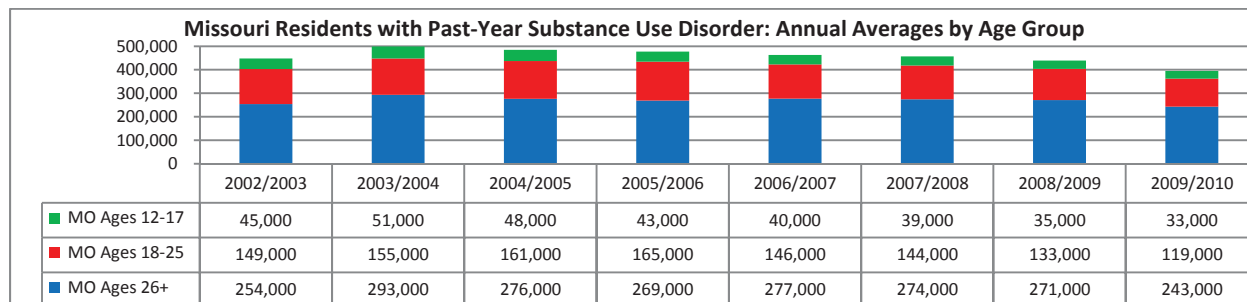
Data Source: Substance Abuse and Mental Health Services Administration (SAMHSA), National Survey on Drug Use and Health.

PREVALENCE OF SUBSTANCE USE DISORDER

An estimated **394,000 Missouri adolescents and adults ages 12 and older had a past-year substance use disorder**. Identified as dependence on—or abuse of—alcohol or an illicit drug, the disorder includes:

- 33,000 adolescents 12-17 years of age (6.8% of age group)
- 361,000 adults 18 years of age and older
 - 119,000 18-25 years of age (18.5% of age group)
 - 243,000 26 years of age and older (6.4% of age group)

The prevalence for adolescents is the lowest since the National Survey on Drug Use and Health began providing state estimates for this measure in 2000 and the lowest for adults since 2001.

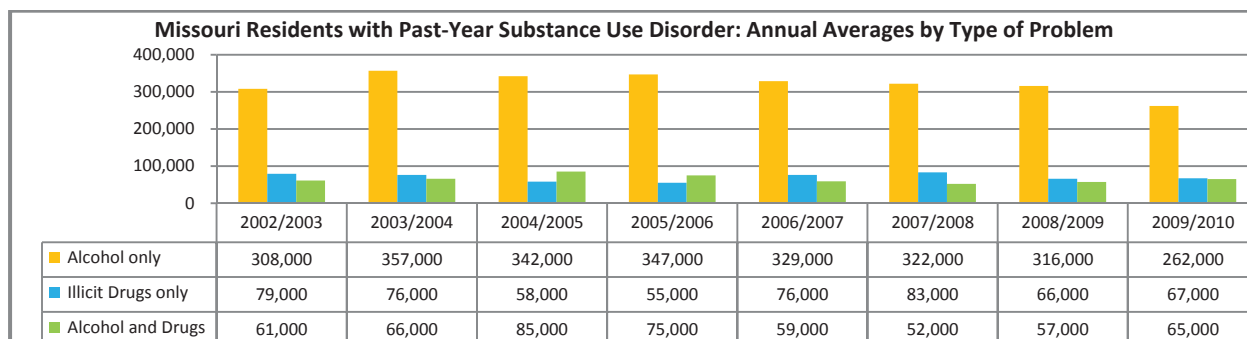


Data Source: Substance Abuse and Mental Health Services Administration (SAMHSA), National Survey on Drug Use and Health.

Derived from the NSDUH data for Missouri, among the 394,000 with a substance use disorder:

- 262,000 had alcohol dependence or abuse but not illicit drug dependence or abuse:
 - 13,000 12-17 years of age (2.7% of age group)
 - 68,000 18-25 years of age (10.6% of age group)
 - 181,000 26 years of age and older (4.7% of age group)
- 67,000 had illicit drug dependence or abuse but not alcohol dependence or abuse:
 - 11,000 12-17 years of age (2.2% of age group)
 - 24,000 18-25 years of age (3.7% of age group)
 - 32,000 26 years of age and older (0.9% of age group)
- 65,000 had both alcohol and illicit drug dependence or abuse:
 - 9,000 12-17 years of age (2.0% of age group)
 - 27,000 18-25 years of age (4.2% of age group)
 - 29,000 26 years of age and older (0.8% of age group)

The number of Missouri residents with past-year alcohol-only disorders decreased while the number with combined alcohol and drug disorders increased. Alcohol-only dependence/abuse declined from 316,000 in 2009 to 262,000 in 2010. Illicit drug-only dependence/abuse increased slightly. Individuals with both alcohol and drug disorders increased from 57,000 to 65,000.



Data Source: Missouri Dept of Mental Health, Division of Behavioral Health. Data derived from NSDUH Missouri estimates.

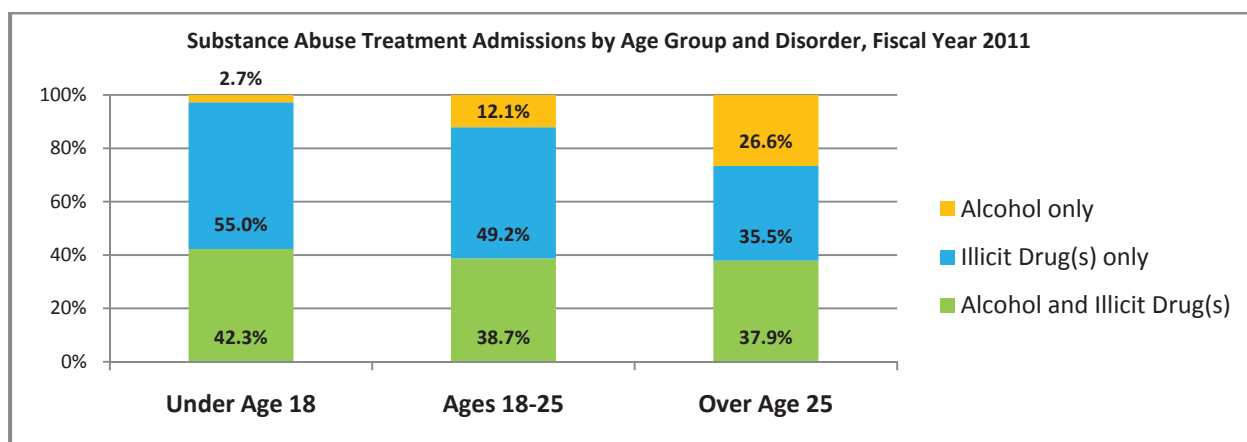
SUBSTANCE ABUSE INTERVENTION AND TREATMENT

In fiscal year 2011, nearly 68,000 Missouri residents began substance abuse treatment or accessed other substance abuse-related services supported by the Division of Behavioral Health.

- 37,200 were admitted to a substance abuse clinical treatment program.
- 24,500 received a Substance Abuse Traffic Offender Program (SATOP) assessment and referral
- 6,200 were admitted for co-dependency, early intervention, compulsive gambling, or recovery support services

More than two-thirds (68%) of the 37,000 individuals admitted to treatment programs were male, 74% were white or Caucasian, 21% were black or African American, and 2% were Hispanic. Nearly 7% were under the age of 18, 62% were 18-39, and 31% were age 40 or older.

Among the individuals admitted for clinical treatment, 22% indicated they abused alcohol but not illicit drugs. Over 38% abused both alcohol and illicit drugs, and 40% abused drugs but not alcohol. The ratios differed by age group.



Data Source: Missouri Department of Mental Health, CIMOR system.

Alcohol and marijuana constituted the majority of primary substance disorders. The portions were:

- 39% alcohol
- 25% marijuana
- 11% methamphetamine
- 8% heroin
- 7% cocaine
- 9% all other drugs

Consumers admitted to treatment faced serious personal limitations or challenges. These included:

- 56% who had criminal justice obligations
- 42% who were unemployed and an additional 32% who were not seeking employment
- 37% who had no high school diploma or equivalent degree
- 32% who had co-occurring psychological problems
- 11% who were injecting drugs
- 8% who needed special education services
- 6% who were homeless
- 5% who were military veterans
- 3% who had developmental problems
- 2% who were pregnant and abusing substances

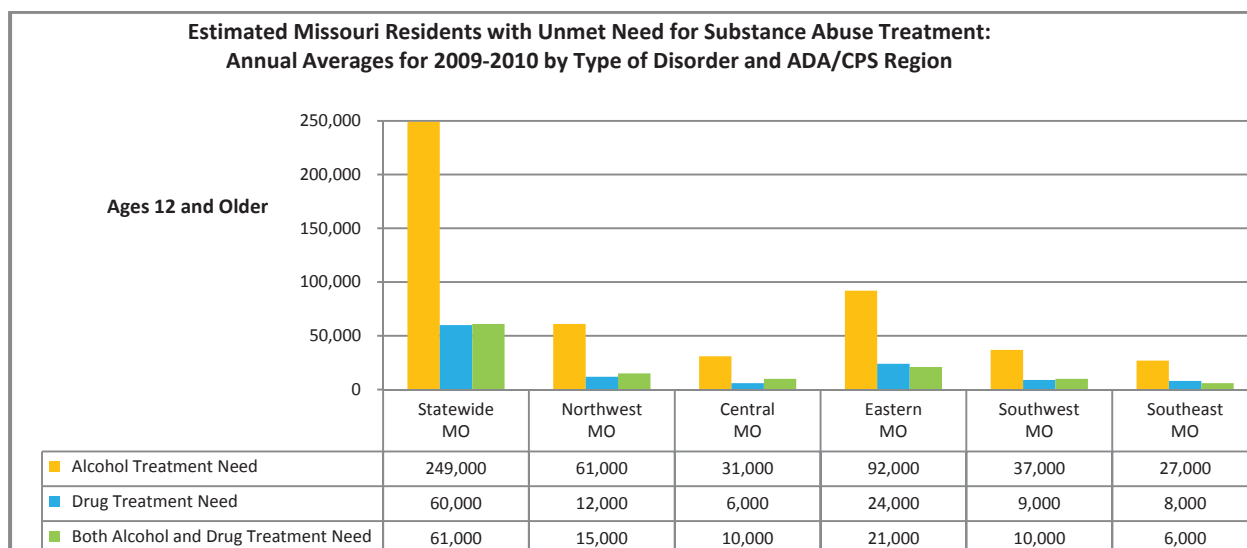
UNMET NEED FOR SUBSTANCE ABUSE TREATMENT

Among the estimated 394,000 Missouri residents with past-year substance use disorders, only 14% were admitted to state-funded programs for treatment or intervention/education in fiscal year 2011.

- 2,900 (9%) of the 33,000 adolescents 12-17 years of age
 - 2,500 treatment
 - 400 intervention/education
- 14,500 (12%) of the 119,000 young adults 18-25 years of age
 - 8,200 treatment
 - 6,300 intervention/education
- 37,100 (15%) of the 243,000 adults older than age 25
 - 26,500 treatment
 - 10,600 intervention/education

An estimated 370,000 Missouri residents have an unmet need for treatment of a substance use disorder. The estimate is based on 2009-2010 data from the National Survey on Drug Use and Health and includes individuals who needed—but did not receive—specialized treatment services for a past-year substance use disorder and individuals who received an inadequate amount of treatment. Those with unmet or under-served treatment need include approximately:

- 31,000 adolescents 12-17 years of age
 - 13,000 with alcohol-only dependence or abuse
 - 9,000 with illicit drug-only dependence or abuse
 - 9,000 with both alcohol and drug dependence or abuse
- 110,000 young adults 18-25 years of age
 - 64,000 with alcohol-only dependence or abuse
 - 21,000 with illicit drug-only dependence or abuse
 - 25,000 with both alcohol and drug dependence or abuse
- 229,000 adults 26 years of age and older
 - 172,000 with alcohol-only dependence or abuse
 - 30,000 with illicit drug-only dependence or abuse
 - 27,000 with both alcohol and drug dependence or abuse



Data Source: Missouri Dept of Mental Health, Division of Behavioral Health. Estimates derived from SAMHSA, National Survey on Drug Use and Health (NSDUH) using 2009-2010 NSDUH Missouri state estimates and 2008-2010 NSDUH Missouri sub-state estimates.

PREVALENCE OF MENTAL ILLNESS

One in five Missouri adults had some degree of mental illness in the past year. Recent estimates from the National Survey on Drug Use and Health (NSDUH) indicate that 931,000 Missouri residents 18 years of age and older—nearly 21% of that age group—had any mental illness in the past year. The same percentage was reported for both the 2008-2009 and 2009-2010 survey time spans and was about the same for adults nationwide. Nearly one in three Missouri young adults 18-25 years of age had any mental illness in the past year and almost 8% had serious mental illness. An estimated 7% of Missouri adults 18 and older had a past-year major depressive episode and 4% of adults had serious thoughts of suicide.

Among the Missouri adults with any mental illness:

- 204,000 were 18-25 years of age (31.7% of age group)
- 727,000 were 26 years of age and older (19.0% of age group)
- 255,000 (27%) had serious mental illness:
 - 50,000 18-25 years of age (7.8% of age group)
 - 205,000 26 years of age and older (5.4% of age group)
- 327,000 (35%) had at least one major depressive episode:
 - 52,000 18-25 years of age (8.1% of age group)
 - 276,000 26 years of age and older (7.2% of age group)
- 192,000 (21%) had serious thoughts of suicide
 - 42,000 18-25 years of age (6.5% of age group)
 - 150,000 26 years of age and older (3.9% of age group)

CO-OCCURRENCE OF MENTAL ILLNESS AND SUBSTANCE ABUSE

Nearly 19% of Missouri adults with any mental illness in the past year also had a substance use disorder. Integrating U.S. and Missouri NSDUH data, the estimate encompasses individuals dependent on or abusing alcohol, illicit drugs, or both. Among adults with serious mental illness, nearly 23% had a substance use disorder.

Among the 931,000 Missouri adults with any mental illness in the past year, an estimated:

- 240,000 (26%) used illicit drugs in the past year
- 270,000 (29%) were past-month binge drinkers
- 342,000 (37%) were past-month cigarette smokers
- 175,000 (19%) had a past-year substance use disorder

Among the 255,000 Missouri adults with serious mental illness in the past year, an estimated:

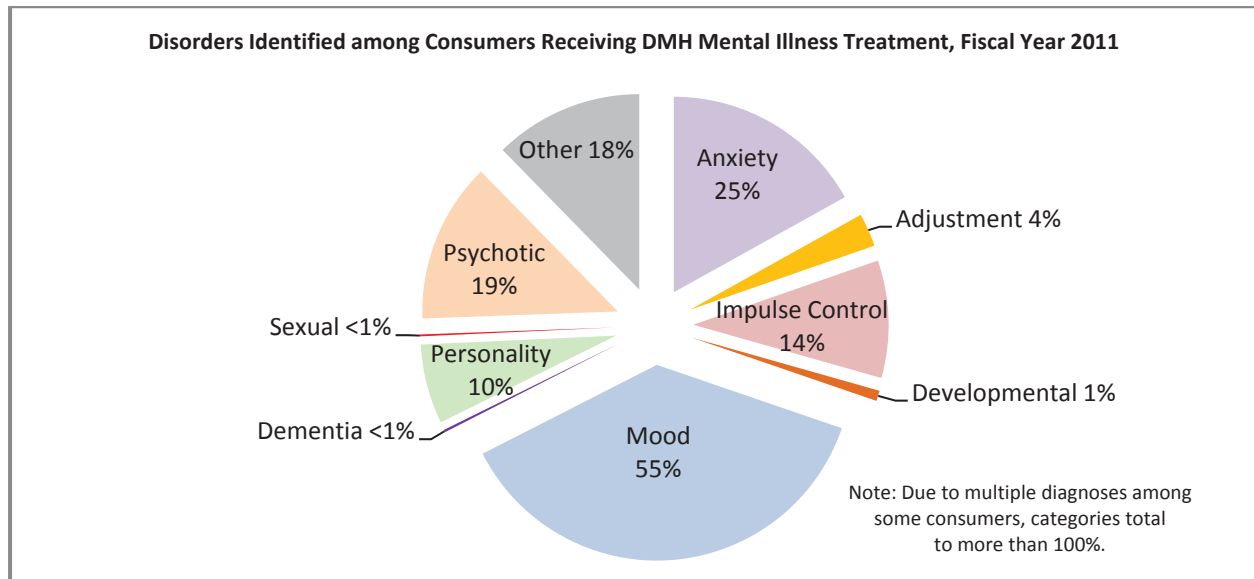
- 80,000 (31%) used illicit drugs in the past year
- 72,000 (28%) were past-month binge drinkers
- 113,000 (44%) were past-month cigarette smokers
- 48,000 (19%) had past-year alcohol dependence or abuse
- 29,000 (11%) had past-year illicit drug dependence or abuse
- 58,000 (23%) had a past-year substance use disorder

Among the 361,000 Missouri adults with past-year substance use disorder, an estimated:

- 175,000 (48%) had any mental illness
- 58,000 (16%) had serious mental illness

MENTAL ILLNESS TREATMENT

More than 70,000 individual consumers accessed mental health treatment through the Division of Behavioral Health in fiscal year 2011. Some individuals sought treatment for more than one type of disorder. Among 70,218 consumers, 38,273 were treated for mood disorders, 17,381 for anxiety disorders, 13,602 for psychotic disorders, 9,976 for impulse control disorders, 6,758 for personality disorders, 2,826 for adjustment disorders, 4,500 for a variety of other impairments including co-occurring substance abuse and developmental disorders, and 8,161 unspecified.

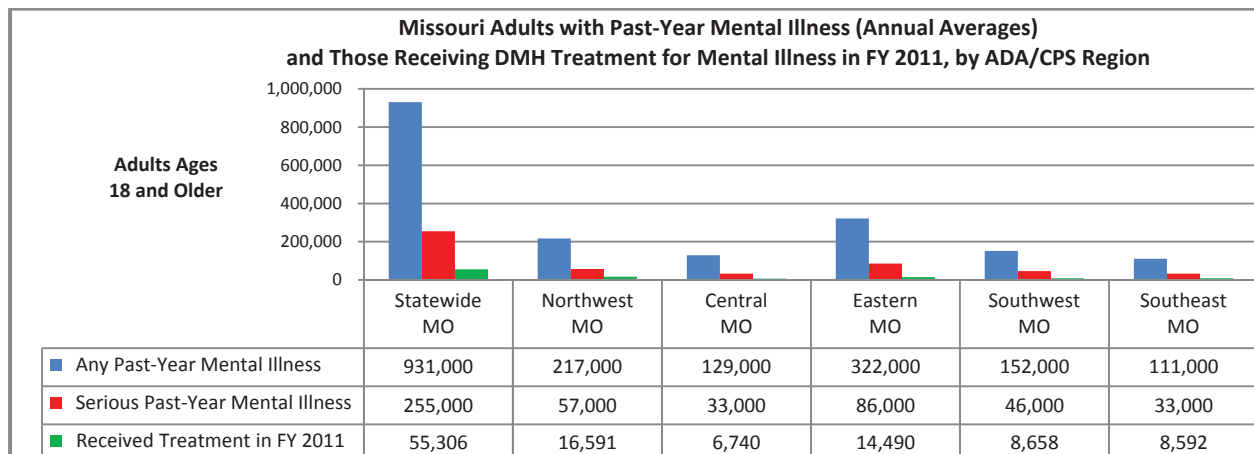


Data Source: Missouri Department of Mental Health, CIMOR system.

Slightly more than one-half (52%) of the consumers were female, 73% were white or Caucasian, 21% were black or African American, 2% were Hispanic, and 4% were other races and ethnicities. Over 21% were under the age of 18, 34% were 18-39, and 45% were age 40 or older.

UNMET NEED FOR MENTAL ILLNESS TREATMENT

A vast majority of Missouri residents do not receive the help they need for mental illness. In fiscal year 2011, 55,306 Missouri adults over age 18 received Department of Mental Health funded mental illness treatment—only 6% of those with any past-year mental illness or nearly 22% of those with serious mental illness. Additional unknown numbers of individuals received non-DMH services.



Data Sources: SAMHSA, 2008-2010 NSDUHs; Missouri Department of Mental Health, CIMOR system.

SUBSTANCE ABUSE AND MENTAL ILLNESS RELATED DEATHS

Alcohol and drug related deaths increased in Missouri in 2010. Out of 55,047 deaths among Missouri residents:

- 1,019 were drug-induced (compared to 901 in 2009)
- 396 were alcohol-induced (compared to 372 in 2009)
- 9,686 were smoking-related (compared to 9,655 in 2009)
- 850 were suicides (compared to 857 in 2009)
- 438 were homicides (compared to 440 in 2009)

SUBSTANCE ABUSE RELATED HOSPITAL EPISODES

Alcohol and drug related hospital episodes continued to increase. In 2010 there were:

- 67,902 hospital and emergency department episodes for alcohol-related illnesses and injuries (compared to 62,639 in 2009)
- 63,734 hospital and emergency department episodes for drug-related illnesses and injuries (compared to 51,521 in 2009)
- 18,852 hospitalizations resulting from alcohol-related emergency department services (compared to 22,426 in 2009)
- 16,256 hospitalizations resulting from drug-related emergency department services (compared to 17,999 in 2009)

SUBSTANCE ABUSE RELATED TRAFFIC CRASHES

Alcohol and drug related traffic crashes decreased. In 2010 there were:

- 6,176 alcohol-involved crashes (compared to 6,832 in 2009)
- 1,173 drug-involved crashes (compared to 1,207 in 2009)
- 207 alcohol-related traffic deaths (compared to 226 in 2009)
- 55 drug-related traffic deaths (compared to 48 in 2009)
- 3,725 non-fatal alcohol-related traffic injuries (compared to 3,426 in 2009)
- 773 non-fatal drug-related traffic injuries (compared to 612 in 2009)

ALCOHOL AND DRUG ARRESTS

Arrests for alcohol and drug offenses generally decreased. In 2010 there were:

- 35,059 arrests for DWI/DUI in Missouri DWI Tracking System (compared to 35,543 in 2009)
- 30,143 arrests for DWI/DUI in Uniform Crime Reporting (compared to 33,093 in 2009)
- 11,498 for liquor law arrests (compared to 13,726 in 2009)
- 1,960 methamphetamine lab confiscations (compared to 1,774 in 2009)
- 30,870 drug possession arrests (compared to 31,133 in 2009)
 - 20,233 marijuana
 - 2,313 opium or cocaine
 - 2,172 synthetic narcotics
 - 6,152 other non-narcotics
- 5,215 drug sales/manufacturing arrests (compared to 5,965 in 2009)
 - 1,882 marijuana
 - 607 opium or cocaine
 - 852 synthetic narcotics
 - 1,874 other non-narcotics

JUVENILE COURT SERVICES

Juvenile court referrals generally decreased. In 2010 there were:

- 29,028 referrals for criminal violations (compared to 32,223 in 2009).
 - 2,273 for illicit drugs (compared to 2,523 in 2009)
 - 1,248 for alcohol (compared to 1,361 in 2009)
 - 8,572 for violent crimes (compared to 9,356 in 2009)
 - 16,935 for all other law violations (compared to 18,952 in 2009)
- 14,946 referrals for status offenses (compared to 14,479 in 2009)
- 15,038 abuse, neglect, and custody cases (compared to 14,486 in 2009)

Out-of-home placements of children due to their parents' substance abuse increased. In 2010 there were:

- 6,236 total out-of-home placements (compared to 5,620 in 2009)
 - 1,853 parental drug use (compared to 1,418 in 2009)
 - 242 parental alcohol use (compared to 219 in 2009)
 - 236 parental alcohol and drug use (compared to 186 in 2009)
 - 3,905 placements for other removal conditions (compared to 3,797 in 2009)

CORRECTIONS SUPERVISION

Incarcerations for drug and DWI convictions increased, while overall incarcerations decreased. Among Missouri residents in fiscal year (FY) 2011 there were:

- 17,639 total prison admissions (compared to 17,679 in FY 2010)
- 5,508 prison admissions for drug convictions (compared to 5,389 in FY 2010)
- 1,176 prison admissions for DWI convictions (compared to 1,190 in FY 2010)

Alcohol and drug related probation openings (new cases) decreased. Among Missouri residents in FY 2011 there were:

- 22,364 total probation openings (compared to 22,943 in FY 2010)
- 7,265 probation openings for illicit drugs (compared to 7,682 in FY 2010)
- 1,800 probation openings for DWI (compared to 1,526 in FY 2010)

The use of drug courts increased. In FY 2011 there were:

- 5,495 participants (compared to 5,216 in FY 2010) in Missouri's 133 drug courts
- 277 participants (compared to 294 in FY 2010) in Missouri's three mental health courts

SCHOOL DROPOUTS AND SUSPENSIONS

High school drop-out rates continued to decrease. The drop-out rate for grades 9-12, which is based on each school year's enrollment, decreased to 3.2% in the 2010-2011 school year—the lowest drop-out rate recorded in the last two decades. Enrollment declined to 273,777 compared to 279,628 in the 2009-2010 school year.

Major school suspensions of 10 days or more involving substance abuse increased. In the 2010-2011 school year there were:

- 2,950 drug incidents (compared to 2,554 in 2009-2010)
- 478 alcohol incidents (compared to 428 in 2009-2010)
- 101 tobacco incidents (compared to 116 in 2009-2010)

LOOKING AHEAD

As noted earlier, only a small percentage of Missouri residents with substance use disorders are accessing specialized treatment services. National surveys indicate that alcohol and drug dependence go untreated for a variety of reasons. Treatment barriers include lack of available, accessible, or affordable services; lack of awareness or denial of the seriousness of the problem; and reluctance to cease or reduce substance use. Many who suffer from mood, anxiety, or impulse control disorders self-medicate with alcohol or other drugs to ease their discomfort rather than seeking professional help. In doing so, they often aggravate underlying personal problems that contribute to these disorders, thereby making rehabilitation and recovery more difficult.

Organizations such as the Missouri Mental Health Foundation and ACT Missouri have important roles in promoting awareness and public understanding of mental health and substance abuse, reducing stigma, encouraging early treatment, and supporting prevention programs and initiatives. The federal Affordable Care Act might make substance abuse and mental health services available to thousands of Missouri residents who currently cannot afford or otherwise do not access them. As currently proposed, more adults would be eligible for preventive services such as alcohol misuse screening and counseling, tobacco use screening and cessation interventions, and depression screening. Children would have access to autism screening and behavioral assessments and adolescents would have access to behavioral assessments, alcohol and drug use assessments, and depression screening.

The devastating production and use of methamphetamine continues to be an intractable problem in Missouri. Another concern is the abuse of an ever-expanding assortment of pharmaceutical and synthetic drugs and substances. Marijuana laws are changing in a number of states, and it is unclear how these changes could impact Missouri. Eighteen states and the District of Columbia have enacted laws to legalize medical marijuana use, and two of those states have legalized recreational use of marijuana among adults. This changing landscape could affect public opinion, individual attitudes, availability, and ultimately use of marijuana nationwide.

Alcohol and drug abuse, mental illness, and other behavioral disorders are perhaps easier to identify than to alter. Nevertheless, using data to document and study them is an essential step toward finding and implementing solutions. The Missouri Behavioral Health Epidemiology Workgroup (MO-BHEW) continues to examine behavioral issues affecting Missouri and to identify pertinent data that are available or needed. The MO-BHEW website is located at <http://dmh.mo.gov/ada/mobhew/index.htm>.

As the use of behavioral health data increases and the data volume grows, central access to the data becomes increasingly important. The MO-BHEW has guided the development of a web-based Data Tool that provides access to archived and contemporary data. The tool allows users to specify parameters such as category, measure, time frame, geography, and population demographics and display output in table and chart formats. Ongoing enhancements are planned. The Data Tool is available at: <http://dmh.mo.gov/seow/default.aspx>.