



ANNUAL STATUS REPORT ON MISSOURI'S SUBSTANCE USE AND MENTAL HEALTH

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**MISSOURI DEPARTMENT OF MENTAL HEALTH
DIVISION OF BEHAVIORAL HEALTH**

STATUS REPORT ON MISSOURI'S SUBSTANCE USE AND MENTAL HEALTH

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Randall Smith, M.P.A., M.Ed.

Renee Rothermich, M.A.

J.C. Schanzle IV

Lekshmi Viswanathan

Valerie Huhn Director, Missouri Department of Mental Health

Nora Bock Director, Division of Behavioral Health

Jason Jones Director of Research and Statistics

MISSOURI DEPARTMENT OF MENTAL HEALTH

Division of Behavioral Health

1706 East Elm Street; P.O. Box 687

Jefferson City, MO 65102

573-751-9499

Website: <https://dmh.mo.gov>



CONTRIBUTORS

We would like to thank these individuals and agencies for providing data and assistance for this edition of the Annual Status Report:

Kassy Baumgartner, Missouri Department of Social Services
Anthony Belenchia, Missouri Department of Health and Senior Services
Leighanna Bennett, Missouri Department of Health and Senior Services
Amanda Bogatzke, Missouri Department of Mental Health
Carol Bontempo, Missouri Department of Health and Senior Services
Susan Bradford, Missouri Institute of Mental Health
Jordan Eilers, Missouri Department of Health and Senior Services
Lisa Forck, Missouri Department of Mental Health
Venkata Garikapaty, Missouri Department of Health and Senior Services
Leighton Garrett, Missouri Department of Health and Senior Services
Lisa Giles, Missouri Department of Health and Senior Services
Trevor Gonzales, Office of State Courts Administrator
Kayleigh Greenwood, University of Missouri—Columbia
Kacy Hall, Missouri Office of State Courts Administrator
Andrew Hunter, Missouri Department of Health and Senior Services
Jonathan Jackson, Missouri Department of Health and Senior Services
Kateryna Kalugina, Missouri Department of Mental Health
LuAnn Kemna, Missouri Office of Administration
Cameron Lauf, Missouri State Highway Patrol
Katie Long, Missouri Department of Health and Senior Services
Robert MacKenzie, Missouri State Highway Patrol
Charlene Mitchem, Missouri Department of Public Safety
Evan Mobley, Missouri Department of Health and Senior Services
Richard Morrissey, Missouri Office of State Courts Administrator
Michael Mroczkowski, Missouri State Highway Patrol
Ruth Peabody, Missouri Institute of Mental Health
Renee Rothermich, Missouri Department of Mental Health
J.C. Schanzle IV, Missouri Department of Mental Health
Randall Smith, Missouri Department of Mental Health
Julie Starr, Missouri Department of Social Services
DeWayne Sprenger, Missouri Office of Administration
Justin Thomas, Missouri Department of Corrections
Tanner Turley, Missouri Department of Health and Senior Services
Lekshmi Viswanathan, Missouri Department of Mental Health

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SUMMARY OF THE SURVEY DATA

The federal government has been conducting the National Survey on Drug Use and Health, and its predecessor, the National Household Survey on Drug Abuse, annually since 1971. In 2002, the Substance Abuse and Mental Health Services Administration (SAMHSA) began producing state estimates of substance use measures along with the nationwide estimates. Later, SAMHSA added some important mental health measures to the survey. The following are some of the key Missouri findings from the 2021 National Survey on Drug Use and Health:

- An estimated 2,403,000 Missouri residents, consisting of 46.4% of the Missouri population ages 12 and older, drank alcohol in the month prior to the survey. An estimated 1,447,000 (or 27.9%) used tobacco products in the past month. Marijuana was the most-used illicit drug, with 742,000 (or 14.3%) using it in the past month. An estimated 151,000 (or 2.9%) used an illicit drug other than marijuana in the past month.
- Also among Missouri residents ages 12 and older, 963,000 (or 18.6%) used marijuana in the past year, including 65,000 (or 2.6%) who used it for the first time. Among residents ages 12 and older, 87,000 (or 1.7%) used cocaine and 60,000 (or 1.2%) used meth. Among residents ages 18 and older, an estimated 25,000 used heroin. Opioids were misused by 188,000 (or 3.6%) of residents ages 12 and older, and 176,000 (or 3.4%) misused prescription pain relievers in the past year.
- In 2021, an estimated 904,000 Missouri residents (or 17.5% of the population ages 12 and older) had a substance use disorder. They included 527,000 (or 10.2%) with an alcohol use disorder and 503,000 (or 9.7%) with a drug use disorder. This latter group included 103,000 (or 2.0%) with an opioid use disorder and 92,000 (or 1.8%) with a prescription pain reliever use disorder.
- Among the Missouri residents with a substance use disorder (SUD), an estimated 803,000 (or 15.5%) indicated that they were unable to receive specialty SUD treatment or needed additional treatment. They included 505,000 (9.7%) with unmet or under-met need for alcohol use disorder (AUD) treatment and 392,000 (7.6%) for drug use disorder (DUD) treatment.
- An estimated 1,149,000 Missouri residents (or 24.5% of the adult population ages 18 and older) had some degree of mental illness in 2021. Among these, 284,000 (or 6.1%) had a serious mental illness.
- Also among Missouri adults, 238,000 (or 5.1%) had serious thoughts of suicide in the past year. They included 63,000 (1.3%) who made a suicide plan and 35,000 (0.7%) who attempted suicide.

- In 2021, 109,000 Missouri adolescents ages 12-17 (or 22.4%) and 284,000 adults (or 9.4%) suffered a major depressive episode.
- An estimated 922,000 Missouri adults (or 19.6%) received mental health services during the past year.

The Missouri Student Survey originated in the late 1990's with funding from the federal Drug Free Schools and Communities Act. It surveys students in grades 6-12 and has been conducted biennially since 2000 by the Missouri Institute of Mental Health with support from the Missouri Department of Mental Health. In the 2022 survey, 35 schools and 1,678 students participated. The following are some key findings for grades 6-12 combined:

- Lifetime alcohol use increased from 35.3% in 2020 to 37.2% in 2022.
- Past month alcohol use decreased from 17.0% in 2020 to 14.9% in 2022.
- Past month riding with a drinking driver decreased from 17.0% in 2020 to 15.4% in 2022.
- Past month driving under the influence decreased from 2.02% in 2020 to 0.38% in 2022.
- Lifetime cigarette use decreased from 15.0% in 2020 to 10.7% in 2022.
- Past month cigarette use decreased from 4.5% in 2020 to 2.5% in 2022.
- Past month hookah use decreased from 1.9% in 2020 to 1.1% in 2022.
- Past month electronic cigarette use decreased from 15.5% in 2020 to 11.0% in 2022.
- Lifetime marijuana use decreased from 16.9% in 2020 to 15.3% in 2022.
- Past month marijuana use from decreased from 8.9% in 2020 to 4.5% in 2022.
- Lifetime hallucinogen use decreased from 2.2% in 2020 to 1.1% in 2022.
- Lifetime cocaine use decreased from 1.3% in 2020 to 0.3% in 2022.
- Lifetime meth use decreased from 0.7% in 2020 to 0.2% in 2022.
- Lifetime heroin use remained unchanged at 0.3% in 2022.
- Students who were victims of physical bullying increased from 19.0% in 2020 to 19.6% in 2022.
- Students who were victims of rumor-spreading decreased from 43.6% in 2020 to 42.7% in 2022.
- Students who were victims of emotional bullying remained virtually unchanged at 56.2% in 2022.
- Students who often or always felt irritable increased from 33.4% in 2020 to 35.5% in 2022.
- Students who often or always felt very sad increased from 25.2% in 2020 to 27.7% in 2022.
- Students who often or always felt hopeless remained unchanged at 15.5% in 2022.

- Students who seriously considered suicide remained virtually unchanged at 11.0% in 2022.
- Students who made suicide plans decreased from 8.6% in 2020 to 8.4% in 2022.
- Students who attempted suicide decreased from 4.9% in 2020 to 4.3% in 2022.
- Students who were injured in a suicide attempt remained unchanged at 0.8% in 2022.
- Students who had adults in their lives to turn to when feeling overwhelmed decreased from 76.3% in 2020 to 70.9% in 2022.
- Students who felt they could handle stress in a positive way decreased from 54.6% in 2020 to 52.8% in 2022.
- Students who felt optimistic about their futures remained unchanged at 74.1% in 2022.

The High School Youth Risk Behavior Survey (YRBS) from the Centers for Disease Control and Prevention provides a comparison of Missouri and U.S. high school substance use and mental health rates. Several current (past 30-day) measures are highlighted below.

- In 2021, an estimated 24.3% of Missouri high school students and 22.7% of students nationwide drank alcohol at least once during the 30 days preceding the survey. Drinking rates progressed from 15.3% for 9th grade students to 36.8% for 12th grade. Overall rates were higher for females (27.5%) than males (21.7%). Similarly, U.S. females had higher drinking rates (26.8%) than U.S. males (18.8%).
- Estimated binge drinking rates were also higher for Missouri students (14.1%) than their U.S. counterparts (10.5%). Binge drinking progressed from 8.3% for Missouri 9th grade students to 21.8% for 12th grade. Rates were again higher for females (15.7%) than males (12.7%).
- Current use of electronic vapor products was slightly higher for Missouri high school students (19.3%) than U.S. students (18.0%), and rates were higher for Missouri females (21.3%) than males (17.6%). E-product rates were significantly higher for U.S. females (21.4%) than U.S. males (14.9%).
- Cigarette smoking rates were also higher for Missouri high school students (5.1%) than U.S. students (3.8%). Past 30-day cigarette use progressed from 1.6% for 9th grade students to 7.5% for 12th grade. Rates were higher for males (7.1%) than females (3.0%).
- In 2021, an estimated 16.7% of Missouri high school students and 15.8% of U.S. students were current users of marijuana. Rates for Missouri females (18.0%) were higher than for males (15.4%). U.S. females also had higher rates of current marijuana use (17.8%) than U.S. males (13.6%).
- Nearly one-third (32.5%) of Missouri students reported debilitating feelings of sadness or hopelessness for a period of at least two weeks during the preceding year. These feelings affected more females (41.5%) than males (23.0%).

- An estimated one-fifth (20.4%) of Missouri high school students seriously considered attempting suicide during the year preceding the survey. The rate was significantly higher for females (25.5%) than males (15.2%). Rates for students who made actual suicide attempts during the year totaled 8.7%, and were higher for females (13.0%) than males (4.6%).
- In 2021, 15.4% of high school students reported being bullied on school property. Females reported being bullied at a higher rate (18.2%) than males (12.9%). Bullying rates regressed from 18.0% for 9th grade students to 12.3% for 12th grade.

The Missouri Assessment of College Health Behaviors (MACHB) and its predecessors, the Core Alcohol and Drug Survey and the Missouri College Health Behavior Survey, have surveyed Missouri college students annually since 2003. In recent years, the MACHB has been conducted at 24 Missouri colleges and universities. The 2023 survey had more than 5,800 respondents.

- The survey found that 63.6% of Missouri college students used alcohol during the past year and 52.8% during the past month. Nearly half of the past-month users engaged in binge drinking during the past two weeks. Binge drinking rates were 25% for males and 22% for females. The largest number of students identified hangovers (36.8%) and vomiting (28.1%) as adverse impacts of using alcohol.
- While 23.1% of students used tobacco products during the past year, only 9.6% used cigarettes. Vaping, at 19%, was the most common method for using tobacco.
- Marijuana/cannabis use during the past year increased from 27.2% in 2022 to 32.6% in 2023. Past-month use increased from 18.3% in 2022 to 22.9% in 2023. The largest number of students identified feeling morning-after “fog, sluggish, tired, or dazed” (40.2%) and increased tolerance (25.5%) as adverse impacts of using marijuana.
- Hallucinogens such as MDMA (ecstasy), mushrooms, LSD, and PCP were used by 5.7% of Missouri college students during the past year.
- Mental health issues experienced by many students during the past year included anxiety (67.2%), depression (53.8%), panic attacks (30.1%), sleep disorders (26.2%), suicidal thoughts (25.9%) eating disorders (23.8%), and substance use disorders (4.7%). Over 80% of the students who identified each of these issues sought assistance for them.

The Missouri Pregnancy Risk Assessment Monitoring System, or PRAMS, is a surveillance project jointly conducted by the Centers for Disease Control and Prevention (CDC) and the Missouri Department of Health and Senior Services. The following are some key findings from the 2021 PRAMS survey.

- Although 63.2% of mothers of Missouri newborns reported alcohol use during the three months before pregnancy, only 7.1% reported alcohol use during the last three months of pregnancy.
- While 16.4% of mothers reported smoking prior to their pregnancies, only 8.7% smoked during the last three months of pregnancy.
- The percentage of mothers who reported regular use of prescription pain relievers decreased from 25.6% before pregnancy to 3.4% during pregnancy. However, 72.6% reported use of over-the-counter pain relievers during pregnancy.
- Marijuana use during pregnancy was reported by 6.2% of mothers of newborns.
- During pregnancy, 20% of mothers reported depression and 40.2% reported using prescription medication for depression.
- During prenatal visits, 95.9% of prospective mothers were asked by healthcare professionals if they smoked cigarettes, 96.1% were asked if they drank alcohol, and 83.8% were asked if they used illicit or prescription drugs.

The Behavioral Risk Factor Surveillance System, also jointly conducted by the CDC and Missouri Department of Health and Senior Services, surveys Missouri adults 18 years of age and older. Among key findings from the 2022 survey are the following:

- An estimated 57.3% of adult males and 47.8% of adult females currently drink alcohol, and 23.5% of males and 14.4% of females are binge drinkers.
- Tobacco smoking rates continue to decline. Currently 16.8% of Missouri adults smoke, compared to 23.9% ten years ago. The percentage of males who smoke (17.3%) is slightly higher than the percentage of females (16.2%).
- More adults are reporting that they have serious difficulty concentrating, remembering, or making decisions. The percentage reporting this condition reached a new high of 13.4% of U.S. adults and 15.7% of Missouri adults. Missouri females had a higher rate than males—17.5% compared to 13.7%.
- At 21.8%, Missouri and U.S. adults are equally impacted by depression. An estimated 28.5% of Missouri females and 14.6% of males at some time in their lives have been clinically diagnosed with depression by a doctor, nurse, or other health professional.

Monitoring the Future is a project begun in 1975 by the University of Michigan Survey Research Center, through funding provided by the National Institute on Drug Abuse. The purpose of the project is to study changes in the beliefs, attitudes, and behavior of U.S. youth. Approximately 50,000 students nationwide in grades 8, 10, and 12 from 420 public and private secondary schools are surveyed annually. Additional surveys have been developed for college students, young adults aged 19-30, and older adults aged 35-50. This *Status Report* provides substance use trend tables for each of these groups.

BEHAVIORAL HEALTH INDICATORS DATA SUMMARY

Missouri state agencies annually prepare and provide data for presentation in the annual Status Report. The data, which agencies collect from sources throughout Missouri, serve as some of the key indicators of substance use disorders and mental illness. While this summary presents statewide totals, most of the data are included in the county and region profiles in Section E of this Status Report. Some notable recent trends include the following:

- Missouri recorded 71,776 resident deaths in calendar year 2022. These included 1,214 suicides and 740 homicides. Nearly 14% (9,955) of Missouri's deaths were attributable to smoking. Also, there were 2,251 drug induced deaths and 910 alcohol induced deaths. Total deaths in these categories increased by almost 1% from 2021.
- There were 23,785 emergency room episodes by Missouri residents mainly due to alcohol use disorders in 2021, and 9,900 hospital admissions. Compared to 2020, there was a slight decrease in hospital services for alcohol use disorders.
- In 2021, emergency room episodes for drug use disorders totaled 18,134, and there were 6,072 hospitalizations. Emergency room services for drug use decreased 6% from the previous year.
- Also in 2021, Missouri residents had 83,252 emergency room episodes and 64,149 hospital admissions mainly related to mental disorders. Compared to 2020, E.R. episodes for mental disorders increased 1% and hospitalizations decreased 2%.
- Missouri recorded 138,405 traffic crashes in 2022. Alcohol impaired drivers comprised 3.6% (5,012) of these crashes, resulting in 145 deaths and 2,620 injuries. Crashes involving alcohol impaired drivers were nearly 7% lower than in year 2021.
- In 2022, there were 212 traffic crashes involving alcohol impaired pedestrians and 26 involving drug impaired pedestrians.
- Drug impaired drivers accounted for nearly 0.8% (1,046) of Missouri traffic crashes in 2022. These crashes resulted in 56 deaths and 623 injuries. Crashes involving drug impaired drivers decreased by nearly one-third (32%) from 2021 to 2022.
- In 2022, 20,987 individuals were arrested in Missouri for driving under the influence of alcohol or drugs. This was a slight increase from year 2021.

- Missouri had 31,998 drug arrests in 2022. This was a 22% increase from the 26,226 drug arrests recorded in 2021. Nearly 10% of the drug arrests involved drug sales or manufacturing.
- In fiscal year 2023, 3,518 drug offenders entered Missouri prisons, and 5,998 were placed on probation. The number incarcerated for drug offenses was nearly 15% lower than the 6,599 in fiscal year 2022. The number of drug offenders placed on probation decreased about 9% from fiscal year 2022.
- As an alternative to other types of adjudication, 6,380 Missouri residents participated in treatment court programs in fiscal year 2023.
- Domestic violence reports totaled 36,053 in 2022, a 3% decrease from 2021.
- In 2022, Missouri's juvenile courts handled 12,554 cases of child abuse, neglect, and custody issues. While there was a 14% decrease in neglect cases compared to 2021, there was a 7.7% increase in abuse and 4.6% increase in custody cases.
- The courts also handled 20,315 juvenile law violations in 2022, a substantial increase of 62% from 2021. Included were 5,662 violent offenses (28% increase), 514 alcohol violations (83% increase), and drug offenses (68% increase).
- Total juvenile status offenses increased 19% in 2022. There were 4,975 cases involving injurious behavior, a 34% increase. Referrals for school truancy increased 20% to 3,039, and there were 1,680 involving children beyond their parents' control.
- School districts report discipline incidents in which students are removed from the classroom for 10 or more consecutive days. There were 15,586 reported incidents in the 2022-2023 school year compared to 13,706 in the previous school year. There were 3,957 reported substance-related suspensions and 1,288 involving violence or weapons. Actual suspensions are greater than those reported, due to required district-level data suppression of fewer than five incidents.
- Out-of-home placements of children totaled 6,067 in 2022, a 10% reduction from 2021. Parental substance use was cited as a factor in more than one-half (3,197) of the investigations leading to removals and alternative placements.