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

30TH EDITION -- 2024

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

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30TH EDITION — 2024

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INTRODUCTION

One-fourth of Missouri adults experienced a mental illness during the past year. One-tenth of Missouri adolescents and one-fifth of Missouri adults had a substance use disorder. These alarming statistics come from recently-released Missouri estimates in a report from the National Survey on Drug Use and Health. The new report finds that approximately 943,000 Missouri residents have a substance use disorder and 1,248,000 adults have a mental illness. The report also estimates that one-fifth of Missouri adolescents and one-tenth of adults had a past-year major depressive episode. More than ever before, these issues are impacting our society and daily lives. The annual Status Report on Missouri's Substance Use and Mental Health has been compiling prevalence and behavioral health data since 1995, and this report marks the 30th edition.

Each edition of this report is a work-in-progress. Sets of data become available at different times of the year. The links in this report will be activated as the data become available and are published. Besides results from the National Survey, two other large Missouri prevalence surveys will be completed in 2024. The Missouri Student Survey (MSS) is conducted in even-numbered years and administered to students in grades 6-12. Nearly 90,000 Missouri students completed the 2022 survey. The Missouri Assessment of College Health Behaviors is administered annually to students at 24 Missouri colleges and universities. In 2023, more than 5,000 students participated in the survey.

Many thousands of unfortunate behavioral events stem from mental illness, substance use disorders, and other closely related conditions. Some of these events are displayed in multi-year trend charts and county-level profiles. The charts and tables provide data from health facilities, social services, law enforcement, and other agencies that encounter individuals and families with behavioral health issues.

The Division of Behavioral Health (DBH) manages programs that provide treatment and support services to more than 100,000 Missouri residents annually. Separate sections of this report provide county-level profiles quantifying the mental health and substance use disorder treatment services these programs are providing.

The Missouri Behavioral Health Data archive houses most of the data from past editions of this annual Status Report, as well as data from the Missouri Student Survey. To access this site, visit <https://seow.dmh.mo.gov/>.

Please direct inquiries, comments, and suggestions regarding this report and our other data products to DBHResearch@dmh.mo.gov.

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SUMMARY OF THE NATIONAL 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 SAMHSA's key estimates for Missouri using annual averages from the 2021 and 2022 surveys and stand-alone data from the 2022 survey:

Mental Illness

- 1,248,000 Missouri adults (or 26.5% of the population ages 18 and older) had some degree of mental illness. Among these, 301,000 adults (or 6.4%) had a serious mental illness.
- 105,000 adolescents ages 12-17 (or 21.6%) and 439,000 adults (or 9.3%) suffered a major depressive episode.
- 70,000 adolescents ages 12-17 (14.3%) had serious thoughts of suicide in the past year, 34,000 (7.1%) made a suicide plan, and 20,000 (4.1%) actually attempted suicide.
- 264,000 adults (5.6%) had serious thoughts of suicide including 71,000 (1.5%) who made a plan and 35,000 (0.7%) who attempted suicide.

Mental Health Treatment

- 1,355,000 Missouri adults (or 28.6%) and 163,000 Missouri adolescents (33.9%) received mental health services during the past year based on survey estimates.

Substance Use Disorders

- 943,000 Missouri residents had substance use disorders (SUD) in the 2021 and 2022 surveys. They include 536,000 (or 10.3%) with an alcohol use disorder and--with some overlap--531,000 (or 10.2%) with a drug use disorder.
- The drug use disorder estimate includes 115,000 (or 2.2%) with an opioid use disorder and 110,000 (or 2.1%) with a prescription pain reliever use disorder.
- The 943,000 with SUD includes 54,000 youth ages 12-17 (or 11.2%) and 889,000 adults 18 and older (18.9%). This estimate is an increase from 2020, when the survey projected that 778,000 Missouri residents (32,000 adolescents and 746,000 adults) had substance use disorders.

SUD Treatment Need and Unmet Need

- 65,000 Missouri adolescents (13.4% of the population ages 12-17) needed treatment for substance use disorders in 2022. An estimated 26,000 adolescents (5.3% of the age group) actually received treatment services in 2022. No estimate is available for the unmet treatment need for this age group.
- 1,085,000 Missouri adults (23.0% of the population ages 18 and older) needed treatment for substance use disorders. Approximately 275,000 (5.8%) received SUD treatment in 2022, and 766,000 needed but did not receive SUD treatment.

Alcohol Use

- 2,499,000 Missouri residents, consisting of 48.1% of the Missouri population ages 12 and older, drank alcohol in the month prior to the survey. This includes 40,000 youth ages 12-17 (8.2% of the age group) and 2,460,000 adults (52.2%).
- 1,085,000 (17,000 adolescents and 1,067,000 adults) consumed five or more drinks (for males) and four or more (for females) on at least one occasion in the past month.

Tobacco Use

- 1,406,000 (or 27.1% of the population ages 12 and older) used tobacco products in the past month, including 1,118,000 (21.5%) who used cigarettes.

Marijuana Use

- 1,177,000 (or 20.5% of the population ages 12 and older) used marijuana in the past year. This estimate includes 69,000 who used marijuana for the first time.
- 835,000 (16.1%) used marijuana in the past month.
- 183,000 (3.5%) used an illicit drug other than marijuana in the past month.

Other Drug Use in the Past Year

- 193,000 (3.7%) misused prescription pain relievers.
- 190,000 (3.7%) misused opioids.
- 134,000 (2.6%) used hallucinogens.
- 75,000 (1.5%) used cocaine.
- 72,000 (1.4%) used methamphetamine (meth).
- 20,000 adults (no estimate available for adolescents) used heroin.