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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 the most-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.

Besides results from the National Survey, two other large Missouri prevalence surveys were completed in 2024. The Missouri Student Survey (MSS) is conducted in even-numbered years and administered to students in grades 6-12. More than 92,000 Missouri students completed the 2024 survey. The Missouri Assessment of College Health Behaviors is administered annually to students at 24 Missouri colleges and universities. Nearly 5,000 students participated in the 2024 survey.

Many thousands of unfortunate behavioral events result 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/>. The Missouri Institute of Mental Health publishes Missouri Behavioral Health Epidemiology Workgroup reports and bulletins, and findings from the Missouri Student Surveys. Please visit this site: <https://dmh.mo.gov/alcohol-drug/missouri-behavioral-health-epidemiology-workgroup>.

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.

MISSOURI STUDENT SURVEY

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 2024 survey, 33 schools and 2,826 students participated in a random sample that generated statewide prevalence estimates. The following are some key findings for grades 6-12 combined. (Increases and decreases might not be statistically significant).

- Lifetime alcohol use decreased from 37.2% in 2022 to 18.8% in 2024.
- Past month alcohol use decreased from 14.9% in 2022 to 6.4% in 2024.
- Past month riding with a drinking driver decreased from 15.4% in 2022 to 12.3% in 2024.
- Past month driving under the influence increased from 0.38% in 2022 to 0.62% in 2024.
- Lifetime cigarette use decreased from 10.7% in 2022 to 7.1% in 2024.
- Past month cigarette use decreased from 2.5% in 2022 to 1.9% in 2024.
- Past month hookah use increased from 1.1% in 2022 to 1.3% in 2024.
- Past month electronic cigarette use decreased from 11.0% in 2022 to 8.6% in 2024.
- Lifetime marijuana use decreased from 15.3% in 2022 to 11.9% in 2024.
- Past month use of marijuana increased from 4.5% in 2022 to 6.9% in 2024.
- Lifetime hallucinogen use decreased from 1.1% in 2022 to 0.2% in 2024.
- Lifetime cocaine use increased from 0.3% in 2022 to 0.5% in 2024.
- Lifetime meth use remained unchanged at 0.2% in 2022.
- Lifetime heroin use decreased from 0.3% in 2022 to 0.2% in 2024.
- Students who were victims of physical bullying increased from 19.6% in 2022 to 23.1% in 2024.
- Students who were victims of rumor-spreading decreased from 42.7% in 2022 to 41.7% in 2024.
- Students who were victims of emotional bullying decreased from 56.2% in 2022 to 55.3% in 2024.
- Students who often or always felt irritable decreased from 35.5% in 2022 to 34.9% in 2024.
- Students who often or always felt very sad decreased from 27.7% in 2022 to 26.9% in 2024.
- Students who often or always felt hopeless increased from 15.5% in 2022 to 16.2% in 2024.

- Students who seriously considered suicide remained virtually unchanged at 11% from 2020 to 2024.
- Students who made suicide plans decreased from 8.4% in 2022 to 7.6% in 2024.
- Students who attempted suicide increased from 4.3% in 2022 to 5.4% in 2024.
- Students who were injured in a suicide attempt increased from 0.8% in 2022 to 1.0% in 2024.
- Students who had adults in their lives to turn to when feeling overwhelmed decreased from 70.9% in 2022 to 70.7% in 2024.
- Students who felt they could handle stress in a positive way decreased from 52.8% in 2022 to 52.4% in 2024.
- Students who felt optimistic about their futures decreased from 74.1% in 2022 to 68.4% in 2024.

Section C of this *Status Report* provides additional data from the 2024 Missouri Student Survey.

MISSOURI ASSESSMENT OF COLLEGE HEALTH BEHAVIORS

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 2024 the MACHB was conducted at 23 Missouri colleges and universities and had nearly 5,000 respondents. The following are some of the main findings pertaining to substance use and mental health. (Increases and decreases might not be statistically significant).

- Past-year alcohol use among college students decreased from 63.6% in 2023 to 59.8% in 2024.
- Past 30-day alcohol use decreased from 52.8% in 2023 to 48.1% in 2024.
- Binge drinking (5 or more drinks for males, 4 or more drinks for females in a 2-hour period) during the past two weeks decreased from 23.0% in 2023 to 21.2% in 2024.
- Any tobacco product use in the past year increased from 23.1% in 2023 to 25.7% in 2024.
- Past-year cigarette use increased from 9.6% in 2023 to 11.2% in 2024.
- Past-year marijuana/cannabis use (in any form) decreased from 32.6% in 2023 to 32.2% in 2024. Use through smoking decreased from 25.0% to 23.9%. The use of edibles decreased from 25.3% to 24.9%. Vapor use increased from 18.9% to 19.4%.
- Past 30-day marijuana/cannabis use (in any form) decreased from 22.9% in 2023 to 21.3% in 2024.
- Past-year cocaine use decreased from 1.8% in 2023 to 1.4% in 2024.

- Past-year heroin use decreased from 0.4% in 2023 to 0.3% in 2024.
- Among students who were past-year users of alcohol in 2024, 35.8% reported experiencing hangovers, 26.3% reported vomiting, and 15.6% reported blackouts or memory loss.
- Among students who were past-year users of marijuana/cannabis in 2024, 46.8% reported next-morning fog or feeling sluggish, tired, or dazed; and 26.8% reported increased tolerance.
- Reported past-year substance use disorder or dependency decreased from 4.7% in 2023 to 4.4% in 2024.
- Past-year anxiety decreased from 67% to 61%.
- Past-year depression decreased from 54% to 47%.
- Past-year panic attacks decreased from 30% to 26%.
- Past-year suicidal thoughts decreased from 26% to 22%.

Section C of this *Status Report* provides additional data from the 2024 Missouri Assessment of College Health Behaviors.

OTHER SURVEYS

The High School Youth Risk Behavior Survey (YRBS) is a biennial national survey that generates a comparison of Missouri and U.S high school substance use and mental health rates. Section C of this *Status Report* provides data from the 2021 survey.

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. Section C of this *Status Report* provides findings from the 2022 study.

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. Section C of this *Status Report* provides data from the 2023 survey.

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 longitudinal 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. Section C of this *Status Report* provides data from the 2023 youth surveys and the 2022 adult surveys.

BEHAVIORAL HEALTH INDICATORS DATA HIGHLIGHTS

Mental illness and substance use disorders impact Missouri residents in many ways. Data from public services and programs serve as key indicators of these disorders. Section D of this annual *Status Report* presents multi-year trend data on these indicators. Section E presents the indicators in county and region profiles. The most recent data for several of the indicators are listed below:

- Total Missouri resident deaths decreased from 71,776 in calendar year 2022 to 66,470 in 2023.
- Suicide deaths decreased from 1,214 in 2022 to 1,131 in 2023.
- Homicide deaths decreased from 740 in 2022 to 608 in 2023.
- Deaths attributable to smoking decreased from 9,955 in 2022 to 9,771 in 2023 but constituted almost 15% of Missouri's resident deaths.
- Drug induced deaths decreased from 2,251 in 2022 to 2,016 in 2023.
- Alcohol induced deaths decreased from 910 in 2022 to 777 in 2023.
- Emergency room episodes primarily due to alcohol use disorders decreased from 23,785 in 2021 to 23,138 in 2022 (the last available year), and hospital admissions for alcohol use decreased from 9,900 in 2021 to 9,510 in 2022.
- Emergency room episodes primarily due to drug use disorders increased from 18,134 in 2021 to 26,554 in 2022, and hospital admissions for drug use increased from 6,072 in 2021 to 9,403 in 2022.
- Emergency room episodes primarily due to mental disorders decreased from 83,252 in 2021 to 73,747 in 2022, and hospital admissions for these disorders decreased from 64,149 in 2021 to 54,060 in 2022.
- Total Missouri traffic crashes decreased from 138,434 in 2022 to 136,837 in 2023.
- Alcohol impaired driver crashes increased from 5,012 in 2022 to 5,046 in 2023. These crashes resulted in 138 deaths and 2,795 non-fatal injuries.
- Drug impaired driver crashes decreased from 1,046 in 2022 to 1,033 in 2023. These crashes resulted in 73 deaths and 750 injuries.
- Arrests for driving under the influence of alcohol or drugs increased from 20,987 in 2022 to 21,991 in 2023.
- Drug arrests decreased from 35,014 in 2022 to 19,792 in 2023. Drug possession arrests decreased sharply from 31,937 in 2022 to 19,476 in 2023, and arrests for drug distribution or manufacturing decreased from 3077 in 2022 to 2,151 in 2023.
- Total Missouri prison admissions decreased from 11,028 in fiscal year 2023 to 10,599 in fiscal year 2024.
- Prison admissions for drug offenses decreased from 11,028 in fiscal year 2023 to 10,599 in fiscal year 2024.

- Probation assignments for drug offenders decreased from 5,998 in fiscal year 2023 to 5,468 in fiscal year 2024.
- Prison admissions for driving while intoxicated offenses decreased from 294 in fiscal year 2023 to 273 in fiscal year 2024.
- As an alternative to other types of adjudication, 6,246 Missouri residents participated in treatment court programs in fiscal year 2024.
- Domestic violence reports increased from 36,053 in 2022 to 37,064 in 2023.
- Child abuse cases increased from 2,278 in 2022 to 2,288 in 2023.
- Child neglect cases decreased from 8,553 in 2022 to 8,124 in 2023.
- Total juvenile arrests increased from 17,267 in 2022 to 17,950 in 2023.
- Violent juvenile offenses increased from 5,562 in 2022 to 6,175 in 2023.
- Juvenile alcohol offenses increased from 514 in 2022 to 543 in 2023.
- Juvenile drug offenses decreased from 1,959 in 2022 to 1,367 in 2023.
- Total juvenile status offenses increased from 12,823 in 2022 to 13,360 in 2023.
- Reported school discipline incidents increased from 13,627 in 2023 to 14,258 in 2024.
- Total out-of-home placements of children decreased from 6,067 in 2022 to 5,731 in 2023.
- Placements citing parental alcohol use as a factor in removals increased from 304 in 2022 to 318 in 2023.
- Placements citing parental drug use as a factor in removals decreased from 2,768 in 2022 to 2,390 in 2023.

SUBSTANCE USE DISORDER TREATMENT SUMMARY

Over 35,000 Missouri residents were admitted to substance use disorder treatment services from the Missouri Division of Behavioral Health in fiscal year 2023. Each consumer had a primary drug issue addressed in treatment as follows:

- 31.3% (10,969) for opioid use (heroin, fentanyl, and prescription opioids)
- 28.1% (9,847) for stimulant use (meth and cocaine)
- 27.3% (9,594) for alcohol use
- 11.5% (4,029) for marijuana use
- 1.9% (650) for all other drugs and substances.

Many had confounding issues:

- 67.1% of the adults were unemployed or not in the labor force
- 58.7% (20,614) had a co-occurring mental disorder
- 25.6% (8,996) did not finish high school
- 24.8% (8,702) were using drugs weekly
- 23.8% (8,345) were using drugs daily
- 19.4% (6,820) were recently arrested for a substance related traffic offense
- 19.0% (6,664) were injecting drugs
- 9.7% (3,410) were homeless or unsheltered
- 1.7% (588) were hearing impaired
- 1.3% (468) were pregnant
- 1.2% (415) had past or current military service
- 1.2% (412) had a co-occurring developmental disability
- 1.0% (360) were incarcerated

How they contacted treatment:

- 44.0% (15,423) were self-referrals; 28.8% (10,097) were criminal justice referrals; 10.9% (3,827) were referred by a health or mental health agency; 3.4% (1,191) were referred by a family member or friend; 0.4% (153) were referred by a school; and 12.5% (4,398) had other referral source sources.

Demographic characteristics:

- 59.7% (20,936) were male and 40.3% (14,152) were female.
- 77.6% (27,221) were white; 16.2% (5,696) were black; 0.3% (100) were Asian; 0.2% (82) were Native American; 1.4% (498) were some other race; and 4.3% (1,492) were two or more races.
- 4.2% (1,475) were under 18 years of age; 8.8% (3,085) were 18-25; 32.2% (11,300) were 26-35; 29.4% (10,301) were 36-45; 15.4% (5,392) were 46-55; and 10.1% (3,536) were over age 55.

MENTAL HEALTH TREATMENT SUMMARY

Nearly 74,000 Missouri residents received mental health treatment from the Missouri Division of Behavioral Health in fiscal year 2023. Most of the 23,301 children and adolescents had a Serious Emotional Disturbance (SED) and most of the 50,679 adults had a Serious Mental Illness (SMI). Some of the consumers receiving services had more than one disorder, resulting in more than 147,000 total diagnoses:

- 48.5% (35,863) had depression.
- 38.4% (28,377) had anxiety or fear disorders.
- 31.9% (23,623) had trauma or stress disorders.
- 19.2% (14,197) had attention deficit disorders.
- 19.1% (14,160) had bipolar disorders.
- 18.3% (13,510) had schizophrenia or other psychotic disorders.
- 11.0% (8,124) had impulse control or other conduct disorders.
- 8.5% (6,252) had obsessive-compulsive or other personality disorders.
- 1.7% (1,226) had eating or sleeping disorders.
- 0.8% (584) had sexual disorders.
- 2.2% (1,657) had other or unknown disorders.

Many had additional confounding issues:

- 40.9% (30,292) had co-occurring substance use disorders
- 33.0% (24,444) did not finish high school
- 8.1% (6,015) had co-occurring developmental disabilities
- 3.3% (2,456) were homeless or unsheltered
- 2.3% (1,728) were hearing impaired
- 1.4% (1,040) had past or current military service
- 0.9% (651) were incarcerated

How they contacted treatment:

- 37.9% (27,575) were self-referrals; 15.6% (11,530) were referred by a family member or friend; 13.8% (10,178) were referred by a health care provider; 9.0% (7,506) were referred by a mental health provider; 7.4% (5,488) were referred by a school; 3.2% (2,342) were criminal justice referrals; and 12.6% (9,352) had other referral sources.

Demographic characteristics:

- 47.8% (35,397) were male and 52.1% (38,572) were female
- 70.6% (52,250) were white; 20.4% (15,063) were black; 0.4% (286) were Asian; 0.3% (201) were Native American; and 8.4% (6,180) were another or more than one race.
- 14.4% (10,684) were under age 12; 17.1% (12,617) were 12-17; 9.5% (7,028) were 18-25; 13.9% (10,306) were 26-35; 14.2% (10,483) were 36-45; 13.4% (9,945) were 46-55; 13.1% (9,706) were 56-65; and 4.3% (3,211) were over age 65.