

Table 6.47A Received Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Alternative Mental Health Treatment/Support and Demographic Characteristics: Numbers in Thousands, 2004

Demographic Characteristic	Total ¹	ALTERNATIVE MENTAL HEALTH TREATMENT/SUPPORT ²	
		Received	Not Received
TOTAL	27,502	7,840	19,530
AGE			
18-25	3,459	915	2,537
26-49	14,348	4,437	9,863
50 or Older	9,695	2,489	7,131
GENDER			
Male	9,044	2,388	6,606
Female	18,458	5,452	12,925
HISPANIC ORIGIN AND RACE			
Not Hispanic or Latino	25,523	7,215	18,185
White	22,512	6,141	16,315
Black or African American	2,052	743	1,251
Other or Two or More Races	958	331	618
Hispanic or Latino	1,979	625	1,346
EDUCATION			
< High School	4,134	1,036	3,019
High School Graduate	7,783	2,115	5,648
Some College	8,067	2,356	5,690
College Graduate	7,518	2,334	5,173
CURRENT EMPLOYMENT			
Full-Time	12,632	3,572	9,045
Part-Time	4,081	1,297	2,783
Unemployed	1,301	355	945
Other ³	9,488	2,615	6,757

*Low precision; no estimate reported.

NOTE: Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded.

¹ Estimates in the Total column represent persons aged 18 or older who received mental health treatment/counseling in the past year, including those with unknown alternative mental health treatment/support information.

² Alternative Mental Health Treatment/Support is defined as having received treatment, counseling, or support in the past year from alternative sources, such as an acupuncturist or acupressurist, chiropractor, herbalist, self-help group, Internet support group, spiritual/religious advisor, telephone hotline, or massage therapist. Respondents with unknown alternative treatment/support information are excluded.

³ Retired persons, disabled persons, homemakers, students, or other persons not in the labor force are included in the Other Employment category.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2004.

Table 6.47B Received Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Alternative Mental Health Treatment/Support and Demographic Characteristics: Percentages, 2004

Demographic Characteristic	Total ¹	ALTERNATIVE MENTAL HEALTH TREATMENT/SUPPORT ²	
		Received	Not Received
TOTAL	12.8	38.2	10.1
AGE			
18-25	10.8	31.1	8.7
26-49	14.4	38.5	11.2
50 or Older	11.7	41.2	9.3
GENDER			
Male	8.8	33.5	6.9
Female	16.6	40.7	13.2
HISPANIC ORIGIN AND RACE			
Not Hispanic or Latino	13.6	38.6	10.8
White	14.9	39.3	12.0
Black or African American	8.5	42.0	5.6
Other or Two or More Races	7.5	25.0	5.4
Hispanic or Latino	7.4	34.9	5.4
EDUCATION			
< High School	11.3	50.3	8.8
High School Graduate	11.5	41.0	9.0
Some College	14.8	38.4	11.7
College Graduate	13.5	32.7	10.6
CURRENT EMPLOYMENT			
Full-Time	10.6	31.4	8.4
Part-Time	14.8	36.7	11.7
Unemployed	17.7	54.8	14.1
Other ³	15.5	53.0	12.1

*Low precision; no estimate reported.

NOTE: Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded.

¹ Estimates in the Total column represent persons aged 18 or older who received mental health treatment/counseling in the past year, including those with unknown alternative mental health treatment/support information.

² Alternative Mental Health Treatment/Support is defined as having received treatment, counseling, or support in the past year from alternative sources, such as an acupuncturist or acupressurist, chiropractor, herbalist, self-help group, Internet support group, spiritual/religious advisor, telephone hotline, or massage therapist. Respondents with unknown alternative treatment/support information are excluded.

³ Retired persons, disabled persons, homemakers, students, or other persons not in the labor force are included in the Other Employment category.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2004.

Table 6.48A Received Alternative Mental Health Treatment/Support in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling and Demographic Characteristics: Numbers in Thousands, 2004

Demographic Characteristic	Total ¹	MENTAL HEALTH TREATMENT/COUNSELING ²	
		Received	Not Received
TOTAL	20,627	7,840	12,664
AGE			
18-25	2,962	915	2,023
26-49	11,579	4,437	7,082
50 or Older	6,085	2,489	3,558
GENDER			
Male	7,148	2,388	4,737
Female	13,479	5,452	7,927
HISPANIC ORIGIN AND RACE			
Not Hispanic or Latino	18,833	7,215	11,497
White	15,724	6,141	9,479
Black or African American	1,785	743	1,026
Other or Two or More Races	1,323	331	992
Hispanic or Latino	1,794	625	1,166
EDUCATION			
< High School	2,065	1,036	1,022
High School Graduate	5,196	2,115	3,048
Some College	6,170	2,356	3,782
College Graduate	7,196	2,334	4,813
CURRENT EMPLOYMENT			
Full-Time	11,483	3,572	7,817
Part-Time	3,545	1,297	2,236
Unemployed	650	355	293
Other ³	4,949	2,615	2,318

*Low precision; no estimate reported.

NOTE: Alternative Mental Health Treatment/Support is defined as having received treatment, counseling, or support in the past year from alternative sources, such as an acupuncturist or acupressurist, chiropractor, herbalist, self-help group, Internet support group, spiritual/religious advisor, telephone hotline, or massage therapist. Respondents with unknown alternative treatment/support information are excluded.

¹ Estimates in the Total column represent persons aged 18 or older who received alternative mental health treatment/support in the past year, including those with unknown mental health treatment/counseling information.

² Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded.

³ Retired persons, disabled persons, homemakers, students, or other persons not in the labor force are included in the Other Employment category.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2004.

Table 6.48B Received Alternative Mental Health Treatment/Support in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling and Demographic Characteristics: Percentages, 2004

Demographic Characteristic	Total ¹	MENTAL HEALTH TREATMENT/COUNSELING ²	
		Received	Not Received
TOTAL	9.6	28.6	6.8
AGE			
18-25	9.2	26.5	7.1
26-49	11.6	31.0	8.3
50 or Older	7.3	25.9	4.9
GENDER			
Male	6.9	26.6	5.0
Female	12.1	29.7	8.5
HISPANIC ORIGIN AND RACE			
Not Hispanic or Latino	10.0	28.4	7.1
White	10.4	27.3	7.4
Black or African American	7.4	37.3	4.6
Other or Two or More Races	10.4	34.9	8.5
Hispanic or Latino	6.7	31.7	4.7
EDUCATION			
< High School	5.7	25.5	3.2
High School Graduate	7.6	27.2	5.1
Some College	11.3	29.3	8.1
College Graduate	12.9	31.1	10.0
CURRENT EMPLOYMENT			
Full-Time	9.7	28.3	7.4
Part-Time	12.9	31.8	9.6
Unemployed	8.8	27.3	4.8
Other ³	8.1	27.9	4.5

*Low precision; no estimate reported.

NOTE: Alternative Mental Health Treatment/Support is defined as having received treatment, counseling, or support in the past year from alternative sources, such as an acupuncturist or acupressurist, chiropractor, herbalist, self-help group, Internet support group, spiritual/religious advisor, telephone hotline, or massage therapist. Respondents with unknown alternative treatment/support information are excluded.

¹ Estimates in the Total column represent persons aged 18 or older who received alternative mental health treatment/support in the past year, including those with unknown mental health treatment/counseling information.

² Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded.

³ Retired persons, disabled persons, homemakers, students, or other persons not in the labor force are included in the Other Employment category.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2004.

Table 6.49A Receipt and Source of Alternative Mental Health Treatment/Support in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling: Numbers in Thousands, 2004

Receipt/Source of Alternative Treatment/Support	Total ¹	MENTAL HEALTH TREATMENT/COUNSELING ²	
		Received	Not Received
ALTERNATIVE TREATMENT/SUPPORT			
Received	20,627	7,840	12,664
Not Received	194,119	19,530	174,399
SOURCE OF ALTERNATIVE TREATMENT/SUPPORT^{3,4}			
Acupuncturist/Acupressurist	1,589	734	855
Chiropractor	7,444	2,337	5,087
Herbalist	942	340	602
In-Person Support Group or Self-Help Group	2,646	1,679	959
Internet Support Group or Chat Room	798	373	426
Spiritual or Religious Advisor, Such as a Pastor, Priest, Rabbi	5,493	2,273	3,132
Telephone Hotline	370	225	141
Massage Therapist	7,056	2,329	4,726
Other	1,626	1,072	527

*Low precision; no estimate reported.

NOTE: Alternative Mental Health Treatment/Support is defined as having received treatment, counseling, or support in the past year from alternative sources, such as an acupuncturist or acupressurist, chiropractor, herbalist, self-help group, Internet support group, spiritual/religious advisor, telephone hotline, or massage therapist. Respondents with unknown alternative treatment/support information are excluded.

¹ Estimates in the Total column represent persons aged 18 or older who reported on the receipt and source of their alternative mental health treatment/support in the past year, including those with unknown mental health treatment/counseling information.

² Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded.

³ Respondents who reported receiving past year alternative mental health treatment/support but did not report one of these specific sources of treatment/support are excluded.

⁴ Respondents could indicate multiple sources; thus, these response categories are not mutually exclusive.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2004.

Table 6.49B Receipt and Source of Alternative Mental Health Treatment/Support in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling: Percentages, 2004

Receipt/Source of Alternative Treatment/Support	Total ¹	MENTAL HEALTH TREATMENT/COUNSELING ²	
		Received	Not Received
ALTERNATIVE TREATMENT/SUPPORT			
Received	9.6	28.6	6.8
Not Received	90.4	71.4	93.2
SOURCE OF ALTERNATIVE TREATMENT/SUPPORT^{3,4}			
Acupuncturist/Acupressurist	7.8	9.5	6.8
Chiropractor	36.4	30.2	40.4
Herbalist	4.6	4.4	4.8
In-Person Support Group or Self-Help Group	12.9	21.7	7.6
Internet Support Group or Chat Room	3.9	4.8	3.4
Spiritual or Religious Advisor, Such as a Pastor, Priest, Rabbi	26.8	29.3	24.9
Telephone Hotline	1.8	2.9	1.1
Massage Therapist	34.5	30.1	37.5
Other	8.0	13.8	4.2

*Low precision; no estimate reported.

NOTE: Alternative Mental Health Treatment/Support is defined as having received treatment, counseling, or support in the past year from alternative sources, such as an acupuncturist or acupressurist, chiropractor, herbalist, self-help group, Internet support group, spiritual/religious advisor, telephone hotline, or massage therapist. Respondents with unknown alternative treatment/support information are excluded.

¹ Estimates in the Total column represent persons aged 18 or older who reported on the receipt and source of their alternative mental health treatment/support in the past year, including those with unknown mental health treatment/counseling information.

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