

# NSDUH DATA REVIEW

September 2017

## Receipt of Services for Substance Use and Mental Health Issues among Adults: Results from the 2016 National Survey on Drug Use and Health

### Authors

SAMHSA: Eunice Park-Lee, Rachel N. Lipari, and Sarra L. Hedden; RTI International: Larry A. Kroutil and Jeremy D. Porter

### Abstract

**Background.** People across the United States experience mental disorders and substance use disorders (SUDs), but only a subset of these individuals actually receive services. The Substance Abuse and Mental Health Services Administration (SAMHSA) reports information from the National Survey on Drug Use and Health (NSDUH) on substance use treatment (i.e., treatment for problems related to the use of alcohol or illicit drugs) and mental health service use in the United States to help evaluate access to and use of substance use treatment and mental health services.

**Methods.** This report presents data from the 2016 NSDUH for substance use treatment and data from the 2002 through 2016 NSDUHs for mental health service use among adults aged 18 years old or older. Estimates for the receipt of substance use treatment are presented for young adults aged 18 to 25 and for adults aged 26 or older. The substance use treatment estimates are presented only for 2016 because the substance use questions were changed as part of the partial redesign of the 2015 NSDUH. Estimates for mental health service use are presented for young adults aged 18 to 25, adults aged 26 to 49, and those aged 50 or older. Where trends for mental health service use are presented, the report focuses on long-term trends by comparing estimates from the 2016 NSDUH with comparable estimates from 2002 to 2015 (or from 2008 to 2015 for selected estimates). Statistically significant differences are noted between estimates in 2016 and those in prior years.

**Results.** An estimated 1.5 percent of adults aged 18 or older in 2016 (3.6 million adults) received any substance use treatment in the past year, and 0.9 percent (2.1 million adults) received treatment at a specialty facility. In 2016, about 19.9 million adults needed substance use treatment in the past year, representing 8.1 percent of adults. Of the 19.9 million adults needing substance use treatment, 10.8 percent received specialty treatment (2.1 million). An estimated 17.7 million adults needed substance use treatment but did not receive specialty treatment, of whom only 4.5 percent (806,000) felt that they needed substance use treatment. Included in the 806,000 adults who needed substance use treatment and had a perceived need for substance use treatment but did not receive treatment were 351,000 adults who made an effort to get treatment and 455,000 adults who did not report making an effort to get treatment.

Common reasons for not receiving substance use treatment among adults who needed but did not receive treatment at a specialty facility despite perceiving a need for treatment included not being ready to stop using alcohol or illicit drugs (38.1 percent) or having no health care coverage and not being able to afford the cost of treatment (26.9 percent).

In 2016, about 35.0 million adults aged 18 or older (14.4 percent) received mental health services in the past year. The estimate of 14.4 percent of adults in 2016 who received mental health services in the past year was similar to the estimates in years from 2012 to 2015, but it was higher than the estimates in most years between 2002 and 2011. Among the 44.7 million adults with any mental illness (AMI) in the past year, about 19.2 million (43.1 percent) received mental health services in the past year. The percentage of adults with AMI who received mental health care in 2016 was similar to the percentages in most years from 2008 to 2015. Included in the 44.7 million adults with past year AMI were 10.4 million adults with serious mental illness (SMI). Of the 10.4 million adults in 2016 with past year SMI, 64.8 percent received mental health services in the past year. The 2016 estimate of adults with past year SMI who received mental health services in the past year was similar to the estimates in all years between 2008 and 2015. Among the 8.2 million adults in 2016 with both AMI and an SUD in the past year, less than half (48.1 percent) received either mental health services or substance use treatment at a specialty facility in the past year. About two thirds (65.6 percent) of the 2.6 million adults in 2016 with co-occurring SMI and an SUD received either mental health services or specialty substance use treatment in the past year. Among adults with AMI or SMI who perceived a need for mental health services but did not receive services in the past year, inability to afford the cost of care was the most commonly reported reason for not receiving services.

**Conclusions.** This report provides the most current findings from NSDUH on the receipt of substance use treatment and trends in mental health service use among adults aged 18 or older in the United States. Findings presented in the report can be useful for monitoring the use of substance use treatment and mental health services and assessing whether adults are receiving the services they need.

## Introduction

Mental illness and substance use disorders (SUDs) are common and recurrent. The 2016 National Survey on Drug Use and Health (NSDUH) indicates that 18.3 percent of adults aged 18 years old or older had any mental illness (AMI) in the past year, and 7.8 percent had an SUD in that period.<sup>1,2</sup> Although many people experience mental disorders and SUDs, only a subset of these individuals actually receive services.

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*This report summarizes findings from the 2016 National Survey on Drug Use and Health (NSDUH) for the receipt of substance use treatment and mental health service use among adults in the United States.*

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This report contains some of the first findings from the 2016 NSDUH on the receipt of substance use treatment (i.e., treatment for problems related to the use of alcohol or illicit drugs) and mental health service use among adults aged 18 or older in the United States. Comprehensive 2016 NSDUH detailed tables that show additional substance use and mental health-related outcomes, including data for various subpopulations covered in NSDUH, are available separately at <https://www.samhsa.gov/data/>.<sup>3</sup>

## Survey Background

NSDUH is an annual survey of the civilian, noninstitutionalized population of the United States aged 12 or older.<sup>4</sup> The survey is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) within the U.S. Department of Health and Human Services (HHS). The survey covers residents of households and individuals in noninstitutional group quarters (e.g., shelters, boarding houses, college dormitories, migratory workers' camps, halfway houses). The survey excludes people with no fixed address (e.g., homeless people not in shelters), military personnel on active duty, and residents of institutional group quarters, such as jails, nursing homes, mental institutions, and long-term care hospitals.

NSDUH employs a stratified multistage area probability sample that is designed to be representative of both the nation as a whole and for each of the 50 states and the District of Columbia. The 2016 NSDUH annual target sample size of 67,500 interviews was distributed across three age groups, with 25 percent allocated to adolescents aged

12 to 17, 25 percent allocated to young adults aged 18 to 25, and 50 percent allocated to adults aged 26 or older. Although the sample design changed in 2014, NSDUH had the same total target sample size per year of 67,500 interviews in 2002 to 2016.<sup>5</sup>

NSDUH is a face-to-face household interview survey that is conducted in two phases: the screening phase and the interview phase. The interviewer conducts a screening of the sampled household with an adult resident (aged 18 or older) in order to determine whether zero, one, or two residents aged 12 or older should be selected for the interview.<sup>6</sup> NSDUH collects data using audio computer-assisted self-interviewing (ACASI) in which respondents read or listen to the questions on headphones, then enter their answers directly into a NSDUH laptop computer. ACASI is designed for accurate reporting of information by providing respondents with a highly private and confidential mode for responding to questions about illicit drug use, mental health, and other sensitive behaviors. NSDUH also uses computer-assisted personal interviewing (CAPI) in which interviewers read less sensitive questions to respondents and enter the respondents' answers into a NSDUH laptop computer.

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*This report is based on data from 50,833 completed interviews from 2016 NSDUH respondents aged 18 or older.*

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In 2016, screening was completed at 135,188 addresses, and 67,942 completed interviews were obtained, including 17,109 interviews from adolescents aged 12 to 17 and 50,833 interviews from adults aged 18 or older. Weighted response rates for household screening and for interviewing were 77.9 and 68.4 percent, respectively, for an overall response rate of 53.3 percent for people aged 12 or older. The weighted interview response rates were 77.0 percent for adolescents and 67.6 percent for adults.<sup>7</sup> Further details about the 2016 NSDUH design and methods can be found on the web at <https://www.samhsa.gov/data/>.<sup>8</sup>

## Data Presentation and Interpretation

This report presents estimates of the receipt of substance use treatment and mental health service use for adults aged 18 or older. Although NSDUH also collects data on the receipt of substance use treatment and mental health service use for adolescents aged 12 to 17, this report focuses on adults. Estimates for the receipt of substance use treatment and

mental health service use among adolescents are presented in a report of key substance use and mental health indicators for the United States in 2016.<sup>1</sup> In this report, estimates are presented by adult age subgroups. Substance use treatment estimates are shown for young adults aged 18 to 25 and adults aged 26 or older. Estimates for mental health service use are shown for young adults aged 18 to 25, adults aged 26 to 49, and those aged 50 or older. All estimates (e.g., percentages and numbers) presented in the report are derived from NSDUH survey data that are subject to sampling errors. The estimates have met the criteria for statistical precision. Estimates that do not meet these criteria for reliability have been suppressed and are not shown.<sup>9</sup>

One of NSDUH's strengths is the stability in the sample and survey designs. This stability allows for the examination of trends across time. However, the benefit of using NSDUH data to assess trends has to be balanced with the periodic need to revise NSDUH content to address changes in society and emerging issues. Consequently, the NSDUH questionnaire underwent a partial redesign in 2015 to improve the quality of the NSDUH data and to address the changing needs of policymakers and researchers with regard to substance use and mental health issues. New baselines were started in 2015 for estimates that were affected by changes to the 2015 NSDUH questionnaire.<sup>10,11,12</sup> The substance use treatment estimates are presented only for 2016 because the substance use questions were changed as part of the partial redesign of NSDUH in 2015.<sup>12</sup>

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*Analyses of trends for mental health service use in this report focus on long-term trends.*

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Trends are presented in this report for estimates from the 2016 NSDUH that are assumed to have remained comparable with estimates from 2015 and prior years.<sup>11,12</sup> The mental health service use questions continue to allow the comparison of estimates in 2016 with those in prior years. Trends for mental health service use in this report compare 2016 estimates with estimates from 3 or more prior years; these trends focus on percentages because the percentages take into account changes in the size of the total population and facilitate the comparison of estimates across years.<sup>13</sup>

Statistical tests also have been conducted for comparisons that appear in the text of the report. Statistically significant differences are described using terms such as “higher,” “lower,” “increased,” or “decreased.” Statements use terms

such as “similar,” “remained steady,” or “stable” when a difference is not statistically significant. Analyses of long-term trends for mental health service use in this report summarize whether the 2016 estimates are different from or similar to estimates in most or all previous years<sup>14</sup> while minimizing discussion of anomalous differences between any 2 years that can occur due to these estimates being based on samples.<sup>15</sup> Graphics contain estimates that support the statements in this report, and supplemental tables of estimates (including standard errors) are included in Appendix A.

## Substance Use Treatment

Substance use treatment services are intended to help people address problems associated with their substance use. Substance use treatment refers to treatment or counseling that was received for illicit drug or alcohol use or for medical problems associated with the use of illicit drugs or alcohol. NSDUH estimates of illicit drug use include data from 10 drug categories: the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine or the misuse of prescription pain relievers, tranquilizers, stimulants, or sedatives.<sup>16</sup> NSDUH collects information on whether people received substance use treatment, the types of settings where people received treatment, and whether people needed substance use treatment but did not receive it. In addition, NSDUH collects information about people who did not receive treatment but felt that they needed it and about why they did not get treatment. In the following sections, estimates related to substance use treatment among adults are shown for two age groups: young adults aged 18 to 25 and adults aged 26 or older.

## Receipt of Any Substance Use Treatment

NSDUH respondents who used alcohol or illicit drugs in their lifetime are asked whether they had ever received substance use treatment. Those who received substance use treatment in their lifetime are asked whether they received treatment in the 12 months prior to the survey interview (i.e., the past year). In this report, receipt of any substance use treatment refers to treatment that was received in the past year at any location, such as a hospital (inpatient), rehabilitation facility (outpatient or inpatient), mental health center, emergency room, private doctor's office, prison or jail, or a self-help group (e.g., Alcoholics Anonymous, Narcotics Anonymous). People could report receiving treatment at more than one location.

In 2016, about 3.6 million adults aged 18 or older received any substance use treatment in the past year, representing 1.5 percent of adults (Figure 1). This number of adults who received any substance use treatment in the past year included about 624,000 young adults aged 18 to 25 (1.8 percent of young adults) and about 3.0 million adults aged 26 or older (1.4 percent of adults in this age group). The percentage of young adults who received any substance use treatment in the past year was higher than that for adults aged 26 or older.

NSDUH also includes a series of questions about past year SUDs among respondents who used alcohol or illicit drugs in the past 12 months. These questions are used to classify people as having an SUD in the past 12 months based on criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition (DSM-IV).<sup>17</sup> The criteria include symptoms such as withdrawal, tolerance, use in dangerous situations, trouble with the law, and interference with major obligations at work, school, or home during the past 12 months.

In 2016, about 19.0 million adults aged 18 or older met the criteria for an SUD in the past year (i.e., an alcohol use disorder or an illicit drug use disorder), representing 7.8 percent of the population aged 18 or older (Figure 2). Of the 19.0 million adults with a past year SUD, 2.0 million adults received any substance use treatment in the past year (i.e., treatment for problems related to the use of alcohol or illicit drugs). Thus, in 2016, about 1 in 9 adults with an SUD received any substance use treatment in the past year.

People who did not meet the criteria for having an SUD but received any substance use treatment in the past year may include those in recovery or those with subthreshold characteristics. Because recovery from SUDs is a long-term

process that can entail multiple interventions and involve regular monitoring, people in recovery may be participating in treatment to maintain abstinence from alcohol or illicit drugs despite not meeting the criteria for an SUD in the past year or not using alcohol or illicit drugs.

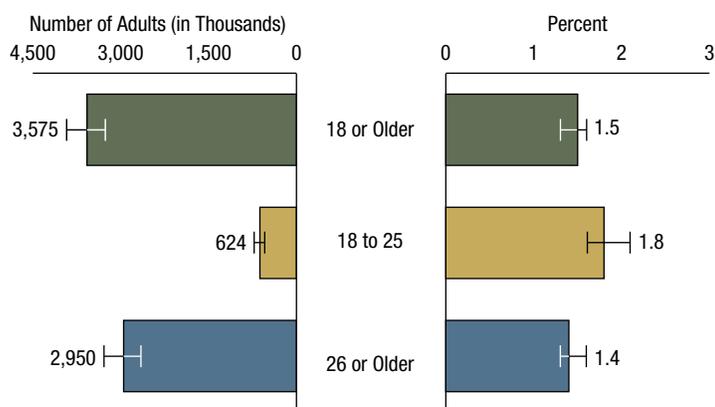
### Substance Use Treatment for Specific Substances

Respondents who reported receiving any substance use treatment in the past year were asked to indicate the specific substances for which they received treatment during their most recent substance use treatment episode in the past year (i.e., their last or current episode).<sup>18</sup> As shown in Figure 3, the following numbers of adults aged 18 or older in 2016 received treatment for specific substances<sup>19</sup> during their most recent treatment in the past year:

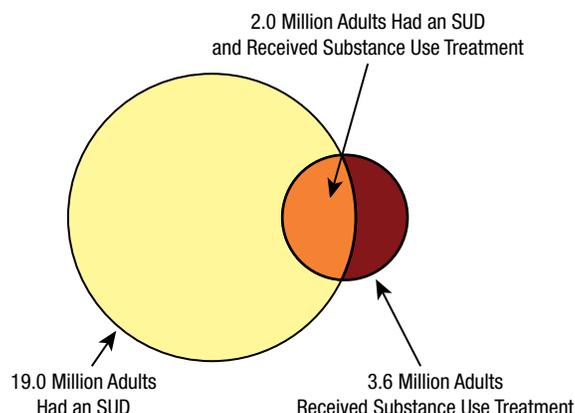
- 2.0 million adults received treatment for alcohol use,
- 692,000 adults received treatment for the misuse of prescription pain relievers,<sup>16</sup>
- 663,000 adults received treatment for marijuana use,
- 636,000 adults received treatment for heroin use,
- 500,000 adults received treatment for cocaine use, and
- 396,000 adults received treatment for methamphetamine use.

Among adults aged 18 or older who received treatment in the past year, these numbers correspond to 55.4 percent of adults whose last or current treatment was for alcohol use, 19.4 percent whose last or current treatment was for prescription pain reliever misuse, 18.5 percent whose last or current treatment was for marijuana use, 17.8 percent whose last or current treatment was for heroin use, 14.0 percent

**Figure 1. Received Any Substance Use Treatment in the Past Year among Adults Aged 18 or Older, by Age Group: 2016**



**Figure 2. Past Year Substance Use Disorder (SUD) and Receipt of Any Substance Use Treatment in the Past Year among Adults Aged 18 or Older: Numbers in Millions, 2016**



whose last or current treatment was for cocaine use, and 11.1 percent whose last or current treatment was for methamphetamine use.

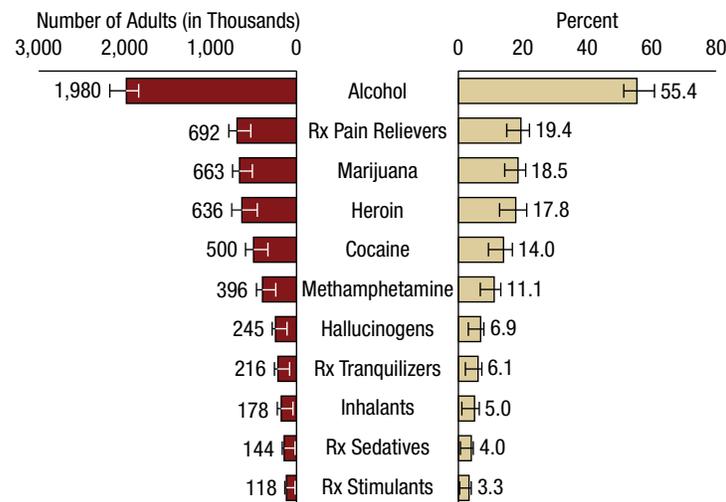
### Receipt of Specialty and Nonspecialty Substance Use Treatment

Questions in the NSDUH interview about the receipt of substance use treatment (i.e., treatment for problems related to illicit drug or alcohol use) in the past year include whether respondents received substance use treatment at a specialty facility. Specialty treatment refers to substance use treatment at a hospital (only as an inpatient), a drug or alcohol rehabilitation facility (as an inpatient or outpatient), or a mental health center. This NSDUH definition historically has not considered emergency rooms, private doctors' offices, prisons or jails, and self-help groups to be specialty substance use treatment facilities; in this report, these other locations are referred to as nonspecialty treatment facilities.

In 2016, about 2.1 million adults aged 18 or older received substance use treatment at a specialty facility in the past year, which represents 0.9 percent of adults (Figure 4). This number also represents about 60 percent of the 3.6 million adults in 2016 who received any substance use treatment in the past year (Figure 5 and Table A.1A in Appendix A).

About 488,000 adults aged 18 or older in 2016 received substance use treatment only at a specialty facility, 1.0 million received treatment only at a nonspecialty facility, and 1.6 million

**Figure 3. Substances for Which Last or Current Treatment Was Received in the Past Year among Adults Aged 18 or Older Who Received Any Substance Use Treatment in the Past Year: 2016**



Rx = Prescription.

Note: Estimates for the substances for which the last or current treatment was received are not mutually exclusive.

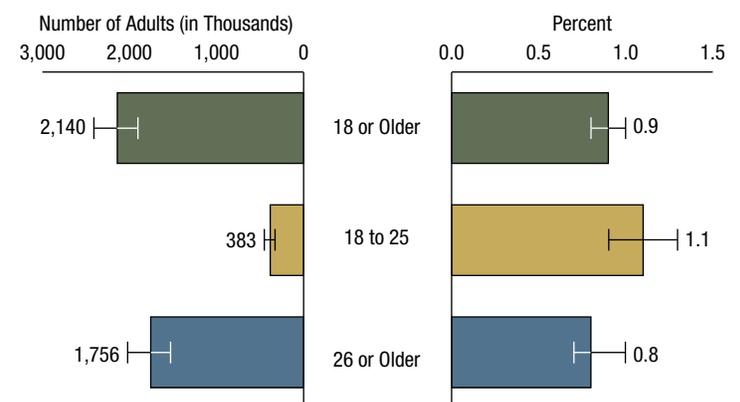
received treatment at both specialty and nonspecialty facilities (Table A.4A).<sup>20</sup> Stated another way, among the 3.6 million adults who received any substance use treatment in the past year, 13.7 percent received only specialty treatment, 29.3 percent received only nonspecialty treatment, and 46.0 percent received both specialty and nonspecialty treatment (Figure 5).

### By Age Group

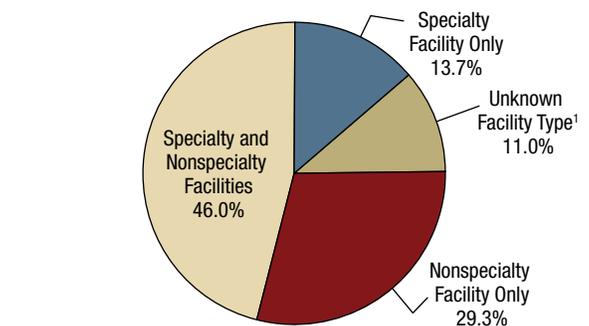
In 2016, about 383,000 young adults aged 18 to 25 and 1.8 million adults aged 26 or older received substance use treatment at a specialty facility in the past year (Figure 4). These numbers represent 1.1 percent of young adults and 0.8 percent of adults aged 26 or older in 2016.

About 114,000 young adults aged 18 to 25 in 2016 received substance use treatment in the past year only at a specialty facility, 168,000 received treatment only at a nonspecialty

**Figure 4. Received Substance Use Treatment at a Specialty Facility in the Past Year among Adults Aged 18 or Older, by Age Group: 2016**



**Figure 5. Type of Substance Use Treatment Received in the Past Year among Adults Aged 18 or Older Who Received Any Substance Use Treatment in the Past Year, by Treatment Facility Type: 2016**



3.6 Million Adults Received Substance Use Treatment in the Past Year

<sup>1</sup> Unknown Facility Type includes all respondents with insufficient information to definitively classify the facility type(s) in which they received treatment, regardless of whether they received treatment for alcohol, illicit drugs, or both.

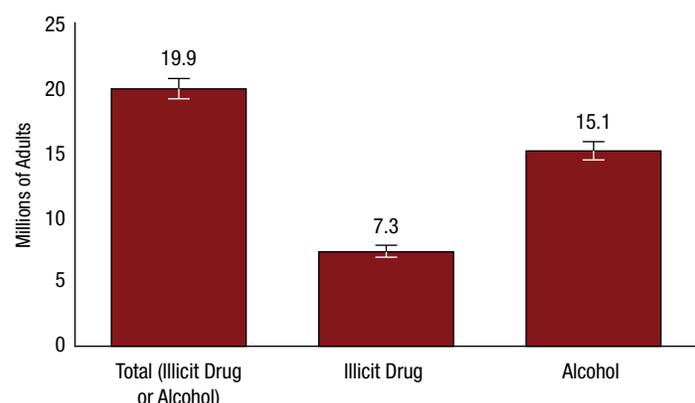
facility, and 264,000 received treatment at both specialty and nonspecialty facilities (Table A.4A in Appendix A). Among the 624,000 young adults who received any substance use treatment in the past year, these numbers correspond to 18.2 percent who received treatment only at a specialty facility, 26.9 percent who received treatment only at a nonspecialty facility, and 42.3 percent who received treatment at both types of facilities.<sup>20</sup>

In 2016, approximately 374,000 adults aged 26 or older received substance use treatment in the past year only at a specialty facility, 879,000 received treatment only at a nonspecialty facility, and 1.4 million received treatment at both specialty and nonspecialty facilities (Table A.4A). Among the 3.0 million adults aged 26 or older who received any substance use treatment in the past year, these numbers correspond to 12.7 percent who received only specialty treatment, 29.8 percent who received only nonspecialty treatment, and 46.8 percent who received both specialty and nonspecialty treatment.<sup>20</sup>

### Need for Substance Use Treatment

As noted previously, NSDUH includes questions about past year SUDs and the receipt of substance use treatment at a specialty facility in the past year. These data are used to identify people who needed substance use treatment in the past year (i.e., treatment for problems related to the use of alcohol or illicit drugs). For NSDUH, people are defined as needing substance use treatment if they had an SUD in the past year or they received substance use treatment at a specialty facility in the past year.<sup>21</sup>

**Figure 6. Need for Substance Use Treatment in the Past Year among Adults Aged 18 or Older, by Substance Type: Numbers in Millions, 2016**



Note: Numbers of adults who needed treatment specifically for illicit drug use or for alcohol use are not mutually exclusive.

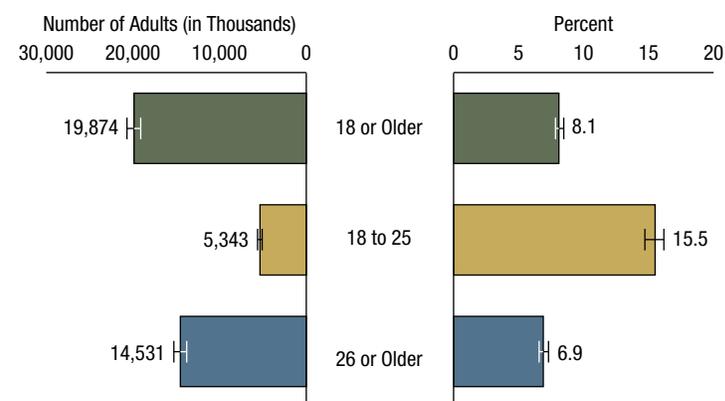
In 2016, an estimated 19.9 million adults aged 18 or older needed substance use treatment in the past year, including 7.3 million adults who needed treatment for an illicit drug use problem and 15.1 million who needed treatment for an alcohol use problem (Figure 6). The 19.9 million adults who were classified as needing treatment in the past year also include 19.0 million adults with an SUD in the past year (Figure 2). Thus, about 96 percent of the adults in 2016 who needed treatment for a substance use problem were defined as such because they had an SUD in the past year, regardless of whether they received substance use treatment at a specialty facility.

The 19.9 million adults aged 18 or older in 2016 who needed substance use treatment represent 8.1 percent of all adults (Figure 7). The 7.3 million adults who needed treatment for an illicit drug use problem and the 15.1 million adults who needed treatment for an alcohol use problem represent 3.0 and 6.2 percent of adults, respectively (Table A.5A in Appendix A).<sup>22</sup>

### By Age Group

In 2016, about 5.3 million young adults aged 18 to 25 in 2016 needed treatment for a substance use problem in the past year, representing 15.5 percent of young adults (Figure 7). Stated another way, about 1 in 6 young adults needed substance use treatment in the past year. Among the 5.3 million young adults who needed substance use treatment in the past year, about 2.5 million needed treatment for an illicit drug use problem, and 3.8 million needed treatment for an alcohol use problem (Table A.5A in Appendix A).<sup>22</sup> These numbers represent about 1 in 14 young adults (7.3 percent) who needed treatment for an illicit drug use problem and 1 in 9 young adults (10.8 percent) who needed treatment for problems related to their alcohol use.

**Figure 7. Need for Substance Use Treatment in the Past Year among Adults Aged 18 or Older, by Age Group: 2016**



In 2016, about 14.5 million adults aged 26 or older needed substance use treatment in the past year (Figure 7). This number represents 6.9 percent of adults in this age group. Among the 14.5 million adults aged 26 or older who needed substance use treatment in the past year, about 4.8 million needed treatment for an illicit drug use problem, and 11.3 million needed treatment for an alcohol use problem (Table A.5A).<sup>22</sup> The numbers of adults aged 26 or older who needed treatment for an illicit drug use problem or treatment for an alcohol use problem represent 2.3 and 5.4 percent of adults in this age group, respectively.

### Receipt of Specialty Treatment among Adults Who Needed Substance Use Treatment

The number of adults aged 18 or older who were classified as needing substance use treatment but who did not receive treatment at a specialty facility is an indication of the extent of the unmet need for substance use treatment. This section focuses on the receipt or lack of receipt of specialty treatment among adults who needed substance use treatment.

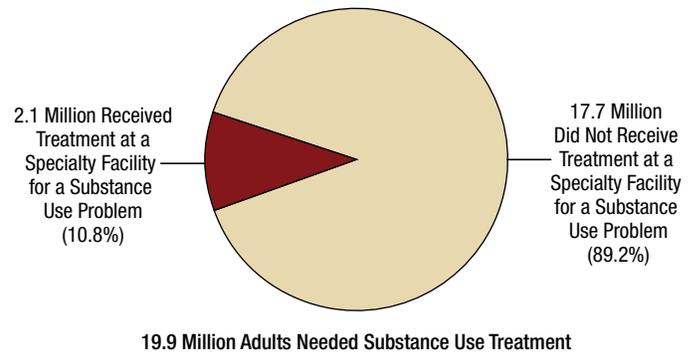
In 2016, an estimated 2.1 million adults aged 18 or older who needed treatment received substance use treatment at a specialty facility in the past year (Figures 8 and 9). This number represents 0.9 percent of adults aged 18 or older and 10.8 percent of the 19.9 million adults who needed substance use treatment (Table A.5A in Appendix A). Conversely, about 17.7 million adults aged 18 or older in 2016 needed substance use treatment but did not receive treatment at a specialty facility; this number represents 89.2 percent of adults who needed substance use treatment in the past year.<sup>23</sup>

In 2016, 7.2 percent of young adults aged 18 to 25 (383,000 young adults) who needed substance use treatment and 12.1 percent of adults aged 26 or older (1.8 million adults in this age group) who needed substance use treatment received substance use treatment at a specialty facility in the past 12 months (Figure 9). In other words, 92.8 percent of young adults and 87.9 percent of adults aged 26 or older who needed substance use treatment in the past year did not receive specialty treatment (Table A.5A).

### Receipt of Specialty Treatment for Illicit Drug Use among Adults Who Needed Illicit Drug Use Treatment

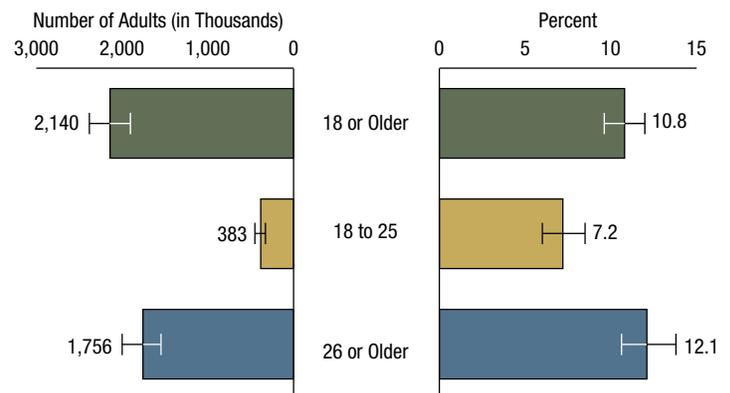
Among the 7.3 million adults aged 18 or older in 2016 who needed treatment for an illicit drug use problem, about 1.3 million (18.4 percent) received treatment at a specialty facility in the past year (Figures 10 and 11).<sup>24</sup> Thus, an

**Figure 8. Receipt of Specialty Treatment in the Past Year among Adults Aged 18 or Older Who Needed Substance Use Treatment in the Past Year: 2016**

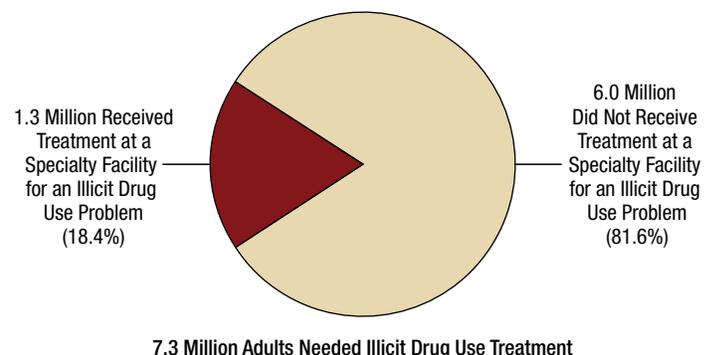


Note: The numbers of adults who needed substance use treatment but did or did not receive substance use treatment at a specialty facility do not sum to the total number of adults who needed treatment because of unknown information for whether some respondents received treatment at a specialty facility.

**Figure 9. Received Substance Use Treatment at a Specialty Facility in the Past Year among Adults Aged 18 or Older Who Needed Substance Use Treatment in the Past Year, by Age Group: 2016**



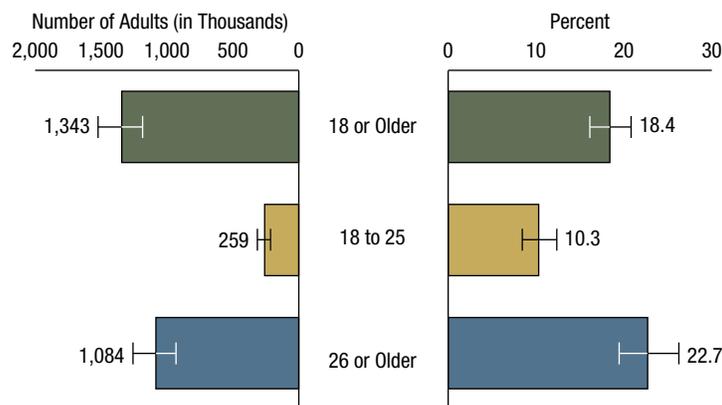
**Figure 10. Receipt of Specialty Treatment in the Past Year for an Illicit Drug Use Problem among Adults Aged 18 or Older Who Needed Treatment for Illicit Drug Use in the Past Year: 2016**



estimated 6.0 million adults aged 18 or older who needed treatment for an illicit drug use problem did not receive specialty treatment in the past 12 months, representing 81.6 percent of those who were classified as needing illicit drug use treatment in the past year.<sup>25</sup>

Among adults in specific age groups in 2016 who needed treatment for an illicit drug use problem, 10.3 percent of young adults aged 18 to 25 (259,000 young adults) and 22.7 percent of adults aged 26 or older (1.1 million adults in this age group) received treatment at a specialty facility in the past 12 months (Figure 11). Stated another way, almost 9 out of 10 young adults (89.7 percent) and 8 out of 10 of adults aged 26 or older (77.3 percent) who needed treatment for their use of illicit drugs did not receive specialty treatment in the past year (Table A.5A in Appendix A).

**Figure 11. Received Illicit Drug Use Treatment at a Specialty Facility in the Past Year among Adults Aged 18 or Older Who Needed Illicit Drug Use Treatment in the Past Year, by Age Group: 2016**



**Receipt of Specialty Treatment for Alcohol Use among Adults Who Needed Alcohol Use Treatment**

In 2016, 1.2 million adults aged 18 or older received treatment at a specialty facility for an alcohol use problem in the past year, which represents 7.7 percent of the 15.1 million adults who needed treatment for an alcohol use problem (Figures 12 and 13).<sup>26</sup> Thus, an estimated 13.9 million adults aged 18 or older who needed treatment for an alcohol use problem (92.3 percent of the adults in this group) did not receive specialty treatment.<sup>27</sup>

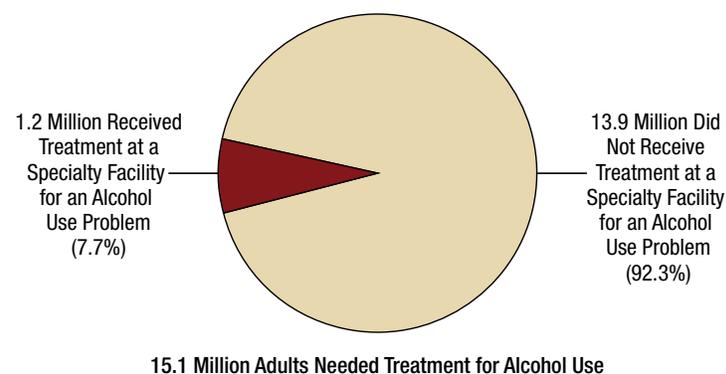
Among adults in specific age groups in 2016 who needed treatment for an alcohol use problem, 4.7 percent of young adults aged 18 to 25 (175,000 young adults) and 8.7 percent of adults aged 26 or older (985,000 adults in this age group) received treatment at a specialty facility in the past 12 months (Figure 13). In other words, in 2016, about

19 out of 20 young adults (95.3 percent) and 9 out of 10 adults aged 26 or older (91.3 percent) who were classified as needing treatment for alcohol use did not receive specialty treatment in the past year (Table A.5A in Appendix A).

**Perceived Need for Substance Use Treatment**

NSDUH respondents who used alcohol or illicit drugs in their lifetime and did not receive substance use treatment in the past 12 months are asked whether they felt they needed substance use treatment (i.e., treatment for problems related to their use of alcohol or illicit drugs). These respondents are asked whether they felt they needed substance use treatment, regardless of whether they had an SUD in the past year. The NSDUH questionnaire does not ask whether respondents felt that they needed specialty or nonspecialty substance use treatment. In this report, estimates for the perceived need for substance use treatment are discussed only for adults who were classified as needing treatment but who did not receive

**Figure 12. Receipt of Specialty Treatment in the Past Year for an Alcohol Use Problem among Adults Aged 18 or Older Who Needed Alcohol Use Treatment in the Past Year: 2016**



**Figure 13. Received Alcohol Use Treatment at a Specialty Facility in the Past Year among Adults Aged 18 or Older Who Needed Alcohol Use Treatment in the Past Year, by Age Group: 2016**

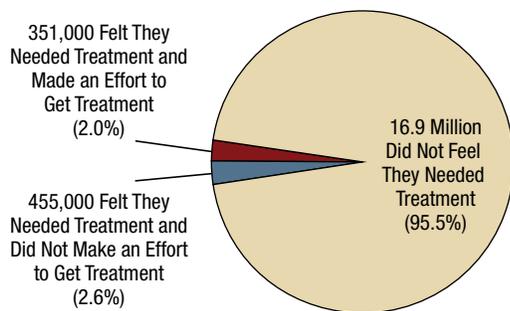


*specialty* treatment for their use of alcohol or illicit drugs. Similarly, estimates for making efforts to get treatment are discussed only of those who were classified as needing treatment but who did not receive specialty substance use treatment and perceived a need for treatment.

In 2016, among the estimated 17.7 million adults aged 18 or older who needed substance use treatment but did not receive specialty treatment in the past year (Figure 8), about 806,000 perceived a need for treatment for their use of illicit drugs or alcohol (Figure 14). The estimated 806,000 adults who perceived a need for substance use treatment correspond to about 4.5 percent of the adults who needed but did not receive specialty substance use treatment in the past year. Thus, the large majority (95.5 percent) of adults aged 18 or older who needed substance use treatment but did not receive specialty treatment did not think that they needed treatment in the past 12 months for their substance use.

Similarly, most adults aged 18 or older in 2016 who needed but did not receive specialty treatment specifically for an illicit drug use problem or for an alcohol use problem did not feel that they needed treatment. Of the 6.0 million adults aged 18 or older in 2016 who needed treatment for their use of illicit drugs but who did not receive specialty treatment, 400,000 adults (6.7 percent) perceived a need for treatment for their use of illicit drugs, and 5.6 million (93.3 percent) did not perceive a need for treatment (Figure 15). Among the 13.9 million adults in 2016 who needed treatment for their use of alcohol but who did not receive specialty treatment, 457,000 adults (3.3 percent) felt they needed treatment for their alcohol use, and conversely, 13.5 million (96.7 percent) did not feel they needed treatment (Figure 16).

**Figure 14. Perceived Need for Substance Use Treatment among Adults Aged 18 or Older Who Needed but Did Not Receive Substance Use Treatment in the Past Year: 2016**



17.7 Million Adults Needed but Did Not Receive Substance Use Treatment

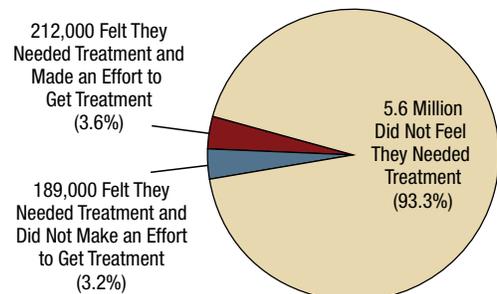
Note: The percentages do not add to 100 percent due to rounding.

Among the 806,000 adults aged 18 or older in 2016 who needed treatment for their use of illicit drugs or alcohol but who did not receive specialty treatment despite perceiving a need for treatment, slightly more than 40 percent (351,000 adults) reported making an effort to get treatment in the past year, and the remaining 455,000 adults did not report making an effort to get treatment (Figure 14). Of the 400,000 adults who felt a need for treatment for their use of illicit drugs but who did not receive specialty treatment, slightly more than half (212,000 adults) reported making an effort to get treatment, but the remaining 189,000 did not (Figure 15). Of the 457,000 adults who perceived a need for treatment for their use of alcohol but did not receive specialty treatment, about 40 percent (199,000) made an effort to get treatment, but the remaining 258,000 adults did not (Figure 16).

### By Age Group

Most young adults aged 18 to 25 in 2016 who needed but did not receive specialty treatment specifically for their use of illicit drugs or for their use of alcohol did not perceive a need for treatment. Among the estimated 5.0 million young adults in 2016 who needed substance use treatment but did not receive treatment at a specialty facility in the past year (Table A.5A in Appendix A), about 145,000 perceived a need for treatment for their illicit drug or alcohol use (Table A.6A). This number of young adults who perceived a need for substance use treatment represents 2.9 percent of young adults who needed but did not receive specialty treatment in the past year. Similarly, among the estimated 2.3 million young adults in 2016 who needed treatment for an illicit drug use problem but did not receive specialty treatment (Table A.5A), about 77,000 (3.4 percent) perceived a need for treatment for their use of illicit drugs,

**Figure 15. Perceived Need for Illicit Drug Use Treatment among Adults Aged 18 or Older Who Needed but Did Not Receive Illicit Drug Use Treatment in the Past Year: 2016**



6.0 Million Adults Needed but Did Not Receive Illicit Drug Use Treatment

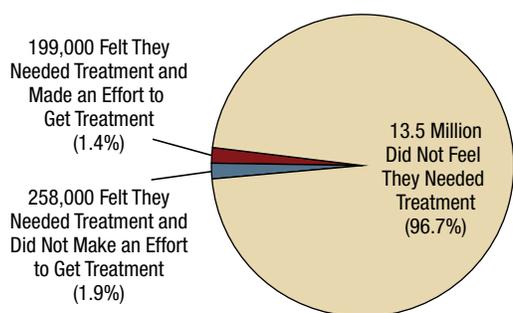
Note: The percentages do not add to 100 percent due to rounding.

and 2.2 million (96.6 percent) did not (Table A.7A). Among the estimated 3.6 million young adults in 2016 who needed treatment for an alcohol use problem but did not receive specialty treatment, about 72,000 (2.0 percent) perceived a need for treatment for their alcohol use, and 3.5 million did not (98.0 percent) (Table A.8A).

In 2016, the estimated 12.8 million adults aged 26 or older who needed substance use treatment but did not receive specialty treatment in the past year (Table A.5A) include approximately 662,000 adults in this age group who perceived a need for treatment for their illicit drug or alcohol use (Table A.6A). This number of adults aged 26 or older in 2016 who perceived a need for substance use treatment represents 5.2 percent of adults in this age group who needed but did not receive specialty treatment. Among the estimated 3.7 million adults aged 26 or older in 2016 who needed treatment for an illicit drug use problem but did not receive specialty treatment (Table A.5A), about 323,000 (8.7 percent) perceived a need for treatment for their illicit drug use, and 3.4 million (91.3 percent) did not (Table A.7A). Of the estimated 10.3 million adults in this age group in 2016 who needed treatment for an alcohol use problem but did not receive specialty treatment, about 385,000 (3.7 percent) felt that they needed treatment for their alcohol use, and 9.9 million (96.3 percent) did not (Table A.8A).

Among the estimated 145,000 young adults aged 18 to 25 who felt a need for substance use treatment but did not receive specialty treatment, 46,000 (about one third) made an effort to get treatment, and 98,000 did not (Table A.6A). The 662,000 adults aged 26 or older in 2016 who felt a need for treatment but did not receive specialty treatment include 305,000 adults who made an effort to get treatment and 357,000 adults who did not report making an effort to get treatment.

**Figure 16. Perceived Need for Alcohol Use Treatment among Adults Aged 18 or Older Who Needed but Did Not Receive Alcohol Use Treatment in the Past Year: 2016**



13.9 Million Adults Needed but Did Not Receive Alcohol Use Treatment

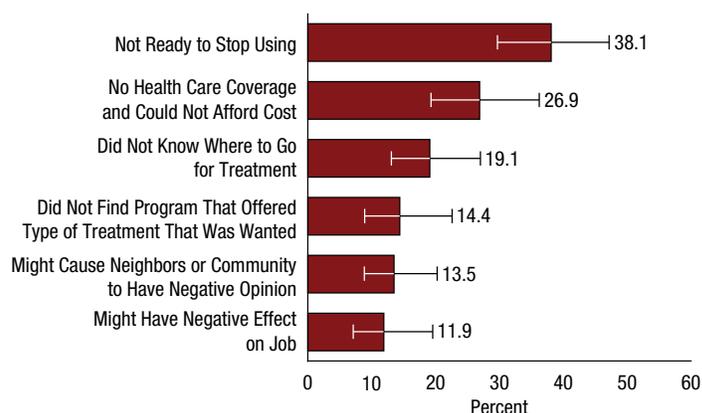
### Reasons for Not Receiving Specialty Substance Use Treatment

As noted in the previous section, 95.5 percent of adults aged 18 or older in 2016 who were classified as needing substance use treatment (i.e., treatment for their illicit drug or alcohol use) but did not receive specialty substance use treatment did not think that they needed treatment. For adults with substance use problems who feel that they needed treatment, however, barriers to receiving treatment could affect whether they make an effort to obtain treatment or persist in their efforts to obtain treatment.

NSDUH respondents who did not receive substance use treatment in the past 12 months but felt that they needed treatment were asked to report the reasons for not receiving treatment. Information on commonly reported reasons for not receiving substance use treatment despite perceiving a need for treatment is important for identifying and addressing barriers to treatment receipt.

In 2016, common reasons for not receiving substance use treatment among adults aged 18 or older who perceived a need for treatment but did not receive treatment at a specialty facility were not being ready to stop using (38.1 percent) or having no health care coverage and not being able to afford the cost of treatment (26.9 percent) (Figure 17). About 1 in 5 adults who felt a need for treatment but did not receive treatment at a specialty facility did not know where to go for treatment (19.1 percent), and about 1 in 7 did not find programs that offered the type of treatment that they wanted (14.4 percent).

**Figure 17. Reasons for Not Receiving Substance Use Treatment in the Past Year among Adults Aged 18 or Older Who Felt They Needed Treatment in the Past Year: Percentages, 2016**



Note: Respondents could indicate multiple reasons for not receiving mental health services; thus, these response categories are not mutually exclusive.

## Mental Health Service Utilization

This section presents data on the receipt of mental health services among adults aged 18 or older. Estimates of mental health service use among adults are shown for the following age groups: young adults aged 18 to 25, adults aged 26 to 49, and those aged 50 or older. Adults in NSDUH are asked whether they received treatment or counseling for any problem with emotions, nerves, or mental health in the past year. Adults are asked if they received services in any inpatient or outpatient setting or if they took any prescription medication in the past year for a mental or emotional condition.<sup>28</sup> Adult respondents were specifically instructed not to include treatment for alcohol or illicit drug use when answering these questions on their use of mental health services in the past year. Also, these NSDUH questions do not ask about treatment that was received for a particular mental disorder. Consequently, references to treatment or counseling for any problem with emotions, nerves, or mental health are described broadly as “mental health service” or “mental health care.” In the following sections, estimates of mental health service use are presented for all adults aged 18 or older and for adults with mental illness.

### Mental Health Service Utilization among All Adults

Questions in NSDUH on mental health service utilization are asked of all adults aged 18 or older, regardless of whether they reported specific problems with their emotions, nerves, or mental health. In 2016, 35.0 million adults aged 18 or older received mental health care during the past 12 months. This number represents 14.4 percent of adults (Figure 18). The type of mental health service that adults most commonly used in the past year was prescription medication (12.0 percent), followed by outpatient services (6.9 percent), and then by inpatient services (0.9 percent).<sup>29</sup> These percentages correspond to 29.4 million adults who used prescription medication, 16.9 million adults who used outpatient services, and 2.3 million adults who used inpatient services.<sup>3</sup>

#### By Age Group

The percentage of adults in 2016 who received mental health services in the past year was lower among young adults aged 18 to 25 (12.9 percent) than among adults aged 26 to 49 (15.4 percent) and those aged 50 or older (14.0 percent) (Figure 19). These percentages correspond to 4.4 million

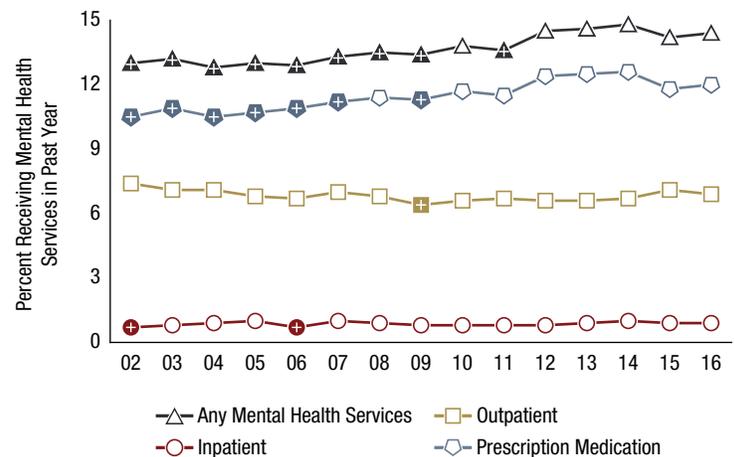
young adults, 15.2 million adults aged 26 to 49, and 15.4 million adults aged 50 or older who received mental health services in the past year.

Among all three adult age groups in 2016, prescription medication was the most commonly used type of mental health service in the past year (Table A.10B in Appendix A). Specifically, the following percentages and numbers of adults in different age groups used prescription medication in the past year for a mental health issue:

- 9.7 percent of young adults aged 18 to 25 (3.3 million young adults),
- 12.6 percent of adults aged 26 to 49 (12.5 million adults in this age group), and
- 12.3 percent of adults aged 50 or older (13.6 million adults in this age group).

The second most common type of mental health service that adults in all three age groups used in the past year was outpatient services. The following percentages and numbers

**Figure 18. Type of Mental Health Services Received in the Past Year among Adults Aged 18 or Older: Percentages, 2002-2016**



+ Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

**Figure 18 Table. Type of Mental Health Services Received in the Past Year among Adults Aged 18 or Older: Percentages, 2002-2016**

Type	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Any Mental Health Services	13.0 <sup>+</sup>	13.2 <sup>+</sup>	12.8 <sup>+</sup>	13.0 <sup>+</sup>	12.9 <sup>+</sup>	13.3 <sup>+</sup>	13.5 <sup>+</sup>	13.4 <sup>+</sup>	13.8	13.6 <sup>+</sup>	14.5	14.6	14.8	14.2	14.4
Inpatient	0.7 <sup>+</sup>	0.8	0.9	1.0	0.7 <sup>+</sup>	1.0	0.9	0.8	0.8	0.8	0.8	0.9	1.0	0.9	0.9
Outpatient	7.4	7.1	7.1	6.8	6.7	7.0	6.8	6.4 <sup>+</sup>	6.6	6.7	6.6	6.6	6.7	7.1	6.9
Prescription Medication	10.5 <sup>+</sup>	10.9 <sup>+</sup>	10.5 <sup>+</sup>	10.7 <sup>+</sup>	10.9 <sup>+</sup>	11.2 <sup>+</sup>	11.4	11.3 <sup>+</sup>	11.7	11.5	12.4	12.5	12.6	11.8	12.0

+ Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

of adults in different age groups received mental health services in outpatient settings in the past year:

- 7.3 percent of young adults (2.5 million young adults),
- 8.1 percent of adults aged 26 to 49 (8.0 million adults in this age group), and
- 5.8 percent of adults aged 50 or older (6.4 million adults in this age group).

In 2016, staying overnight or longer in a hospital or in other inpatient settings was the least common type of mental health service that adults used in the past year. An estimated 1.5 percent of young adults (516,000 young adults), 1.0 percent of adults aged 26 to 49 (967,000 adults in this age group), and 0.7 percent of adults aged 50 or older (786,000 adults in this age group) used inpatient mental health services in the past year.

#### Trends in Mental Health Service Utilization among All Adults

The estimate of 14.4 percent of adults aged 18 or older in 2016 who received mental health care in the past 12 months was similar to the estimates in all years from 2012 to 2015 (Figure 18). However, a higher percentage of adults in 2016 received mental health care than in most years between 2002 and 2011. In 2004, for example, 12.8 percent of adults received mental health care in the past 12 months.

The estimate of 12.0 percent of adults in 2016 who took prescription medication for mental health conditions also was greater than the estimates in most years from 2002 to 2009, but it was similar to the estimates in all years from 2010 to 2015. The estimate of 6.9 percent of adults in 2016 who used outpatient services in the past year was similar to the estimates in most years from 2002 to 2015. The estimate of 0.9 percent of adults in 2016 who received inpatient

mental health services also was similar to the estimates in most years from 2002 to 2015.

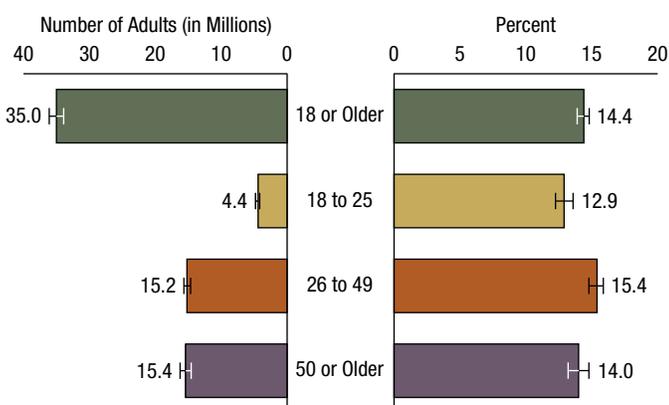
The percentage of young adults aged 18 to 25 in 2016 who used any mental health services in the past year (12.9 percent) was higher than the percentages in most years between 2002 and 2015 (Table A.10B in Appendix A). The percentage of adults aged 26 to 49 in 2016 who received any mental health services in the past year (15.4 percent) was higher than the percentages in most years between 2002 and 2008, but it was similar to the percentages from 2009 to 2015. Among adults aged 50 or older, the 2016 estimate of adults receiving any mental health services (14.0 percent) also was higher than the estimates from 2002 to 2006, but it was similar to the estimates in most years from 2007 to 2015.

The estimate of 9.7 percent of young adults in 2016 who used prescription medication for mental health issues was greater than the estimate in most years from 2002 to 2015 (Table A.10B). Among adults aged 26 to 49, the estimate of 12.6 percent in 2016 who used prescription medication was higher than the percentages in most years between 2002 and 2008, but it was similar to the estimates in all years from 2009 to 2015. Among adults aged 50 or older, the estimate of 12.3 percent in 2016 who used prescription medication was greater than the estimates in all years from 2002 to 2006 (ranging from 10.1 to 11.0 percent), but it was similar to the estimates in most years from 2007 to 2015.

The percentage of young adults aged 18 to 25 in 2016 who received outpatient mental health services was higher than the estimates in most years from 2002 to 2015 (Table A.10B). Percentages of adults who received outpatient services were relatively stable across the years between 2002 and 2016 for adults aged 26 to 49 and adults aged 50 or older.

The percentage of adults aged 18 to 25 in 2016 who received inpatient services was higher than the percentages in most years between 2002 and 2015 (Table A.10B). Among adults aged 26 to 49 and those aged 50 or older, the percentages of adults who received inpatient services were relatively stable during the period from 2002 to 2016. For example, the percentages who received inpatient services ranged from 0.7 to 1.1 percent for adults aged 26 to 49 and from 0.5 to 1.0 percent for adults aged 50 or older.

**Figure 19. Mental Health Service Use in the Past Year among Adults Aged 18 or Older, by Age Group: 2016**



#### Mental Health Service Utilization among Adults with Any or Serious Mental Illness

This section presents NSDUH data on mental health service utilization among adults with mental illness in the past year.

Estimates of mental health service use are presented for adults aged 18 or older who had any mental illness (AMI) or serious mental illness (SMI) in the past year. Adults are defined as having AMI if they had any mental, behavioral, or emotional disorder in the past year that met DSM-IV criteria (excluding developmental and substance use disorders).<sup>17</sup> Adults with AMI were defined as having SMI if they had any mental, behavioral, or emotional disorder in the past year that substantially interfered with or limited one or more major life activities.<sup>30</sup> In order to provide context for this section, the percentages and numbers of adults with mental illness in the United States are first presented.

In 2016, 44.7 million adults aged 18 or older (18.3 percent of adults) had AMI in the past year, including 10.4 million with past year SMI (4.2 percent of adults).<sup>1</sup> About 7.6 million young adults aged 18 to 25 (22.1 percent of young adults) had AMI in the past year, including 2.0 million (5.9 percent of young adults) with SMI in that period. Among adults aged 26 to 49, 20.9 million had AMI in the past year (21.1 percent of adults aged 26 to 49), including 5.3 million adults aged 26 to 49 with SMI in the past year (5.3 percent of adults aged 26 to 49). Among adults aged 50 or older, 16.1 million (14.5 percent of adults in this age group) had AMI in the past year, including 3.0 million with SMI (2.7 percent of adults in this age group).

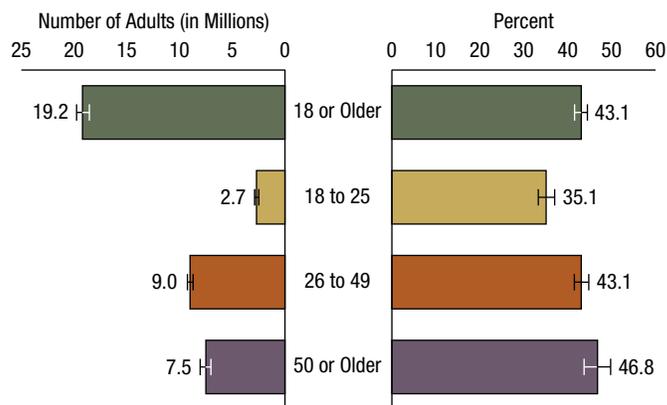
Among the 44.7 million adults with AMI in the past year, 19.2 million (43.1 percent) received mental health services in the past year (Figure 20). About 6.7 million of the 10.4 million adults with past year SMI (64.8 percent) received mental health services in the past year (Figure 21).

In 2016, among adults aged 18 or older with AMI in the past year, 37.1 percent used prescription medication, 24.5 percent used outpatient services, and 3.3 percent used inpatient services (Figure 22). Among adults with past year SMI who received mental health care in the past year, 58.0 percent used prescription medication, 42.6 percent used outpatient services, and 7.6 percent used inpatient services (Figure 23).

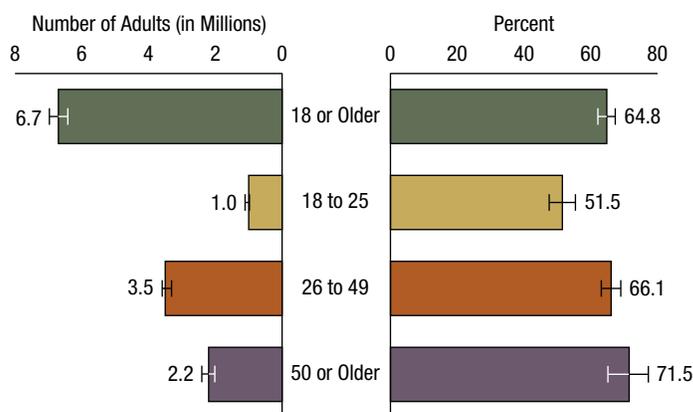
### By Age Group

In 2016, the percentage of adults with AMI in the past year who used mental health services in that period was lower among adults aged 18 to 25 (35.1 percent) than among adults aged 26 to 49 (43.1 percent) and those aged 50 or older (46.8 percent) who had AMI in the past year (Figures 20 and 22). Stated another way, among adults with past year AMI, about two thirds of young adults did *not* receive mental health services in the past year. More than half of adults with

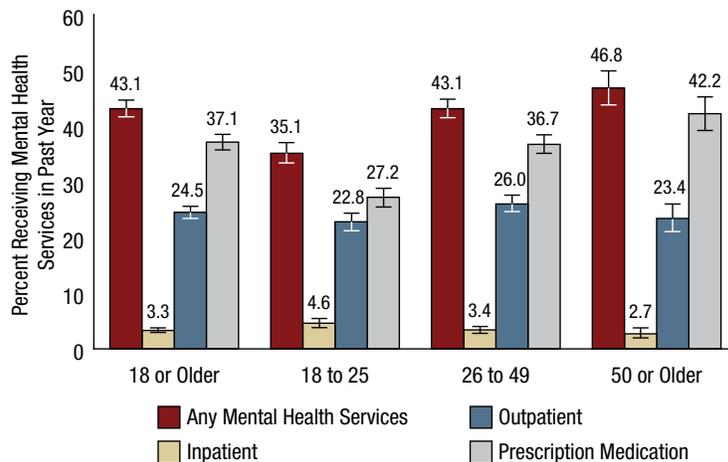
**Figure 20. Mental Health Service Use in the Past Year among Adults Aged 18 or Older with Past Year Mental Illness, by Age Group: 2016**



**Figure 21. Mental Health Service Use in the Past Year among Adults Aged 18 or Older with Past Year Serious Mental Illness, by Age Group: 2016**



**Figure 22. Type of Mental Health Services Received by Adults Aged 18 or Older with Past Year Mental Illness, by Age Group: Percentages, 2016**



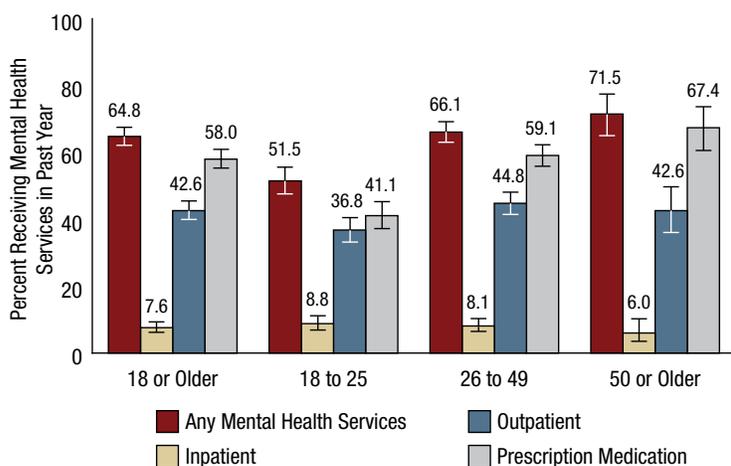
past year AMI aged 26 to 49 and those aged 50 or older did *not* receive mental health services in the past year.

The percentage of adults with SMI who used mental health services in the past year also was lower among adults aged 18 to 25 (51.5 percent) than among adults aged 26 to 49 (66.1 percent) and those aged 50 or older (71.5 percent) (Figures 21 and 23). Thus, nearly half of young adults in 2016 who had past year SMI did *not* receive mental health services in the past year. Among adults aged 26 or older in 2016 who had past year SMI, about one third of adults aged 26 to 49 and close to 30 percent of adults aged 50 or older did not receive mental health services in the past year.

In 2016, among young adults aged 18 to 25 who had AMI in the past year, about 1 in 4 (27.2 percent) used prescription medication in the past year, and about 1 in 4 (22.8 percent) used outpatient services for mental health issues (Figure 22). In addition, 4.6 percent of young adults with AMI used inpatient services. Among adults aged 26 to 49 in 2016 with AMI in the past year, more than one third (36.7 percent) used prescription medication in the past year, about one fourth (26.0 percent) used outpatient services, and about 1 in 29 (3.4 percent) used inpatient services for mental health issues. Among adults aged 50 or older with AMI in the past year who used mental health services in that period, 42.2 percent used prescription medication in the past year, 23.4 percent used outpatient services, and 2.7 percent used inpatient services.

Among young adults with past year SMI, 41.1 percent used prescription medication, 36.8 percent used outpatient services, and 8.8 percent used inpatient services in the past year for

**Figure 23. Type of Mental Health Services Received by Adults Aged 18 or Older with Past Year Serious Mental Illness, by Age Group: Percentages, 2016**



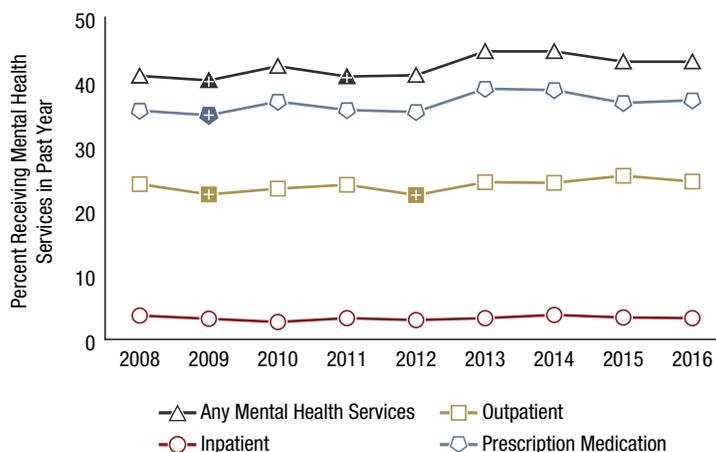
mental health issues (Figure 23). Among adults aged 26 to 49 with past year SMI, 59.1 percent used prescription medication, 44.8 percent used outpatient services, and 8.1 percent used inpatient services in the past year for mental health issues. Among adults aged 50 or older with past year SMI, 67.4 percent used prescription medication, 42.6 percent used outpatient services, and 6.0 percent used inpatient services in the past year for mental health issues.

**Trends in Mental Health Service Utilization among Adults with AMI**

The percentage of adults with AMI remained stable from 2008 to 2016 (18.3 percent of adults in 2016).<sup>1</sup> The percentage of adults with AMI in 2016 who received mental health care in the past year (43.1 percent) also was similar to the percentages in most years from 2008 to 2015 (Figure 24).

The estimate of 37.1 percent of adults with past year AMI in 2016 who received prescription medication for mental health issues was similar to the estimates in most years from 2008 to 2015 (Figure 24). The percentage of adults with AMI who received outpatient care in 2016 (24.5 percent) was similar to the percentages in most years from 2002 to

**Figure 24. Type of Mental Health Services Received in the Past Year among Adults Aged 18 or Older with Past Year Mental Illness: Percentages, 2008-2016**



\* Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

**Figure 24 Table. Type of Mental Health Services Received in the Past Year among Adults Aged 18 or Older with Past Year Mental Illness: Percentages, 2008-2016**

Type of Service	2008	2009	2010	2011	2012	2013	2014	2015	2016
Any Mental Health Services	40.9	40.2*	42.4	40.8*	41.0	44.7	44.7	43.1	43.1
Inpatient	3.7	3.2	2.7	3.3	3.0	3.3	3.8	3.4	3.3
Outpatient	24.1	22.5*	23.4	24.0	22.4*	24.4	24.3	25.4	24.5
Prescription Medication	35.5	34.8*	36.9	35.6	35.3	38.9	38.7	36.7	37.1

\* Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

2015. Similarly, the percentage of adults with AMI who received inpatient care remained relatively stable from 2008 to 2016, ranging from 2.7 to 3.8 percent.

Among young adults aged 18 to 25 with AMI in the past year, the percentage in 2016 who reported using prescription medication for mental health conditions (27.2 percent) was similar to the percentages in most years between 2008 to 2015 (Table A.11B in Appendix A). The percentage of adults aged 26 to 49 with AMI who used prescription medication (36.7 percent in 2016) also was stable from 2008 to 2016, ranging from 35.3 to 38.0 percent. In addition, the percentage of adults aged 50 or older with AMI in 2016 who used prescription medication (42.2 percent) was similar to the percentages in most years from 2008 to 2015.

The 2016 estimate of young adults aged 18 to 25 with past year AMI who received outpatient care (22.8 percent) was higher than the estimates from 2008 to 2010, but it was similar to the estimates from 2011 to 2015. In contrast, percentages of adults aged 26 to 49 and aged 50 or older who had past year AMI and received outpatient care showed less change across the years between 2008 and 2016. For example, the 2016 estimates of adults with AMI who received outpatient care among adults aged 26 to 49 (26.0 percent) and of adults aged 50 or older (23.4 percent) were similar to the estimates in most or all years from 2008 to 2015 (Table A.11B).

Percentages of adults with AMI in all three age groups in 2016 who received inpatient care were similar to the corresponding percentages in most or all years from 2008 to 2015 (Table A.11B). Among adults with AMI in 2016, for example, 4.6 percent of young adults aged 18 to 25, 3.4 percent of adults aged 26 to 49, and 2.7 percent of adults aged 50 or older received inpatient care.

### Trends in Mental Health Service Utilization among Adults with SMI

The percentage of adults with SMI in 2016 (4.2 percent) was similar to the percentages from 2010 to 2015, but it was higher than the percentages in 2008 and 2009.<sup>1</sup> The percentage of adults with SMI who received mental health services in the past year (64.8 percent) also remained relatively steady from 2008 to 2016. In any given year, about two thirds of adults with past year SMI received mental health services in the past year (Figure 25).

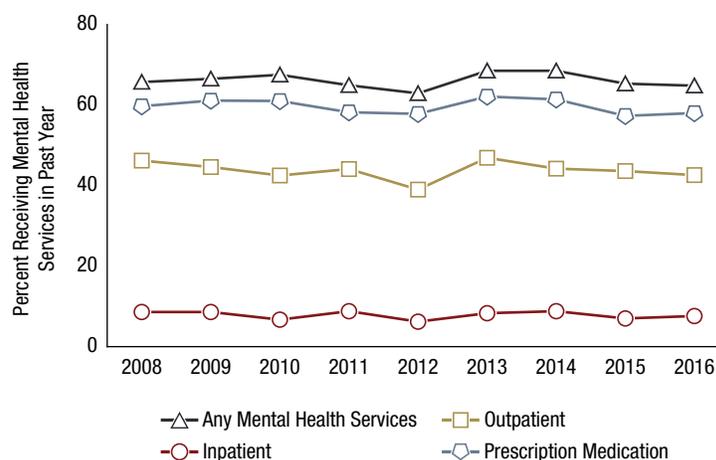
Among adults with SMI, the percentages of adults who received different types of mental health care were similar across the years from 2008 to 2016 (Figure 25). For example,

the percentage in 2016 of adults with SMI who received prescription medication (58.0 percent) was similar to the percentages in 2008 to 2015. The percentages of adults with SMI in 2016 who received outpatient services (42.6 percent) or who received inpatient services (7.6 percent) also were similar to the corresponding estimates in 2008 to 2015.

The percentages of adults with SMI in all three age groups in 2016 who used prescription medication were similar to the percentages in all years between 2008 and 2015 (Table A.11B). In any given year between 2008 and 2016, about 4 out of 10 young adults with SMI, about 6 out of 10 adults aged 26 to 49 with SMI, and about two thirds of adults aged 50 or older with SMI used prescription medication in the past year for mental health issues.

Percentages of adults with SMI in each age group in 2016 who received outpatient care were similar to the corresponding percentages in all years from 2008 to 2015 (Table A.11B). In 2016, the percentages of adults who had past year SMI and received outpatient care were 36.8 percent for young adults aged 18 to 25, 44.8 percent for adults aged 26 to 49, and 42.6 percent for adults aged 50 or older. Similarly, the 2016 estimates of adults with SMI who received inpatient care among young adults (8.8 percent),

**Figure 25. Type of Mental Health Services Received in the Past Year among Adults Aged 18 or Older with Past Year Serious Mental Illness: Percentages, 2008-2016**



**Figure 25 Table. Type of Mental Health Services Received in the Past Year among Adults Aged 18 or Older with Past Year Serious Mental Illness: Percentages, 2008-2016**

Type of Service	2008	2009	2010	2011	2012	2013	2014	2015	2016
Any Mental Health Services	65.7	66.5	67.5	64.9	62.9	68.5	68.5	65.3	64.8
Inpatient	8.6	8.6	6.7	8.8	6.2	8.3	8.8	7.0	7.6
Outpatient	46.2	44.6	42.5	44.1	39.0	46.9	44.2	43.6	42.6
Prescription Medication	59.7	61.1	61.0	58.2	57.8	62.1	61.4	57.3	58.0

adults aged 26 to 49 (8.1 percent), and adults aged 50 or older (6.0 percent) were comparable with the estimates in most or all years from 2008 to 2015.

### Perceived Unmet Need for Mental Health Services among Adults

This section discusses estimates of the perceived unmet need for mental health services among adults aged 18 or older and reasons for not receiving these services among adults with a perceived unmet need. Estimates of the perceived unmet need for mental health services are presented for adults aged 18 or older overall and among adults with AMI or SMI.

In contrast to how perceived unmet need for substance use treatment is estimated (see the preceding section on the perceived need for substance use treatment), perceived unmet need for mental health services is estimated from a question that asks all adults whether there was any time in the past 12 months when they thought they needed treatment or counseling for mental health issues but did not receive services; all adults are asked this question, regardless of whether they had AMI in the past year or whether they received any mental health services in the past 12 months. Therefore, this measure for the perceived unmet need for mental health services includes adults who may have received some type of mental health care in the past 12 months. Adults who received mental health services in the past 12 months could have felt an unmet need for services before or after they received services.

#### Perceived Unmet Need for Mental Health Services among All Adults

In 2016, an estimated 11.8 million adults aged 18 or older had a perceived unmet need for mental health care at any time in the past year, including 5.5 million adults (46.9 percent of adults with a perceived unmet need for mental health care) who did not receive any mental health services in the past year (Figure 26). The 11.8 million adults who perceived an unmet need for mental health care represent 4.8 percent of all adults (Figure 27).

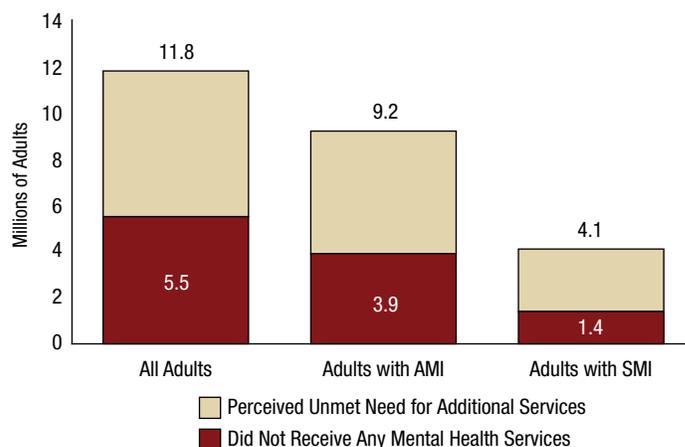
Among the 11.8 million adults in 2016 who perceived an unmet need for mental health care in the past year, about 3.2 million were young adults aged 18 to 25, 5.9 million were aged 26 to 49, and 2.6 million were aged 50 or older (Table A.12A in Appendix A). These numbers of adults who perceived an unmet need for mental health care at any time in the past year represent 9.4 percent of young adults, 6.0 percent of adults aged 26 to 49, and 2.4 percent

of adults aged 50 or older (Table A.12B). In addition, 1.8 million young adults, 2.7 million adults aged 26 to 49, and 966,000 adults aged 50 or older perceived an unmet need for mental health services but did not receive any services in the past year. These numbers of adults who did not receive any services in the past year represent 56.4 percent of young adults, 46.2 percent of adults aged 26 to 49, and 37.0 percent of those aged 50 or older who had a perceived unmet need for mental health care (Table A.13B).

The percentage of adults in 2016 who perceived an unmet need for mental health care in the past year (4.8 percent) was similar to the percentages in most years between 2002 and 2015 (Figure 27). Stated another way, about 1 in 20 adults in the general population each year perceived an unmet need for mental health care. These percentages represent at least 10.5 million adults each year who perceived an unmet need for mental health (Table A.12A in Appendix A).

Among young adults aged 18 to 25, however, the percentage of those with a perceived unmet need in 2016 (9.4 percent) was higher than the percentages in all years from 2002 to 2015 (Table A.12B). In 2002 to 2015, from 7.4 to 8.5 percent of young adults had a perceived unmet need for mental health care. Among adults aged 26 to 49, the percentage of adults in 2016 with a perceived unmet need (6.0 percent) was similar to the percentages in most years from 2002 to 2015. The percentage of adults aged 50 or

**Figure 26. Perceived Unmet Need for Mental Health Services in the Past Year among Adults Aged 18 or Older, by Mental Illness Status: Numbers in Millions, 2016**



AMI = any mental illness; SMI = serious mental illness.

Note: The bottom number in each bar is the estimated number of adults with a perceived unmet need for mental health services who did not receive any mental health services in the past year. The top number in each bar is the total estimated number of adults with any perceived unmet need for mental health services, including those who did not receive any mental health services and those who had an unmet need for additional services.

older in 2016 with a perceived unmet need for mental health care (2.4 percent) also was similar to the percentages in most years between 2002 and 2015.

**Perceived Unmet Need for Mental Health Services among Adults with AMI**

In 2016, approximately 9.2 million adults aged 18 or older with past year AMI perceived an unmet need for mental health care in the past year, including 3.9 million adults with AMI who did not receive any mental health services in the past year (Figure 26). About 1 in 5 adults with past year AMI in 2016 (20.7 percent) perceived an unmet need for mental health care in the past year (Figure 27). Among adults with a perceived unmet need and past year AMI, 42.5 percent did not receive any mental health services in the past year (Table A.13B).

Among the 9.2 million adults in 2016 with past year AMI who perceived an unmet need for mental health care in the past year, about 2.5 million were young adults aged 18 to 25, 4.8 million were aged 26 to 49, and 2.0 million were aged 50 or older (Table A.12A in Appendix A). These numbers of adults with AMI who perceived an unmet need for mental

health care correspond to 32.4 percent of young adults, 23.0 percent of adults aged 26 to 49, and 12.3 percent of those aged 50 or older (Table A.12B).

About half of the 2.5 million young adults with AMI who perceived an unmet need for mental health care did not receive any mental health services in the past year (1.3 million young adults with AMI, or 51.2 percent) (Table A.13B).<sup>31</sup> Among adults aged 26 to 49 with AMI who had a perceived unmet need for mental health care, 43.1 percent (2.1 million adults) did not receive any mental health services in the past year. Among adults aged 50 or older with AMI who had a perceived unmet need for mental health care, 30.2 percent (594,000 adults) did not receive any mental health services in the past year.

The estimate of 20.7 percent of adults in 2016 with past year AMI who perceived an unmet need for mental health care in that period was similar to the percentages in 2008 to 2015 (Figure 27). Across these 8 years, about 1 in 5 adults with AMI perceived an unmet need for mental health care.

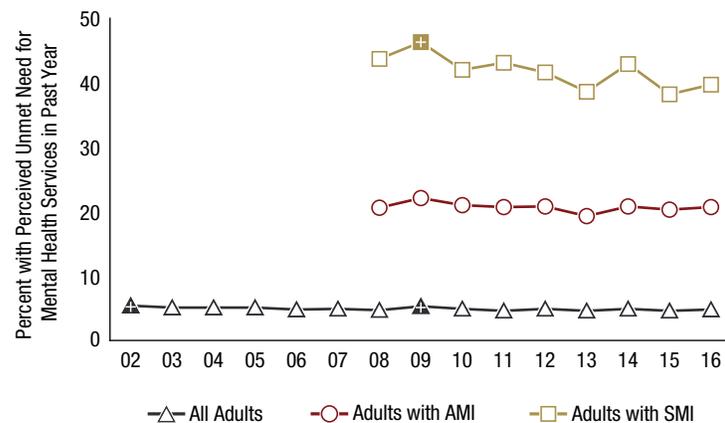
Among young adults aged 18 to 25 with past year AMI, the percentage in 2016 who perceived an unmet need for mental health services was higher than the percentages in most years from 2008 to 2015 (Table A.12B). In contrast, among adults aged 26 to 49 and those aged 50 or older, the percentages of adults with AMI who perceived an unmet need for mental health services remained steady between 2008 and 2016. For example, the percentage of adults with AMI who perceived an unmet need for mental health services ranged from 21.7 to 24.8 percent for adults aged 26 to 49 and from 11.8 to 15.2 percent for those aged 50 or older.

**Perceived Unmet Need for Mental Health Services among Adults with SMI**

About 4.1 million adults with past year SMI in 2016 perceived an unmet need for mental health care in the past year, including 1.4 million adults with SMI who did not receive any mental health services in the past year (Figure 26). Nearly 2 out of 5 adults with SMI (39.7 percent) perceived an unmet need for mental health services in the past year (Figure 27). About one third of adults with a perceived unmet need and past year SMI (33.5 percent) did not receive any mental health services in the past year (Table A.13B).

Among adults in 2016 with past year SMI, an estimated 1.1 million young adults aged 18 to 25, 2.1 million adults aged 26 to 49, and 926,000 adults aged 50 or older perceived an unmet need for mental health care in the past year

**Figure 27. Perceived Unmet Need for Mental Health Services in the Past Year among Adults Aged 18 or Older, by Mental Illness Status: Percentages, 2002-2016**



AMI = any mental illness; SMI = serious mental illness.

\* Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

**Figure 27 Table. Perceived Unmet Need for Mental Health Services in the Past Year among Adults Aged 18 or Older, by Mental Illness Status: Percentages, 2002-2016**

MI Status	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
All Adults	5.4*	5.1	5.1	5.1	4.8	4.9	4.7	5.3*	4.9	4.6	4.9	4.6	4.9	4.6	4.8
Adults with AMI	N/A	N/A	N/A	N/A	N/A	N/A	20.6	22.1	21.0	20.7	20.8	19.3	20.8	20.3	20.7
Adults with SMI	N/A	N/A	N/A	N/A	N/A	N/A	43.7	46.3*	42.0	43.1	41.6	38.6	42.9	38.2	39.7

AMI = any mental illness; MI = mental illness; N/A = not available; SMI = serious mental illness.

\* Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

(Table A.12A). About 44.2 percent (482,000) of the 1.1 million young adults with SMI who perceived an unmet need for mental health services and 32.0 percent (666,000) of the 2.1 million adults aged 26 to 49 with SMI who perceived an unmet need for mental health care in the past year did not receive any mental health services (Table A.13B). (Estimates for adults aged 50 or older with SMI who perceived an unmet need but did not receive mental health services were not reported because of low precision.<sup>9</sup>)

The percentage of adults with SMI who perceived an unmet need for mental health services in 2016 (39.7 percent) was similar to the percentages in most years between 2008 and 2015 (Figure 27). About 2 out of 5 adults each year who had past year SMI reported that they had an unmet need for mental health services.

For young adults aged 18 to 25 with SMI and for those aged 50 or older with SMI, the 2016 estimates for the perceived unmet need for mental health services remained relatively stable between 2008 and 2016 (Table A.12B). Each year, about 1 in 2 young adults with SMI and 3 out of 10 adults aged 50 or older with SMI perceived an unmet need for mental health services. The estimate of the perceived unmet need for mental health services among adults aged 26 to 49 with SMI in 2016 was lower than the estimates in some years (i.e., 2009, 2011, 2012, and 2014) but was similar to the estimates in other years (i.e., 2008, 2010, 2013, and 2015). In 2016, about 2 out of 5 adults aged 26 to 49 with SMI (39.7 percent) had a perceived unmet need for mental health services.

#### **Reasons for Not Receiving Mental Health Services in 2016 among Adults with a Perceived Unmet Need**

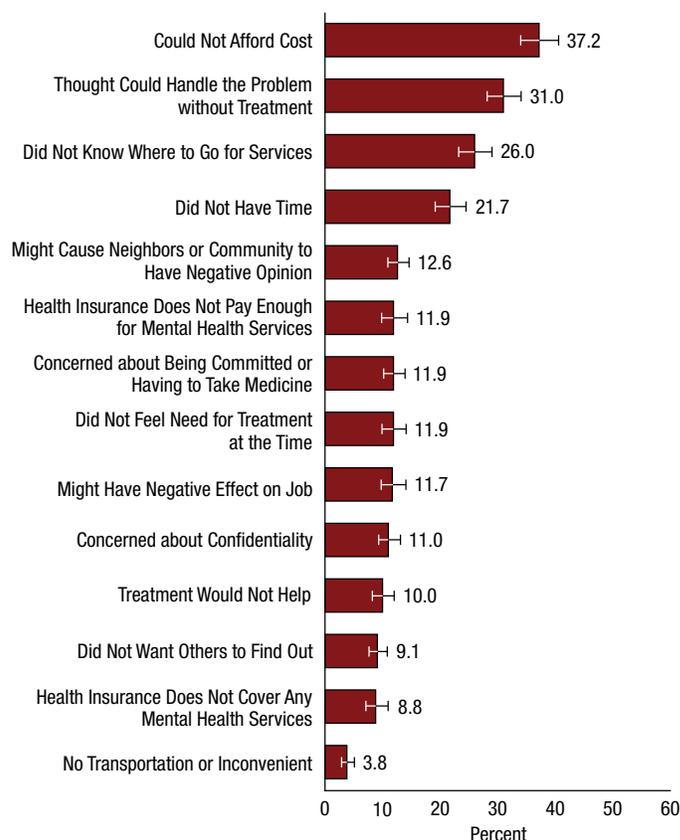
In 2016, among the 5.5 million adults aged 18 or older with a perceived unmet need for mental health services who did not receive any mental health services in the past year (Figure 26), 37.2 percent reported that they did not receive the services because they could not afford the cost of care (Figure 28). In addition, 31.0 percent believed at the time that they could handle the problem without treatment, 26.0 percent did not know where to go for mental health services, and 21.7 percent did not think that they had the time to go for mental health services.

Among adults with AMI in the past year and those with SMI in the past year in 2016 who had a perceived unmet need for mental health services but who did not receive services in the past year, the most common reason for not receiving the needed services was that they could not afford the cost of care (Figure 29). Specifically, about 2 out of 5 adults with AMI

(41.1 percent) and close to half of those with SMI (46.2 percent) perceived an unmet need for mental health services and did not receive services because they could not afford the cost of care.

Other reasons for not receiving mental health care among adults with mental illness included not knowing where to go for services and believing that they could handle the problem without treatment (Figure 29). In 2016, among adults with AMI who had a perceived unmet need for mental health care and did not receive services in the past year, 32.1 percent believed at the time that they could handle the problem without treatment, and 28.4 percent did not know where to go for services. Among corresponding adults with SMI, 30.5 percent believed at the time they could handle the problem without treatment, and 28.1 percent did not know where to go for services. In addition, 20.7 percent of adults with AMI who had a perceived unmet need for mental health care and did not receive mental health services in the past year reported that they did not have the time to go for care.

**Figure 28. Reasons for Not Receiving Mental Health Services in the Past Year among Adults Aged 18 or Older with a Perceived Unmet Need for Mental Health Services Who Did Not Receive Mental Health Services: Percentages, 2016**



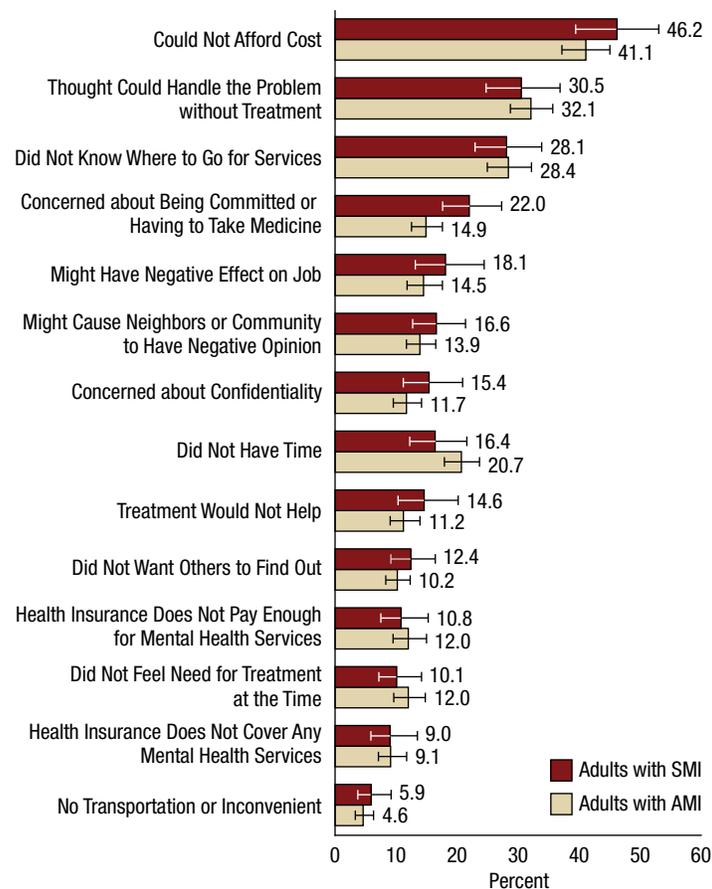
Note: Respondents could indicate multiple reasons for not receiving mental health services; thus, these response categories are not mutually exclusive.

Among adults with SMI who had a perceived unmet need and did not receive mental health services in the past year, 22.0 percent were concerned about being committed to a psychiatric hospital or having to take medication.

### Receipt of Services among Adults with Co-Occurring Mental Illness and a Substance Use Disorder

The coexistence of both a mental disorder and an SUD is referred to as having co-occurring disorders. Because NSDUH collects information on both the presence of a mental disorder (as defined by AMI and SMI) and SUDs, it is possible to estimate the percentages of adults with co-occurring disorders and the percentage of adults with co-occurring disorders who received treatment or counseling services. This section presents data from NSDUH on the receipt of mental health care or specialty substance use treatment among adults with co-occurring disorders.

**Figure 29. Reasons for Not Receiving Mental Health Services in the Past Year among Adults Aged 18 or Older with a Perceived Unmet Need for Mental Health Services Who Did Not Receive Mental Health Services, by Mental Illness Status: Percentages, 2016**



AMI = any mental illness; SMI = serious mental illness.

Note: Respondents could indicate multiple reasons for not receiving mental health services; thus, these response categories are not mutually exclusive.

### Receipt of Services among Adults with Co-Occurring AMI and a Substance Use Disorder

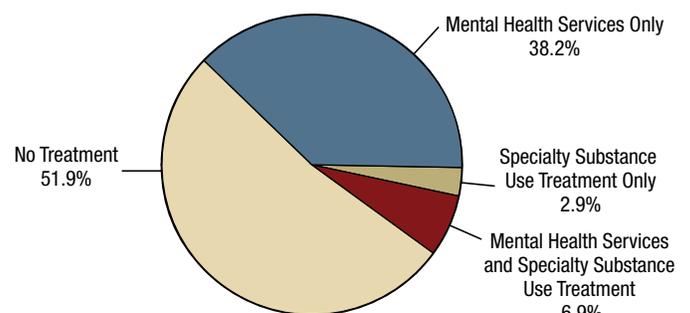
An estimated 8.2 million adults aged 18 or older in 2016 had co-occurring AMI and an SUD in the past year, corresponding to 3.4 percent of all adults. In addition, about 2.6 million adults had SMI and an SUD in the past year, representing 1.1 percent of all adults.<sup>1</sup>

Among the 8.2 million adults with co-occurring AMI and an SUD in the past year, 48.1 percent received either mental health care or substance use treatment at a specialty facility<sup>32</sup> in the past year (Figure 30). In other words, about half of the adults with co-occurring AMI and an SUD in the past year did *not* receive either type of service.<sup>33</sup> An estimated 6.9 percent of adults with these co-occurring disorders received both mental health care and specialty substance use treatment, 38.2 percent received only mental health care, and 2.9 percent received only specialty substance use treatment.

In 2016, an estimated 2.1 million young adults aged 18 to 25, 4.5 million adults aged 26 to 49, and 1.7 million adults aged 50 or older had co-occurring AMI and an SUD in the past year. These numbers represent 6.1 percent of young adults, 4.5 percent of adults aged 26 to 49, and 1.5 percent of adults aged 50 or older who had AMI and an SUD in the past year.<sup>1</sup>

Among adults in 2016 who had co-occurring AMI and an SUD in the past year, 42.0 percent of young adults aged 18 to 25, 47.9 percent of adults aged 26 to 49, and 56.3 percent of those aged 50 or older received mental health care or

**Figure 30. Receipt of Mental Health Services and Specialty Substance Use Treatment in the Past Year among Adults Aged 18 or Older Who Had Past Year Mental Illness and Substance Use Disorders: 2016**



8.2 Million Adults with Co-Occurring Mental Illness and Substance Use Disorders

Note: Mental health services are defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Specialty substance use treatment refers to treatment at a hospital (inpatient only), rehabilitation facility (inpatient or outpatient), or mental health center in order to reduce or stop drug or alcohol use, or for medical problems associated with drug or alcohol use.

Note: The percentages do not add to 100 percent due to rounding.

substance use treatment at a specialty facility in the past year (Table A.15B in Appendix A). Among adults in all three age groups in 2016 who had co-occurring AMI and an SUD in the past year, the most common type of service was receipt of only mental health care. Specifically, 35.1 percent of young adults, 37.0 percent of those aged 26 to 49, and 45.1 percent of those aged 50 or older who had co-occurring AMI and an SUD received only mental health care. In addition, 3.8 percent of young adults, 8.0 percent of adults aged 26 to 49, and 8.1 percent of adults aged 50 or older who had co-occurring AMI and an SUD received both mental health care and specialty substance use treatment. About 3.1 percent of young adults, 2.8 percent of adults aged 26 to 49, and 3.0 percent of those aged 50 or older with co-occurring AMI and an SUD received only specialty substance use treatment in the past year.

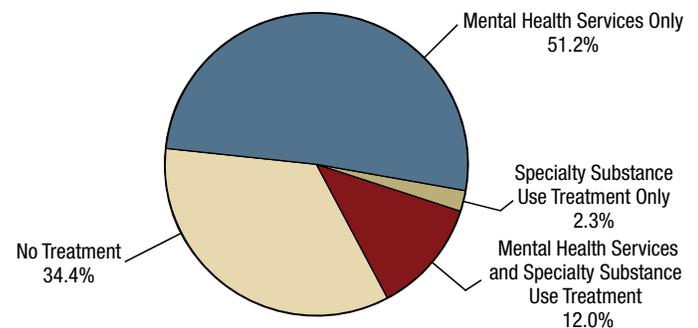
### Receipt of Services among Adults with Co-Occurring SMI and a Substance Use Disorder

Among the 2.6 million adults who had co-occurring SMI and an SUD in the past year, 65.6 percent received either substance use treatment at a specialty facility or mental health care in the past year (Figure 31). Stated another way, about 1 in 3 adults with co-occurring SMI and an SUD did *not* receive either type of care in the past year. Among adults with co-occurring SMI and an SUD, 12.0 percent received both mental health care and specialty substance use treatment, 51.2 percent received only mental health care, and 2.3 percent received only specialty substance use treatment.

In 2016, about 711,000 young adults, 1.4 million adults aged 26 to 49, and 496,000 adults aged 50 or older had SMI and an SUD in the past year. These numbers correspond to 2.1 percent of young adults, 1.4 percent of adults aged 26 to 49, and 0.4 percent of adults aged 50 or older who had co-occurring SMI and an SUD in the past year.<sup>1</sup>

Among adults with co-occurring SMI and an SUD in 2016, 55.7 percent of young adults aged 18 to 25 and 69.0 percent of those aged 26 to 49 received either mental health care or specialty substance treatment in the past year (Table A.15B in Appendix A). In addition, 3.8 percent of young adults and 12.7 percent of adults aged 26 to 49 who had co-occurring SMI and an SUD received both mental health care and specialty substance use treatment. An estimated 49.6 percent of young adults aged 18 to 25 with co-occurring SMI and an SUD and 54.1 percent of adults aged 26 to 49 received only mental health care. (Estimates for the receipt of services among adults aged 50 or older with co-occurring SMI and an SUD were not reported because of low precision.<sup>9</sup>)

**Figure 31. Receipt of Mental Health Services and Specialty Substance Use Treatment in the Past Year among Adults Aged 18 or Older Who Had Past Year Serious Mental Illness and Substance Use Disorders: 2016**



2.6 Million Adults with Co-Occurring Serious Mental Illness and Substance Use Disorders

Note: Mental health services are defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Specialty substance use treatment refers to treatment at a hospital (inpatient only), rehabilitation facility (inpatient or outpatient), or mental health center in order to reduce or stop drug or alcohol use, or for medical problems associated with drug or alcohol use.

Note: The percentages do not add to 100 percent due to rounding.

### Author Affiliations

Eunice Park-Lee, Rachel N. Lipari, and Sarra L. Hedden are with the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, Rockville, MD. Larry A. Kroutil and Jeremy D. Porter are with RTI International (a registered trademark and a trade name of Research Triangle Institute), Research Triangle Park, NC.

### Acknowledgments of Reviewers

The authors would like to thank Jonaki Bose of the Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, and Kristen Brown, Jennifer Cooney, Devon Cribb, and Ana Saravia at RTI International for reviewing previous drafts of this Data Review.

### Suggested Citation

Park-Lee, E., Lipari, R. N., Hedden, S. L., Kroutil, L. A., & Porter, J. D. (2017, September). *Receipt of services for substance use and mental health issues among adults: Results from the 2016 National Survey on Drug Use and Health*. NSDUH Data Review. Retrieved from <https://www.samhsa.gov/data/>

## Endnotes

1. For detail, see the following report: Substance Abuse and Mental Health Services Administration. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health* (HHS Publication No. SMA 17-5044, NSDUH Series H-52). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>
2. Center for Behavioral Health Statistics and Quality. (2017). *Results from the 2016 National Survey on Drug Use and Health: Detailed tables*. Retrieved from <https://www.samhsa.gov/data/>
3. This report occasionally presents estimated numbers of people with a specific characteristic (e.g., estimated numbers of substance users). Some of these estimated numbers are not included in figures or tables in the report but may be found in the detailed tables for the 2016 NSDUH available at <https://www.samhsa.gov/data/>
4. In this report, terms such as “Americans,” “people in this country,” “general population,” or similar terms are used broadly to refer to the civilian, noninstitutionalized population that is covered by NSDUH. Although some people in the general population of the United States are outside of the civilian, noninstitutionalized population, information from the 2010 census suggests that the civilian, noninstitutionalized population includes at least 97 percent of the total U.S. population. See the following reference: Lofquist, D., Lugaila, T., O’Connell, M., & Feliz, S. (2012, April). *Households and families: 2010* (C2010BR-14, 2010 Census Briefs). Retrieved from <https://www.census.gov/prod/cen2010/briefs/c2010br-14.pdf>
5. Details about the sample design, weighting, and interviewing results for the 2016 NSDUH are provided in Sections A.1, A.3.4, and B.3.1 of CBHSQ (2017). In particular, Tables A.1 and A.2 in CBHSQ (2017) provide sample design information on the targeted numbers of completed interviews by state and by age group, respectively. See the following reference: Center for Behavioral Health Statistics and Quality. (2017). *2016 National Survey on Drug Use and Health: Methodological summary and definitions*. Retrieved from <https://www.samhsa.gov/data/>
6. The screening procedure involves listing all household members in order to determine whether zero, one, or two individuals aged 12 or older should be selected for the interview.
7. An overall response rate is not calculated for adults aged 18 or older because the screening response rate is not specific to age groups.
8. Center for Behavioral Health Statistics and Quality. (2017). *2016 National Survey on Drug Use and Health: Methodological summary and definitions*. Retrieved from <https://www.samhsa.gov/data/>
9. For a discussion of the criteria for suppressing (i.e., not publishing) unreliable estimates, see Section B.2.2 in CBHSQ (2017). See the following reference: Center for Behavioral Health Statistics and Quality. (2017). *2016 National Survey on Drug Use and Health: Methodological summary and definitions*. Retrieved from <https://www.samhsa.gov/data/>
10. Center for Behavioral Health Statistics and Quality. (2016). *2015 National Survey on Drug Use and Health: Summary of the effects of the 2015 NSDUH questionnaire redesign: Implications for data users*. Retrieved from <https://www.samhsa.gov/data/>
11. Center for Behavioral Health Statistics and Quality. (2015, August). *National Survey on Drug Use and Health: 2014 and 2015 redesign changes*. Retrieved from <https://www.samhsa.gov/data/>
12. Details about the questionnaire changes for 2015 and their effects on the comparability of estimates are provided in Section C of CBHSQ (2016). See the following reference: Center for Behavioral Health Statistics and Quality. (2016). *2015 National Survey on Drug Use and Health: Methodological summary and definitions*. Retrieved from <https://www.samhsa.gov/data/>
13. If the number of people in the population with a characteristic of interest has increased (e.g., the number of substance users) simply because the size of the overall population has increased, then the percentages will control for the increases both in the number of people with the characteristic of interest and the total number of people in the population.
14. The term “most years” is used when the 2016 estimate is either similar to or significantly different from the estimates in the majority of prior years. However, estimates may not follow the overall pattern in up to 3 nonsequential years for estimates that are available in 2002 to 2016 and in up to 1 or 2 nonsequential years for mental health estimates that are available in 2008 (or 2009) to 2016.
15. Anomalous differences between 2 years of data usually “correct” themselves with 1 or 2 additional years of data.
16. Misuse of prescription drugs is defined as use in any way not directed by a doctor, including use without a prescription of one’s own medication; use in greater amounts, more often, or longer than told to take a drug; or use in any other way not directed by a doctor. Prescription drugs do not include over-the-counter drugs.
17. American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders* (DSM-IV) (4th ed.). Washington, DC: Author.
18. The most recent treatment refers to treatment people were receiving at the time of the interview or last treatment if they were not currently receiving treatment at the time of the interview.
19. Data on the substances for which people received their most recent treatment are not mutually exclusive because respondents could indicate that they received treatment for their use of more than one substance during their most recent substance use treatment.
20. The estimate for people who received any substance use treatment in the past year includes those who received treatment at an unknown facility type. Unknown facility type includes all respondents with insufficient information to definitively classify in which facility type(s) they received treatment, regardless of whether they received treatment for alcohol, illicit drugs, or both.
21. The NSDUH definition of the need for substance use treatment does not explicitly indicate the need for treatment at a specialty facility. People who had an SUD in the past year can be considered to need some form of assistance for their problems with substance use. However, individuals who met DSM-IV criteria for abuse but not dependence may not necessarily need treatment at a specialty facility. For more information about the DSM-IV criteria for having an SUD, see Section B.4.3 and the definitions for abuse and dependence in Section D of CBHSQ (2017). See the following references:  
  
Center for Behavioral Health Statistics and Quality. (2017). *2016 National Survey on Drug Use and Health: Methodological summary and definitions*. Retrieved from <https://www.samhsa.gov/data/>  
  
American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders* (DSM-IV) (4th ed.). Washington, DC: Author.

22. Numbers of people who needed treatment specifically for illicit drug use or for alcohol use are not mutually exclusive and therefore do not sum to the total number of people who needed treatment for an illicit drug use problem *or* an alcohol use problem.
23. People who are classified as needing substance use treatment may receive treatment at a nonspecialty facility for their problems with substance use; however, the majority of people who need treatment may not receive any substance use treatment. For example, about 704,000 adults aged 18 or older in 2016 who needed substance use treatment received nonspecialty treatment but not specialty treatment. In contrast, 17.0 million adults did not receive any treatment.
24. Individuals who needed treatment for an illicit drug use problem were defined as receiving treatment for their illicit drug use problem only if they reported receiving specialty treatment for illicit drug use in the past year. Thus, individuals who needed treatment for illicit drug use but received specialty treatment only for alcohol use in the past year or who received treatment for illicit drug use only at a facility not classified as a specialty facility were not counted as receiving specialty treatment for illicit drug use. However, these individuals still were counted among those who needed treatment for illicit drug use *or* alcohol use and who received treatment at a specialty facility for their illicit drug use problem *or* alcohol use problem.
25. People who are classified as needing illicit drug use treatment may receive treatment at a nonspecialty facility for their problems with illicit drug use; however, the majority of people who needed treatment do not receive any treatment. For example, of the 8.1 million people aged 12 or older in 2016 who needed illicit drug use treatment, about 307,000 received nonspecialty treatment for illicit drug use, while 6.7 million did not receive any treatment.
26. Individuals who needed treatment for an alcohol use problem were defined as receiving treatment for their alcohol use problem only if they reported receiving specialty treatment for alcohol use in the past year. Thus, individuals who needed treatment for alcohol use but received specialty treatment only for illicit drug use in the past year or who received treatment for alcohol use only at a facility not classified as a specialty facility were not counted as receiving specialty treatment for alcohol use. However, these individuals still were counted among those who needed treatment for illicit drug use *or* alcohol use and who received treatment at a specialty facility for their illicit drug use problem *or* alcohol use problem.
27. People who are classified as needing alcohol use treatment may receive treatment at a nonspecialty facility for their problems with alcohol use; however, the majority of people who needed treatment do not receive any treatment. For example, of the 15.1 million people aged 12 or older in 2016 who needed treatment for their problems with alcohol use, about 426,000 received nonspecialty treatment for alcohol use, while 14.4 million did not receive any treatment.
28. For services in an inpatient setting, adult respondents were asked whether they stayed overnight or longer in a hospital or other facility in the past 12 months to receive treatment or counseling for any problems they were having with their emotions, nerves, or mental health. For services in an outpatient setting, adult respondents were presented with the following examples of locations for outpatient mental health care: (a) an outpatient mental health clinic or center; (b) the office of a private therapist, psychologist, psychiatrist, social worker, or counselor that was not part of a clinic; (c) a doctor's office that was not part of a clinic; (d) an outpatient medical clinic; (e) a partial day hospital or day treatment program; or (f) some other place. Based on these examples, adults were asked whether they received any outpatient treatment or counseling in the past 12 months for any problems they were having with their emotions, nerves, or mental health.
29. Estimates for the types of mental health care that adults received are not mutually exclusive because adults could have received more than one type of care.
30. In order to generate estimates of AMI and SMI in the United States, SAMHSA designed and implemented the Mental Health Surveillance Study (MHSS). Over the 5-year period from 2008 to 2012, a subsample of adults was selected from the main study to participate in a follow-up telephone interview that obtained a detailed mental health assessment administered by trained mental health clinicians. The MHSS interview used the Structured Clinical Interview for DSM-IV-TR Axis I Disorders, Research Version, Non-patient Edition (SCID-I/NP). A prediction model created from clinical interview data that were collected in 2008 to 2012 was applied to data from the 2008 to 2016 NSDUHs to produce estimates of AMI for the entire NSDUH adult sample in these years. For details about the SCID-I/NP, see the following reference: First, M. B., Spitzer, R. L., Gibbon, M., & Williams, J. B. W. (2002). *Structured Clinical Interview for DSM-IV-TR Axis I Disorders, Research Version, Non-patient Edition (SCID-I/NP)*. New York, NY: New York State Psychiatric Institute, Biometrics Research.
31. Percentages that readers calculate from estimated numbers of adults with a perceived unmet need for mental health services may not agree with reported percentages because the estimated numbers are rounded to the nearest 0.1 million adults.
32. A specialty facility refers to a hospital (only as an inpatient), a drug or alcohol rehabilitation facility (as an inpatient or outpatient), or a mental health center.
33. Percentages for the receipt of specific types of services do not sum to the total percentage who received any type of service due to rounding.

**Appendix A:**  
**Supplemental Tables of Estimates for Receipt of Services for Substance Use and Mental Health Issues among Adults**

**Table A.1A Received Substance Use Treatment at Any Treatment Location or at a Specialty Facility in the Past Year among Adults Aged 18 or Older, by Age Group**

Treatment Facility Type	Aged 18 or Older, Numbers <sup>1</sup> (2016)	Percentage among Adults Aged 18 or Older <sup>2</sup> (2016)	Aged 18-25, Numbers <sup>1</sup> (2016)	Percentage among Adults Aged 18-25 <sup>2</sup> (2016)	Aged 26 or Older, Numbers <sup>1</sup> (2016)	Percentage among Adults Aged 26 or Older <sup>2</sup> (2016)
Any Treatment Location	3,575 (171)	1.5 (0.07)	624 (44)	1.8 (0.13)	2,950 (163)	1.4 (0.08)
Specialty Facility	2,140 (130)	0.9 (0.05)	383 (34)	1.1 (0.10)	1,756 (127)	0.8 (0.06)

<sup>1</sup> Estimates shown are numbers in thousands with standard errors included in parentheses.

<sup>2</sup> Estimates shown are percentages with standard errors included in parentheses.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

**Table A.2A Substances for Which Last or Current Treatment Was Received among Adults Aged 18 or Older Who Received Any Substance Use Treatment in the Past Year, by Age Group**

Substance for Which Last or Current Treatment Was Received <sup>1</sup>	Aged 18 or Older, Numbers <sup>2</sup> (2016)	Percentage among Adults Aged 18 or Older Who Received Any Substance Use Treatment <sup>3</sup> (2016)	Aged 18-25, Numbers <sup>2</sup> (2016)	Percentage among Adults Aged 18-25 Who Received Any Substance Use Treatment <sup>3</sup> (2016)	Aged 26 or Older, Numbers <sup>2</sup> (2016)	Percentage among Adults Aged 26 or Older Who Received Any Substance Use Treatment <sup>3</sup> (2016)
Marijuana	663 (63)	18.5 (1.59)	200 (26)	32.0 (3.30)	463 (57)	15.7 (1.79)
Cocaine	500 (68)	14.0 (1.78)	51 (12)	8.1 (1.85)	450 (67)	15.2 (2.11)
Heroin	636 (83)	17.8 (2.04)	109 (19)	17.4 (2.83)	527 (79)	17.9 (2.35)
Hallucinogens	245 (44)	6.9 (1.17)	46 (12)	7.3 (1.79)	200 (42)	6.8 (1.38)
Inhalants	178 (46)	5.0 (1.25)	26 (9)	4.2 (1.41)	152 (45)	5.1 (1.48)
Methamphetamine	396 (58)	11.1 (1.53)	72 (15)	11.5 (2.31)	324 (55)	11.0 (1.77)
Pain Relievers	692 (68)	19.4 (1.74)	105 (18)	16.9 (2.60)	587 (66)	19.9 (2.01)
Tranquilizers	216 (44)	6.1 (1.19)	60 (15)	9.6 (2.25)	156 (42)	5.3 (1.36)
Stimulants	118 (35)	3.3 (0.95)	27 (9)	4.3 (1.38)	91 (33)	3.1 (1.11)
Sedatives	144 (36)	4.0 (0.99)	33 (10)	5.3 (1.49)	111 (34)	3.8 (1.13)
Alcohol	1,980 (132)	55.4 (2.31)	295 (31)	47.3 (3.45)	1,684 (127)	57.1 (2.70)

<sup>1</sup> Respondents could indicate multiple substances for which they received their last or current treatment; thus, these response categories are not mutually exclusive.

<sup>2</sup> Estimates shown are numbers in thousands with standard errors included in parentheses.

<sup>3</sup> Estimates shown are percentages with standard errors included in parentheses.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

**Table A.3A Receipt of Substance Use Treatment at a Specialty Facility and/or a Nonspecialty Facility in the Past Year among Adults Aged 18 or Older, by Age Group**

Treatment Facility Type	Aged 18 or Older, Numbers <sup>1</sup> (2016)	Percentage among Adults Aged 18 or Older <sup>2</sup> (2016)	Aged 18-25, Numbers <sup>1</sup> (2016)	Percentage among Adults Aged 18-25 <sup>2</sup> (2016)	Aged 26 or Older, Numbers <sup>1</sup> (2016)	Percentage among Adults Aged 26 or Older <sup>2</sup> (2016)
Specialty Facility Only	488 (54)	0.2 (0.02)	114 (20)	0.3 (0.06)	374 (53)	0.2 (0.03)
Nonspecialty Facility Only	1,047 (94)	0.4 (0.04)	168 (23)	0.5 (0.07)	879 (90)	0.4 (0.04)
Both Specialty and Nonspecialty Facility	1,645 (119)	0.7 (0.05)	264 (29)	0.8 (0.08)	1,381 (116)	0.7 (0.06)
Unknown Facility Type <sup>3</sup>	395 (56)	0.2 (0.02)	78 (17)	0.2 (0.05)	317 (53)	0.2 (0.03)
No Substance Use Treatment <sup>4</sup>	240,959 (171)	98.5 (0.07)	33,946 (44)	98.2 (0.13)	207,013 (163)	98.6 (0.08)

<sup>1</sup> Estimates shown are numbers in thousands with standard errors included in parentheses.

<sup>2</sup> Estimates shown are percentages with standard errors included in parentheses.

<sup>3</sup> Unknown Facility Type includes all respondents with insufficient information to definitively classify in which facility type(s) they received treatment, regardless of whether they received treatment for alcohol, illicit drugs, or both.

<sup>4</sup> No Substance Use Treatment includes respondents who either did not receive substance use treatment for any substance in the past year or have unknown substance use treatment information.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

**Table A.4A Receipt of Substance Use Treatment at a Specialty Facility and/or a Nonspecialty Facility in the Past Year among Adults Aged 18 or Older Who Received Any Substance Use Treatment in the Past Year, by Age Group**

Treatment Facility Type	Aged 18 or Older, Numbers <sup>1</sup> (2016)	Percentage among Adults Aged 18 or Older Who Received Any Substance Use Treatment <sup>2</sup> (2016)	Aged 18-25, Numbers <sup>1</sup> (2016)	Percentage among Adults Aged 18-25 Who Received Any Substance Use Treatment <sup>2</sup> (2016)	Aged 26 or Older, Numbers <sup>1</sup> (2016)	Percentage among Adults Aged 26 or Older Who Received Any Substance Use Treatment <sup>2</sup> (2016)
Specialty Facility Only	488 (54)	13.7 (1.50)	114 (20)	18.2 (2.91)	374 (53)	12.7 (1.75)
Nonspecialty Facility Only	1,047 (94)	29.3 (2.18)	168 (23)	26.9 (3.11)	879 (90)	29.8 (2.53)
Both Specialty and Nonspecialty Facility	1,645 (120)	46.0 (2.26)	264 (29)	42.3 (3.58)	1,381 (117)	46.8 (2.68)
Unknown Facility Type <sup>3</sup>	395 (57)	11.0 (1.49)	78 (17)	12.6 (2.52)	317 (53)	10.7 (1.73)

<sup>1</sup> Estimates shown are numbers in thousands with standard errors included in parentheses.

<sup>2</sup> Estimates shown are percentages with standard errors included in parentheses.

<sup>3</sup> Unknown Facility Type includes all respondents with insufficient information to definitively classify in which facility type(s) they received treatment, regardless of whether they received treatment for alcohol, illicit drugs, or both.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

**Table A.5A Need for and Receipt of Treatment at a Specialty Facility for a Substance Use Problem in the Past Year among Adults Aged 18 or Older, by Age Group**

Substance for Which Treatment Was Needed/Treatment Receipt Status	Aged 18 or Older, Numbers <sup>1</sup> (2016)	Percentage among 18 or Older <sup>2</sup> (2016)	Percentage among 18 or Older Who Needed Treatment <sup>2</sup> (2016)	Aged 18-25, Numbers <sup>1</sup> (2016)	Percentage among 18-25 <sup>2</sup> (2016)	Percentage among 18-25 Who Needed Treatment <sup>2</sup> (2016)	Aged 26 or Older, Numbers <sup>1</sup> (2016)	Percentage among 26 or Older <sup>2</sup> (2016)	Percentage among 26 or Older Who Needed Treatment <sup>2</sup> (2016)
<b>NEEDED TREATMENT FOR ILLICIT DRUG OR ALCOHOL USE</b>	19,874 (406)	8.1 (0.17)	100.0 (0.00)	5,343 (130)	15.5 (0.37)	100.0 (0.00)	14,531 (377)	6.9 (0.18)	100.0 (0.00)
Received Treatment at a Specialty Facility <sup>3</sup>	2,140 (130)	0.9 (0.05)	10.8 (0.61)	383 (34)	1.1 (0.10)	7.2 (0.62)	1,756 (127)	0.8 (0.06)	12.1 (0.81)
Did Not Receive Treatment at a Specialty Facility <sup>4</sup>	17,734 (380)	7.3 (0.16)	89.2 (0.61)	4,959 (128)	14.3 (0.37)	92.8 (0.62)	12,775 (351)	6.1 (0.17)	87.9 (0.81)
<b>NEEDED TREATMENT FOR ILLICIT DRUG USE</b>	7,304 (232)	3.0 (0.09)	100.0 (0.00)	2,520 (93)	7.3 (0.27)	100.0 (0.00)	4,784 (207)	2.3 (0.10)	100.0 (0.00)
Received Treatment at a Specialty Facility <sup>3</sup>	1,343 (99)	0.5 (0.04)	18.4 (1.20)	259 (26)	0.7 (0.08)	10.3 (1.02)	1,084 (96)	0.5 (0.05)	22.7 (1.76)
Did Not Receive Treatment at a Specialty Facility <sup>4</sup>	5,961 (206)	2.4 (0.08)	81.6 (1.20)	2,261 (90)	6.5 (0.26)	89.7 (1.02)	3,700 (182)	1.8 (0.09)	77.3 (1.76)
<b>NEEDED TREATMENT FOR ALCOHOL USE</b>	15,070 (354)	6.2 (0.14)	100.0 (0.00)	3,750 (111)	10.8 (0.32)	100.0 (0.00)	11,320 (333)	5.4 (0.16)	100.0 (0.00)
Received Treatment at a Specialty Facility <sup>3</sup>	1,160 (96)	0.5 (0.04)	7.7 (0.61)	175 (22)	0.5 (0.06)	4.7 (0.59)	985 (94)	0.5 (0.04)	8.7 (0.79)
Did Not Receive Treatment at a Specialty Facility <sup>4</sup>	13,910 (339)	5.7 (0.14)	92.3 (0.61)	3,575 (110)	10.3 (0.32)	95.3 (0.59)	10,335 (317)	4.9 (0.15)	91.3 (0.79)

NOTE: Respondents were classified as needing treatment for a substance use problem if they met the criteria for substance use disorder as defined in the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition (DSM-IV), or received treatment for substance use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center).

<sup>1</sup> Estimates shown are numbers in thousands with standard errors included in parentheses.

<sup>2</sup> Estimates shown are percentages with standard errors included in parentheses.

<sup>3</sup> Estimates include individuals who received treatment specifically for illicit drugs or alcohol, as well as individuals who received treatment but did not specify for what substance(s).

<sup>4</sup> Did Not Receive Treatment at a Specialty Facility includes respondents who either did not receive substance use treatment at a specialty facility in the past year or had unknown substance use treatment information.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

**Table A.6A Perceived Need for Substance Use Treatment and Whether Made an Effort to Get Treatment in the Past Year among Adults Aged 18 or Older Classified as Needing but Not Receiving Treatment for an Illicit Drug Use Problem or Alcohol Use Problem, by Age Group**

Age Group	Felt Need for Treatment (2016)	Felt Need and Made Effort to Get Treatment (2016)	Felt Need and Made No Effort to Get Treatment (2016)	Did Not Feel Need for Treatment (2016)
<b>TOTAL</b>	806 (81)	351 (55)	455 (57)	16,928 (375)
<b>AGE</b>				
18-25	145 (23)	46 (11)	98 (20)	4,815 (145)
26 or Older	662 (77)	305 (54)	357 (53)	12,113 (341)

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

NOTE: Respondents were classified as needing treatment for an illicit drug use problem or alcohol use problem if they met the criteria for a substance use disorder as defined in the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition (DSM-IV), or received treatment for illicit drug use or alcohol use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center).

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

**Table A.7A Perceived Need for Illicit Drug Use Treatment and Whether Made an Effort to Get Treatment in the Past Year among Adults Aged 18 or Older Classified as Needing but Not Receiving Treatment for an Illicit Drug Use Problem, by Age Group**

Age Group	Felt Need for Treatment (2016)	Felt Need and Made Effort to Get Treatment (2016)	Felt Need and Made No Effort to Get Treatment (2016)	Did Not Feel Need for Treatment (2016)
<b>TOTAL</b>	400 (56)	212 (44)	189 (36)	5,561 (201)
<b>AGE</b>				
18-25	77 (17)	29 (8)	48 (14)	2,184 (94)
26 or Older	323 (53)	183 (42)	140 (33)	3,377 (175)

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

NOTE: Respondents were classified as needing treatment for an illicit drug use problem if they met the criteria for an illicit drug use disorder as defined in the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition (DSM-IV), or received treatment for illicit drug use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center).

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

**Table A.8A Perceived Need for Alcohol Use Treatment and Whether Made an Effort to Get Treatment in the Past Year among Adults Aged 18 or Older Classified as Needing but Not Receiving Treatment for an Alcohol Use Problem, by Age Group**

Age Group	Felt Need for Treatment (2016)	Felt Need and Made Effort to Get Treatment (2016)	Felt Need and Made No Effort to Get Treatment (2016)	Did Not Feel Need for Treatment (2016)
<b>TOTAL</b>	457 (64)	199 (45)	258 (44)	13,453 (337)
<b>AGE</b>				
18-25	72 (17)	19 (8)	53 (15)	3,503 (121)
26 or Older	385 (61)	180 (45)	205 (42)	9,950 (311)

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

NOTE: Respondents were classified as needing treatment for an alcohol use problem if they met the criteria for an alcohol use disorder as defined in the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition (DSM-IV), or received treatment for alcohol use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center).

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

**Table A.9B Detailed Reasons for Not Receiving Substance Use Treatment in the Past Year among Adults Aged 18 or Older Classified as Needing but Not Receiving Substance Use Treatment at a Specialty Facility and Who Felt a Need for Treatment in the Past Year**

Reason for Not Receiving Substance Use Treatment <sup>1</sup>	Total (2016)
No Health Care Coverage and Could Not Afford Cost	26.9 (4.32)
Had Health Care Coverage but Did Not Cover Treatment or Did Not Cover Full Cost	11.5 (3.72)
No Transportation/Programs Too Far Away/Hours Inconvenient	7.5 (2.30)
Did Not Find a Program that Offered the Type of Treatment Wanted	14.4 (3.45)
Not Ready to Stop Using	38.1 (4.49)
No Openings in a Program	3.2 (1.46)
Did Not Know Where to Go for Treatment	19.1 (3.55)
Might Cause Neighbors/Community to Have Negative Opinion	13.5 (2.89)
Might Have Negative Effect on Job	11.9 (3.14)
Did Not Feel Need for Treatment at the Time	3.2 (1.61)
Could Handle the Problem without Treatment	9.2 (2.42)
Treatment Would Not Help	** (**)
Did Not Have Time	5.0 (1.96)
Did Not Want Others to Find Out	4.1 (1.78)
Some Other Reason	1.3 (0.81)

\*\* Low precision; no estimate reported.

NOTE: Estimates shown are percentages with standard errors included in parentheses.

NOTE: Respondents were classified as needing treatment for a substance use problem if they met the criteria for substance use disorder as defined in the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition (DSM-IV), or received treatment for substance use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center).

<sup>1</sup> Respondents could indicate multiple reasons for not receiving treatment; thus, these response categories are not mutually exclusive.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

**Table A.10B Type of Mental Health Services Received in the Past Year among Adults Aged 18 or Older, by Age Group**

Mental Health Services Received <sup>1</sup> /Age Group	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
<b>INPATIENT, OUTPATIENT, OR PRESCRIPTION MEDICATION</b>	13.0* (0.27)	13.2* (0.26)	12.8* (0.26)	13.0* (0.26)	12.9* (0.26)	13.3* (0.27)	13.5* (0.29)	13.4* (0.27)	13.8 (0.27)	13.6* (0.26)	14.5 (0.28)	14.6 (0.28)	14.8 (0.23)	14.2 (0.23)	14.4 (0.23)
18-25	10.5* (0.25)	11.1* (0.28)	10.8* (0.26)	11.2* (0.27)	10.8* (0.28)	10.4* (0.28)	11.0* (0.28)	11.2* (0.27)	11.0* (0.27)	11.4* (0.30)	12.0* (0.29)	12.2 (0.32)	11.9* (0.34)	11.7* (0.31)	12.9 (0.34)
26-49	14.5 (0.36)	14.5 (0.35)	14.4* (0.34)	13.9* (0.34)	14.0* (0.37)	14.3* (0.35)	14.1* (0.34)	14.6 (0.36)	14.9 (0.37)	14.9 (0.36)	15.2 (0.38)	15.5 (0.40)	15.3 (0.28)	15.3 (0.29)	15.4 (0.29)
50 or Older	12.0* (0.54)	12.3* (0.53)	11.7* (0.51)	12.5* (0.53)	12.4* (0.48)	13.2 (0.53)	13.7 (0.57)	12.9 (0.52)	13.6 (0.52)	13.2 (0.47)	14.8 (0.51)	14.6 (0.52)	15.4* (0.42)	13.9 (0.40)	14.0 (0.42)
<b>INPATIENT</b>	0.7* (0.06)	0.8 (0.07)	0.9 (0.07)	1.0 (0.08)	0.7* (0.06)	1.0 (0.08)	0.9 (0.10)	0.8 (0.07)	0.8 (0.07)	0.8 (0.06)	0.8 (0.06)	0.9 (0.07)	1.0 (0.06)	0.9 (0.06)	0.9 (0.06)
18-25	0.9* (0.08)	1.0* (0.09)	1.2 (0.10)	1.1* (0.09)	1.1* (0.08)	1.1* (0.09)	1.1* (0.10)	1.1* (0.10)	1.0* (0.09)	1.1* (0.09)	1.1* (0.10)	1.3 (0.11)	1.2* (0.11)	1.4 (0.12)	1.5 (0.11)
26-49	0.8 (0.09)	0.9 (0.10)	0.8 (0.09)	0.9 (0.10)	0.8 (0.09)	1.1 (0.11)	0.8 (0.09)	1.0 (0.11)	0.8 (0.09)	0.8 (0.09)	0.7* (0.08)	1.0 (0.10)	1.0 (0.08)	0.9 (0.07)	1.0 (0.08)
50 or Older	0.5 (0.10)	0.7 (0.14)	0.9 (0.14)	1.0 (0.17)	0.5 (0.10)	0.7 (0.15)	0.9 (0.22)	0.6 (0.11)	0.7 (0.13)	0.7 (0.11)	0.8 (0.12)	0.7 (0.11)	1.0 (0.12)	0.8 (0.11)	0.7 (0.10)
<b>OUTPATIENT</b>	7.4 (0.21)	7.1 (0.19)	7.1 (0.19)	6.8 (0.20)	6.7 (0.20)	7.0 (0.19)	6.8 (0.20)	6.4* (0.19)	6.6 (0.20)	6.7 (0.19)	6.6 (0.19)	6.6 (0.21)	6.7 (0.16)	7.1 (0.17)	6.9 (0.16)
18-25	6.7 (0.21)	6.6* (0.21)	6.2* (0.21)	6.4* (0.22)	5.9* (0.23)	5.6* (0.21)	5.9* (0.21)	6.1* (0.20)	5.7* (0.21)	6.2* (0.22)	6.5* (0.22)	6.3* (0.22)	6.4* (0.25)	6.6* (0.24)	7.3 (0.26)
26-49	8.9* (0.29)	8.7 (0.28)	8.6 (0.27)	7.8 (0.27)	7.6 (0.27)	8.0 (0.28)	7.9 (0.26)	7.5 (0.27)	7.8 (0.28)	7.8 (0.28)	7.6 (0.26)	7.4 (0.29)	7.5 (0.20)	7.9 (0.22)	8.1 (0.22)
50 or Older	5.7 (0.39)	5.3 (0.35)	5.6 (0.36)	5.9 (0.39)	6.0 (0.37)	6.3 (0.37)	6.0 (0.39)	5.3 (0.34)	5.7 (0.35)	5.7 (0.34)	5.7 (0.33)	6.0 (0.37)	6.1 (0.29)	6.4 (0.29)	5.8 (0.27)
<b>PRESCRIPTION MEDICATION</b>	10.5* (0.25)	10.9* (0.25)	10.5* (0.23)	10.7* (0.24)	10.9* (0.24)	11.2* (0.25)	11.4 (0.27)	11.3* (0.25)	11.7 (0.24)	11.5 (0.25)	12.4 (0.26)	12.5 (0.27)	12.6 (0.21)	11.8 (0.21)	12.0 (0.21)
18-25	7.5* (0.22)	8.3* (0.25)	8.1* (0.23)	8.3* (0.23)	8.0* (0.24)	8.0* (0.24)	8.1* (0.24)	8.5* (0.23)	8.4* (0.24)	8.8* (0.25)	9.0 (0.25)	9.4 (0.27)	8.8* (0.30)	8.6* (0.27)	9.7 (0.30)
26-49	11.4* (0.32)	11.9 (0.32)	11.7* (0.31)	11.4* (0.31)	11.7* (0.34)	11.8* (0.32)	11.7* (0.32)	12.3 (0.33)	12.5 (0.33)	12.3 (0.33)	13.0 (0.36)	13.1 (0.37)	12.8 (0.26)	12.6 (0.26)	12.6 (0.26)
50 or Older	10.5* (0.51)	10.9* (0.51)	10.1* (0.48)	10.8* (0.49)	11.0* (0.45)	11.7 (0.50)	12.2 (0.53)	11.3 (0.49)	12.0 (0.49)	11.8 (0.45)	12.9 (0.49)	12.9 (0.49)	13.5* (0.39)	12.0 (0.38)	12.3 (0.39)

NOTE: Estimates shown are percentages with standard errors included in parentheses.

NOTE: Respondents with unknown mental health service information were excluded.

\* The difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

<sup>1</sup> Respondents could indicate multiple service sources; thus, these response categories are not mutually exclusive.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2002-2016.

**Table A.11B Type of Mental Health Services Received in the Past Year among Adults Aged 18 or Older, by Past Year Level of Mental Illness and Age Group**

Level of Mental Illness/Mental Health Services Received <sup>1</sup> /Age Group	2008	2009	2010	2011	2012	2013	2014	2015	2016
<b>ANY MENTAL ILLNESS</b>									
Inpatient, Outpatient, or Prescription Medication	40.9 (0.93)	40.2* (0.86)	42.4 (0.89)	40.8* (0.82)	41.0 (0.82)	44.7 (0.91)	44.7 (0.72)	43.1 (0.72)	43.1 (0.75)
18-25	30.3* (0.94)	32.0* (0.97)	32.6 (0.93)	32.9 (0.98)	34.5 (0.96)	34.7 (0.98)	33.6 (1.05)	32.0* (0.91)	35.1 (0.94)
26-49	41.4 (1.09)	40.8 (1.10)	43.3 (1.07)	41.1 (1.09)	42.0 (1.10)	43.5 (1.15)	44.2 (0.83)	43.3 (0.89)	43.1 (0.87)
50 or Older	45.2 (2.26)	42.8 (1.92)	45.1 (1.93)	43.6 (1.75)	42.4 (1.67)	50.5 (1.95)	49.9 (1.48)	48.3 (1.54)	46.8 (1.57)
Inpatient	3.7 (0.51)	3.2 (0.29)	2.7 (0.25)	3.3 (0.31)	3.0 (0.28)	3.3 (0.29)	3.8 (0.26)	3.4 (0.26)	3.3 (0.24)
18-25	3.5 (0.39)	4.1 (0.45)	3.3* (0.35)	3.9 (0.40)	3.8 (0.39)	4.2 (0.40)	3.7 (0.37)	4.3 (0.42)	4.6 (0.41)
26-49	2.9 (0.38)	3.7 (0.43)	2.8 (0.38)	2.9 (0.38)	2.3* (0.30)	3.3 (0.37)	3.7 (0.34)	3.1 (0.31)	3.4 (0.32)
50 or Older	5.2 (1.42)	2.1 (0.50)	2.1 (0.44)	3.5 (0.63)	3.6 (0.65)	2.9 (0.60)	3.9 (0.56)	3.5 (0.59)	2.7 (0.48)
Outpatient	24.1 (0.78)	22.5* (0.74)	23.4 (0.78)	24.0 (0.74)	22.4* (0.68)	24.4 (0.84)	24.3 (0.61)	25.4 (0.63)	24.5 (0.61)
18-25	18.9* (0.80)	20.3* (0.80)	19.9* (0.82)	20.9 (0.84)	21.9 (0.84)	21.0 (0.82)	21.3 (0.92)	20.6 (0.82)	22.8 (0.84)
26-49	26.0 (0.89)	23.6* (0.90)	24.9 (0.92)	25.1 (0.98)	23.6* (0.89)	24.3 (0.99)	25.8 (0.71)	26.1 (0.77)	26.0 (0.74)
50 or Older	23.5 (1.85)	21.9 (1.63)	22.8 (1.63)	23.8 (1.60)	21.0 (1.40)	26.1 (1.83)	23.9 (1.26)	27.0 (1.41)	23.4 (1.28)
Prescription Medication	35.5 (0.91)	34.8* (0.82)	36.9 (0.90)	35.6 (0.82)	35.3 (0.79)	38.9 (0.91)	38.7 (0.71)	36.7 (0.71)	37.1 (0.72)
18-25	23.3* (0.84)	25.3 (0.88)	25.5 (0.89)	25.3 (0.92)	26.8 (0.88)	27.2 (0.90)	25.5 (1.00)	24.3* (0.85)	27.2 (0.87)
26-49	35.9 (1.07)	35.3 (1.08)	37.7 (1.07)	35.6 (1.05)	37.1 (1.10)	37.7 (1.11)	38.0 (0.81)	36.4 (0.86)	36.7 (0.83)
50 or Older	40.8 (2.25)	38.1 (1.84)	40.7 (1.94)	39.8 (1.77)	36.7* (1.65)	45.5 (1.92)	45.3 (1.46)	43.2 (1.49)	42.2 (1.54)
<b>SERIOUS MENTAL ILLNESS</b>									
Inpatient, Outpatient, or Prescription Medication	65.7 (1.76)	66.5 (1.68)	67.5 (1.67)	64.9 (1.70)	62.9 (1.65)	68.5 (1.78)	68.5 (1.33)	65.3 (1.33)	64.8 (1.34)
18-25	45.9 (2.28)	55.0 (2.20)	53.7 (2.32)	52.1 (2.27)	53.1 (2.14)	54.0 (2.30)	53.9 (2.13)	50.7 (2.14)	51.5 (2.05)
26-49	67.2 (2.08)	64.5 (2.06)	67.4 (2.05)	63.6 (2.20)	63.5 (2.27)	68.4 (2.29)	66.2 (1.72)	66.1 (1.68)	66.1 (1.57)
50 or Older	73.2 (4.33)	76.1 (3.74)	74.0 (3.74)	73.2 (3.60)	66.3 (3.62)	74.9 (3.51)	79.2 (2.59)	72.2 (3.09)	71.5 (3.16)
Inpatient	8.6 (1.29)	8.6 (0.98)	6.7 (0.77)	8.8 (1.11)	6.2 (0.77)	8.3 (0.93)	8.8 (0.85)	7.0 (0.71)	7.6 (0.73)
18-25	7.9 (1.18)	11.4 (1.81)	8.1 (1.06)	8.0 (1.19)	8.5 (1.18)	10.3 (1.27)	8.2 (1.05)	8.9 (1.17)	8.8 (1.06)
26-49	6.9 (1.19)	9.7 (1.44)	7.0 (1.04)	8.0 (1.17)	4.8* (0.82)	8.4 (1.22)	8.0 (0.93)	7.3 (0.95)	8.1 (0.93)
50 or Older	12.4 (3.65)	4.9 (1.47)	5.5 (1.50)	10.8 (2.61)	7.3 (1.90)	7.3 (1.93)	10.2 (2.07)	5.5 (1.51)	6.0 (1.67)
Outpatient	46.2 (1.86)	44.6 (1.97)	42.5 (1.89)	44.1 (1.78)	39.0 (1.68)	46.9 (1.97)	44.2 (1.39)	43.6 (1.44)	42.6 (1.40)
18-25	33.0 (2.05)	38.6 (2.27)	36.2 (2.30)	37.2 (2.20)	35.8 (2.08)	37.3 (2.13)	39.2 (2.12)	36.0 (2.10)	36.8 (1.88)
26-49	48.2 (2.23)	43.8 (2.21)	42.9 (2.13)	42.8 (2.17)	40.3 (2.23)	47.1 (2.33)	43.8 (1.74)	44.8 (1.78)	44.8 (1.70)
50 or Older	49.0 (4.66)	49.0 (4.74)	44.6 (4.48)	49.7 (4.14)	38.2 (3.62)	50.7 (4.21)	47.3 (3.15)	46.0 (3.25)	42.6 (3.56)
Prescription Medication	59.7 (1.81)	61.1 (1.77)	61.0 (1.80)	58.2 (1.80)	57.8 (1.65)	62.1 (1.91)	61.4 (1.42)	57.3 (1.43)	58.0 (1.42)
18-25	35.9 (2.12)	43.4 (2.22)	44.0 (2.31)	41.0 (2.22)	45.5 (2.09)	46.2 (2.21)	42.4 (2.02)	40.0 (2.03)	41.1 (2.00)
26-49	60.1 (2.22)	59.5 (2.17)	61.2 (2.15)	57.2 (2.26)	58.7 (2.25)	60.7 (2.42)	60.1 (1.79)	58.2 (1.78)	59.1 (1.68)
50 or Older	71.5 (4.32)	72.6 (4.00)	68.4 (4.10)	68.1 (3.76)	61.9 (3.66)	71.3 (3.74)	72.9 (2.89)	65.6 (3.27)	67.4 (3.29)

NOTE: Estimates shown are percentages with standard errors included in parentheses.

NOTE: Respondents with unknown mental health service information were excluded.

\* The difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

<sup>1</sup> Respondents could indicate multiple service sources; thus, these response categories are not mutually exclusive.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2008-2016.

**Table A.12A Perceived Unmet Need for Mental Health Services in the Past Year among Adults Aged 18 or Older, by Level of Mental Illness and Age Group, Numbers in Thousands**

Level of Mental Illness/Age Group	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
<b>TOTAL POPULATION</b>	11,272 (330)	10,781* (317)	10,902 (348)	11,170 (360)	10,498* (328)	10,974 (330)	10,636* (322)	12,059 (373)	11,177 (358)	10,768* (338)	11,490 (354)	10,965 (356)	11,795 (292)	11,238 (281)	11,769 (291)
18-25	2,621* (75)	2,628* (76)	2,614* (75)	2,688* (73)	2,436* (77)	2,472* (75)	2,618* (84)	2,630* (79)	2,565* (80)	2,581* (85)	2,565* (79)	2,575* (85)	2,796* (95)	2,917* (95)	3,227 (105)
26-49	6,783* (251)	6,349 (236)	6,564* (250)	6,049 (230)	5,838 (233)	6,444 (238)	6,018 (234)	6,642* (245)	5,825 (234)	5,968 (246)	6,104 (238)	5,905 (244)	5,815 (188)	5,708 (181)	5,917 (182)
50 or Older	1,868* (202)	1,804* (186)	1,724* (204)	2,432 (243)	2,225 (216)	2,058* (209)	1,999* (206)	2,787 (268)	2,786 (247)	2,219 (196)	2,821 (241)	2,485 (227)	3,185* (198)	2,613 (189)	2,625 (194)
<b>ANY MENTAL ILLNESS</b>	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	8,173* (296)	9,092 (328)	8,680 (322)	8,541 (298)	9,092 (318)	8,422* (320)	9,037 (252)	8,798 (245)	9,239 (259)
18-25	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	1,839* (75)	1,773* (69)	1,826* (74)	1,829* (77)	1,898* (81)	1,870* (77)	2,021* (84)	2,184* (87)	2,464 (97)
26-49	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	4,805 (222)	5,300 (230)	4,633 (211)	4,910 (224)	5,064 (232)	4,551 (220)	4,654 (172)	4,631 (173)	4,797 (171)
50 or Older	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	1,529 (181)	2,019 (209)	2,222 (227)	1,802 (179)	2,130 (205)	2,001 (207)	2,362 (172)	1,983 (164)	1,978 (170)
<b>SERIOUS MENTAL ILLNESS</b>	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	3,642 (199)	3,874 (205)	3,910 (226)	3,883 (204)	3,973 (200)	3,858 (207)	4,205 (174)	3,713 (150)	4,104 (178)
18-25	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	617* (40)	587* (37)	706* (45)	712* (50)	709* (42)	756* (45)	900* (53)	878* (52)	1,091 (64)
26-49	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	2,133 (138)	2,386 (148)	2,271 (152)	2,235 (148)	2,335 (153)	2,201 (157)	2,179 (121)	2,118 (113)	2,088 (116)
50 or Older	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	-- (--)	891 (144)	901 (131)	933 (158)	936 (124)	928 (132)	902 (124)	1,127 (117)	717 (94)	926 (118)

-- Not available.

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

NOTE: Respondents were excluded if information on their perception of unmet need was missing.

\* The difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2002-2016.

**Table A.12B Perceived Unmet Need for Mental Health Services in the Past Year among Adults Aged 18 or Older, by Level of Mental Illness and Age Group, Percentages**

Level of Mental Illness/Age Group	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
<b>TOTAL POPULATION</b>	5.4* (0.16)	5.1 (0.15)	5.1 (0.16)	5.1 (0.17)	4.8 (0.15)	4.9 (0.15)	4.7 (0.14)	5.3*(0.16)	4.9 (0.16)	4.6 (0.15)	4.9 (0.15)	4.6 (0.15)	4.9 (0.12)	4.6 (0.12)	4.8 (0.12)
18-25	8.5* (0.24)	8.3*(0.24)	8.1*(0.23)	8.3*(0.23)	7.5*(0.23)	7.6*(0.23)	8.0*(0.25)	7.9*(0.24)	7.6*(0.24)	7.6*(0.25)	7.4*(0.23)	7.4*(0.24)	8.0*(0.27)	8.4*(0.27)	9.4 (0.31)
26-49	6.8* (0.25)	6.4 (0.24)	6.6 (0.25)	6.1 (0.23)	5.8 (0.23)	6.5 (0.24)	6.0 (0.23)	6.7*(0.25)	5.9 (0.24)	6.1 (0.25)	6.2 (0.24)	6.0 (0.25)	5.9 (0.19)	5.8 (0.18)	6.0 (0.18)
50 or Older	2.4 (0.26)	2.2 (0.23)	2.1 (0.25)	2.9 (0.29)	2.5 (0.25)	2.3 (0.23)	2.2 (0.22)	3.0 (0.28)	2.9 (0.26)	2.2 (0.20)	2.8 (0.24)	2.4 (0.22)	3.0*(0.19)	2.4 (0.17)	2.4 (0.18)
<b>ANY MENTAL ILLNESS</b>	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	20.6 (0.66)	22.1 (0.70)	21.0 (0.70)	20.7 (0.66)	20.8 (0.63)	19.3 (0.65)	20.8 (0.52)	20.3 (0.52)	20.7 (0.52)
18-25	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	30.2 (0.97)	29.4*(0.94)	29.8*(0.93)	28.8*(0.93)	28.1*(0.91)	27.8*(0.93)	28.9*(0.99)	29.0*(0.95)	32.4 (0.95)
26-49	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	23.3 (0.92)	24.8 (0.93)	22.5 (0.90)	24.6 (0.95)	24.4 (0.94)	21.7 (0.93)	23.3 (0.73)	22.5 (0.74)	23.0 (0.71)
50 or Older	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	11.8 (1.32)	14.8 (1.40)	15.2 (1.44)	12.0 (1.13)	13.2 (1.15)	12.6 (1.21)	14.3 (0.96)	13.0 (1.01)	12.3 (0.99)
<b>SERIOUS MENTAL ILLNESS</b>	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	43.7 (1.84)	46.3*(1.81)	42.0 (1.81)	43.1 (1.72)	41.6 (1.69)	38.6 (1.80)	42.9 (1.45)	38.2 (1.31)	39.7 (1.44)
18-25	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	50.0 (2.31)	52.2 (2.32)	53.1 (2.27)	55.0 (2.35)	49.8 (2.13)	51.5 (2.08)	53.6 (2.12)	50.3 (2.00)	53.7 (2.06)
26-49	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	44.8 (2.26)	49.2*(2.20)	44.3 (2.20)	45.2*(2.13)	46.2*(2.28)	42.4 (2.35)	45.4*(1.82)	43.3 (1.79)	39.7 (1.67)
50 or Older	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	-- (-)	38.2 (4.63)	37.5 (4.42)	32.7 (4.29)	33.9 (3.75)	30.1 (3.41)	27.1 (3.49)	33.9 (2.93)	23.2 (2.64)	30.4 (3.33)

-- Not available.

NOTE: Estimates shown are percentages with standard errors included in parentheses.

NOTE: Respondents were excluded if information on their perception of unmet need was missing.

\* The difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2002-2016.

**Table A.13B Did Not Receive Mental Health Services in the Past Year among Adults Aged 18 or Older with a Perceived Unmet Need for Mental Health Services in the Past Year, by Past Year Level of Mental Illness and Age Group**

Level of Mental Illness/Age Group	2008	2009	2010	2011	2012	2013	2014	2015	2016
<b>TOTAL POPULATION</b>	48.9 (1.52)	50.5 (1.51)	46.6 (1.61)	45.4 (1.49)	47.1 (1.56)	46.3 (1.58)	45.2 (1.22)	46.1 (1.22)	46.9 (1.22)
18-25	60.5 (1.60)	61.1* (1.59)	58.1 (1.53)	58.2 (1.58)	57.7 (1.63)	57.4 (1.59)	56.0 (1.73)	56.3 (1.57)	56.4 (1.54)
26-49	46.6 (1.95)	47.4 (1.84)	43.8 (1.98)	45.3 (2.04)	47.9 (2.01)	45.4 (2.03)	47.8 (1.62)	44.8 (1.52)	46.2 (1.56)
50 or Older	40.3 (5.45)	47.9 (4.91)	41.9 (4.51)	30.8 (4.17)	35.8 (4.16)	37.0 (4.38)	30.9 (2.81)	37.7 (3.78)	37.0 (3.62)
<b>ANY MENTAL ILLNESS</b>	42.1 (1.65)	44.9 (1.66)	40.1 (1.82)	42.1 (1.65)	42.1 (1.72)	39.9 (1.77)	40.3 (1.43)	40.8 (1.38)	42.5 (1.29)
18-25	55.3 (1.92)	56.7* (1.98)	52.4 (1.85)	53.7 (1.86)	52.0 (1.96)	53.0 (1.92)	50.1 (2.01)	52.7 (1.94)	51.2 (1.78)
26-49	41.4 (2.17)	43.3 (2.05)	37.0* (2.16)	43.2 (2.23)	44.0 (2.28)	38.5 (2.25)	43.7 (1.87)	40.3 (1.71)	43.1 (1.69)
50 or Older	28.1 (5.05)	38.8 (5.05)	36.4 (4.88)	27.4 (4.49)	28.9 (4.38)	30.8 (4.70)	25.4 (3.19)	28.7 (4.00)	30.2 (3.71)
<b>SERIOUS MENTAL ILLNESS</b>	30.1 (2.39)	29.7 (2.21)	27.9 (2.32)	31.8 (2.31)	34.2 (2.57)	32.7 (2.49)	31.5 (2.01)	30.7 (1.81)	33.5 (1.78)
18-25	49.1 (3.21)	47.5 (3.28)	42.3 (3.12)	43.5 (3.01)	41.8 (3.11)	43.6 (3.11)	40.6 (2.95)	43.3 (3.05)	44.2 (2.65)
26-49	27.4 (2.93)	32.8 (2.88)	26.8 (2.86)	33.8 (3.00)	36.3 (3.44)	29.6 (3.41)	34.1 (2.52)	30.7 (2.33)	32.0 (2.34)
50 or Older	** (**)	** (**)	** (**)	** (**)	** (**)	** (**)	19.3 (4.32)	** (**)	** (**)

\*\* Low precision; no estimate reported.

NOTE: Estimates shown are percentages with standard errors included in parentheses.

NOTE: Respondents with unknown mental health service information and/or unknown perception of unmet need information were excluded.

\* The difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2008-2016.

**Table A.14B Detailed Reasons for Not Receiving Mental Health Services in the Past Year among Adults Aged 18 or Older with a Perceived Unmet Need for Mental Health Services Who Did Not Receive Mental Health Services in the Past Year, by Past Year Level of Mental Illness**

<b>Reason for Not Receiving Services<sup>1</sup></b>	<b>Total (2016)</b>	<b>Any Mental Illness (2016)</b>	<b>Serious Mental Illness (2016)</b>
Could Not Afford Cost	37.2 (1.69)	41.1 (2.01)	46.2 (3.50)
Might Cause Neighbors/Community to Have Negative Opinion	12.6 (0.95)	13.9 (1.22)	16.6 (2.21)
Might Have Negative Effect on Job	11.7 (1.12)	14.5 (1.46)	18.1 (2.91)
Health Insurance Does Not Cover Any Mental Health Service	8.8 (1.03)	9.1 (1.15)	9.0 (1.90)
Health Insurance Does Not Pay Enough for Mental Health Services	11.9 (1.15)	12.0 (1.39)	10.8 (1.96)
Did Not Know Where to Go for Services	26.0 (1.51)	28.4 (1.85)	28.1 (2.82)
Concerned about Counselor Not Keeping Information Confidential	11.0 (1.00)	11.7 (1.19)	15.4 (2.48)
Concerned about Being Committed to a Psychiatric Hospital or Having to Take Medicine	11.9 (0.98)	14.9 (1.29)	22.0 (2.48)
Did Not Feel Need for Treatment at the Time	11.9 (1.10)	12.0 (1.32)	10.1 (1.76)
Thought Could Handle the Problem without Treatment	31.0 (1.52)	32.1 (1.79)	30.5 (3.13)
Did Not Think Treatment Would Help	10.0 (0.99)	11.2 (1.25)	14.6 (2.49)
Did Not Have Time	21.7 (1.38)	20.7 (1.47)	16.4 (2.37)
Did Not Want Others to Find Out	9.1 (0.82)	10.2 (1.01)	12.4 (1.85)
No Transportation/Treatment Too Far Away/Hours Inconvenient	3.8 (0.57)	4.6 (0.74)	5.9 (1.37)
Some Other Reason <sup>2</sup>	6.8 (0.83)	7.9 (1.08)	7.7 (1.56)

NOTE: Estimates shown are percentages with standard errors included in parentheses.

NOTE: Respondents with unknown reason for not receiving mental health service and/or unknown perception of unmet information were excluded.

<sup>1</sup> Respondents could indicate multiple reasons for not receiving mental health services; thus, these response categories are not mutually exclusive.

<sup>2</sup> Respondents with unknown or invalid responses to the other-specify question on Some Other Reason for Not Receiving Mental Health Services were classified as not having received mental health services for Some Other Reason.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

**Table A.15B Received Mental Health Services or Substance Use Treatment at a Specialty Facility in the Past Year among Adults Aged 18 or Older with Past Year Substance Use Disorder, by Past Year Level of Mental Illness and Age Group**

<b>Level of Mental Illness/Age Group</b>	<b>Mental Health Services or Substance Use Treatment at a Specialty Facility<sup>1</sup> (2016)</b>	<b>Mental Health Services but Not Substance Use Treatment at a Specialty Facility<sup>1</sup> (2016)</b>	<b>Substance Use Treatment at a Specialty Facility but Not Mental Health Services<sup>1</sup> (2016)</b>	<b>Mental Health Services and Substance Use Treatment at a Specialty Facility<sup>1</sup> (2016)</b>
<b>ANY MENTAL ILLNESS</b>	48.1 (1.48)	38.2 (1.41)	2.9 (0.45)	6.9 (0.75)
18-25	42.0 (2.05)	35.1 (2.04)	3.1 (0.61)	3.8 (0.68)
26-49	47.9 (1.75)	37.0 (1.64)	2.8 (0.54)	8.0 (0.99)
50 or Older	56.3 (4.87)	45.1 (4.73)	3.0 (1.58)	8.1 (2.53)
<b>SERIOUS MENTAL ILLNESS</b>	65.6 (2.27)	51.2 (2.51)	2.3 (0.66)	12.0 (1.77)
18-25	55.7 (3.54)	49.6 (3.74)	2.3 (1.05)	3.8 (1.05)
26-49	69.0 (2.85)	54.1 (2.99)	2.2 (0.75)	12.7 (1.97)
50 or Older	** (**)	** (**)	** (**)	** (**)

\*\* Low precision; no estimate reported.

NOTE: Estimates shown are percentages with standard errors included in parentheses.

<sup>1</sup> Respondents with unknown mental health service information were excluded.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.