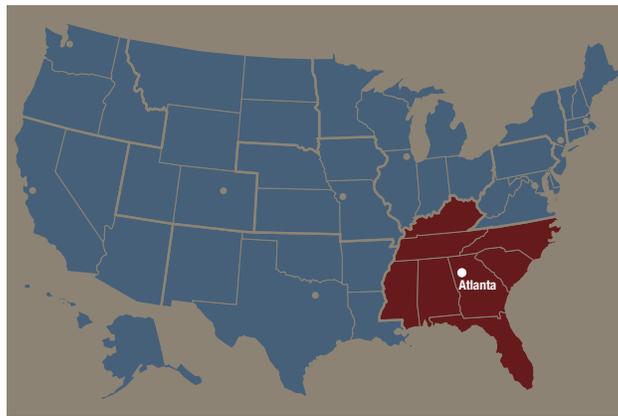




Behavioral Health Barometer

EXECUTIVE SUMMARY Region IV, 2014





Acknowledgments

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Originating Office

Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, 1 Choke Cherry Road, Rockville, MD 20857.

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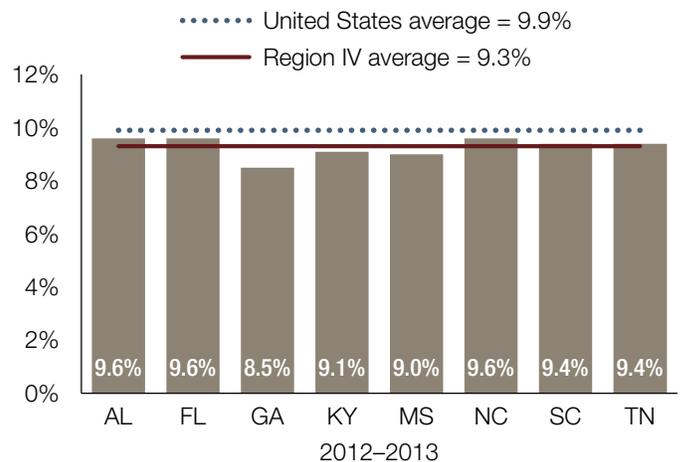
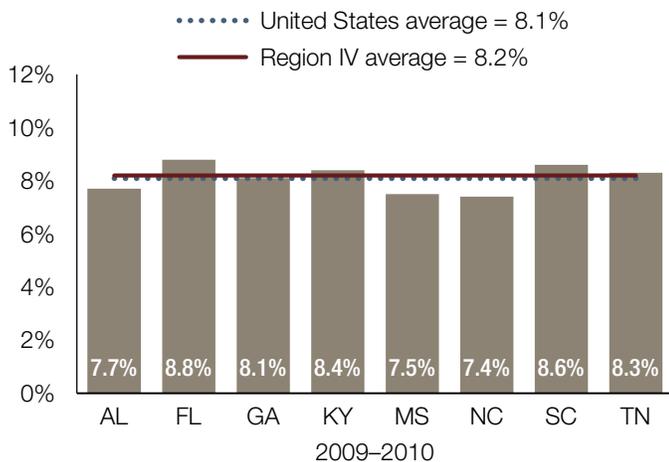
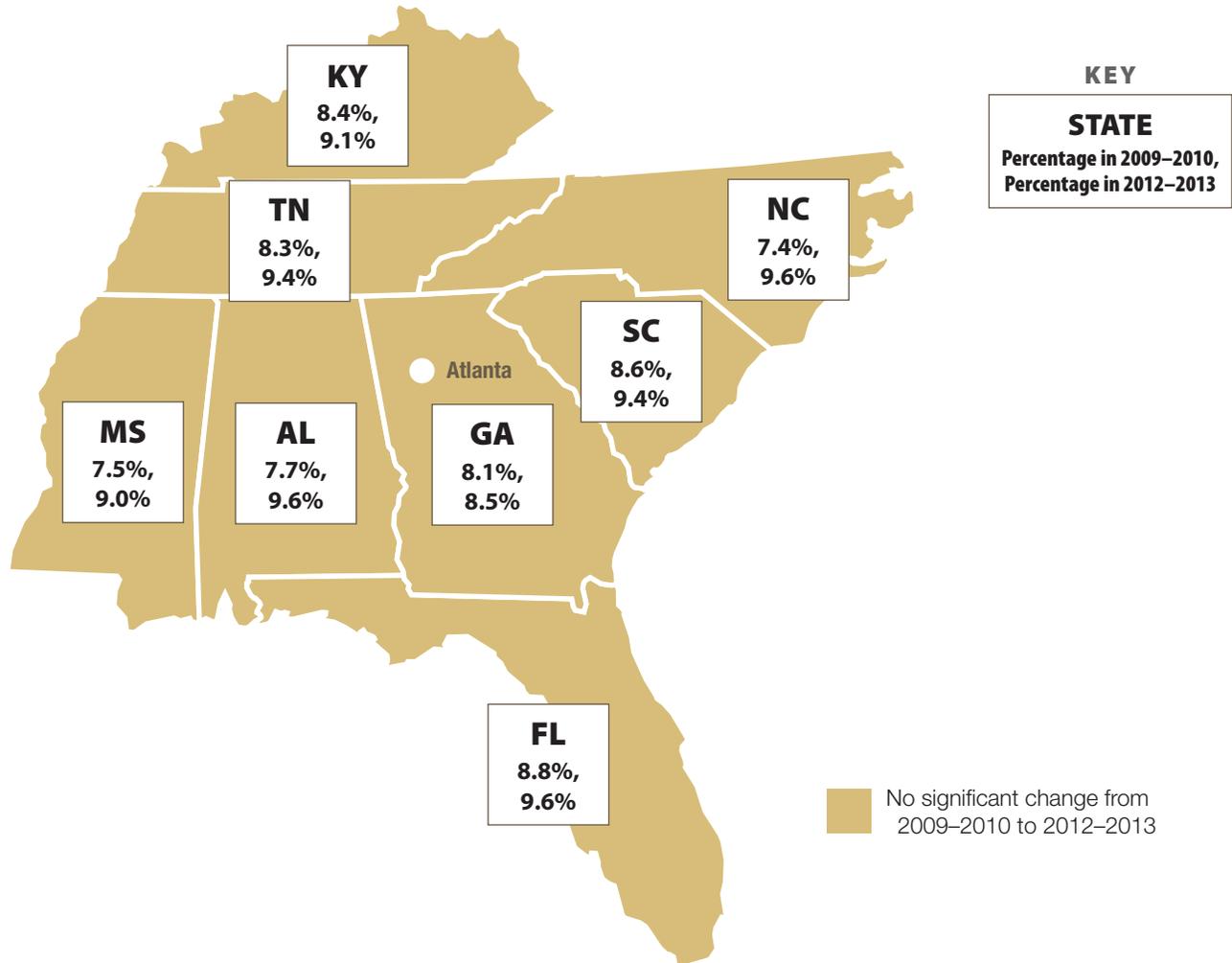
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YOUTH MENTAL HEALTH AND TREATMENT

DEPRESSION



Past-Year Major Depressive Episode (MDE) Among Adolescents Aged 12–17 in Region IV (2009–2010, 2012–2013)^{1,2}



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009–2010 and 2012–2013.

YOUTH MENTAL HEALTH AND TREATMENT DEPRESSION



Past-Year Major Depressive Episode (MDE) Among Adolescents Aged 12–17 in Region IV (2009–2010, 2012–2013)^{1,2}

- In 2009–2010, 8.2% of adolescents aged 12–17 in Region IV had at least one MDE within the year prior to being surveyed. The percentages of MDE among adolescents aged 12–17 across the states in Region IV ranged from 7.4% to 8.8%.
- In 2012–2013, about 1 in 10 (9.3%) adolescents aged 12–17 in Region IV had at least one MDE within the year prior to being surveyed. The percentages of MDE among adolescents aged 12–17 across the states in Region IV ranged from 8.5% to 9.6%.
- For all states in Region IV, there were no significant changes in the percentages of past-year MDE among adolescents aged 12–17 from 2009–2010 to 2012–2013.
- In 2009–2010, the percentages of past-year MDE among adolescents aged 12–17 for each state in the region were not significantly different from the Region IV (8.2%) or U.S. (8.1%) averages.
- In 2012–2013, the percentage of past-year MDE among adolescents aged 12–17 for each state in the region were not significantly different from the Region IV (9.3%) or U.S. (9.9%) averages.

YOUTH MENTAL HEALTH AND TREATMENT

TREATMENT FOR DEPRESSION



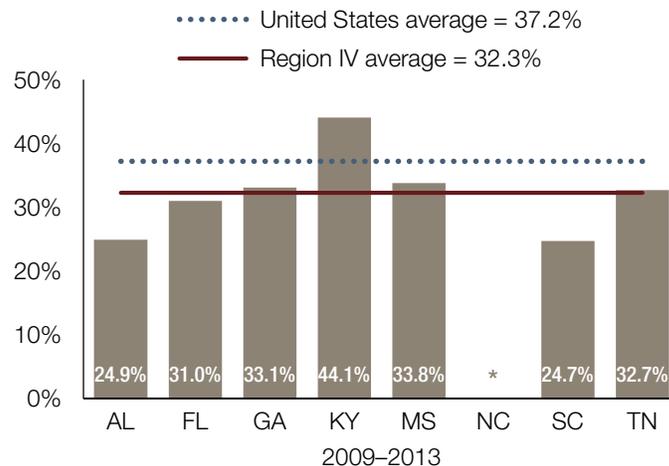
Past-Year Depression Treatment Among Adolescents Aged 12–17 with Major Depressive Episode (MDE) in Region IV (2009–2013)^{2,3}



KEY

STATE
Percentage in
2009–2013

* Omitted due to low precision of data



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009–2013.

YOUTH MENTAL HEALTH AND TREATMENT

TREATMENT FOR DEPRESSION



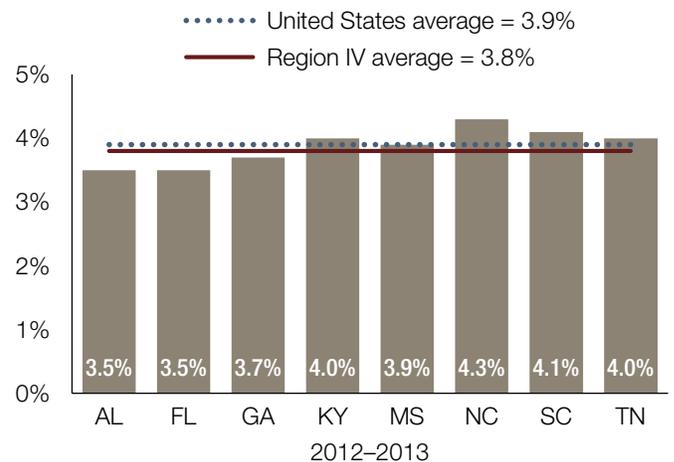
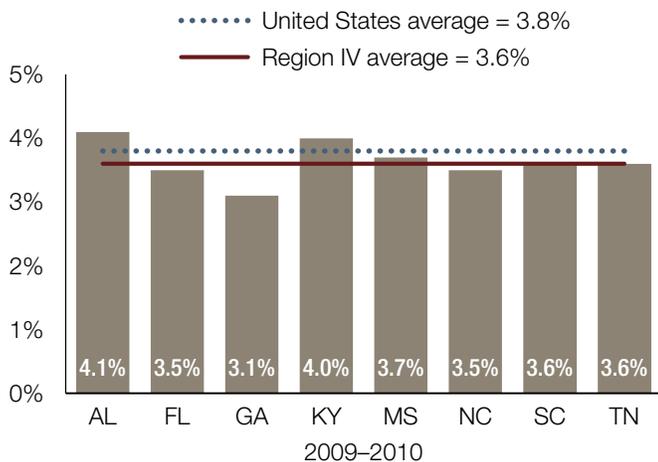
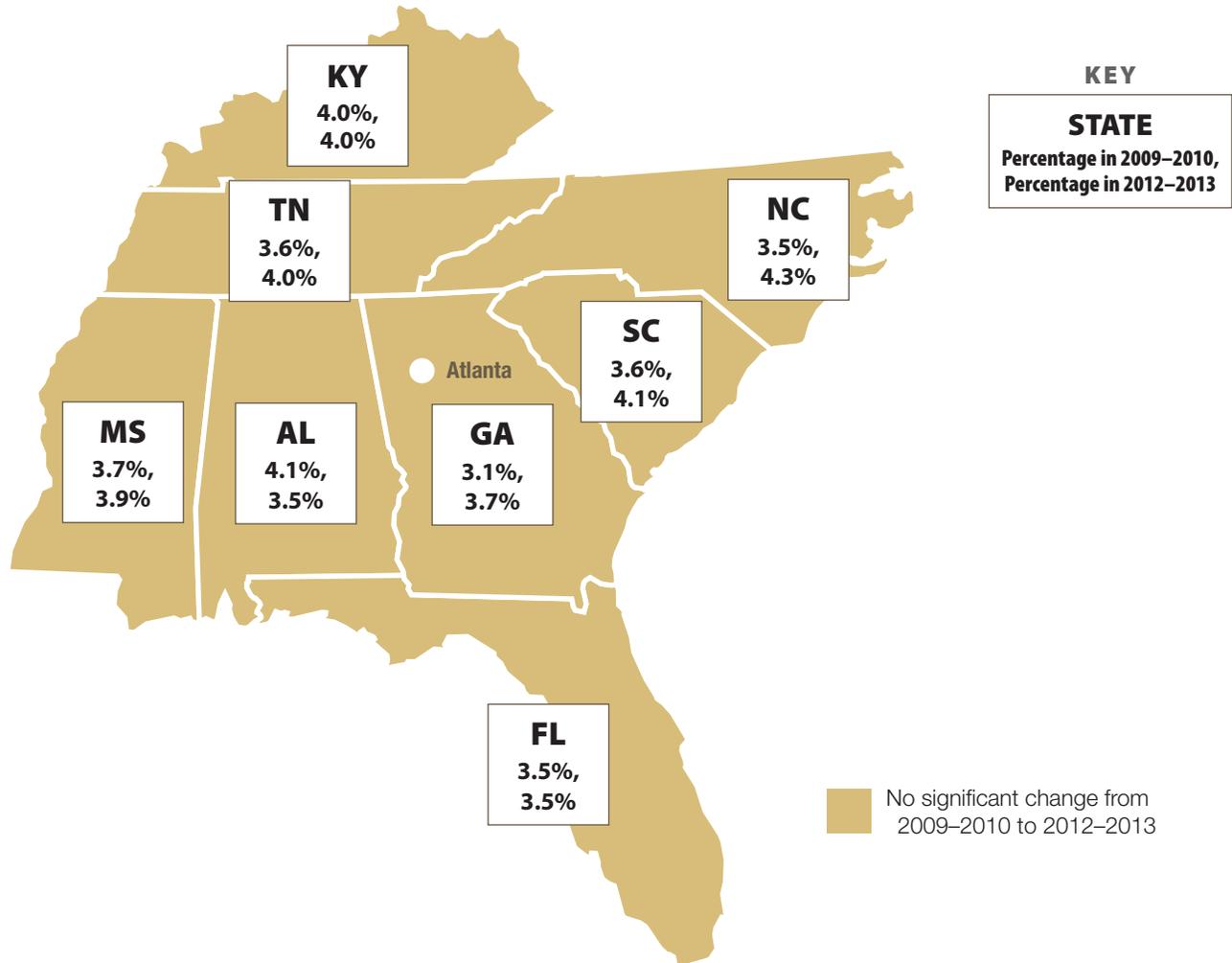
Past-Year Depression Treatment Among Adolescents Aged 12–17 with Major Depressive Episode (MDE) in Region IV (2009–2013)^{2,3}

- From 2009 to 2013, an annual average of about 3 in 10 (32.3%) adolescents aged 12–17 in Region IV with MDE received treatment for depression within the year prior to being surveyed.
- From 2009 to 2013, the annual averages of past-year depression treatment among adolescents aged 12–17 with MDE across the states in Region IV ranged from 24.7% to 44.1%. Data from North Carolina were omitted due to low precision of data.
- From 2009 to 2013, the annual averages of past-year depression treatment among adolescents aged 12–17 with MDE in Alabama (24.9%), Florida (31.0%), and South Carolina (24.7%) were significantly lower than the U.S. (37.2%) annual average. Data from North Carolina were omitted due to low precision of data.
- From 2009 to 2013, the annual average of past-year depression treatment among adolescents aged 12–17 with MDE in Alabama (24.9%) was significantly lower than the Region IV (32.3%) annual average, whereas the Kentucky (44.1%) annual average was significantly higher than the regional annual average. Data from North Carolina were omitted due to low precision of data.

ADULT MENTAL HEALTH THOUGHTS OF SUICIDE



Past-Year Serious Thoughts of Suicide Among Adults Aged 18 or Older in Region IV (2009–2010, 2012–2013)^{1,4}



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009–2010 and 2012–2013.

ADULT MENTAL HEALTH

THOUGHTS OF SUICIDE



Past-Year Serious Thoughts of Suicide Among Adults Aged 18 or Older in Region IV (2009–2010, 2012–2013)^{1,4}

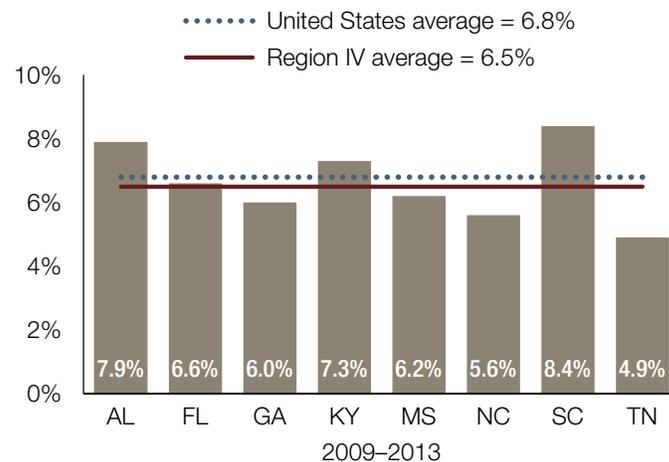
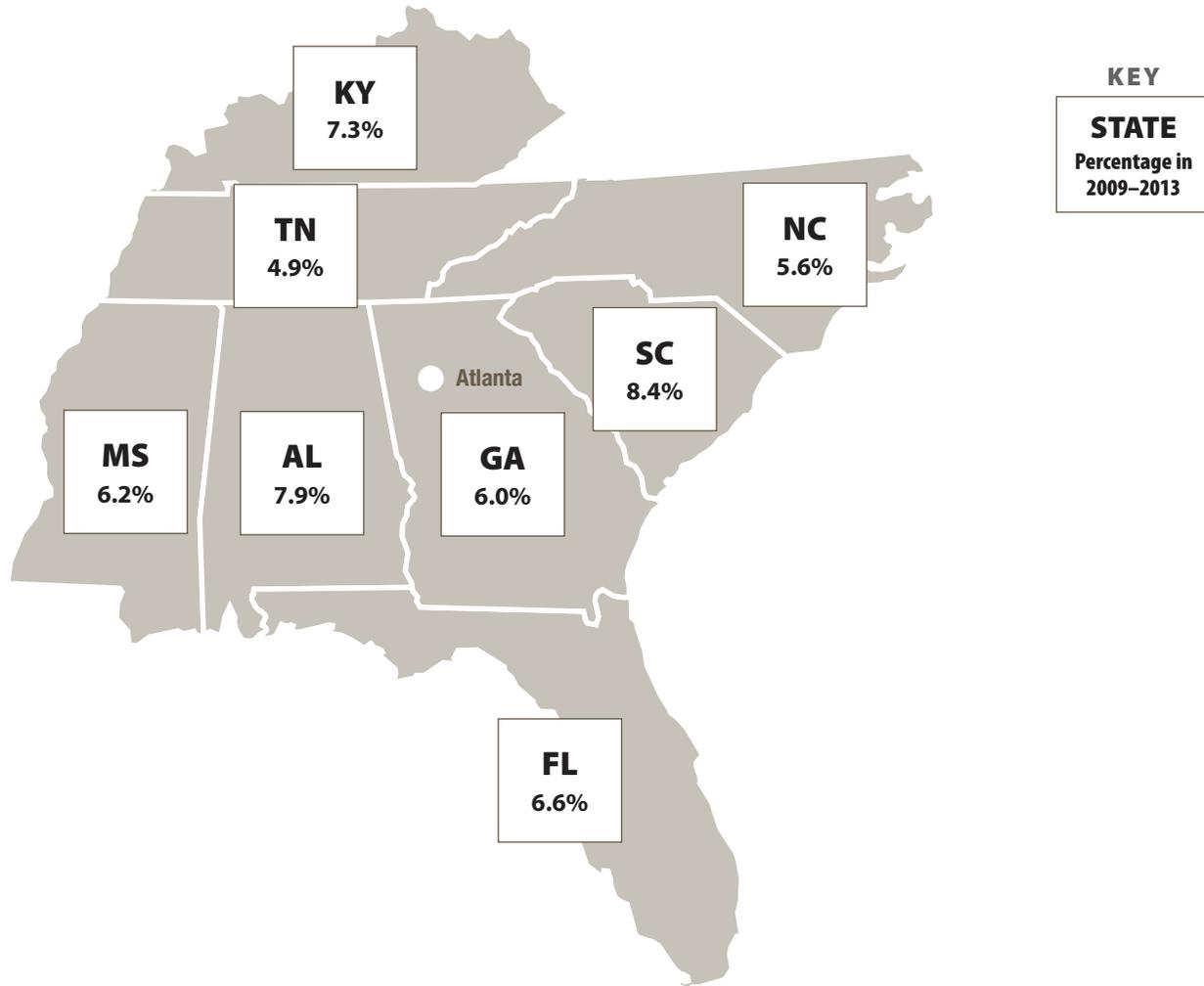
- In 2009–2010, 3.6% of adults aged 18 or older in Region IV had serious thoughts of suicide within the year prior to being surveyed. The percentages of past-year serious thoughts of suicide among adults aged 18 or older across the states in Region IV ranged from 3.1% to 4.1%.
- In 2012–2013, 3.8% of adults aged 18 or older in Region IV had serious thoughts of suicide within the year prior to being surveyed. The percentages of past-year serious thoughts of suicide among adults aged 18 or older across the states in Region IV ranged from 3.5% to 4.3%.
- For all states in Region IV, there were no significant changes in the percentages of past-year serious thoughts of suicide among adults aged 18 or older from 2009–2010 to 2012–2013.
- In 2009–2010, the percentages of past-year serious thoughts of suicide among adults aged 18 or older for each state in the region were not significantly different from the Region IV (3.6%) or U.S. (3.8%) averages.
- In 2012–2013, the percentages of past-year serious thoughts of suicide among adults aged 18 or older for each state in the region were not significantly different from the Region IV (3.8%) or U.S. (3.9%) averages.

SUBSTANCE USE

HEAVY ALCOHOL USE



Past-Month Heavy Alcohol Use Among Adults Aged 21 or Older in Region IV (2009–2013)³



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009–2013.

SUBSTANCE USE

HEAVY ALCOHOL USE



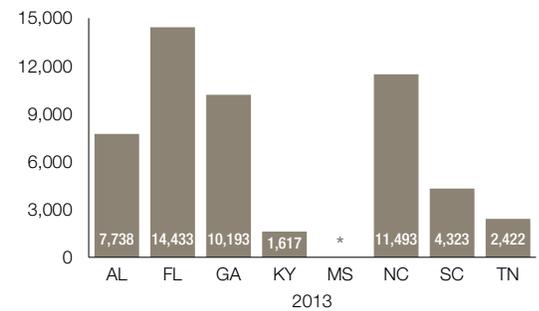
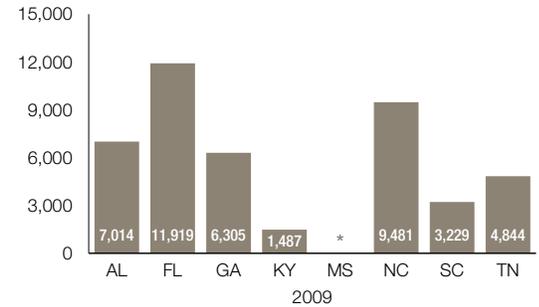
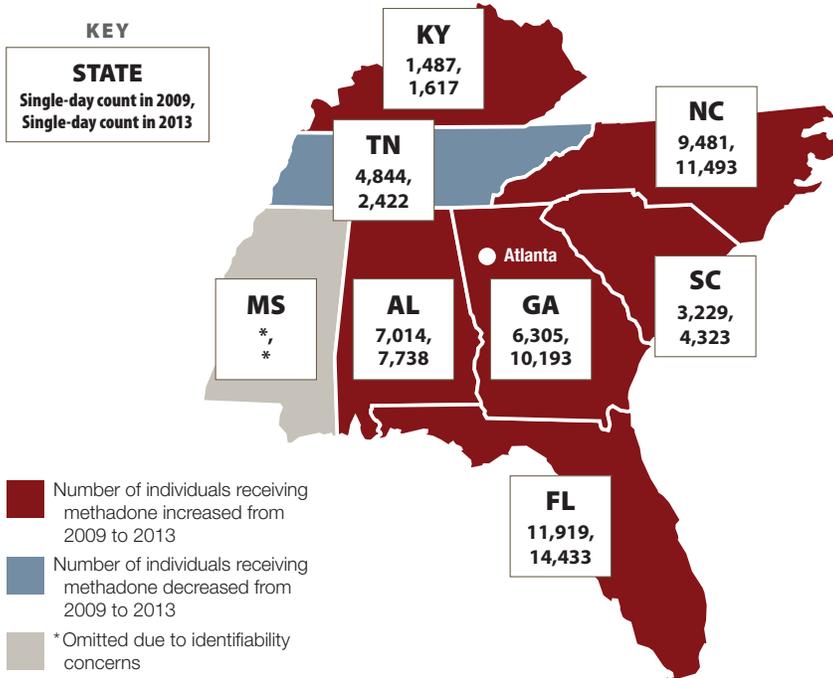
Past-Month Heavy Alcohol Use Among Adults Aged 21 or Older in Region IV (2009–2013)³

- From 2009 to 2013, an annual average of 6.5% of adults aged 21 or older in Region IV reported heavy alcohol use in the month prior to being surveyed. The percentages of past-month heavy alcohol use among adults aged 21 or older across the states in Region IV ranged from 4.9% to 8.4%.
- From 2009 to 2013, the annual averages of past-month heavy alcohol use among adults aged 21 or older in Alabama (7.9%) and South Carolina (8.4%) were significantly higher than the Region IV (6.5%) annual average.
- From 2009 to 2013, the annual average of past-month heavy alcohol use among adults aged 21 or older in Tennessee (4.9%) was significantly lower than the Region IV (6.5%) and U.S. (6.8%) annual averages.

SUBSTANCE USE TREATMENT OPIOIDS (MEDICATION-ASSISTED THERAPY)

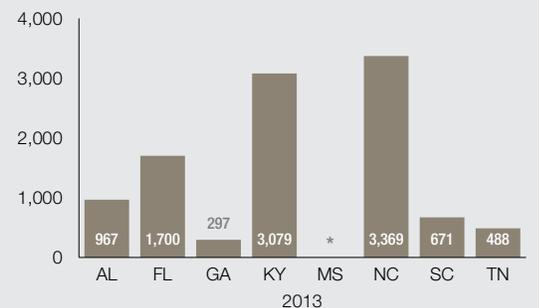
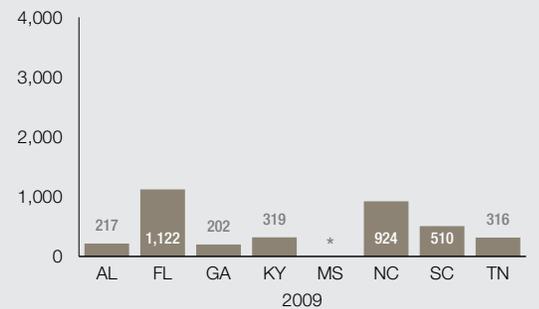
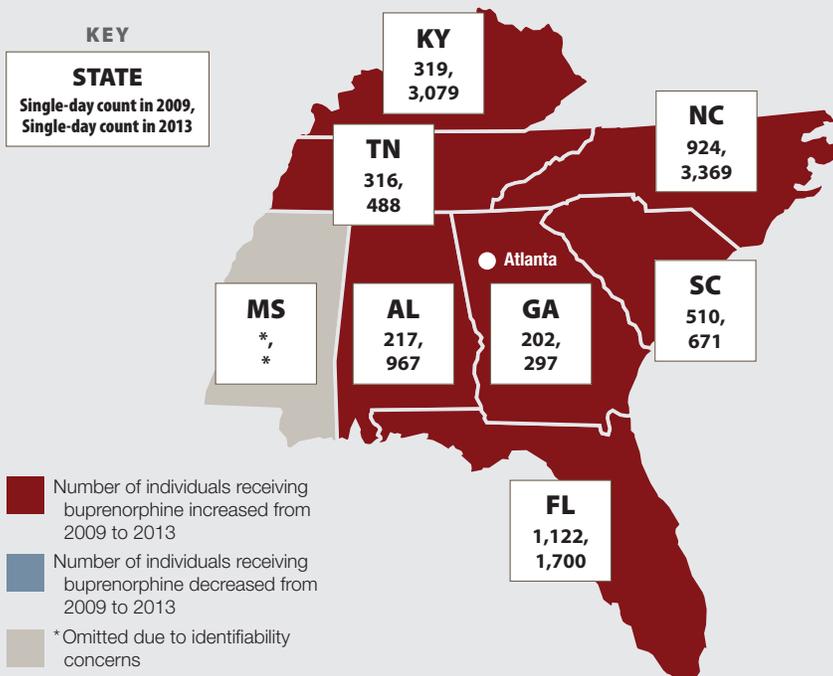


Individuals Enrolled in Opioid Treatment Programs (OTPs) in Region IV Receiving Methadone: Single-Day Counts (2009, 2013)⁵



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey of Substance Abuse Treatment Services, 2009 and 2013.

Individuals Enrolled in Substance Use Treatment in Region IV Receiving Buprenorphine: Single-Day Counts (2009, 2013)^{5,6}



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey of Substance Abuse Treatment Services, 2009 and 2013.

SUBSTANCE USE TREATMENT

OPIOIDS (MEDICATION-ASSISTED THERAPY)



Individuals Enrolled in Opioid Treatment Programs (OTPs) in Region IV Receiving Methadone: Single-Day Counts (2009, 2013)^{5,*}

- In 2009, the numbers of individuals enrolled in OTPs receiving methadone on a single day across the states in Region IV ranged from 1,487 to 11,919 individuals.
- In 2013, the numbers of individuals enrolled in OTPs receiving methadone on a single day across the states in Region IV ranged from 1,617 to 14,433 individuals.
- From 2009 to 2013, single-day counts for individuals enrolled in OTPs receiving methadone increased in Alabama, Florida, Georgia, Kentucky, North Carolina, and South Carolina, while single-day counts decreased by half in Tennessee.

Individuals Enrolled in Substance Use Treatment in Region IV Receiving Buprenorphine: Single-Day Counts (2009, 2013)^{5,6,*}

- In 2009, the numbers of individuals enrolled in substance use treatment receiving buprenorphine on a single day across the states in Region IV ranged from 202 to 1,122 individuals.
- In 2013, the numbers of individuals enrolled in substance use treatment receiving buprenorphine on a single day across the states in Region IV ranged from 297 to 3,369 individuals.
- From 2009 to 2013, every state with available data in Region IV saw an increase in single-day counts of individuals enrolled in substance use treatment receiving buprenorphine.
- From 2009 to 2013, single-day counts of individuals enrolled in substance use treatment receiving buprenorphine increased 865% in Kentucky, 346% in Alabama, and 265% in North Carolina.

* Data from Mississippi were omitted due to identifiability concerns.

FIGURE NOTES



- ¹ State estimates are based on a small area estimation procedure in which state-level National Survey on Drug Use and Health (NSDUH) data from 2 consecutive survey years are combined with local-area county and census block group/tract-level data from the state. This model-based methodology provides more precise estimates of substance use at the state level than those based solely on the sample, particularly for states with smaller sample sizes.
- ² Respondents with unknown past-year major depressive episode (MDE) data were excluded.
- ³ Estimates are annual averages based on combined 2009–2013 NSDUH data. These estimates are based solely on the sample, unlike estimates based on the small area estimation procedure as stated above.
- ⁴ Estimates were based only on responses to suicide items in the NSDUH Mental Health module. Respondents with unknown suicide information were excluded.
- ⁵ Single-day counts reflect the number of persons who were enrolled in substance use treatment on March 31, 2009, and March 29, 2013.
- ⁶ Physicians who obtain specialized training may prescribe buprenorphine. Some physicians are in private, office-based practices; others are affiliated with substance abuse treatment facilities or programs and may prescribe buprenorphine to clients at those facilities. Additionally, opioid treatment programs (OTPs) may also prescribe and/or dispense buprenorphine. The buprenorphine single-day counts include only those clients who received/were prescribed buprenorphine by physicians affiliated with substance abuse treatment facilities or OTPs; they do not include clients from private practice physicians.

DEFINITIONS



Heavy alcohol use is defined as drinking five or more drinks on the same occasion on each of 5 or more days in the past 30 days.

Major depressive episode (MDE) is defined as in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV), which specifies a period of at least 2 weeks in the past year when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.

Treatment for depression is defined as seeing or talking to a medical doctor or other professional or using prescription medication for depression in the past year.

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