

Table 6.20A Specific Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older, by Demographic Characteristics: Numbers in Thousands, 2007 and 2008

Demographic Characteristic	Received Mental Health Treatment/Counseling ¹		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ²					
			Inpatient		Outpatient		Prescription Medication	
	2007	2008	2007	2008	2007	2008	2007	2008
TOTAL	29,401	30,002	2,126	1,963	15,344	15,241	24,730	25,422
AGE								
18-25	3,365	3,547	358	358	1,823	1,917	2,586	2,625
26-49	14,242	13,937	1,119 ^a	757	7,941	7,837	11,715	11,614
50 or Older	11,794	12,518	650	847	5,581	5,487	10,429	11,184
GENDER								
Male	9,836	10,053	1,066	776	5,049	5,395	8,000	8,166
Female	19,565	19,949	1,060	1,187	10,295	9,846	16,730	17,256
HISPANIC ORIGIN AND RACE								
Not Hispanic or Latino	27,241	27,951	1,838	1,661	14,181	14,079	23,073	23,845
White	24,647	24,637	1,397	1,179	12,638	12,155	21,169	21,393
Black or African American	1,711 ^a	2,230	309	407	1,045	1,402	1,280	1,597
American Indian or Alaska Native	128	124	18	6	43	74	112	89
Native Hawaiian or Other Pacific Islander	*	*	*	*	7	*	9	9
Asian	370	442	53	30	230	220	226	332
Two or More Races	359	464	44	10	219	181	278	424
Hispanic or Latino	2,160	2,051	288	302	1,164	1,162	1,657	1,577
EDUCATION								
< High School	4,443	3,927	790	683	2,085	1,647	3,593	3,206
High School Graduate	8,482	8,613	665	553	3,918	3,820	7,405	7,485
Some College	7,777	8,098	457	414	4,011	4,190	6,772	7,060
College Graduate	8,698	9,363	214	313	5,331	5,584	6,960	7,671
CURRENT EMPLOYMENT								
Full-Time	13,087	13,152	506	445	6,804	6,842	10,667	11,003
Part-Time	4,367	4,648	302	309	2,370	2,492	3,669	3,800
Unemployed	1,012	1,266	105	108	584	723	873	1,055
Other ³	10,934	10,936	1,213	1,102	5,586	5,185	9,521	9,565

*Low precision; no estimate reported.

^a Difference between estimate and 2008 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2008 estimate is statistically significant at the 0.01 level.

¹ Mental Health Treatment/Counseling is defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information were excluded. Estimates were based only on responses to items in the Adult Mental Health Service Utilization module.

² Respondents could report receiving multiple types of mental health treatment/counseling; thus, these response categories are not mutually exclusive.

³ The Other Employment category includes retired persons, disabled persons, homemakers, students, or other persons not in the labor force.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2007 and 2008.

Table 6.20B Specific Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older, by Demographic Characteristics: Percentages, 2007 and 2008

Demographic Characteristic	Received Mental Health Treatment/Counseling ¹		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ²					
			Inpatient		Outpatient		Prescription Medication	
	2007	2008	2007	2008	2007	2008	2007	2008
TOTAL	13.2	13.4	1.0	0.9	6.9	6.8	11.1	11.3
AGE								
18-25	10.3	10.8	1.1	1.1	5.6	5.8	7.9	8.0
26-49	14.3	14.0	1.1 ^a	0.8	8.0	7.9	11.7	11.6
50 or Older	13.2	13.6	0.7	0.9	6.2	6.0	11.6	12.2
GENDER								
Male	9.2	9.3	1.0	0.7	4.7	5.0	7.5	7.5
Female	17.0	17.2	0.9	1.0	9.0	8.5	14.5	14.8
HISPANIC ORIGIN AND RACE								
Not Hispanic or Latino	14.2	14.4	1.0	0.9	7.4	7.3	12.0	12.3
White	16.0	16.0	0.9	0.8	8.2	7.9	13.8	13.9
Black or African American	6.8 ^a	8.7	1.2	1.6	4.1	5.5	5.1	6.2
American Indian or Alaska Native	11.6	13.2	1.6	0.6	3.9	7.8	10.1	9.5
Native Hawaiian or Other Pacific Islander	*	*	*	*	1.1	*	1.4	1.1
Asian	3.9	4.5	0.6	0.3	2.4	2.3	2.4	3.4
Two or More Races	15.6	18.8	1.9	0.4	9.5	7.2	12.1	17.1
Hispanic or Latino	7.3	6.8	1.0	1.0	3.9	3.8	5.6	5.2
EDUCATION								
< High School	12.3	11.3	2.2	2.0	5.8	4.7	9.9	9.2
High School Graduate	12.5	12.3	1.0	0.8	5.8	5.5	10.9	10.7
Some College	13.6	14.2	0.8	0.7	7.0	7.3	11.8	12.4
College Graduate	14.4	15.0	0.4	0.5	8.8	9.0	11.5	12.3
CURRENT EMPLOYMENT								
Full-Time	10.8	10.8	0.4	0.4	5.6	5.6	8.8	9.0
Part-Time	14.8	15.4	1.0	1.0	8.0	8.3	12.4	12.6
Unemployed	14.3	14.1	1.5	1.2	8.3	8.1	12.3	11.8
Other ³	17.0	17.3	1.9	1.7	8.7	8.2	14.8	15.1

*Low precision; no estimate reported.

^a Difference between estimate and 2008 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2008 estimate is statistically significant at the 0.01 level.

¹ Mental Health Treatment/Counseling is defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information were excluded. Estimates were based only on responses to items in the Adult Mental Health Service Utilization module.

² Respondents could report receiving multiple types of mental health treatment/counseling; thus, these response categories are not mutually exclusive.

³ The Other Employment category includes retired persons, disabled persons, homemakers, students, or other persons not in the labor force.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2007 and 2008.

Table 6.21A (REVISED) Specific Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older, by Geographic or Socioeconomic Characteristics: Numbers in Thousands, 2007 and 2008

Geographic/Socioeconomic Characteristic	Received Mental Health Treatment/Counseling ¹		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ²					
			Inpatient		Outpatient		Prescription Medication	
	2007	2008	2007	2008	2007	2008	2007	2008
TOTAL	29,556	30,201	2,145	1,970	15,433	15,327	24,864	25,598
GEOGRAPHIC REGION								
Northeast	6,174	5,749	468	545	3,668	3,310	5,101	4,576
Midwest	6,738	7,046	383	483	3,397	3,329	5,771	6,104
South	10,394	10,285	831 ^a	564	4,953	4,843	8,861	9,189
West	6,249	7,121	462	377	3,414	3,845	5,132	5,730
COUNTY TYPE								
Large Metro	14,624	15,290	962	1,118	8,144	8,261	11,969	12,503
Small Metro	9,570	9,672	659	546	4,882	4,968	8,255	8,322
250K – 1 Mil. Pop.	6,154	6,412	363	370	3,143	3,328	5,298	5,514
< 250K Pop.	3,416	3,260	297	176	1,738	1,641	2,957	2,807
Nonmetro	5,361	5,239	523 ^a	305	2,407	2,098	4,640	4,774
Urbanized	2,334	2,381	225	121	1,065	1,001	2,009	2,103
Less Urbanized	2,603	2,460	248	174	1,147	999	2,239	2,282
Completely Rural	425	397	50	10	195 ^b	98	392	388
FAMILY INCOME								
Less Than \$20,000	6,970	6,134	1,064 ^a	701	3,981 ^a	3,198	5,704	5,197
\$20,000 - \$49,999	8,884	8,785	659	534	4,350	4,386	7,616	7,630
\$50,000 - \$74,999	5,226	5,748	181	247	2,628	2,802	4,495	5,022
\$75,000 or More	8,476 ^a	9,534	241	487	4,474	4,941	7,049	7,750
GOVERNMENT ASSISTANCE³								
Yes	6,665	6,034	974 ^b	629	3,660	3,250	5,730	5,291
No	22,891	24,167	1,170	1,341	11,773	12,077	19,134	20,308

*Low precision; no estimate reported.

NOTE: This table was revised in May 2012 due to updates (for details, see the introduction to these 2008 detailed tables).

^a Difference between estimate and 2008 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2008 estimate is statistically significant at the 0.01 level.

¹ Mental Health Treatment/Counseling is defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information were excluded. Estimates were based only on responses to items in the Adult Mental Health Service Utilization module.

² Respondents could report receiving multiple types of mental health treatment/counseling; thus, these response categories are not mutually exclusive.

³ Government Assistance is defined as one or more household family members having received Supplemental Security Income (SSI), cash assistance (Temporary Assistance for Needy Families, TANF), noncash assistance, or food stamps.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2007 and 2008.

Table 6.21B (REVISED) Specific Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older, by Geographic or Socioeconomic Characteristics: Percentages, 2007 and 2008

Geographic/Socioeconomic Characteristic	Received Mental Health Treatment/Counseling ¹		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ²					
			Inpatient		Outpatient		Prescription Medication	
	2007	2008	2007	2008	2007	2008	2007	2008
TOTAL	13.3	13.5	1.0	0.9	7.0	6.8	11.2	11.4
GEOGRAPHIC REGION								
Northeast	15.0	13.8	1.1	1.3	8.9	8.0	12.3	11.0
Midwest	13.7	14.3	0.8	1.0	6.9	6.8	11.7	12.4
South	12.9	12.6	1.0 ^a	0.7	6.1	5.9	11.0	11.2
West	12.2	13.8	0.9	0.7	6.7	7.4	10.0	11.1
COUNTY TYPE								
Large Metro	12.3	12.8	0.8	0.9	6.9	6.9	10.1	10.5
Small Metro	14.4	14.2	1.0	0.8	7.3	7.3	12.4	12.2
250K – 1 Mil. Pop.	13.8	14.3	0.8	0.8	7.1	7.4	11.9	12.3
< 250K Pop.	15.5	14.2	1.3	0.8	7.9	7.2	13.4	12.2
Nonmetro	14.6	14.2	1.4 ^a	0.8	6.5	5.7	12.6	12.9
Urbanized	15.5	15.5	1.5	0.8	7.1	6.5	13.3	13.7
Less Urbanized	14.8	13.7	1.4	1.0	6.5	5.6	12.7	12.7
Completely Rural	10.2	10.9	1.2	0.3	4.7 ^a	2.7	9.4	10.6
FAMILY INCOME								
Less Than \$20,000	17.2	16.2	2.6	1.8	9.8	8.4	14.0	13.7
\$20,000 - \$49,999	12.1	12.0	0.9	0.7	5.9	6.0	10.4	10.4
\$50,000 - \$74,999	12.9	13.8	0.4	0.6	6.5	6.7	11.1	12.1
\$75,000 or More	12.6	13.3	0.4	0.7	6.6	6.9	10.5	10.8
GOVERNMENT ASSISTANCE³								
Yes	20.8	19.5	3.0 ^a	2.0	11.4	10.5	17.9	17.0
No	12.1	12.5	0.6	0.7	6.2	6.2	10.1	10.5

*Low precision; no estimate reported.

NOTE: This table was revised in May 2012 due to updates (for details, see the introduction to these 2008 detailed tables).

^a Difference between estimate and 2008 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2008 estimate is statistically significant at the 0.01 level.

¹ Mental Health Treatment/Counseling is defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information were excluded. Estimates were based only on responses to items in the Adult Mental Health Service Utilization module.

² Respondents could report receiving multiple types of mental health treatment/counseling; thus, these response categories are not mutually exclusive.

³ Government Assistance is defined as one or more household family members having received Supplemental Security Income (SSI), cash assistance (Temporary Assistance for Needy Families, TANF), noncash assistance, or food stamps.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2007 and 2008.

Table 6.22A Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older Who Received Mental Health Treatment in the Past Year, by Age Group: Numbers in Thousands, 2007 and 2008

Type of Mental Health Treatment/Counseling ¹	Total (2007)	Total (2008)	Aged 18-25 (2007)	Aged 18-25 (2008)	Aged 26-49 (2007)	Aged 26-49 (2008)	Aged 50+ (2007)	Aged 50+ (2008)
RECEIVED ONLY ONE TREATMENT TYPE								
Inpatient	556	469	99	92	249	134	209	242
Outpatient	3,907	3,907	626 ^b	790	2,183	2,088	1,098	1,028
Prescription Medication	13,049	14,013	1,383	1,444	5,851	5,874	5,815	6,696
RECEIVED TWO TREATMENT TYPES								
Inpatient and Outpatient	153	119	47	34	65	70	42	15
Inpatient and Prescription Medication	326 ^a	164	47	82	127 ^a	50	151 ^a	32
Outpatient and Prescription Medication	10,207	10,028	987	948	5,043	5,145	4,177	3,935
RECEIVED ALL THREE TREATMENT TYPES								
Inpatient, Outpatient, and Prescription Medication	1,049	1,156	159	144	641	503	248	509

*Low precision; no estimate reported.

^a Difference between estimate and 2008 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2008 estimate is statistically significant at the 0.01 level.

¹ Mental Health Treatment/Counseling is defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling or combinations of types of treatment information were excluded. Estimates were based only on responses to items in the Adult Mental Health Service Utilization module.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2007 and 2008.

Table 6.22B Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older Who Received Mental Health Treatment in the Past Year, by Age Group: Percentages, 2007 and 2008

Type of Mental Health Treatment/Counseling ¹	Total (2007)	Total (2008)	Aged 18-25 (2007)	Aged 18-25 (2008)	Aged 26-49 (2007)	Aged 26-49 (2008)	Aged 50+ (2007)	Aged 50+ (2008)
RECEIVED ONLY ONE TREATMENT TYPE								
Inpatient	1.9	1.6	3.0	2.6	1.8	1.0	1.8	1.9
Outpatient	13.4	13.1	18.7 ^a	22.4	15.4	15.1	9.4	8.3
Prescription Medication	44.6	46.9	41.3	40.9	41.3	42.4	49.5	53.7
RECEIVED TWO TREATMENT TYPES								
Inpatient and Outpatient	0.5	0.4	1.4	1.0	0.5	0.5	0.4	0.1
Inpatient and Prescription Medication	1.1 ^a	0.5	1.4	2.3	0.9 ^a	0.4	1.3 ^a	0.3
Outpatient and Prescription Medication	34.9	33.6	29.5	26.8	35.6	37.1	35.6	31.6
RECEIVED ALL THREE TREATMENT TYPES								
Inpatient, Outpatient, and Prescription Medication	3.6	3.9	4.8	4.1	4.5	3.6	2.1	4.1

*Low precision; no estimate reported.

^a Difference between estimate and 2008 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2008 estimate is statistically significant at the 0.01 level.

¹ Mental Health Treatment/Counseling is defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling or combinations of types of treatment information were excluded. Estimates were based only on responses to items in the Adult Mental Health Service Utilization module.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2007 and 2008.