

2019 State Profile — North Carolina

National Survey of Substance Abuse Treatment Services (N-SSATS)

The National Survey of Substance Abuse Treatment Services (N-SSATS) is an annual survey of facilities providing substance abuse treatment. It is conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). The N-SSATS collects data on the location, characteristics, services offered, and number of clients (collected every other year) in treatment at alcohol and drug abuse treatment facilities (public and private) throughout the 50 states, the District of Columbia, U.S. territories, and other jurisdictions.

More information on the methodology used is available in the 2019 N-SSATS report:

<https://www.samhsa.gov/data/data-we-collect/n-ssats-national-survey-substance-abuse-treatment-services>

In North Carolina, 552 substance abuse treatment facilities were included in the 2019 N-SSATS report, which reported a total of 49,520 clients in substance abuse treatment on March 29, 2019. The survey response rate in North Carolina was 83.1 percent.

Facility operation, by number and percent

	Clients in treatment on March 29, 2019					
	Facilities		All clients		Clients under the age of 18 years	
	No.	%	No.	%	No.	%
Private non-profit	201	36.4	17,453	35.2	744	49.7
Private for-profit	313	56.7	29,287	59.1	739	49.3
Local, county, or community government	9	1.6	262	0.5	—	—
State government	14	2.5	518	1.0	15	1.0
Federal government	13	2.4	1,612	3.3	—	—
Tribal government	2	0.4	388	0.8	—	—
Total	552	100.0	49,520	100.0	1,498	100.0

Note: Percentages may not sum to 100 percent due to rounding.

Substance abuse problem treated, by number and percent

	Clients in treatment on March 29, 2019				
	Facilities ¹		Clients ²		Clients ² per 100,000 pop. aged 18 years or older
	No.	%	No.	%	
Clients with both alcohol and drug abuse	357	84.2	13,329	27.1	155
Clients with drug abuse only	359	84.7	30,454	62.0	365
Clients with alcohol abuse only	297	70.0	5,322	10.8	62
Total			49,105	100.0	582

¹ Numbers of facilities may sum to more than the total, and percentages may sum to more than 100 percent, because facilities may be included in more than one category.

² States report *substance abuse problem treated* in terms of percentages of clients, from which the numbers of clients in this table are derived; their sum may not agree with the total due to rounding.

Facility capacity and utilization rate¹

	Residential	Hospital inpatient
Number of facilities	66	14
Number of clients ²	2,264	375
Number of designated beds	2,368	470
Utilization rate ³	95.6	79.8
Average number of designated beds per facility	36	34

¹ Excludes facilities not reporting both client counts and number of beds, facilities whose client counts were reported by another facility, facilities that included client counts from other facilities, and facilities that did not respond to this question.

² Number of clients on March 29, 2019.

³ Because substance abuse treatment clients may also occupy non-designated beds, utilization rates may be more than 100 percent.

For a symbol key, see the last page of this profile.

Type of care, by number and percent

	Clients in treatment on March 29, 2019							
	Facilities		All clients				Clients under the age of 18 years	
	No.	%	No.	%	Median no. of	Median no. of	No.	%
					clients per	clients per		
				OTP facility	non-OTP facility			
Outpatient	480	87.0	46,796	94.5	243	40	1,455	97.1
Regular	443	80.3	19,705	39.8	113	25		
Intensive	211	38.2	3,471	7.0	11	15		
Day treatment or partial hospitalization	75	13.6	662	1.3	18	10		
Detoxification	61	11.1	363	0.7	19	5		
Methadone/buprenorphine maintenance or naltrexone treatment	214	38.8	22,595	45.6	240	45		
Residential (non-hospital)	83	15.0	2,286	4.6	20	12	43	2.9
Short term (≤ 30 days)	29	5.3	359	0.7	20	12		
Long term (> 30 days)	62	11.2	1,783	3.6	—	11		
Detoxification	18	3.3	144	0.3	—	12		
Hospital inpatient	30	5.4	438	0.9	44	12	—	—
Treatment	18	3.3	202	0.4	29	14		
Detoxification	29	5.3	236	0.5	28	9		
Total	552		49,520	100.0	238	33	1,498	100.0

Note: Facilities may provide more than one type of care.

Facility licensing, certification, or accreditation, by number and percent

	No.	%
Any listed agency/organization	488	88.4
State substance abuse agency	342	62.0
State mental health department	272	49.3
State department of health	240	43.5
Hospital licensing authority	20	3.6
The Joint Commission	87	15.8
Commission on Accreditation of Rehabilitation Facilities (CARF)	245	44.4
National Committee for Quality Assurance (NCQA)	14	2.5
Council on Accreditation (COA)	33	6.0
Healthcare Facilities Accreditation Program (HFAP)	4	0.7
Other national organization or federal, state, or local agency	34	6.2

Note: Facilities may be licensed, certified, or accredited by more than one agency/organization.

Facility payment options, by number and percent

	No.	%
Cash or self-payment	492	89.1
Private health insurance	350	63.4
Medicare	243	44.0
Medicaid	370	67.0
State-financed health insurance plan other than Medicaid	300	54.3
Federal military insurance	219	39.7
No payment accepted (free treatment for all clients)	21	3.8
IHS/Tribal/Urban (ITU) funds	27	4.9
Other	3	0.5
Sliding fee scale	248	44.9
Treatment at no charge or minimal payment for clients who can't pay	242	43.8

Note: Facilities may accept more than one type of payment.

Types of services offered, by number and percent

	Facilities	
	No.	%
Assessment and pre-treatment services		
Screening for substance abuse	533	96.6
Screening for mental health disorders	426	77.2
Comprehensive substance abuse assessment or diagnosis	504	91.3
Comprehensive mental health assessment or diagnosis	327	59.2
Screening for tobacco use	402	72.8
Outreach to persons in the community who may need treatment	333	60.3
Interim services for clients when immediate admission is not possible	247	44.7
Professional interventionist/educational consultant	92	16.7
None of these assessment and pre-treatment services offered	5	0.9
Testing		
Drug and alcohol oral fluid testing	135	24.5
Breathalyzer or other blood alcohol testing	361	65.4
Drug or alcohol urine screening	497	90.0
Testing for hepatitis B	127	23.0
Testing for hepatitis C	161	29.2
HIV testing	171	31.0
STD testing	155	28.1
TB screening	196	35.5
Testing for metabolic syndrome	49	8.9
None of these testing services offered	41	7.4
Medical services		
Hepatitis A (HAV) vaccination	30	5.4
Hepatitis B (HBV) vaccination	29	5.3
None of these medical services offered	520	94.2
Transitional services		
Discharge planning	506	91.7
Aftercare/continuing care	449	81.3
Naloxone and overdose education	254	46.0
Outcome follow-up after discharge	350	63.4
None of these transitional services offered	8	1.4
Recovery support services		
Mentoring/peer support	254	46.0
Self-help groups (for example, AA, NA, SMART Recovery)	209	37.9
Assistance in locating housing for clients	287	52.0
Employment counseling or training for clients	206	37.3
Assistance with obtaining social services (for example, Medicaid, WIC, SSI, SSDI)	288	52.2
Recovery coach	62	11.2
None of these recovery support services offered	116	21.0
Education and counseling services		
HIV or AIDS education, counseling, or support	270	48.9
Hepatitis education, counseling, or support	237	42.9
Health education other than HIV/AIDS or hepatitis	264	47.8
Substance abuse education	531	96.2
Smoking/ tobacco cessation counseling	313	56.7
Individual counseling	533	96.6

Continued

For a symbol key, see the last page of this profile.

Types of services offered, by number and percent (continued)

	Facilities	
	No.	%
Group counseling	489	88.6
Family counseling	396	71.7
Marital/couples counseling	271	49.1
Vocational training or educational support	62	11.2
None of these education and counseling services offered	1	0.2
Pharmacotherapies		
Disulfiram (Antabuse®)	124	22.5
Naltrexone (oral)	162	29.3
Naltrexone (extended-release, injectable, for example, Vivitrol®)	151	27.4
Acamprosate (Campral®)	126	22.8
Nicotine replacement	151	27.4
Non-nicotine smoking/tobacco cessation medications (for example, bupropion, varenicline)	149	27.0
Medications for psychiatric disorders	281	50.9
Methadone ¹	75	13.6
Buprenorphine with naloxone (for example, Suboxone®, Bunavail®, Zubsolv®, Cassipa®)	202	36.6
Buprenorphine without naloxone	168	30.4
Buprenorphine sub-dermal implant (Probuphine®)	14	2.5
Buprenorphine (extended-release, injectable, for example, Sublocade®)	55	10.0
Medications for HIV treatment (for example, antiretroviral medications such as tenofovir, efavirenz, emtricitabine, atazanavir, and lamivudine)	24	4.3
Medications for hepatitis C (HCV) treatment (for example, sofosbuvir, ledipasvir, interferon, peginterferon, ribavirin)	26	4.7
Lofexidine	13	2.4
Clonidine	132	23.9
None of these pharmacotherapy services offered	186	33.7
Ancillary services		
Case management services	388	70.3
Social skills development	354	64.1
Child care for clients' children	33	6.0
Domestic violence—family or partner violence services (physical, sexual, and emotional abuse)	173	31.3
Early intervention for HIV	72	13.0
Transportation assistance to treatment	210	38.0
Mental health services	359	65.0
Acupuncture	12	2.2
Residential beds for clients' children	19	3.4
None of these ancillary services offered	45	8.2
Other services		
Treatment for gambling disorder	119	21.6
Treatment for Internet use disorder	90	16.3
Treatment for other addiction disorder (non-substance abuse)	202	36.6
None of these 'other' services offered	337	61.1

¹ Methadone is available only at OTP facilities that are certified by SAMHSA's Center for Substance Abuse Treatment.

Clinical/therapeutic approaches used frequently, by number and percent

	Facilities	
	No.	%
Substance abuse counseling	538	97.5
12-step facilitation	362	65.6
Brief intervention	418	75.7
Cognitive behavioral therapy	506	91.7
Dialectical behavior therapy	291	52.7
Contingency management/motivational incentives	293	53.1
Motivational interviewing	497	90.0
Trauma-related counseling	394	71.4
Anger management	415	75.2
Matrix model	266	48.2
Community reinforcement plus vouchers	60	10.9
Rational emotive behavioral therapy (REBT)	207	37.5
Relapse prevention	506	91.7
Telemedicine/telehealth	164	29.7
Other treatment approaches	64	11.6
We do not use any of these clinical/therapeutic approaches	3	0.5

Specifically tailored programs or groups, by number and percent

	Facilities	
	No.	%
Any program or group	422	76.4
Adolescents	120	21.7
Young adults	175	31.7
Adult women	274	49.6
Pregnant or postpartum women	169	30.6
Adult men	249	45.1
Seniors or older adults	143	25.9
LGBT clients	141	25.5
Veterans	140	25.4
Active duty military	93	16.8
Members of military families	108	19.6
Criminal justice clients (other than DUI/DWI)	176	31.9
Clients with co-occurring mental and substance use disorders	266	48.2
Clients with co-occurring pain and substance use	114	20.7
Clients with HIV or AIDS	135	24.5
Clients who have experienced sexual abuse	187	33.9
Clients who have experienced intimate partner violence, domestic violence	155	28.1
Clients who have experienced trauma	232	42.0
DUI/DWI clients	132	23.9
Other	21	3.8
No specifically tailored programs or groups are offered	130	23.6

DUI/DWI = driving under the influence/driving while intoxicated or impaired; LGBT = lesbian, gay, bisexual, or transgender.

Facility funding, by number and percent

	Facilities	
	No.	%
Receives federal, state, county, or local government funds or grants for substance use treatment programs	225	40.8

Services in sign language for the deaf and hard-of-hearing and in languages other than English, by number and percent

	Facilities	
	No.	%
Sign language	136	24.6
Any language other than English	231	41.8
Non-English language provided by		
Staff counselor only	31	13.4
On-call interpreter only	161	69.7
Both staff counselor and on-call interpreter	39	16.9
Languages provided by staff counselor¹		
Spanish	64	91.4
American Indian/Alaska Native languages	—	—
Other	9	12.9

¹ Numbers and percentages are based on facilities that provide language services through a staff counselor, either exclusively or in conjunction with on-call interpreters.

Symbol key (where applicable)

— Quantity is zero; * Less than 0.05 percent;
† Less than 1 per 100,000; ‡ No facilities in this category.

Data in this profile are from facilities that reported to the N-SSATS and are based on the survey's reference date, March 29, 2019. All material in this profile is in the public domain and may be reproduced without permission from SAMHSA. Citation of the source is appreciated.

The latest N-SSATS report, and other substance abuse reports, are available at: <https://www.samhsa.gov/data/data-we-collect/n-ssats-national-survey-substance-abuse-treatment-services>

Access the latest N-SSATS public use files at: <https://datafiles.samhsa.gov>

For information on individual facilities, access SAMHSA's Behavioral Health Treatment Services Locator at: <https://findtreatment.samhsa.gov/>



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Behavioral Health Statistics and Quality
www.samhsa.gov/data

Clients receiving medication-assisted opioid therapy (MAOT) at facilities with opioid treatment programs (OTPs) and non-OTP facilities, by number and percent

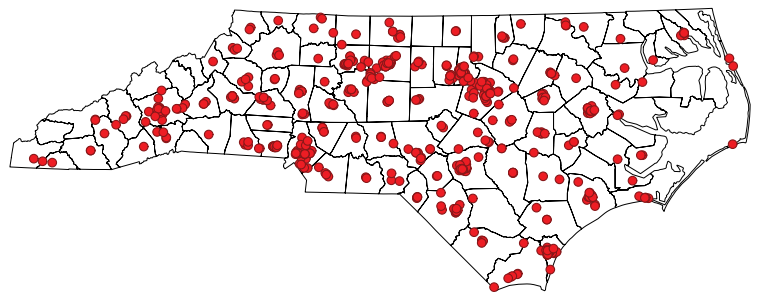
	No.	%
Facilities with OTPs¹	75	4.4
Clients in facilities with OTPs²		
Any MAT ³	17,139	3.8
Methadone	14,360	3.5
Buprenorphine	2,753	7.7
Naltrexone	26	0.9
Clients in facilities without OTPs⁴		
Any MAT ⁵	7,088	4.4
Buprenorphine	6,464	4.9
Naltrexone	624	2.3

¹ Percentage of all facilities with OTPs in the U.S. ² Percentage of all clients receiving methadone, buprenorphine, or naltrexone at facilities with OTPs in the U.S.; see 2019 N-SSATS report for details. ³ Consists of clients receiving methadone, buprenorphine, or naltrexone. ⁴ Percentage of all clients receiving buprenorphine or naltrexone at non-OTP facilities in the U.S.; see 2019 N-SSATS report for details. ⁵ Consists of clients receiving buprenorphine or naltrexone.

Clients per 100,000 population receiving MAOT in OTP facilities on March 29, 2019

	No.
Any type of medication-assisted therapy ¹	163
Methadone	137
Buprenorphine	26
Naltrexone	†

¹ Includes clients receiving methadone, buprenorphine, or naltrexone.

Location of treatment facilities

<https://www.samhsa.gov/data/quick-statistics>