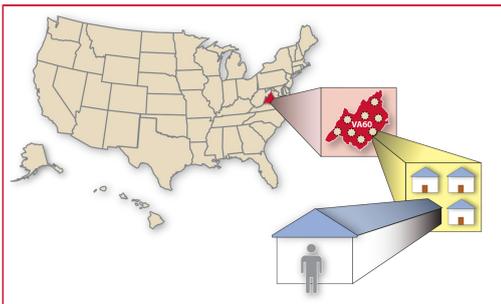


The CBHSQ Report

Spotlight

July 14, 2016



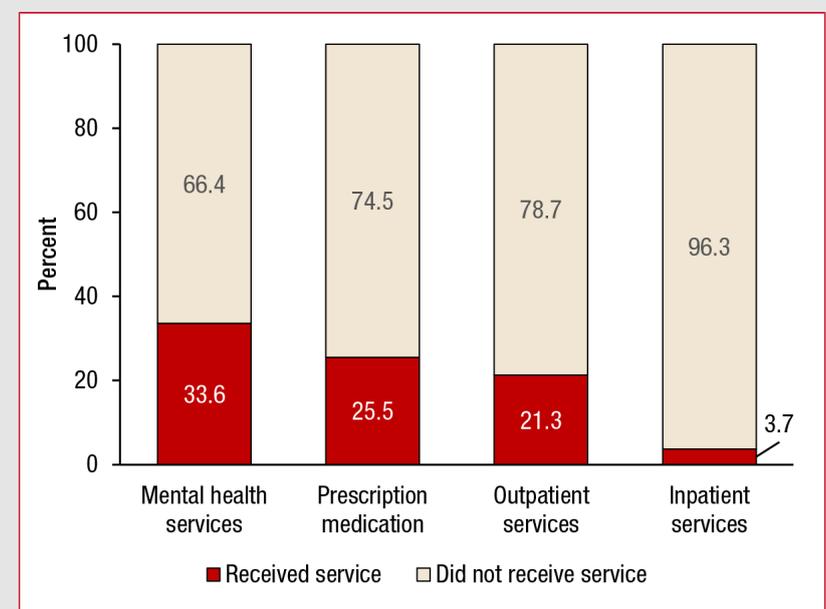
ONE-THIRD OF YOUNG ADULTS WITH ANY MENTAL ILLNESS RECEIVED MENTAL HEALTH SERVICES IN THE PAST YEAR

According to data from the 2014 National Survey on Drug Use and Health, among adults with any mental illness (AMI),¹ young adults aged 18 to 25 are less likely to receive mental health services than adults aged 26 to 49 or adults aged 50 or older (33.6 vs. 44.2 or 49.9 percent, respectively).²

In 2014, about 2.4 million, or 33.6 percent, of young adults with AMI received mental health services such as inpatient services, outpatient services, or prescription medication in the past year. This means that about two-thirds (66.4 percent) of young adults with AMI are not receiving potentially needed mental health services. Of young adults with AMI, about 1 in 4 received prescription medication (25.5 percent) and 1 in 5 received outpatient services (21.3 percent). In the past year, 3.7 percent of young adults with AMI received inpatient services.

Because young adults with AMI are less likely to receive services than adults in other age groups, young adults may benefit from developmentally appropriate services to facilitate the transition to adulthood.³ Young adults with AMI may want to talk to a mental health care professional to find out what type of services would best meet their needs. The Substance Abuse and Mental Health Services Administration provides resources for those seeking mental health care services. For information on accessing treatment, please visit <https://findtreatment.samhsa.gov>.

Mental health service use among young adults aged 18 to 25 with any mental illness: 2014



Source: National Survey on Drug Use and Health

1. Any mental illness (AMI) is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder.
2. Center for Behavioral Health Statistics and Quality. (2015). Tables 1.22A and 1.22B. In *2014 National Survey on Drug Use and Health: Detailed tables*. Retrieved from <http://www.samhsa.gov/data/>
3. Miller, S., Ringeisen, H., Munoz, B., Hedden, S. L., Colpe, L. J., Rohloff, H., & Embry, V. (2016). Correlates of mental health service use among young adults with mental illness: Results from the National Survey on Drug Use and Health. *Psychiatric Services*. Advance online publication. doi:10.1176/appi.ps.201400486

Source: National Surveys on Drug Use and Health (NSDUH), 2014. The NSDUH is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). The survey collects data by administering questionnaires to a representative sample of the population through face-to-face interviews at their places of residence.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The Data Spotlight may be copied without permission. Citation of the source is appreciated. Find this report and those on similar topics online at <http://www.samhsa.gov/data/>.