2018 National Survey on Drug Use and Health: Women

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National Survey on Drug Use and Health (NSDUH)

• NSDUH is a comprehensive household interview survey of substance use, substance use disorders, mental health, and the receipt of treatment services for these disorders in the United States.

• NSDUH is collected face-to-face by field interviewers who read less sensitive questions to respondents and transition respondents to audio computer assisted self-interviewing for sensitive items.

• NSDUH covers the civilian, noninstitutionalized population, aged 12 or older:
  • Includes: Households, college dorms, homeless in shelters, civilians on military bases
  • Excludes: Active military, long-term hospital residents, prison populations, homeless not in shelters

• Sample includes all 50 states and DC

• Approximately 67,500 persons are interviewed annually

• Data collected from January to December
How Do We Use NSDUH?

• Provides a window into the state of substance use and mental health issues in the United States

• Helps to guide policy directions:
  • problem substances
  • prevalence of mental illness
  • intersection of substance use and mental health issues
  • provides insights that can be studied in the context of data from other agencies to help in decision-making about what types of resources are needed and where resources should be directed
NSDUH 2017 Highlights

• Opioids epidemic:
  • New users of heroin significantly decreased relative to 2016
  • Significant decreases in pain reliever misuse were observed for all ages
  • Downward trend in heroin users
  • Estimated 2.1M with opioid use disorder

• Marijuana:
  • Significant increases in use by young adults (18-25 y.o.): past month and daily/near daily use; with significant increases in use by young adult women
  • Pregnant women using substances in greater numbers including significant increases in daily or near daily marijuana use
  • Frequent marijuana use was associated with opioid misuse, heavy alcohol use, and depression in youth 12-17 and young adults 18-25

• Young adults had increasing rates of serious mental illness, major depression, and suicidality
• Co-occurring substance use and mental disorders are common
• Major gaps in treatment received by affected individuals
SAMHSA’s Response to 2016-17 NSDUH Findings

• 2018: Launch of new approach to technical assistance and training
• Previous focus on technical assistance to grantees expanded to national approach
  • Establishment of Clinical Support System for Serious Mental Illness
    • National practitioner training efforts
    • Focus on appropriate use and monitoring of psychotropic medications
    • Use of clozapine in treatment refractory schizophrenia
    • Assisted outpatient treatment
  • Establishment of a regional system of Technology Transfer Centers throughout the U.S.
    • Substance Abuse Prevention Technology Transfer Centers
    • Addiction Technology Transfer Centers
    • Mental Health Technology Transfer Centers with supplements for school-based services
    • Training and technical assistance tailored to needs of HHS regions
    • Native American/Alaska Native, Hispanic/Latino focus centers
  • Establishment of new national training/technical assistance programs
    • State Targeted Response/State Opioid Response TA/T Program—over 1000 requests met
    • Privacy Technology Transfer Center addressing confidentiality and information sharing related to HIPAA and 42CFR
    • Eating Disorders Technology Transfer Center
SAMHSA’s Response to NSDUH Findings

- Established PCSS-Universities to embed DATA waiver training in pre-graduate education for physicians, nurse practitioners and physician assistants
- Expanded training and technical assistance on opioids issues in rural America through supplements to USDA Cooperative Extension programs
- Re-established the Drug Abuse Warning Network (DAWN)
- Expanded the Suicide Prevention Lifeline network
- Public targeted messaging based on areas of concern identified in NSDUH: marijuana, methamphetamine, suicide prevention
Mental Illness and Substance Use Disorders among Adult Women Aged 18+

Among women with a substance use disorder:
- 2 IN 5 (39.0% or 2.8M) struggled with illicit drugs
- 3 IN 4 (73.5% or 5.3M) struggled with alcohol use
- 1 IN 8 (12.5% or 897K) struggled with illicit drugs and alcohol

5.6% (7.2 MILLION) People aged 18 or older had a substance use disorder (SUD)

3.4% (4.4 MILLION) People 18+ had BOTH an SUD and a mental illness

22.8% (29.3 MILLION) People aged 18 or older had a mental illness

Among women with a mental illness:
- 1 IN 4 (25.1% or 7.3M) had a serious mental illness

In 2018, 32.1M adult women had a mental and/or substance use disorder.
Alcohol Initiates among Women

PAST YEAR, 2015-2018 NSDUH, Women 12+

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Alcohol Use among Women

PAST MONTH, 2015-2018 NSDUH, Women 12+

Overall US population 26+ 55.3%

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Alcohol Use Disorder among Women

Overall US population 26+ 5.1%

PAST YEAR, 2015-2018 NSDUH, Women 12+

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Summary: Alcohol Use in 2018

• No significant change in alcohol initiation rate among female adolescents since 2015
• Significant decline in alcohol use among female adolescents between 2017 and 2018
• Significant decline in alcohol use disorder among female adolescents during 2015-2018

• SAMHSA efforts on reductions in alcohol use in children/youth/transition age youth:
  • CSAP DFC program prioritizes alcohol use and has reported a 27% reduction in use in middle-school and a 23% reduction in use by high school students
  • SAMHSA Prevention Technology Transfer Centers produce resources and materials related to alcohol misuse prevention
  • CSAP ‘Talk They Hear You’ focuses on underage drinking
  • CSAP requires Partnerships for Success grantees to emphasize underage drinking prevention
  • CSAT has promoted SBIRT for alcohol use in all programs including CJ, PPW, adolescent treatment, HIV and homeless programs
  • CSAT has funded SBIRT training in medical residencies and other healthcare practitioner programs which screen for hazardous alcohol use and use disorders
Illicit Drug Use among Women: Marijuana Most Used Drug

- **Marijuana**: 13.4% of women aged 12 and older, 18.9M users
- **Psychotherapeutic Drugs**: 5.8% of women aged 12 and older, 8.2M users
- **Hallucinogens**: 1.5% of women aged 12 and older, 2.1M users
- **Cocaine**: 1.5% of women aged 12 and older, 2.0M users
- **Methamphetamines**: 0.5% of women aged 12 and older, 758K users
- **Inhalants**: 0.5% of women aged 12 and older, 743K users
- **Heroin**: 0.2% of women aged 12 and older, 292K users

Overall US population 12+: 6.2%
Overall US population 12+: Significant increase from 2017 (12.5%)
Prescription Pain Reliever Misuse among Women

4.9 MILLION WOMEN WITH OPIOID MISUSE (3.5% OF TOTAL POPULATION)

4.8 MILLION
Rx Pain Reliever Misusers
(97.9% of opioid misusers)

2.4 MILLION
Rx Hydrocodone

1.4 MILLION
Rx Oxycodone

125,000
Rx Fentanyl

292,000
Heroin Users
(6.0% of opioid misusers)

187,000
Rx Pain Reliever Misusers and Heroin Users
(3.8% of opioid misusers)

Rx = prescription.
Opioid misuse is defined as heroin use or prescription pain reliever misuse.
Opioid Misuse among Women

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Prescription Pain Reliever Misuse and Heroin Use among Women


* Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Prescription Pain Reliever Misuse among Women

PAST YEAR, 2015-2018 NSDUH, Women 12+

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Sources Where Pain Relievers Were Obtained for Most Recent Misuse among Women Who Misused Prescription Pain Relievers

- Prescription from One Doctor (38.7%)
- Got through Prescription(s) or Stole from a Health Care Provider (40.8%)
- Bought from Drug Dealer or Other Stranger (3.6%)
- Some Other Way (4.4%)
- Bought from Friend or Relative (8.3%)
- Took from Friend or Relative without Asking (3.2%)
- From Friend or Relative for Free (39.8%)
- Stole from Doctor’s Office, Clinic, Hospital, or Pharmacy (0.3%)
- Prescriptions from More Than One Doctor (1.8%)

85.3% of the friends or relatives were prescribed the pain reliever by a single doctor.

4.8 Million Women Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year
Misuse of Prescription Opioid Subtypes among Women

Overall US population 12+
- Hydrocodone: 9.4% (2.4M users)
- Oxycodone: 10.5% (1.4M users)
- Codeine: 8.5% (1.1M users)
- Tramadol: 7.1% (812K users)
- Buprenorphine: 29.0% (340K users)
- Morphine: 6.4% (204K users)
- Methadone: 19.4% (87K users)
- Fentanyl: 9.9% (125K users)

Note: This table shows misuse among users. For example, 9.4 percent of women hydrocodone past year users have misused hydrocodone in the past year.
Heroin Use among Women Climbed Through 2016: Now Declining

PAST YEAR, 2002 AND 2015-2018 NSDUH, Women 12+

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Heroin Use among Women

PAST YEAR, 2015-2018 NSDUH, Women 12+

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.
Heroin-Related Opioid Use Disorder among Women

PAST YEAR, 2015-2018 NSDUH, Women 12+

* Estimate not shown due to low precision.

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.
Treatment Gains: Number of Individuals Receiving Pharmacotherapy for Opioid Use Disorder (MAT)

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methadone</td>
<td>345,443</td>
<td>382,867</td>
<td>450,247</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>520,398</td>
<td>581,613</td>
<td>648,864</td>
</tr>
<tr>
<td>Naltrexone</td>
<td>46,860</td>
<td>64,020</td>
<td>73,260</td>
</tr>
</tbody>
</table>

Total Number receiving MAT (all types)

- 2016: 921,692
- 2017: 1,028,500
- 2018: 1,172,371

Note: Estimates do not represent women and are not based on NSDUH.
Summary: Opioid Misuse in the United States in 2018

• Significant decrease in prescription opioid misuse among female adolescents and young adults during 2015-2018
  
  • Majority of women continue to obtain from friends/relatives and from healthcare provider/prescriber underscoring the need for ongoing education of practitioners, appropriate pain management, and partnership with states to monitor opioid analgesic prescribing

• Among women aged 12+ using prescription opioids, buprenorphine is most likely to be misused.

• No significant changes in heroin use and use disorder among women across age groups during 2015-2018
Other Illicit Substances
Marijuana Use among Women

Overall US population 26+ 8.6%

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Marijuana Use among Young Adult Women (18-25 y.o.)

Overall US population 18-25 22.1%

Past Month Use
- 16.2%+ 2.8M
- 17.5%+ 3.0M
- 19.2% 3.3M
- 20.0% 3.4M

Past Year Daily or Almost Daily Use
- 4.7% 824K
- 4.5%+ 768K
- 5.7% 979K
- 5.3% 901K

Overall US population 18-25 7.3%

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Marijuana Use among Young Adult Men and Women (18-25 y.o.)

**Total**
- 2015: 6.9M (19.8%)
- 2016: 7.2M (20.8%)
- 2017: 7.6M (22.1%)
- 2018: 7.5M (22.1%)

**Male**
- 2015: 4.1M (23.4%)
- 2016: 4.2M (24.0%)
- 2017: 4.3M (25.0%)
- 2018: 4.1M (24.2%)

**Female**
- 2015: 2.8M (16.2%)
- 2016: 3.0M (17.5%)
- 2017: 3.3M (19.2%)
- 2018: 3.4M (20.0%)

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Significant Increase in Marijuana Use among Women 26+

Overall US population 26+:
- Past Month Use: 4.9M (4.5%), 5.5M (5.1%), 5.6M (6.2%), 6.4M (7.2%)
- Past Year Daily or Almost Daily Use: 1.3M (1.2%), 1.5M (1.4%), 1.8M (1.6%), 1.9M (1.7%)

Overall US population 26+:
- Past Month Use: 2.8% (2015), 5.1% (2016), 6.2% (2017), 8.6% (2018)
- Past Year Daily or Almost Daily Use: 1.2% (2015), 1.4% (2016), 1.6% (2017), 2.8% (2018)

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Marijuana Use Disorder among Women

Overall US population 18-25: 5.9%

PAST YEAR, 2015-2018 NSDUH, Women 12+

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Past Month Substance Use among Pregnant Women

Past Month, 2015-2018 NSDUH, 15-44

* Estimate not shown due to low precision.

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Marijuana Use among Women by Pregnancy Status

PAST MONTH, 2015-2018 NSDUH, 15-44

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Daily or Almost Daily Marijuana Use Among Women by Pregnancy Status

PAST YEAR, 2015-2018 NSDUH, 15-44

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Substance Use in Pregnancy: Trends in the Right Direction

2017: Showed a startling increase in substance use and particularly marijuana use in pregnancy: may be associated with fetal growth restriction, stillbirth, and preterm birth; may cause problems with neurological development, resulting in hyperactivity, poor cognitive function (Metz TD and Stickrath EH, 2015)

• Significant decline in illicit drug use among pregnant women between 2017 and 2018.
• SAMHSA/HHS made strong efforts to address this situation in an effort to improve the health and mothers and their babies:
  • Public awareness efforts: information sharing with stakeholders and the public
  • Launch of SAMHSA.gov/marijuana
  • Launch of Substance Abuse Prevention Technology Transfer Centers with a focus on marijuana and other substance use in pregnancy
  • Expansion of treatment programs for pregnant/post partum parenting women: both residential and outpatient through CARA
  • Publication of Clinical Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder
  • Publication of Healthy Pregnancy/Healthy Baby Factsheets for women and their families
  • Use of STR and SOR funding for opioid use disorder in pregnancy and prevention interventions
  • Joint article from Assistant Secretary for Mental Health and Substance Use and Surgeon General addressing treatment of opioid use disorder in pregnancy
Cocaine Use among Women

PAST MONTH, 2015-2018 NSDUH, Women 12+

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.
Methamphetamine Use among Women: Significant Increase in Adults Aged 26+

PAST YEAR, 2015-2018 NSDUH, Women 12+

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

SAMHSA
Substance Abuse and Mental Health Services Administration
Methamphetamine Use among Women by State

PAST YEAR, 2016-2017 NSDUH, Women 12+

Percentages of Women Aged 12 or Older

- 0.70-1.32
- 0.56-0.69
- 0.42-0.55
- 0.22-0.41
- 0.03-0.21

Differences in colors across states do not indicate significant differences in estimates.
Misuse of Prescription Stimulants among Women

PAST YEAR, 2015-2018 NSDUH, Women 12+

- Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Hallucinogen Use among Women: LSD

Overall US population 18-25 3.5%

Estimates represent past year use of LSD (lysergic acid diethylamide), a type of hallucinogen.

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Summary: Other Substance Use in the United States in 2018

- During 2015-2018, marijuana use remained stable among female youth, but significantly increased among adult women aged 18-25 and 26+

- Significant increase in marijuana use disorder in adult women aged 18-25 during 2015-2018

- Significant decline in illicit drug use by pregnant women between 2017 and 2018

- Significant increase in methamphetamine use in women aged 26+ between 2017 and 2018

- Significant decline in prescription stimulant misuse and LSD use in female adolescents during 2015-2018

PREVENTION WORKS!
Mental Health
Serious Mental Illness (SMI) Rising among Young Women Aged 18-25 and Women Aged 26-49

56.6%+ 960,000 YOUNG WOMEN WITH SMI RECEIVED TREATMENT IN 2018
43.4% got NO treatment

68.1% 2.5M women (26-49 y.o.) with SMI received treatment; 31.9% got NO treatment

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Major Depressive Episodes among Women

Overall US population
12-17 14.4%

Overall US population
18-25 13.8%

Note: The adult and youth MDE estimates are not directly comparable.

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Major Depressive Episodes with Severe Impairment among Adolescent Females

Overall US population 12-17

- 2015: 14.0% (1.7M)
- 2016: 13.7% (1.6M)
- 2017: 14.2% (1.7M)
- 2018: 15.2% (1.8M)

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Major Depressive Episodes with Severe Impairment among Young Adults (18-25 y.o.)

PAST YEAR, 2015-2018 NSDUH, 18-25

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Suicidal Thoughts, Plans, and Attempts Increase for Young Adult Women (18-25 y.o.)

PAST YEAR, 2008 and 2018 NSDUH, Women 18-25

- **Serious Thoughts**: 2008 - 8.0%, 2018 - 12.4%
  - 2008: 1.3M
  - 2018: 2.1M

- **Made a Plan**: 2008 - 2.4%, 2018 - 4.1%
  - 2008: 397K
  - 2018: 688K

- **Attempted**: 2008 - 1.5%, 2018 - 2.2%
  - 2008: 249K
  - 2018: 377K

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.
Co-Occurring Disorders
Co-Occurring Issues: Substance Use Is More Frequent among Adult Women (>18 y.o.) with Mental Illness

Overall US population 18+ 28.1%
Overall US population 18+ 25.3%
Overall US population 18+ 31.3%
Overall US population 18+ 32.3%

Cigarette
No Mental Illness 13.4M 13.5%
Any Mental Illness 7.9M 26.9%
Serious Mental Illness 2.7M 36.9%

Daily Cigarette
No Mental Illness 8.2M 8.3%
Any Mental Illness 4.8M 16.3%
Serious Mental Illness 1.8M 24.1%

Binge Drinking
No Mental Illness 8.2M 8.3%
Any Mental Illness 20.2M 20.3%
Serious Mental Illness 8.4M 28.6%

PAST MONTH, 2018 NSDUH, Women 18+

+ Difference between this estimate and the estimate for adults without mental illness is statistically significant at the .05 level.
Co-Occurring Issues: Substance Use Is More Frequent among Adult Women (≥18 y.o.) with Mental Illness

Overall US population 18+ 49.4%

Illicit Drugs
- No Mental Illness: 11.9M (12.0%)
- Any Mental Illness: 9.9M (9.7%)
- Serious Mental Illness: 3.4M (33.8%)

Marijuana
- No Mental Illness: 9.7M (26.3%)
- Any Mental Illness: 7.7M (26.3%)
- Serious Mental Illness: 3.6M (46.5%)

Opioid Misuse
- No Mental Illness: 2.0M (2.0%)
- Any Mental Illness: 2.5M (8.4%)
- Serious Mental Illness: 1.3M (13.2%)

Prescription Pain Reliever Misuse
- No Mental Illness: 2.0M (2.0%)
- Any Mental Illness: 2.5M (12.4%)
- Serious Mental Illness: 1.2M (12.4%)

Heroin
- No Mental Illness: 86K (0.1%)
- Any Mental Illness: 201K (0.7%)
- Serious Mental Illness: 133K (1.8%)

+ Difference between this estimate and the estimate for adults without mental illness is statistically significant at the .05 level.
Alcohol Use Related to Other Substance Use, MDE and SMI among Women

- **Past Year Marijuana Use**
  - No Past Month Alcohol Use: 4.8M (6.5%)
  - Past Month Alcohol Use but No Heavy Use: 11.6M (18.7%)
  - Past Month Heavy Alcohol Use: 2.6M (45.2%)

- **Past Year Opioid Misuse**
  - No Past Month Alcohol Use: 1.9M (2.7%)
  - Past Month Alcohol Use but No Heavy Use: 2.3M (3.8%)
  - Past Month Heavy Alcohol Use: 625K (11.0%)

- **Past Year Cocaine Use**
  - No Past Month Alcohol Use: 214K (0.3%)
  - Past Month Alcohol Use but No Heavy Use: 1.1M (1.8%)
  - Past Month Heavy Alcohol Use: 700K (12.3%)

- **Past Year Methamphetamine Use**
  - No Past Month Alcohol Use: 321K (0.4%)
  - Past Month Alcohol Use but No Heavy Use: 319K (0.5%)
  - Past Month Heavy Alcohol Use: 119K (2.1%)

- **Past Year MDE, 12+**
  - No Past Month Alcohol Use: 7.2M (9.9%)
  - Past Month Alcohol Use but No Heavy Use: 5.9M (9.6%)
  - Past Month Heavy Alcohol Use: 3.4M (16.4%)

- **Past Year SMI, 18+**
  - No Past Month Alcohol Use: 3.3M (5.5%)
  - Past Month Alcohol Use but No Heavy Use: 5.4M (11.0%)

*Difference between this estimate and the estimate for people with past month use but not heavy alcohol use is statistically significant at the .05 level.*
Opioid Misuse Related to Other Substance Use, MDE and SMI among Women

<table>
<thead>
<tr>
<th>Category</th>
<th>No Past Year Opioid Misuse</th>
<th>Any Past Year Opioid Misuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Past Year Marijuana Use</td>
<td>12.3%+</td>
<td>45.6%</td>
</tr>
<tr>
<td>Past Month Heavy Alcohol Use</td>
<td>3.7%+</td>
<td>12.8%</td>
</tr>
<tr>
<td>Past Year Cocaine Use</td>
<td>1.1%+</td>
<td>12.1%</td>
</tr>
<tr>
<td>Past Year Methamphetamine Use</td>
<td>0.3%+</td>
<td>7.1%</td>
</tr>
<tr>
<td>Past Year MDE, 12+</td>
<td>9.5%+</td>
<td>25.9%</td>
</tr>
<tr>
<td>Past Year SMI, 18+</td>
<td>5.1%+</td>
<td>21.5%</td>
</tr>
</tbody>
</table>

+ Difference between this estimate and the estimate for people with past year opioid misuse is statistically significant at the .05 level.
Cocaine Use Related to Other Substance Use, MDE and SMI among Women

PAST YEAR/MONTH, 2018 NSDUH, Women 12+

- **Past Year Marijuana Use**
  - No Past Year Cocaine Use: 12.4% (+)
  - Any Past Year Cocaine Use: 81.1%
- **Past Year Opioid Misuse**
  - No Past Year Cocaine Use: 3.1% (+)
  - Any Past Year Cocaine Use: 29.0%
- **Past Month Heavy Alcohol Use**
  - No Past Year Cocaine Use: 3.6% (+)
  - Any Past Year Cocaine Use: 34.2%

- **Past Year Methamphetamine Use**
  - No Past Year Cocaine Use: 0.4% (+)
  - Any Past Year Cocaine Use: 10.3%
- **Past Year MDE, 12+**
  - No Past Year Cocaine Use: 9.8% (+)
  - Any Past Year Cocaine Use: 24.9%
- **Past Year SMI, 18+**
  - No Past Year Cocaine Use: 5.4% (+)
  - Any Past Year Cocaine Use: 23.9%

+ Difference between this estimate and the estimate for people with past year cocaine use is statistically significant at the .05 level.
Methamphetamine Use Related to Other Substance Use, MDE and SMI among Women

PAST YEAR/MONTH, 2018 NSDUH, Women 12+

- Past Year Marijuana Use: 64.5% for 489K, 13.2%+ for 18.5M
- Past Year Opioid Misuse: 3.2%+ for 4.6M, 45.6% for 346K
- Past Month Heavy Alcohol Use: 4.0%+ for 5.6M, 15.7% for 119K
- Past Year Cocaine Use: 27.8% for 211K, 1.3%+ for 1.8M
- Past Year MDE, 12+: 9.9%+ for 13.7M, 40.7% for 298K
- Past Year SMI, 18+: 5.5%+ for 7.0M, 46.8% for 346K

+ Difference between this estimate and the estimate for people with past year methamphetamine use is statistically significant at the .05 level.
Co-Occurring Substance Use Disorder (SUD) Is Associated with Suicidal Thoughts, Plans, and Attempts among Adult Women (≥18 y.o.)

Overall US population 18+:
- Serious Thoughts: 20.3%, 1.5M
- Made a Plan: 7.5%, 538K
- Attempted: 0.5%, 287K

+ Difference between this estimate and the estimate for adults with SUD is statistically significant at the .05 level.
Despite Consequences and Disease Burden, Treatment Gaps Remain Vast among Women

Overall US population 18+ 56.7%

Overall US population 18+ 35.9%

*No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.
Summary: Mental Health and Substance Use Issues in the United States in 2018

• During 2015-2018, serious mental illness significantly increased in women aged 18-49, especially among women aged 18-25

• Significant increases in major depressive episode in female youth aged 12-17 and women aged 18-25 during 2015-2018

• Significant increases in major depressive episode with severe impairment in women aged 12-17 during 2016-2018 and women aged 18-25 during 2015-2018

• Significant increases in suicide thoughts, plan, and attempt in women aged 18-25 during 2008-2018

• Co-occurring substance use and mental disorders are common among women

• Among women, use of one substance—alcohol or other illicit substances-- is strongly correlated with polysubstance use and with major depressive episode and serious mental illness underscoring the need to screen for all substances as well as mental disorders when evaluating a person identifying a substance problem or a mental health issue, and to treat all co-occurring disorders

• Substance use disorders are associated with increased risk for suicidality among women

• The large gap in treatment need continues among women
2018: A Year of Some Progress, but Ongoing Need for Americans Living with Substance Use and Mental Health Issues Continues

NSDUH reveals areas where we need to focus resources:

• Continuing need to address the ongoing opioid epidemic

• Significant increase in marijuana use among women aged 18+

• Significant increase in methamphetamine in women aged 26+

• Significant increases in major depressive episode in youth aged 12-17 and women aged 18-25

• Substance use and mental disorders are closely linked: NSDUH tells us that illicit substance use is associated with increased risk for other hazardous substance use and mental illness, and mental illness is a risk factor for illicit substance use

• Need for ongoing efforts in prevention of substance use disorders
SAMHSA’s Response

- **Workforce:** Continue to address the need for clinicians to be prepared to assess and treat mental health issues and substance issues with national training and technical assistance programs.

- **Opioids**
  - Continue work with states to address opioids crisis needs in terms of prevention, treatment, and community recovery resources
    - STR/SOR/TOR grants
    - Discretionary grants: pregnant/post partum parenting women/children/families, drug courts, first responder/prevention grants
    - Collaboration with HHS partners and other federal departments to expand resources to communities

- **Other substances:**
  - Encourage use of block grant funds to address prevention/treatment needs
  - Provide training and technical assistance on evidence-based psychosocial therapies

- **Connecting with the public: Importance of Prevention, Treatment, Community Supports**
  - Public service messaging on substance use and mental health issues with focus on prevention

- **Monitoring outcomes:**
  - Through continuation of NSDUH, DAWN, and SAMHSA grant program evaluation

- **Making policy modifications as indicated**