2019 National Survey on Drug Use and Health: Hispanics

Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

September 2020
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 in addressing:
  • 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
Among Hispanics with a mental illness:
1 IN 4 (27.0% or 2.0M) had a serious mental illness

Among Hispanics with a substance use disorder:
2 IN 5 (41.0% or 1.2M) struggled with illicit drugs
3 IN 4 (72.4% or 2.1M) struggled with alcohol use
1 IN 8 (13.4% or 386K) struggled with illicit drugs and alcohol

7.0%
(2.9 MILLION)
People aged 18 or older had a substance use disorder (SUD)

3.4%
(1.4 MILLION)
People 18 or older had BOTH an SUD and a mental illness

18.0%
(7.4 MILLION)
People aged 18 or older had a mental illness

In 2019, 8.9M Hispanic adults had a mental illness and/or substance use disorder—an increase of 3.7% over 2018 composed of increases in both SUD and mental illness.
Alcohol Use among Hispanics

PAST MONTH, 2016-2019 NSDUH, Hispanic 12+

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Alcohol Use Disorder among Hispanics

PAST YEAR, 2016-2019 NSDUH, Hispanic 12+

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.
Summary: Alcohol Use in 2019

• Past month alcohol use in Hispanics ages 12-17 significantly increased from 2018
• Past year alcohol use disorder in Hispanics remained stable in all age groups during 2018-2019
• SAMHSA will continue its prevention programs:
  • 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 Hispanics

PAST YEAR, 2019 NSDUH, Hispanic 12+

- Marijuana: 15.2% (7.2M)
- Psychotherapeutic Drugs: 5.6% (2.6M)
- Hallucinogens: 2.1% (1.0M)
- Cocaine: 2.0% (970K)
- Inhalants: 0.9% (417K)
- Methamphetamines: 0.6% (288K)
- Heroin: 0.1% (48K)

Significant increase from 2018 (13.6%)
Progress on the Opioid Epidemic: Prescription Pain Reliever Misuse among Hispanics

1.8 MILLION HISPANICS WITH OPIOID MISUSE (3.7% OF TOTAL POPULATION)

1.7 MILLION Rx Pain Reliever Misusers (99.1% of opioid misusers)

48,000 Heroin Users (2.7% of opioid misusers)

662,000 Rx Hydrocodone

438,000 Rx Oxycodone

26,000 Rx Fentanyl

33,000 Rx Pain Reliever Misusers and Heroin Users (1.8% of opioid misusers)

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

PAST YEAR, 2016-2019 NSDUH, Hispanic 12+

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Prescription Pain Reliever Misuse and Heroin Use among Hispanics

PAST YEAR, 2016-2019 NSDUH, Hispanic 12+

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Prescription Pain Reliever Misuse among Hispanics

PAST YEAR, 2016-2019 NSDUH, Hispanic 12+

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.
Sources Where Pain Relievers Were Obtained for Most Recent Misuse among Hispanics Who Misused Prescription Pain Relievers

PAST YEAR, 2019 NSDUH, Hispanic 12+

- Prescription from One Doctor (37.3%)
- Got through Prescription(s) or Stole from a Health Care Provider (40.1%)
- Some Other Way (8.3%)
- Bought from Drug Dealer or Other Stranger (5.9%)
- Prescriptions from More Than One Doctor (0.9%)
- Stole from Doctor’s Office, Clinic, Hospital, or Pharmacy (1.9%)
- From Friend or Relative for Free (33.8%)
- Given by, Bought from, or Took from a Friend or Relative (45.7%)
- Bought from Friend or Relative (8.1%)
- Took from Friend or Relative without Asking (3.7%)

74.2% of the friends or relatives were prescribed the pain reliever by a single doctor

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

PAST YEAR, 2019 NSDUH, Hispanic 12+ SUBTYPE USERS

- Hydrocodone: 662K, 13.7%
- Oxycodone: 438K, 15.7%
- Codeine: 695K, 16.0%
- Tramadol: 235K, 11.3%
- Buprenorphine: 36K, 4.3%

* Estimate not shown due to low precision.
Heroin Use among Hispanics: Continuing to Decline in 18-25 y.o.

* Estimate not shown due to low precision.

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Heroin-Related Opioid Use Disorder among Hispanics

PAST YEAR, 2016-2019 NSDUH, Hispanic 12+

* Estimate not shown due to low precision.
+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Opioid Use Disorder among Hispanics

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-17 years</td>
<td>0.8%</td>
<td>0.4%</td>
<td>0.5%</td>
<td>0.5%</td>
</tr>
<tr>
<td>18-25 years</td>
<td>65K</td>
<td>30K</td>
<td>62K</td>
<td>70K</td>
</tr>
<tr>
<td>26 or Older</td>
<td>250K</td>
<td>147K</td>
<td>123K</td>
<td>258K</td>
</tr>
<tr>
<td>12 or Older</td>
<td>343K</td>
<td>158K</td>
<td>169K</td>
<td>169K</td>
</tr>
</tbody>
</table>

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Treatment Gains: Number of Individuals Receiving Pharmacotherapy for Opioid Use Disorder (MAT)

Total Number receiving MAT
(all types)

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methadone</td>
<td>345,443</td>
<td>382,867</td>
<td>450,247</td>
<td>637,157</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>520,398</td>
<td>599,551</td>
<td>668,029</td>
<td>746,866</td>
</tr>
<tr>
<td>Naltrexone</td>
<td>46,860</td>
<td>64,020</td>
<td>73,260</td>
<td>77,872</td>
</tr>
<tr>
<td>Total</td>
<td>912,701</td>
<td>1,046,438</td>
<td>1,191,536</td>
<td>1,461,895</td>
</tr>
</tbody>
</table>

SAMHSA
Substance Abuse and Mental Health Services Administration
Summary: Opioid Misuse in the United States in 2019

- Opioid misuse among Hispanics ages 12-17 significantly declined since 2016 and remained stable for all other age groups.

- Heroin use continues to decline in Hispanics ages 18-25.

- Opioid use disorder has significantly declined since 2016 for Hispanics ages 12-17 and continues to slightly decline in all other age groups.
Other Illicit Substances
Past Month Marijuana Use for All Age Groups among Hispanics

PAST MONTH, 2016-2019 NSDUH, Hispanic 12+

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Marijuana Use among Hispanic Young Adults (18-25 y.o.)

Past Month Use
- 1.4M (18.7%) in 2016
- 1.6M (20.7%) in 2017
- 1.5M (19.3%) in 2018
- 1.5M (19.8%) in 2019

Past Year Daily or Almost Daily Use
- 374K (5.0%) in 2016
- 500K (6.6%) in 2017
- 411K (5.4%) in 2018
- 488K (6.4%) in 2019

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.
Marijuana Use among Hispanic Adults 26+

PAST MONTH/YEAR, 2016-2019 NSDUH, Hispanic 26+

Past Month Use
- 2016: 5.3%+
- 2017: 5.6%+
- 2018: 6.5%
- 2019: 2.5M

Past Year Daily or Almost Daily Use
- 2016: 475K
- 2017: 580K
- 2018: 648K
- 2019: 826K

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Marijuana Use Disorder among Hispanics: Significant Increase for 12-17 y.o.

PAST YEAR, 2016-2019 NSDUH, Hispanic 12+

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Past Month Substance Use among Hispanic Pregnant Women

<table>
<thead>
<tr>
<th>Illicit Drugs</th>
<th>Tobacco Products</th>
<th>Alcohol</th>
</tr>
</thead>
<tbody>
<tr>
<td>22K (4.5%)</td>
<td>35K (7.3%)</td>
<td>22K (5.2%)</td>
</tr>
<tr>
<td>25K (5.3%)</td>
<td>43K (9.0%)</td>
<td>19K (4.1%)</td>
</tr>
<tr>
<td>4K (1.0%)</td>
<td>4K (2.3%)</td>
<td>11K (3.5%)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6.2% (6.2%)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6.4% (6.4%)</td>
</tr>
</tbody>
</table>

- *Estimate not shown due to low precision.
- Tobacco products are defined as cigarettes, smokeless tobacco, cigars, and pipe tobacco.
- No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.
Marijuana Use among Hispanic Women by Pregnancy Status

PAST MONTH, 2016-2019 NSDUH, Hispanic 15-44

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Daily or Almost Daily Marijuana Use among Hispanic Women by Pregnancy Status

PAST YEAR, 2016-2019 NSDUH, Hispanic 15-44

- Pregnant: 0.9% (2016), 0.2% (2017), * (2018), 1K (2019)
- Not Pregnant: 2.0%+ (2016), 2.6% (2017), 2.6% (2018), 2.9% (2019)

* Estimate not shown due to low precision.
+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
### Past Year Substance Use and Mental Health Issues among Hispanic Pregnant Women Aged 15 to 44 by Marijuana Use Status

<table>
<thead>
<tr>
<th>Substance</th>
<th>No Past Year Marijuana Use</th>
<th>Any Past Year Marijuana Use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number (Thousands)</td>
<td>Percentage</td>
</tr>
<tr>
<td>Cocaine</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Crack</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Heroin</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>LSD</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>PCP</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Inhalants</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Misuse of Psychotherapeutics</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Pain Relievers</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Stimulants</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Tranquilizers or Sedatives</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Tranquilizers</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Sedatives</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Benzodiazepines</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Opioids</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Illicit Drugs Other than Marijuana</td>
<td>10</td>
<td>2.2</td>
</tr>
<tr>
<td><strong>ALCOHOL (PAST MONTH)</strong></td>
<td>17</td>
<td>3.8</td>
</tr>
<tr>
<td>Binge Alcohol Use</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Heavy Alcohol Use</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td><strong>MENTAL HEALTH STATUS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SUICIDAL BEHAVIORS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Suicidal Thoughts</td>
<td>1</td>
<td>0.1</td>
</tr>
<tr>
<td>Suicide Plans</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Suicide Attempts</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Serious Mental Illness</td>
<td>&lt;500</td>
<td>0.1</td>
</tr>
<tr>
<td>Major Depressive Episode (MDE)</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>MDE with Severe Impairment</td>
<td>*</td>
<td>*</td>
</tr>
</tbody>
</table>

* Estimate not shown due to low precision.

No differences between the estimate for people without past year marijuana use and the estimate for people with past year marijuana use are statistically significant at the .05 level.
Marijuana Use: Health Concerns

• Past month marijuana use and marijuana use disorder for Hispanics ages 12-17 significantly increased since 2018.

• Past month and past year marijuana use for Hispanics ages 18-25 remained stable, while past month and past year marijuana use for ages 26 and older is on the rise.

• Daily or almost daily marijuana use among non-pregnant Hispanic women ages 15-44 significantly increased as compared to 2016.
Cocaine Use among Hispanics

PAST MONTH, 2016-2019 NSDUH, Hispanic 12+

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.
Methamphetamine Use among Hispanics

PAST YEAR, 2016-2019 NSDUH, Hispanic 12+

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.
Misuse of Prescription Stimulants among Hispanics

PAST YEAR, 2016-2019 NSDUH, Hispanic 12+

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
LSD Use among Hispanics for All Age Groups

PAST YEAR, 2016-2019 NSDUH, Hispanic 12+

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

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Summary: Other Substance Use in the United States in 2019 Compared to 2018

- No change in cocaine use and methamphetamine use in all Hispanic age groups.

- Significant decrease in misuse of prescription stimulants among Hispanics ages 18-25 compared to 2016.

- LSD use in Hispanics ages 26 and older is significantly increased compared to 2017. All other ages are slightly increased.
Polysubstance Use and Mental Illness
Alcohol Use Related to Other Substance Use, MDE and SMI among Hispanics

PAST YEAR/MONTH, 2019 NSDUH, Hispanic 12+

Past Year Marijuana Use
- No Past Month Alcohol Use: 8.1%+ (2.2M)
- Past Month Alcohol Use: 22.7% (4.1M)
- Past Month Heavy Alcohol Use: 43.4%+ (907K)

Past Year Opioid Misuse
- No Past Month Alcohol Use: 2.6%+ (702K)
- Past Month Alcohol Use: 4.7% (855K)
- Past Month Heavy Alcohol Use: 9.7%+ (203K)

Past Year Cocaine Use
- No Past Month Alcohol Use: 0.4%+ (108K)
- Past Month Alcohol Use: 3.1% (558K)
- Past Month Heavy Alcohol Use: 14.6%+ (304K)

Past Year Methamphetamine Use
- No Past Month Alcohol Use: 0.4% (121K)
- Past Month Alcohol Use: 0.7% (124K)
- Past Month Heavy Alcohol Use: 2.0% (43K)

Past Year MDE, 12+
- No Past Month Alcohol Use: 8.1% (870K)
- Past Month Alcohol Use: 8.3% (997K)
- Past Month Heavy Alcohol Use: 8.0% (138K)

Past Year SMI, 18+
- No Past Month Alcohol Use: 4.0%+ (5.7% (870K)
- Past Month Alcohol Use: 5.7% (997K)
- Past Month Heavy Alcohol Use: 6.9% (138K)

+ 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.
Marijuana Use Related to Other Substance Use, MDE and SMI among Hispanics

PAST YEAR/MONTH, 2019 NSDUH, Hispanic 12+

- **Past Year Opioid Misuse**: 1.0M (14.7%+), 723K (10.0%), 203K (2.6%+), 1.2M (2.9%+), 256K (18.5%+), 154K (0.4%+)
- **Past Month Heavy Alcohol Use**: 1.3M (12.6%), 907K (11.3%), 12.6% (20.3%+), 154K (0.4%+), 282K (0.4%+), 815K (11.3%)
- **Past Year Cocaine Use**: 1.3M (13.6%), 229K (16.7%), 113K (0.3%+), 175K (2.4%), 30K (2.1%), 2.5M (6.3%+), 2.5M (6.3%+), 1.2M (3.4%), 804K (12.8%), 199K (15.1%)

- **Past Year Methamphetamine Use**: 113K (0.3%+), 175K (2.4%), 30K (2.1%), 2.5M (6.3%+), 6.3% (2.1%+), 2.5M (6.3%+), 1.2M (3.4%), 1.2M (3.4%), 804K (12.8%), 199K (15.1%)

- **Past Year SMI, 18+**: 0.3%+ (0.3%+), 2.4% (2.4%+), 2.1% (2.1%+), 6.3%+ (6.3%+), 2.5M (2.5M+), 2.5M (2.5M+), 1.2M (1.2M+), 1.2M (1.2M+), 804K (804K+), 199K (199K+)

+ Difference between this estimate and the estimate for people with past year marijuana use is statistically significant at the .05 level.
Comparison of Rates of Mental/Substance Use Disorders Associated with Marijuana Use among Hispanics: National vs. Colorado Data from the National Survey on Drug Use and Health (2019)

<table>
<thead>
<tr>
<th></th>
<th>National (%)</th>
<th>Colorado (%)</th>
<th>National vs. Colorado P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Past Month Marijuana Use (18-25 y)</td>
<td>19.8</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Past Year Daily Marijuana Use (18-25y)</td>
<td>6.4</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Past Month Marijuana Use (≥ 26y)</td>
<td>7.4</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Substance Use Disorder (SUD) (18+)</td>
<td>7.0</td>
<td>9.7</td>
<td>0.3309</td>
</tr>
<tr>
<td>Co-occurring SUD and SMI (18+)</td>
<td>1.2</td>
<td>*</td>
<td>*</td>
</tr>
</tbody>
</table>

* Estimate not shown due to low precision.
Estimates for Colorado are direct single-year estimates for 2019 and will differ from model-based estimates using data from 2018 and 2019.
Opioid Misuse Related to Other Substance Use, MDE and SMI among Hispanics

- Past Year Marijuana Use: 14.2% (+6.5M, 41.1% bar), 1.9M (4.1% bar), 203K (11.5% bar), 772K (1.7% bar), 198K (11.2% bar).
- Past Month Heavy Alcohol Use: 292K (17.0% bar), 172K (7.8% bar), 772K (1.7% bar), 198K (11.2% bar).
- Past Year Cocaine Use: 292K (17.0% bar), 203K (11.2% bar).
- Past Year Methamphetamine Use: 6.9% (122K), 7.8% (3.5M), 166K (0.4%), 4.5% (1.8M), 12.7% (203K).

Legend:
- Red: No Past Year Opioid Misuse
- Blue: Any Past Year Opioid Misuse

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

Past Year Marijuana Use
- 7.0M (14.9%)
- No Past Year Methamphetamine Use
- Any Past Year Methamphetamine Use

Past Year Opioid Misuse
- 1.6M (3.5%)
- No Past Year Methamphetamine Use
- Any Past Year Methamphetamine Use

Past Month Heavy Alcohol Use
- 2.0M (4.3%)
- No Past Year Methamphetamine Use
- Any Past Year Methamphetamine Use

Past Year Cocaine Use
- 881K (1.9%)
- No Past Year Methamphetamine Use
- Any Past Year Methamphetamine Use

Past Year MDE, 12+
- No Past Year Methamphetamine Use
- Any Past Year Methamphetamine Use

Past Year SMI, 18+
- 1.9M (4.6%)
- No Past Year Methamphetamine Use
- Any Past Year Methamphetamine Use

* Estimate not shown due to low precision.

No differences between the estimate for people without past year methamphetamine use and the estimate for people with past year methamphetamine use are statistically significant at the .05 level.
Summary

• Polysubstance use is common—if a person is having problems with one substance, they are likely using and may be having problems with other substances

• Treatment providers must screen for and treat all substance use disorders and problem substance use

• Association of substance misuse and mental illness is clear—we must all do a better job of helping Americans understand these relationships and risks
Mental Health
Serious Mental Illness (SMI) among Hispanics Increasing

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

PAST YEAR, 2008-2019 NSDUH, Hispanic 18+

4.9%
18+ YEARS
2.0M

4.0%
231K

2.6%
778K

2.3%
179K

2.2%
368K

48.8%
256,000 HISPANIC YOUNG ADULTS WITH SMI RECEIVED TREATMENT IN 2019

51.2% got NO treatment

54.0%
572,000 HISPANIC ADULTS AGED 26-49 WITH SMI RECEIVED TREATMENT IN 2019

46.0% got NO treatment
Major Depressive Episodes among Hispanics

PAST YEAR, 2016-2019 NSDUH, Hispanic 12+

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

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Major Depressive Episodes with Severe Impairment among Hispanics

**Hispanic Youths 12-17 y.o.**
- Male: 145K, 158K, 155K, 171K
- Female: 320K, 413K, 427K, 519K

**Hispanic Young Adults 18-25 y.o.**
- Male: 147K, 196K, 224K, 282K
- Female: 5.2%, 5.9%, 178K, 329K

**Hispanic Adults >26 y.o.**
- Male: 255K, 229K, 290K, 515K
- Female: 4.8%, 4.7%, 675K, 784K

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Suicidal Thoughts, Plans, and Attempts Increase for Hispanic Young Adults (18-25 y.o.) and Hispanic Adults (26-49 y.o.)

Hispanic Young Adults
18-25 y.o.

- Serious Thoughts: 329K (5.4%) in 2009, 754K (10.0%) in 2019
- Made a Plan: 134K (2.2%) in 2009, 245K (3.2%) in 2019
- Attempted: 74K (1.2%) in 2009, 91K (1.2%) in 2019

Hispanic Adults
26-49 y.o.

- Serious Thoughts: 492K (2.9%) in 2009, 1.0M (4.9%) in 2019
- Made a Plan: 117K (0.7%) in 2009, 263K (1.3%) in 2019
- Attempted: 44K (0.3%) in 2009, 131K (0.6%) in 2019

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Co-Occurring Mental and Substance Use Disorders
Substance Use among Hispanic Youths (12-17 y.o.) by Past Year Major Depressive Episode (MDE) status

PAST YEAR/MONTH, 2019 NSDUH, Hispanic 12-17

- **Illicit Drugs, Past Year**: 803K (16.4%) No MDE, 338K (32.9%) Had MDE
- **Marijuana, Past Year**: 651K (13.3%) No MDE, 265K (25.7%) Had MDE
- **Opioid, Past Year**: 102K (2.1%) No MDE, 45K (4.4%) Had MDE
- **Binge Alcohol, Past Month**: 192K (3.9%) No MDE, 77K (7.5%) Had MDE
- **Cigarettes, Past Month**: 76K (1.5%) No MDE, 28K (2.7%) Had MDE

+ Difference between this estimate and the estimate for youths without MDE is statistically significant at the .05 level.
Co-Occurring Substance Use Disorder and Any Mental Illness in Hispanic Adults

PAST YEAR 2016-2019, Hispanic 18+

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Co-Occurring Issues: Substance Use and Mental Illness among Hispanic Adults

<table>
<thead>
<tr>
<th>Category</th>
<th>No Mental Illness</th>
<th>Any Mental Illness</th>
<th>Serious Mental Illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illicit Drugs, Past Year</td>
<td>14.6%</td>
<td>2.9M</td>
<td>978K</td>
</tr>
<tr>
<td>Marijuana, Past Year</td>
<td>11.4%</td>
<td>3.9M</td>
<td>48.8%+</td>
</tr>
<tr>
<td>Opioid, Past Year</td>
<td>2.8%</td>
<td>2.4M</td>
<td>40.1%+</td>
</tr>
<tr>
<td>Binge Alcohol, Past Month</td>
<td>8.8%</td>
<td>657K</td>
<td>10.1%+</td>
</tr>
<tr>
<td>Cigarettes, Past Month</td>
<td>11.6%</td>
<td>3.9M</td>
<td>684K</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>23.5%+</td>
</tr>
</tbody>
</table>

+ Difference between this estimate and the estimate for adults without mental illness is statistically significant at the .05 level.
Substance Use Disorder (SUD) is Associated with Suicidal Thoughts, Plans, and Attempts among Hispanic Adults ≥18 y.o.

- Serious Thoughts: 532K (18.6%)
  - No SUD: 15M (4.0%)
  - SUD: 532K
- Made a Plan: 145K (5.1%)
  - No SUD: 475K (1.3%)
  - SUD: 145K
- Attempted: 79K (2.7%)
  - No SUD: 173K (0.5%)
  - SUD: 79K

* Difference between this estimate and the estimate for adults with SUD is statistically significant at the .05 level.

PAST YEAR, 2019 NSDUH, Hispanic 18+
Mental and Substance Use Disorders among Hispanics: High Prevalence/Huge Treatment Gaps

But treatment gaps aren’t the only problem!

*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.
Locations Where Substance Use Treatment was Received among Hispanics

- Self-Help Group: 201K
- Inpatient Rehabilitation: 99K
- Outpatient Rehabilitation: 90K
- Private Doctor’s Office: 84K
- Outpatient Mental Health Center: 83K
- Hospital Inpatient: 62K
- Emergency Room: 62K
- Prison or Jail: 26K

PAST YEAR, 2019 NSDUH, Hispanic 12+

3.2M with SUD

Locations where people received substance use treatment are not mutually exclusive because respondents could report that they received treatment in more than one location in the past year.
Summary: Mental Health/Co-Occurring Issues in the United States in 2019

• Major Depressive Episodes significantly increased among the Hispanic population for ages 12 – 49.

• Serious mental illness among the Hispanic population continues to increase.

• Suicidal thoughts and behaviors continue to increase in Hispanic adults ages 18-49 between 2009 and 2019.

• Substance use disorder significantly increased suicidality among Hispanic adults ages 18 and older.

• Self-help groups ranked higher than outpatient rehabilitation facilities for the locations where substance use treatment was received.
What Can We Do Now?

• SAMHSA must use its resources to benefit as many as possible:
  • Community based treatment and recovery services
  • Build on the Certified Community Behavioral Health Clinic model
    • Crisis intervention services/suicide prevention resources
    • Integrated mental health, substance use, general medical services
    • Children’s mental health services-linkages with schools
  • Keep telemedicine/telehealth in place including use of telephone where audio/visual is not possible and pay for these services at same rate as face-to-face—no reduction in reimbursement because it is telemedicine
  • Continue and expand as possible technical assistance and training to behavioral health providers—clinicians and peers
It’s Up to Us Now

• Let’s work as hard as we can to make decision-makers understand mental health and substance use needs in America—pre and post-COVID-19

• Let’s keep the virus in mind in planning and implementing our services so that we can safely deliver care, but we cannot ignore the overall health needs of the American people—that is not an option

• Let’s work to meet the mental health/substance use needs of our people:
  • Restore our systems—mental health and substance use disorder services are ‘essential services’
  • Expand our treatment and community recovery support systems permanently
  • Every American life is precious and every American death—regardless of the cause is a terrible loss