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
Mental Illness and Substance Use Disorders in America among Women (≥18 y.o.)

Among women with a substance use disorder:
- 2 IN 5 (40.8% or 2.9M) struggled with illicit drugs
- 3 IN 4 (72.5% or 5.2M) struggled with alcohol use
- 1 IN 8 (13.3% or 956K) struggled with illicit drugs and alcohol

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

3.6% (4.6 MILLION)
People 18 or older had BOTH an SUD and a mental illness

24.5% (31.7 MILLION)
People aged 18 or older had a mental illness

In 2019, 34.3M adult women had a mental illness and/or substance use disorder—an increase of 6.8% over 2018 composed entirely of increases in mental illness.

Among women with a mental illness:
- 1 IN 4 (26.6% or 8.4M) had a serious mental illness

PAST YEAR, 2019 NSDUH, Women 18+
Alcohol Use among Women

PAST MONTH, 2016-2019 NSDUH, Women 12+

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

SAMHSA Substance Abuse and Mental Health Services Administration
Alcohol Use Disorder among Women

PAST YEAR, 2016-2019 NSDUH, Women 12+

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Summary: Alcohol Use in 2019

- Past month alcohol use remained stable in all age groups for women during 2018-2019.
- Alcohol Use Disorder declined significantly in young women ages 18-25 from 2016 to 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 Women: Major Concerns: Opioids, Marijuana, Methamphetamines

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Prevalence</th>
<th>Users</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana</td>
<td>14.8%</td>
<td>21.0M</td>
</tr>
<tr>
<td>Psychotherapeutic Drugs</td>
<td>5.5%</td>
<td>7.8M</td>
</tr>
<tr>
<td>Cocaine</td>
<td>1.5%</td>
<td>2.1M</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>1.5%</td>
<td>2.2M</td>
</tr>
<tr>
<td>Inhalants</td>
<td>0.6%</td>
<td>784K</td>
</tr>
<tr>
<td>Methamphetamines</td>
<td>0.5%</td>
<td>737K</td>
</tr>
<tr>
<td>Heroin</td>
<td>0.2%</td>
<td>231K</td>
</tr>
</tbody>
</table>

Significant increase from 2018 (13.4%)
Progress on the Opioid Epidemic: Prescription Pain Reliever Misuse among Women

4.6 MILLION WOMEN WITH OPIOID MISUSE (3.3% OF TOTAL POPULATION)

- 4.6 MILLION Rx Pain Reliever Misusers (98.8% of opioid misusers)
- 231,000 Heroin Users (5.0% of opioid misusers)
- 2.3 MILLION Rx Hydrocodone
- 1.4 MILLION Rx Oxycodone
- 118,000 Rx Fentanyl
- 176,000 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

PAST YEAR, 2016-2019 NSDUH, Women 12+

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

PAST YEAR, 2016-2019 NSDUH, Women 12+

- **Pain Reliever Misuse:**
  - 2016: 5.3M+
  - 2017: 5.1M
  - 2018: 4.8M
  - 2019: 4.6M

- **Pain Reliever Use Disorder:**
  - 2016: 802K
  - 2017: 714K
  - 2018: 791K
  - 2019: 644K

- **Pain Reliever Misuse Initiates:**
  - 2016: 1.1M
  - 2017: 1.1M
  - 2018: 1.1M
  - 2019: 889K

- **Heroin Use:**
  - 2016: 352K+
  - 2017: 286K
  - 2018: 292K

- **Heroin Use Disorder:**
  - 2016: 243K
  - 2017: 228K
  - 2018: 188K
  - 2019: 189K

- **Heroin Initiates:**
  - 2016: 91K+
  - 2017: 42K+
  - 2018: 50K+
  - 2019: 13K

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

PAST YEAR, 2016-2019 NSDUH, Women 12+

+ Difference between this estimate and the 2019 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

- Prescriptions from More Than One Doctor (0.9%)
- Stole from Doctor's Office, Clinic, Hospital, or Pharmacy (0.5%)
- From Friend or Relative for Free (40.0%)
- Given by, Bought from, or Took from a Friend or Relative (52.6%)
- Bought from Friend or Relative (7.9%)
- Took from Friend or Relative without Asking (4.6%)
- Some Other Way (5.6%)
- Bought from Drug Dealer or Other Stranger (3.3%)
- Got through Prescription(s) or Stole from a Health Care Provider (38.5%)

4.6 Million Women Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year

82.3% of the friends or relatives were prescribed the pain reliever by a single doctor
Misuse of Prescription Opioid Subtypes among Women

PAST YEAR, 2019 NSDUH, Women 12+ SUBTYPE USERS

<table>
<thead>
<tr>
<th>Opioid</th>
<th>Users</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydrocodone</td>
<td>2.3M</td>
<td>10.0%</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>1.4M</td>
<td>11.0%</td>
</tr>
<tr>
<td>Codeine</td>
<td>1.1M</td>
<td>8.5%</td>
</tr>
<tr>
<td>Tramadol</td>
<td>733K</td>
<td>6.6%</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>288K</td>
<td>24.2%</td>
</tr>
<tr>
<td>Morphine</td>
<td>185K</td>
<td>5.6%</td>
</tr>
<tr>
<td>Methadone</td>
<td>92K</td>
<td>19.3%</td>
</tr>
<tr>
<td>Fentanyl</td>
<td>118K</td>
<td>8.3%</td>
</tr>
</tbody>
</table>
Heroin Use among Women: 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 Women

PAST YEAR, 2016-2019 NSDUH, Women 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 Women

PAST YEAR, 2016-2019 NSDUH, Women 12+

+ 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)

- **Methadone**
  - 2016: 345,443
  - 2017: 382,867
  - 2018: 450,247
  - 2019: 637,157

- **Buprenorphine**
  - 2016: 520,398
  - 2017: 599,551
  - 2018: 668,029
  - 2019: 746,866

- **Naltrexone**
  - 2016: 46,860
  - 2017: 64,020
  - 2018: 73,260
  - 2019: 77,872

**Total Number receiving MAT (all types)**
- 2016: 912,701
- 2017: 1,046,438
- 2018: 1,191,536
- 2019: 1,461,895

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

- Opioid misuse has significantly decreased as compared to 2016-2017 for women ages 12-25.

- Heroin use continues to decline among women ages 18-25.

- Buprenorphine continues to be the opioid with the highest percentage of women acknowledging misuse of the medication.
Other Illicit Substances
Past Month Marijuana Use for All Age Groups among Women

PAST MONTH, 2016-2019 NSDUH, Women 12+

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

PAST MONTH/YEAR, 2016-2019 NSDUH, Women 18-25

Past Month Use
- 2016: 3.0M (17.5%)
- 2017: 3.3M (19.2%)
- 2018: 3.4M (20.0%)
- 2019: 21.3%

Past Year Daily or Almost Daily Use
- 2016: 768K (4.5%)
- 2017: 979K (5.7%)
- 2018: 901K (5.3%)
- 2019: 943K (5.6%)

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Significant Increase in Marijuana Use among Adult Women 26+

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

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

PAST YEAR, 2016-2019 NSDUH, Women 12+

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

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

**Illicit Drugs**
- 2016: 6.3%, 143K
- 2017: 8.5%, 194K
- 2018: 5.4%, 128K
- 2019: 5.8%, 120K

**Tobacco Products**
- 2016: 10.6%, 239K
- 2017: 14.7%, 334K
- 2018: 11.6%, 271K
- 2019: 9.6%, 198K

**Alcohol**
- 2016: 2.7%, 187K
- 2017: 3.4%, 261K
- 2018: 11.5%, 233K
- 2019: 9.9%, 197K

**Marijuana**
- 2016: 4.9%, 111K
- 2017: 7.1%, 161K
- 2018: 4.7%, 111K
- 2019: 5.4%, 112K

**Opioids**
- 2016: 1.2%, 26K
- 2017: 1.4%, 32K
- 2018: 0.9%, 22K
- 2019: 0.4%, 8K

**Cocaine**
- 2016: 0.1%, 2K
- 2017: 0.4%, 8K
- 2018: +
- 2019: 0.2%

* Estimate not shown due to low precision.
Tobacco products are defined as cigarettes, smokeless tobacco, cigars, and pipe tobacco.

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

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

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

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

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
## Past Year Substance Use and Mental Health Issues among 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>4+</td>
<td>0.3+</td>
</tr>
<tr>
<td>Crack</td>
<td>1</td>
<td>0.1</td>
</tr>
<tr>
<td>Heroin</td>
<td>1</td>
<td>0.1</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>2+</td>
<td>0.1+</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>2</td>
<td>0.1</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>48</td>
<td>2.7+</td>
</tr>
<tr>
<td>Pain Relievers</td>
<td>24</td>
<td>1.4+</td>
</tr>
<tr>
<td>Stimulants</td>
<td>6+</td>
<td>0.3+</td>
</tr>
<tr>
<td>Tranquilizers or Sedatives</td>
<td>20</td>
<td>1.2+</td>
</tr>
<tr>
<td>Tranquilizers</td>
<td>19</td>
<td>1.1+</td>
</tr>
<tr>
<td>Sedatives</td>
<td>1</td>
<td>0.1</td>
</tr>
<tr>
<td>Benzodiazepines</td>
<td>19</td>
<td>1.1+</td>
</tr>
<tr>
<td>Opioids</td>
<td>25</td>
<td>1.5+</td>
</tr>
<tr>
<td>Illicit Drugs Other than Marijuana</td>
<td>51+</td>
<td>2.9+</td>
</tr>
<tr>
<td>ALCOHOL (PAST MONTH)</td>
<td>105</td>
<td>6.1+</td>
</tr>
<tr>
<td>Binge Alcohol Use</td>
<td>54</td>
<td>3.1+</td>
</tr>
<tr>
<td>Heavy Alcohol Use</td>
<td>*</td>
<td>*</td>
</tr>
</tbody>
</table>

### MENTAL HEALTH STATUS

#### SUICIDAL BEHAVIORS

<table>
<thead>
<tr>
<th></th>
<th>No Past Year Marijuana Use</th>
<th>Any Past Year Marijuana Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicidal Thoughts</td>
<td>56</td>
<td>3.3+</td>
</tr>
<tr>
<td>Suicide Plans</td>
<td>11</td>
<td>0.7+</td>
</tr>
<tr>
<td>Suicide Attempts</td>
<td>13</td>
<td>0.8</td>
</tr>
<tr>
<td>Serious Mental Illness</td>
<td>55</td>
<td>3.2+</td>
</tr>
<tr>
<td>Major Depressive Episode (MDE)</td>
<td>111+</td>
<td>6.6</td>
</tr>
<tr>
<td>MDE with Severe Impairment</td>
<td>73</td>
<td>4.3</td>
</tr>
</tbody>
</table>

+ Difference between this estimate and the estimate for people with past year marijuana use is statistically significant at the .05 level.  
* Estimate not shown due to low precision.
Marijuana Use: Health Concerns

• Past month marijuana use has significantly increased across all age groups for women as compared to 2016.

• There were significant increases in marijuana use among adult women ages 26 and older.

• Marijuana use disorder among young women ages 12-17 significantly increased.

• There were slight increases in past month marijuana use and daily or almost daily marijuana use in women that were pregnant. There were significant increases in both categories for women that were not pregnant as compared to 2018.
Cocaine Use among Women

PAST MONTH, 2016-2019 NSDUH, Women 12+

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

PAST YEAR, 2016-2019 NSDUH, Women 12+

<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</td>
<td>14K</td>
<td>26K</td>
<td>19K</td>
<td>23K</td>
</tr>
<tr>
<td>18-25</td>
<td>169K</td>
<td>117K</td>
<td>112K</td>
<td></td>
</tr>
<tr>
<td>26 or Older</td>
<td>622K</td>
<td>459K</td>
<td>391K</td>
<td>602K</td>
</tr>
</tbody>
</table>

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Misuse of Prescription Stimulants among Women

PAST YEAR, 2016-2019 NSDUH, Women 12+

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

PAST YEAR, 2016-2019 NSDUH, Women 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

• Cocaine use in women of all ages remained stable.

• Methamphetamine use in women ages 26 or older significantly increases as compared to 2017.

• Misuse of prescription stimulants by women ages 18-25 significantly decreased when compared to 2016-2018.

• LSD use among women significantly increased for women ages 26 or older when compared to 2016.
Polysubstance Use and Mental Illness
Alcohol Use Related to Other Substance Use, MDE and SMI among Women

Past Year Marijuana Use:
- No Past Month Alcohol Use: 7.5% (5.6M)
- Past Month Alcohol Use: 20.7% (2.7M)
- Past Month Heavy Alcohol Use: 46.1%+ (46.1%)

Past Year Opioid Misuse:
- No Past Month Alcohol Use: 1.8% (1.8M)
- Past Month Alcohol Use: 3.6% (2.2M)
- Past Month Heavy Alcohol Use: 10.6%+ (10.6%)

Past Year Cocaine Use:
- No Past Month Alcohol Use: 343K (343K)
- Past Month Alcohol Use: 1.1M (1.1M)
- Past Month Heavy Alcohol Use: 10.7%+ (10.7%)

Past Year Methamphetamine Use:
- No Past Month Alcohol Use: 378K (378K)
- Past Month Alcohol Use: 276K (276K)
- Past Month Heavy Alcohol Use: 83K (83K)

Past Year MDE, 12+:
- No Past Month Alcohol Use: 10.3% (7.5M)
- Past Month Alcohol Use: 10.5% (6.4M)
- Past Month Heavy Alcohol Use: 17.3%+ (17.3%)

Past Year SMI, 18+:
- No Past Month Alcohol Use: 5.9% (3.7M)
- Past Month Alcohol Use: 6.5% (3.9M)
- Past Month Heavy Alcohol Use: 13.4%+ (13.4%)

+ 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 Women

- **Past Year Opioid Misuse**: 2.3M (2.3%+), 601K (15.8%+), 2.4M (2.0%+), 10.8%
- **Past Month Heavy Alcohol Use**: 3.2M (2.6%+), 522K (13.7%), 13.0%
- **Past Year Cocaine Use**: 328K (0.3%+), 1.8M (8.4%), 15.2%+
- **Past Year Methamphetamine Use**: 268K (0.2%+), 468K (2.2%), 132K (3.5%), 10.2% (8.6%+), 22.9%, 25.6%, 957K
- **Past Year MDE, 12+**: 5.3M (16.3%), 3.2M, 19.5%+ (4.8%+), 4.8%+
- **Past Year SMI, 18+**: 3.5% (19.5%+)

- **Past Year/Month, 2019 NSDUH, Women 12+**

Note: 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 Women: National vs. Colorado Data from the National Survey on Drug Use and Health (2019)

<table>
<thead>
<tr>
<th>Measure/Age Group</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>21.3</td>
<td>38.2</td>
<td>0.0033</td>
</tr>
<tr>
<td>Past Year Daily Marijuana Use (18-25y)</td>
<td>5.6</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Past Month Marijuana Use (≥ 26y)</td>
<td>7.6</td>
<td>17.3</td>
<td>0.0001</td>
</tr>
<tr>
<td>Substance Use Disorder (SUD) (18+)</td>
<td>5.6</td>
<td>8.1</td>
<td>0.0942</td>
</tr>
<tr>
<td>Co-occurring SUD and SMI (18+)</td>
<td>1.5</td>
<td>2.1</td>
<td>0.5048</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 Women

PAST YEAR/MONTH, 2019 NSDUH, Women 12+

- Past Year Marijuana Use: 49.1% (18.7M), 13.7% (2.3M)
- Past Month Heavy Alcohol Use: 13.5% (628K), 3.9% (5.3M)
- Past Year Cocaine Use: 11.7% (543K), 1.1% (1.5M)
- Past Year Methamphetamine Use: 6.6% (307K), 0.3% (430K)
- Past Year MDE, 12+: 10.1% (13.6M), 6.6% (13.6M)
- Past Year SMI, 18+: 5.9% (7.4M), 24.7% (1.1M)

+ 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 Women

**Past Year Marijuana Use**
- Any Past Year Methamphetamine Use: 63.6%
- No Past Year Methamphetamine Use: 20.6M (14.6%)

**Past Year Opioid Misuse**
- Any Past Year Methamphetamine Use: 41.7%
- No Past Year Methamphetamine Use: 4.3M (3.1%)

**Past Month Heavy Alcohol Use**
- Any Past Year Methamphetamine Use: 83K (11.3%)
- No Past Year Methamphetamine Use: 5.8M (4.1%)

**Past Year Cocaine Use**
- Any Past Year Methamphetamine Use: 32.2%
- No Past Year Methamphetamine Use: 1.8M (1.3%)

**Past Year MDE, 12+**
- Any Past Year Methamphetamine Use: 34.8%
- No Past Year Methamphetamine Use: 14.7M (10.6%)

**Past Year SMI, 18+**
- Any Past Year Methamphetamine Use: 39.9%
- No Past Year Methamphetamine Use: 8.2M (6.3%)

+ Difference between this estimate and the estimate for people with past year methamphetamine use is 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 Women Increasing

![Graph showing the increase in SMI among women from 2008 to 2019.]

- 6.0% (3.0M) in 2008
- 8% in 2010
- 5.3% (862K) in 2012
- 4.7% (5.5M) in 2014
- 6.5% (4.4M) in 2016
- 11.4% (1.9M) in 2018

1.1 MILLION YOUNG WOMEN WITH SMI RECEIVED TREATMENT IN 2019
59.7%

40.3% got NO treatment

70.3%
3.1M WOMEN AGED 26-49 WITH SMI RECEIVED TREATMENT IN 2019
29.7% got NO treatment

- Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Major Depressive Episodes among Women Increased for Those Under Age 50

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

PAST YEAR, 2016-2019 NSDUH, 12+

Youths 12-17 y.o.

Young Adults 18-25 y.o.
- Male: 844k (2016), 1.0m (2017), 1.1m (2018), 1.2m (2019)
- Female: 844k (2016), 1.0m (2017), 1.1m (2018), 1.2m (2019)

Adults ≥26 y.o.
- Male: 2.7m (2016), 2.8m (2017), 2.9m (2018), 3.4m (2019)
- Female: 2.7m (2016), 2.8m (2017), 2.9m (2018), 3.4m (2019)

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.
Suicidal Thoughts, Plans, and Attempts Increase for Young Women (18-25 y.o.) and Women (26-49 y.o.)
Co-Occurring Mental and Substance Use Disorders
Substance Use among Adolescent Females (12-17 y.o.) by Past Year Major Depressive Episode (MDE) status

- Illicit Drugs, Past Year: 30.9%+ (836K)
  - No MDE: 13.8% (1.3M)
  - Had MDE: 23.7%+ (930K)

- Opioid, Past Year: 3.7%+ (182K)
  - No MDE: 2.0% (101K)
  - Had MDE: 4.1% (374K)

- Binge Alcohol, Past Month: 9.2%+ (249K)
  - No MDE: 1.4% (124K)
  - Had MDE: 4.1%+ (111K)

- Cigarettes, Past Month: 4.1%+ (111K)

Note: 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 Adult Women

PAST YEAR, 2016-2019 NSDUH, Women 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 Adult Women

<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>12.2M</td>
<td>12.5%</td>
<td>11.1M</td>
</tr>
<tr>
<td>Marijuana, Past Year</td>
<td>10.3M</td>
<td>10.5%</td>
<td>9.1M</td>
</tr>
<tr>
<td>Opioid, Past Year</td>
<td>1.8M</td>
<td>1.9%</td>
<td>2.5M</td>
</tr>
<tr>
<td>Binge Alcohol, Past Month</td>
<td>19.6M</td>
<td>20.1%</td>
<td>9.2M</td>
</tr>
<tr>
<td>Cigarettes, Past Month</td>
<td>12.8M</td>
<td>13.2%</td>
<td>7.9M</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 Adult Women ≥18 y.o.

- **Serious Thoughts**: 1.6M (22.5%)
  - SUD: 4.1%
  - No SUD: 5.0%

- **Made a Plan**: 549K (7.7%)
  - SUD: 1.3%
  - No SUD: 1.5%

- **Attempted**: 229K (3.2%)
  - SUD: 0.5%
  - No SUD: 632K

+ Difference between this estimate and the estimate for adults with SUD is statistically significant at the .05 level.
Mental and Substance Use Disorders among Women: High Prevalence/Huge Treatment Gaps

But treatment gaps aren’t the only problem!

- Substance Use Disorder (SUD) 12+: 7.8M, 89.2% NO TREATMENT*
- Any Mental Illness (AMI) 18+: 31.7M, 50.3% NO TREATMENT
- Serious Mental Illness 18+: 8.4M, 29.5% NO TREATMENT
- Co-Occurring AMI and SUD 18+: 4.6M, 89.9% NO TREATMENT*
- Major Depressive Episode 12-17: 2.7M, 54.2% NO TREATMENT

* 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 Women

- Self-Help Group: 756K
- Outpatient Rehabilitation: 683K
- Outpatient Mental Health Center: 534K
- Private Doctor’s Office: 371K
- Inpatient Rehabilitation: 339K
- Hospital Inpatient: 246K
- Emergency Room: 235K
- Prison or Jail: 75K

Total: 7.8M 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.*
Receipt of Substance Use Treatment at a Specialty Facility and Mental Health Services in the Past Year among Adult Women Aged 18 or Older with Past Year Substance Use Disorder and Serious Mental Illness: 2015-2019

PAST YEAR, 2015-2019 NSDUH, Women 18+

<table>
<thead>
<tr>
<th>Service Type</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Treatment</td>
<td>29.0</td>
<td>28.2</td>
<td>29.5</td>
<td>25.6</td>
<td>26.0</td>
</tr>
<tr>
<td>Substance Use Treatment at a Specialty Facility or Mental Health Services</td>
<td>71.0</td>
<td>71.8</td>
<td>70.5</td>
<td>74.4</td>
<td>74.0</td>
</tr>
<tr>
<td>Both Substance Use Treatment at a Specialty Facility and Mental Health Services</td>
<td>11.1</td>
<td>10.5</td>
<td>11.2</td>
<td>9.4</td>
<td>12.9</td>
</tr>
</tbody>
</table>

- 74.0% got treatment for one condition
- 26.0% got no treatment
- 12.9% got treatment for co-occurring disorders

MH = mental health; SU Tx = substance use treatment.
Summary: Mental Health/Co-Occurring Issues in the United States in 2019

• Serious mental illness among women is increasing.

• Suicidal thoughts and behaviors have increased in women ages 18-49 between 2009 and 2019

• Substance use disorder significantly increased suicidality among women 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