

VERMONT

Table 101A Substance Use, Perceptions of Great Risk, and Past Year Mental Health Measures: Among People Aged 12 or Older in Vermont, by Age Group, Average Estimated Numbers (in Thousands), 2019 and 2020

Measure	12+	12-17	18-25	26+	18+
ILLICIT DRUGS					
Past Month Illicit Drug Use ^{1,2}	124	5	30	90	119
Past Year Marijuana Use	160	8	38	114	152
Past Month Marijuana Use	119	4	30	85	115
Perceptions of Great Risk from Smoking Marijuana Once a Month	78	6	5	67	72
First Use of Marijuana in the Past Year among Those at Risk for Initiation of Marijuana Use ^{3,4}	7	2	4	1	5
Past Month Illicit Drug Use Other Than Marijuana ^{1,2}	19	1	5	13	18
Past Year Cocaine Use	14	0	6	8	14
Perceptions of Great Risk from Using Cocaine Once a Month	344	22	39	284	323
Past Year Heroin Use ⁵	--	--	0	4	4
Perceptions of Great Risk from Trying Heroin Once or Twice	457	25	59	373	432
Past Year Methamphetamine Use	4	0	1	3	4
Past Year Prescription Pain Reliever Misuse ²	16	1	3	13	16
ALCOHOL					
Past Month Alcohol Use	307	5	48	254	302
Past Month Binge Alcohol Use ⁶	129	2	31	96	126
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	210	14	22	174	196
Past Month Alcohol Use ⁷ (People Aged 12 to 20)	19	--	--	--	--
Past Month Binge Alcohol Use ^{6,7} (People Aged 12 to 20)	12	--	--	--	--
TOBACCO PRODUCTS					
Past Month Tobacco Product Use ⁸	113	2	20	91	111
Past Month Cigarette Use	79	1	16	62	78
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	393	27	46	319	366
PAST YEAR MENTAL HEALTH ISSUES					
Any Mental Illness ^{4,9,10}	--	--	23	97	120
Serious Mental Illness ^{4,9,10}	--	--	7	24	31
Received Mental Health Services ¹¹	--	--	18	94	111
Major Depressive Episode ^{4,10,12}	--	8	11	29	41
Had Serious Thoughts of Suicide ^{10,13}	--	--	8	19	27
Made Any Suicide Plans ^{10,14}	--	--	3	5	8
Attempted Suicide ^{10,14}	--	--	1	2	3

-- = not available.

NOTE: Estimates are based on a survey-weighted hierarchical Bayes estimation approach. For confidence intervals, see Tables 1 to 33 in "2019-2020 NSDUHs: Model-Based Estimated Totals (in Thousands) (50 States and the District of Columbia)" at <https://www.samhsa.gov/data/>.

NOTE: Estimated numbers appearing as 0 in this table mean that the estimate is greater than 0 but less than 500 because estimated numbers are shown in thousands.

¹ Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Illicit Drug Use Other Than Marijuana includes the misuse of prescription psychotherapeutics or the use of cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Illicit Drugs Other Than Marijuana excludes respondents who used only marijuana but includes those who used marijuana in addition to other illicit drugs.² Prescription pain relievers are a type of prescription psychotherapeutic. Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.³ *First use of marijuana in the past year among those at risk for initiation* = $X_1 \div 2$, where X_1 is the number of marijuana initiates in the past 24 months.⁴ For details, see Section B of the "2019-2020 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.⁵ Estimates for youths aged 12 to 17 are not available for past year heroin use because no respondents aged 12 to 17 used heroin in the past year in the 2019 or 2020 NSDUHs. As a result, estimates for people aged 12 or older are also not produced.⁶ Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.⁷ Underage drinking is defined for individuals aged 12 to 20; therefore, the "12+" estimate reflects that age group and not individuals aged 12 or older.⁸ Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco.⁹ Mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, assessed by the Mental Health Surveillance Study (MHSS) *Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition—Research Version—Axis I Disorders* (MHSS-SCID), which is based on the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). Any mental illness (AMI) includes adults with any mental disorder regardless of whether their disorder resulted in functional impairment. Serious mental illness (SMI) includes adults with any mental disorder that resulted in serious functional impairment. These estimates are based on indicators of AMI and SMI rather than direct measures of diagnostic status.¹⁰ A subset of 2020 respondents who did not complete the questionnaire were excluded, and the analysis weights were adjusted for the reduced sample size.¹¹ Mental Health Services for adults includes inpatient treatment/counseling, outpatient treatment/counseling, or use of prescription medication for problems with emotions, nerves, or mental health.¹² Major depressive episode (MDE) is defined as in the 5th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5), which specifies a period of at least 2 weeks when an individual experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms. There are minor wording differences in the questions in the adult and adolescent MDE modules. Therefore, data from youths aged 12 to 17 were not combined with data from adults aged 18 or older to produce an estimate for those aged 12 or older.¹³ Respondents were asked, "At any time in the past 12 months, did you seriously think about trying to kill yourself?" If they answered "Yes," they were categorized as having serious thoughts of suicide in the past year.¹⁴ Respondents were asked whether they made any suicide plans or attempted suicide in the past 12 months only if they had serious thoughts of suicide in the past 12 months. Respondents who had no suicide thoughts were categorized as not making any suicide plans and not attempting suicide in the past 12 months.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2019 and Quarters 1 and 4, 2020.

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Table 101B Past Year Substance Use Disorder and Treatment: Among People Aged 12 or Older in Vermont; by Age Group, Estimated Numbers (in Thousands), 2020

Measure	12+	12-17	18-25	26+	18+
PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT¹					
Illicit Drug Use Disorder ^{2,3}	42	3	13	26	39
Prescription Pain Reliever Use Disorder ³	6	0	1	5	5
Alcohol Use Disorder	68	1	15	51	66
Substance Use Disorder ^{2,3}	93	3	24	66	89
Needing But Not Receiving Treatment at a Specialty Facility for Illicit Drug Use ^{2,3,4}	35	2	11	22	33
Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use ⁴	66	1	15	50	65
Needing But Not Receiving Treatment at a Specialty Facility for Substance Use ^{2,3,4}	88	3	23	61	84

NOTE: Estimates are based on a survey-weighted hierarchical Bayes estimation approach. For confidence intervals, see Tables 1 to 33 in "2019-2020 NSDUHs: Model-Based Estimated Totals (in Thousands) (50 States and the District of Columbia)" at <https://www.samhsa.gov/data/>.

NOTE: Estimated numbers appearing as 0 in this table mean that the estimate is greater than 0 but less than 500 because estimated numbers are shown in thousands.

¹ Substance Use Disorder (SUD) data in 2020 are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5). SUD is defined as meeting the criteria for illicit drug or alcohol use disorder. SUD and related estimates are based on only 2020 data because prior years' SUD data were based on DSM-IV criteria.

² Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine.

³ Prescription pain relievers are a type of prescription psychotherapeutic. Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

⁴ Respondents were classified as needing substance use treatment if they met the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5), criteria for an illicit drug or alcohol use disorder or received treatment for illicit drug or alcohol use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center). Needing But Not Receiving Substance Use Treatment refers to respondents who are classified as needing illicit drug or alcohol use treatment, but who did not receive illicit drug or alcohol use treatment at a specialty facility.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Quarters 1 and 4, 2020.

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Table 102A Substance Use, Perceptions of Great Risk, and Past Year Mental Health Measures: Among People Aged 12 or Older in Vermont, by Age Group, Average Percentages, 2019 and 2020

Measure	12+	12-17	18-25	26+	18+
ILLICIT DRUGS					
Past Month Illicit Drug Use ^{1,2}	22.80	12.41	41.12	20.74	23.65
Past Year Marijuana Use	29.35	19.57	52.63	26.40	30.15
Past Month Marijuana Use	21.85	10.90	41.44	19.63	22.74
Perceptions of Great Risk from Smoking Marijuana Once a Month	14.28	15.06	6.45	15.52	14.21
First Use of Marijuana in the Past Year among Those at Risk for Initiation of Marijuana Use ^{3,4}	3.75	7.64	14.30	0.96	3.00
Past Month Illicit Drug Use Other Than Marijuana ^{1,2}	3.53	2.19	7.23	3.03	3.63
Past Year Cocaine Use	2.59	0.27	7.90	1.92	2.78
Perceptions of Great Risk from Using Cocaine Once a Month	63.14	53.06	53.76	65.64	63.95
Past Year Heroin Use ⁵	--	--	0.37	0.83	0.76
Perceptions of Great Risk from Trying Heroin Once or Twice	83.89	62.26	81.77	86.25	85.61
Past Year Methamphetamine Use	0.68	0.14	0.74	0.73	0.73
Past Year Prescription Pain Reliever Misuse ²	2.98	1.42	4.22	2.92	3.11
ALCOHOL					
Past Month Alcohol Use	56.28	11.51	66.29	58.86	59.92
Past Month Binge Alcohol Use ⁶	23.56	5.50	42.33	22.14	25.03
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	38.59	34.83	30.51	40.29	38.89
Past Month Alcohol Use ⁷ (People Aged 12 to 20)	26.83	--	--	--	--
Past Month Binge Alcohol Use ^{6,7} (People Aged 12 to 20)	16.70	--	--	--	--
TOBACCO PRODUCTS					
Past Month Tobacco Product Use ⁸	20.74	5.71	27.03	21.12	21.96
Past Month Cigarette Use	14.52	3.65	21.50	14.39	15.40
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	72.04	66.32	64.04	73.90	72.49
PAST YEAR MENTAL HEALTH ISSUES					
Any Mental Illness ^{4,9,10}	--	--	31.22	22.46	23.71
Serious Mental Illness ^{4,9,10}	--	--	10.16	5.44	6.11
Received Mental Health Services ¹¹	--	--	24.51	21.68	22.09
Major Depressive Episode ^{4,10,12}	--	20.64	15.74	6.74	8.02
Had Serious Thoughts of Suicide ^{10,13}	--	--	11.13	4.44	5.40
Made Any Suicide Plans ^{10,14}	--	--	4.26	1.15	1.59
Attempted Suicide ^{10,14}	--	--	1.61	0.40	0.57

-- = not available.

NOTE: Estimates are based on a survey-weighted hierarchical Bayes estimation approach. For confidence intervals, see Tables 1 to 33 in "2019-2020 NSDUHs: Model-Based Prevalence Estimates (50 States and the District of Columbia)" at <https://www.samhsa.gov/data/>.

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² Prescription pain relievers are a type of prescription psychotherapeutic. Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

³ *First use of marijuana in the past year among those at risk for initiation (%) = 100 * {[X₁ ÷ (0.5 * X₁ + X₂)] ÷ 2}*, where X₁ is the number of marijuana initiates in the past 24 months and X₂ is the number of individuals who never used marijuana (with the at-risk population defined as 0.5 * X₁ + X₂). Both of the computation components, X₁ and X₂, are based on a survey-weighted hierarchical Bayes estimation approach. The age group shown is based on a respondent's age at the time of the interview, not his or her age at first use.

⁴ For details, see Section B of the "2019-2020 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.

⁵ Estimates for youths aged 12 to 17 are not available for past year heroin use because no respondents aged 12 to 17 used heroin in the past year in the 2019 or 2020 NSDUHs. As a result, estimates for people aged 12 or older are also not produced.

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⁹ Mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, assessed by the Mental Health Surveillance Study (MHSS) *Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition—Research Version—Axis I Disorders* (MHSS-SCID), which is based on the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). Any mental illness (AMI) includes adults with any mental disorder regardless of whether their disorder resulted in functional impairment. Serious mental illness (SMI) includes adults with any mental disorder that resulted in serious functional impairment. These estimates are based on indicators of AMI and SMI rather than direct measures of diagnostic status.

¹⁰ A subset of 2020 respondents who did not complete the questionnaire were excluded, and the analysis weights were adjusted for the reduced sample size.

¹¹ Mental Health Services for adults includes inpatient treatment/counseling, outpatient treatment/counseling, or use of prescription medication for problems with emotions, nerves, or mental health.

¹² Major depressive episode (MDE) is defined as in the 5th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5), which specifies a period of at least 2 weeks when an individual experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms. There are minor wording differences in the questions in the adult and adolescent MDE modules. Therefore, data from youths aged 12 to 17 were not combined with data from adults aged 18 or older to produce an estimate for those aged 12 or older.

¹³ Respondents were asked, "At any time in the past 12 months, did you seriously think about trying to kill yourself?" If they answered "Yes," they were categorized as having serious thoughts of suicide in the past year.

¹⁴ Respondents were asked whether they made any suicide plans or attempted suicide in the past 12 months only if they had serious thoughts of suicide in the past 12 months. Respondents who had no suicide thoughts were categorized as not making any suicide plans and not attempting suicide in the past 12 months.

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PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT¹					
Illicit Drug Use Disorder ^{2,3}	7.75	7.23	18.69	6.01	7.80
Prescription Pain Reliever Use Disorder ³	1.04	0.52	0.96	1.11	1.09
Alcohol Use Disorder	12.40	3.67	21.49	11.75	13.11
Substance Use Disorder ^{2,3}	16.94	7.91	33.07	15.17	17.69
Needing But Not Receiving Treatment at a Specialty Facility for Illicit Drug Use ^{2,3,4}	6.49	5.53	15.71	5.07	6.57
Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use ⁴	12.07	3.38	20.77	11.47	12.78
Needing But Not Receiving Treatment at a Specialty Facility for Substance Use ^{2,3,4}	16.03	8.09	31.88	14.20	16.68

NOTE: Estimates are based on a survey-weighted hierarchical Bayes estimation approach. For confidence intervals, see Tables 1 to 33 in "2019-2020 NSDUHs: Model-Based Prevalence Estimates (50 States and the District of Columbia)" at <https://www.samhsa.gov/data/>.

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Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Quarters 1 and 4, 2020.