

2020 National Survey on Drug Use and Health: African Americans

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

July 2022



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About This Presentation

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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 covers the civilian, noninstitutionalized population, aged 12 or older:
 - Includes: Households, college dorms, homeless in shelters, civilians on military bases
- Sample includes all 50 states and DC

Who is Not Covered by NSDUH?

- Children under age 12
- Populations with potential serious mental health/substance use issues:
 - Institutionalized populations:
 - » Incarcerated
 - » Hospitalized
 - » Nursing homes
 - Homeless populations not in homeless shelters

How Do We Use NSDUH?

- Provides a window into the state of substance use and mental health issues in the United States
- 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
- Helps to guide policy in addressing:
 - Problematic substance use
 - Prevalence of mental illness
 - The intersection of substance use and mental health issues
 - State-level treatment and prevention needs by providing data at the state level

Changes to NSDUH in 2020

- Data typically collected from January to December; **collected in Q1 and Q4 only during 2020**
- Changed to multi-mode collection in Q4 of 2020: **web survey added**
- Change from DSM-IV to **DSM-5** impacted SUD estimates
- **New and expanded item content:** nicotine vaping, receipt of telehealth services, adolescent suicide, COVID-19 impacts
- Approximately 67,500 persons are interviewed annually; the final 2020 sample consisted of **36,284 completed interviews**

Mental Illness and Substance Use Disorders in America in the Past Year: Among African American Adults Aged 18+

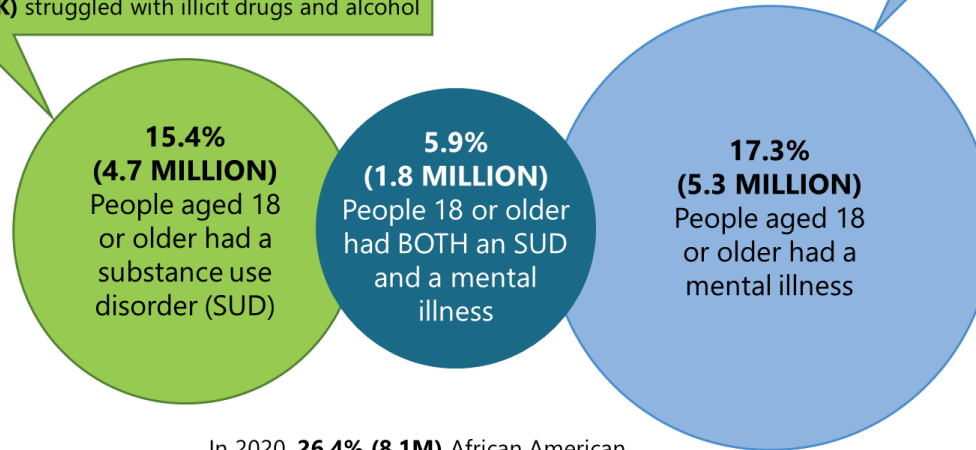
PAST YEAR, 2020 NSDUH, African American 18+

Among African Americans with a substance use disorder:

4 IN 9 (44.7% or 2.1M) struggled with illicit drugs
7 IN 10 (70.1% or 3.3M) struggled with alcohol use
1 IN 7 (14.8% or 694K) struggled with illicit drugs and alcohol

Among African Americans with a mental illness:

1 IN 4 (27.1% or 1.4M) had a serious mental illness



In 2020, **26.4% (8.1M)** African American adults had a mental illness and/or substance use disorder.

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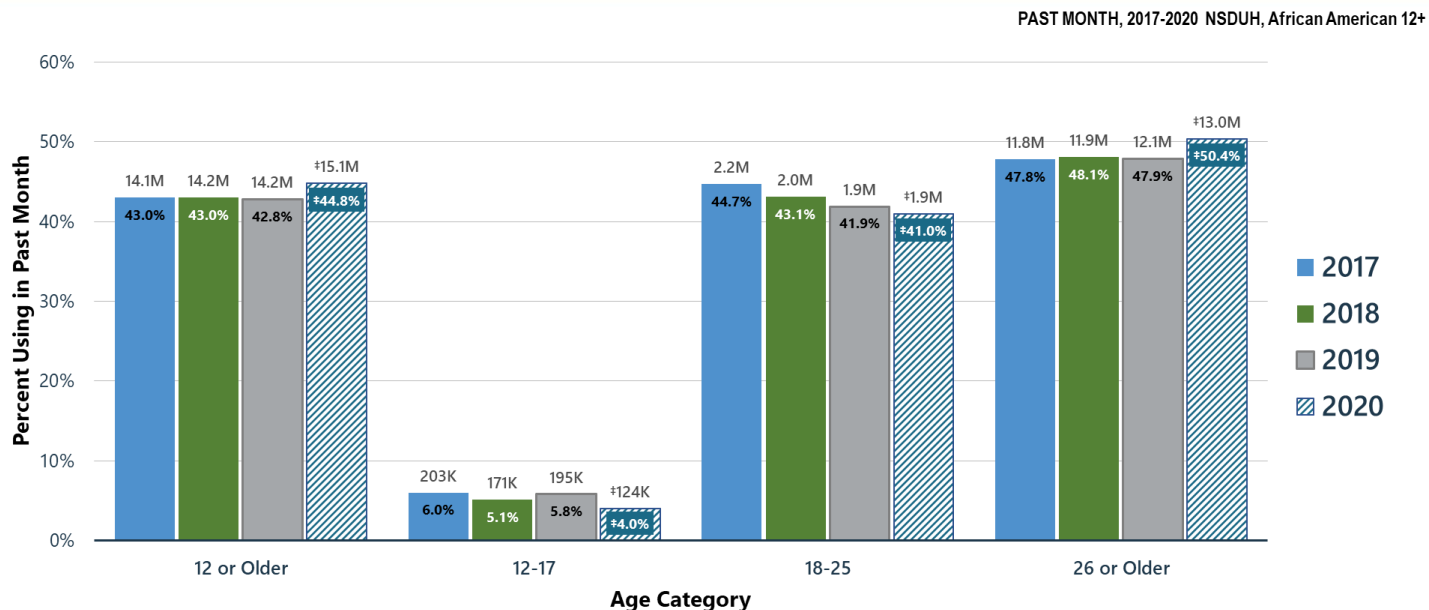
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TALKING POINTS:

- Millions of African American adults struggle with substance use disorder and mental illness.
- Almost three quarters of African American adults with SUD struggled with alcohol use.
- One in four African American adults with mental illness experienced serious mental illness.
- 1.8 million African American adults had both an SUD and mental illness.

Alcohol Use in Past Month: Among African American People Aged 12+



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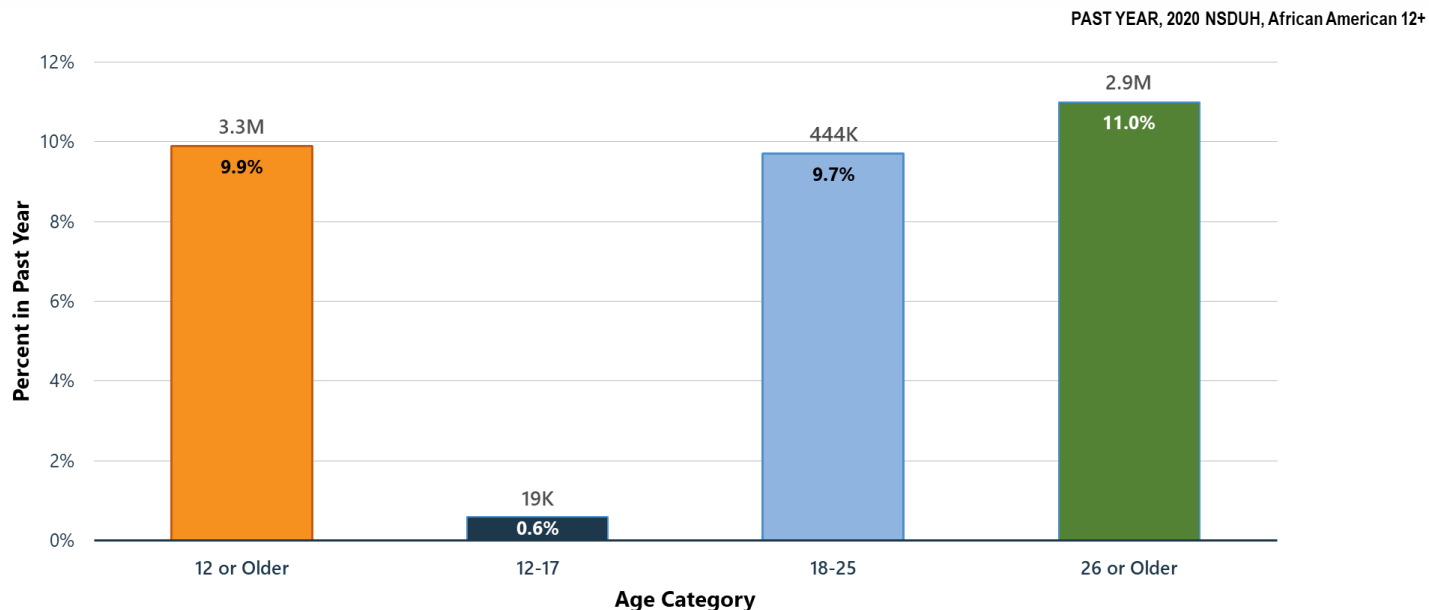
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TALKING POINTS:

- In 2020, nearly half of African American people aged 12 or older used alcohol during the past month.
- African American adults aged 26 or older had the highest percentage of alcohol use in the past month, followed by African American young adults aged 18 to 25, then by African American youths aged 12 to 17.
- 2020 estimates were not directly compared to estimates from prior years due to methodological changes in 2020.

Alcohol Use Disorder in Past Year: Among African American People Aged 12+



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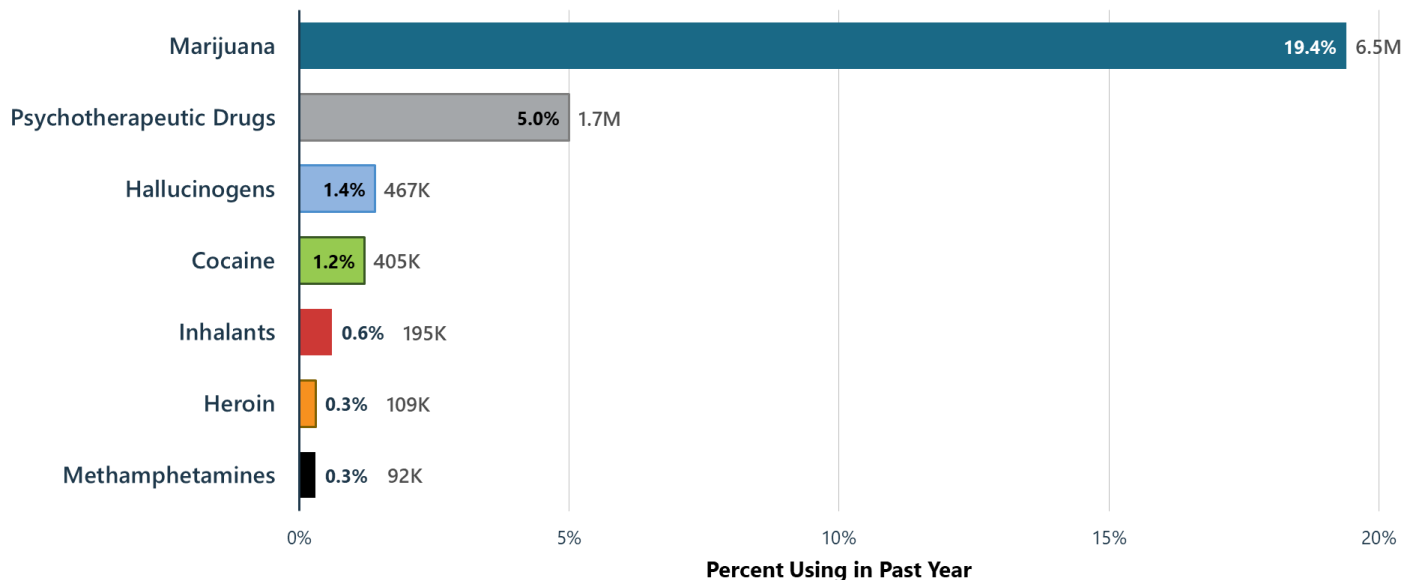
- In 2020, the percentage of African American people who had past year alcohol use disorder was lowest among African American youths aged 12 to 17.
- In NSDUH, alcohol use disorder is measured using questions based on the diagnostic criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, also known as DSM. Starting in 2020, NSDUH used the criteria specified in DSM-5, which was published in 2013.

Summary: Alcohol Use in 2020

- **Among African Americans aged 12 to 17 in 2020:**
 - 4.0 percent (or 124,000 people) used alcohol in the past month
 - 0.6 percent (or 19,000 people) had an alcohol use disorder
- **Among African Americans aged 18 to 25 in 2020:**
 - 41.0 percent (or 1.9 million people) used alcohol in the past month
 - 9.7 percent (or 444,000 people) had an alcohol use disorder
- **Among African Americans aged 26 or older in 2020:**
 - 50.4 percent (or 13.0 million people) used alcohol in the past month
 - 11.0 percent (or 2.9 million people) had an alcohol use disorder

Illicit Drug Use in Past Year: Among African American People Aged 12+

PAST YEAR, 2020 NSDUH, African American 12+



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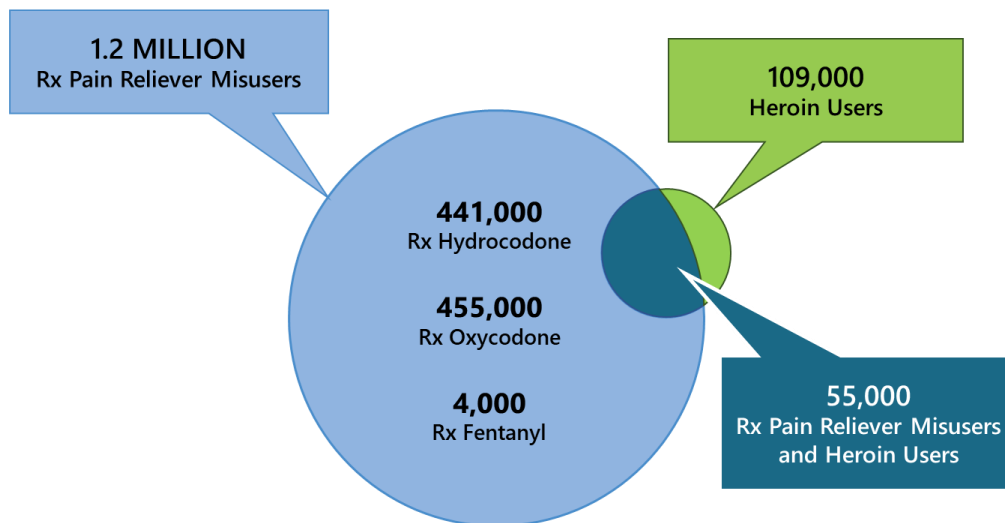
TALKING POINTS:

- The 2020 NSDUH defines illicit drug use as the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, and methamphetamine, as well as the **misuse** of prescription stimulants, tranquilizers, sedatives, and pain relievers.
- In NSDUH, **misuse of prescription drugs** was 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 to take a drug; or use in any other way not directed by a doctor.
- The most commonly used illicit drug in the past year was marijuana followed by the misuse of psychotherapeutic drugs (prescription stimulants, tranquilizers, sedatives, and pain relievers).

Prescription Pain Reliever Misuse and Heroin Use in Past Year: Among African American People Aged 12+

PAST YEAR, 2020 NSDUH, African American 12+

1.3 MILLION PEOPLE WITH OPIOID MISUSE (3.7% OF TOTAL POPULATION)



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

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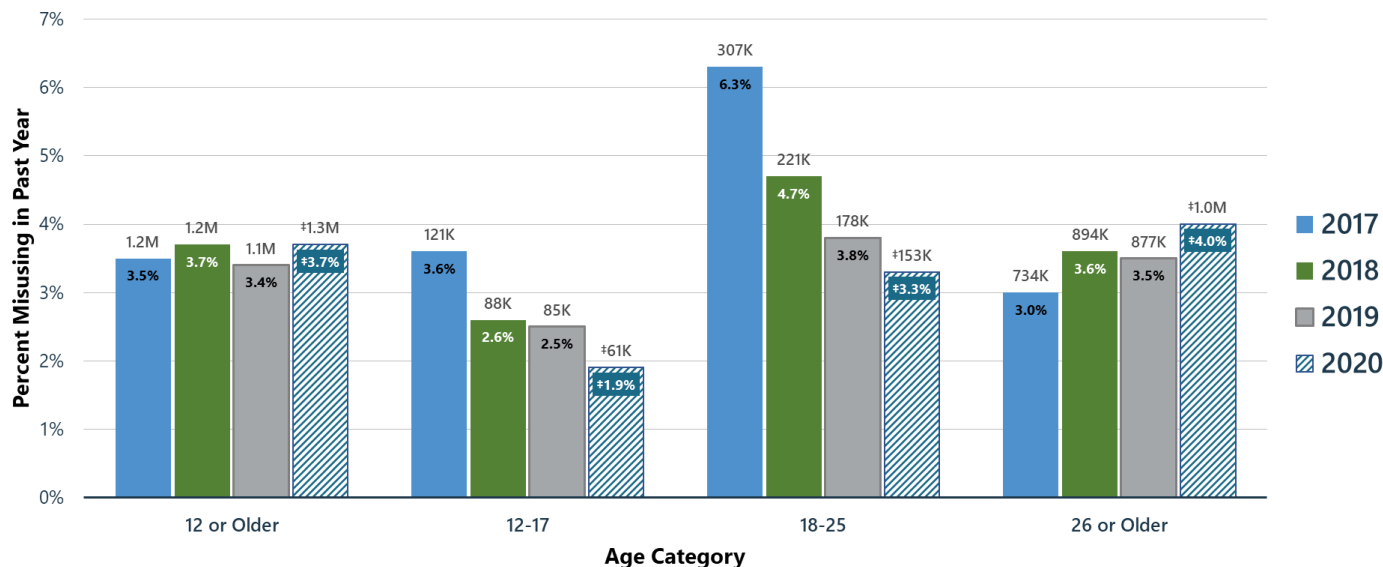
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TALKING POINTS:

- Of those who misused opioids, the vast majority were misusers of prescription pain relievers.
- Of those who used heroin, about half used heroin alone.
- Opioids are a group of chemically similar drugs that include heroin and prescription opioids, such as hydrocodone (e.g., Vicodin®), oxycodone (e.g., OxyContin®), and morphine.
- Prescription pain reliever misuse and heroin use fall under the umbrella of opioid misuse.

Opioid Misuse in Past Year: Among African American People Aged 12+

PAST YEAR, 2017-2020 NSDUH, African American 12+



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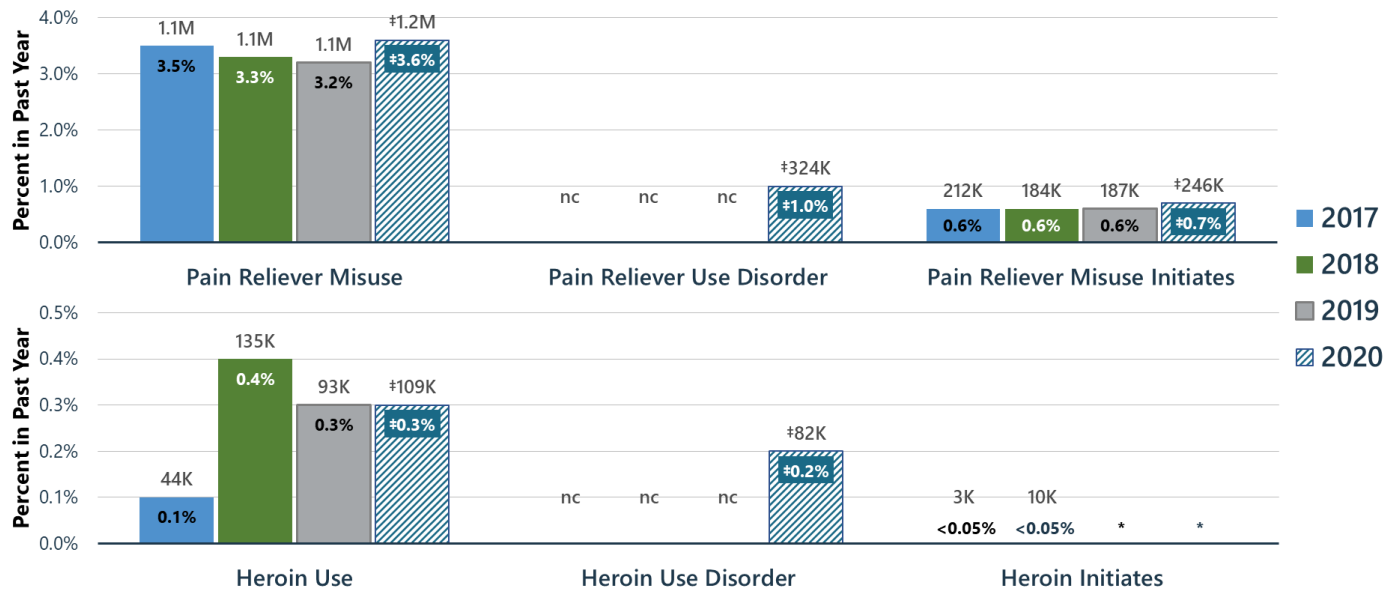
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TALKING POINTS:

- In 2020, African American adults aged 26 or older had a higher percentage of opioid misuse in the past year than African American youths aged 12 to 17.

Prescription Pain Reliever Misuse and Heroin Use in Past Year: Among African American People Aged 12+

PAST YEAR, 2017-2020 NSDUH, African American 12+



* Estimate not shown due to low precision; nc = not comparable.

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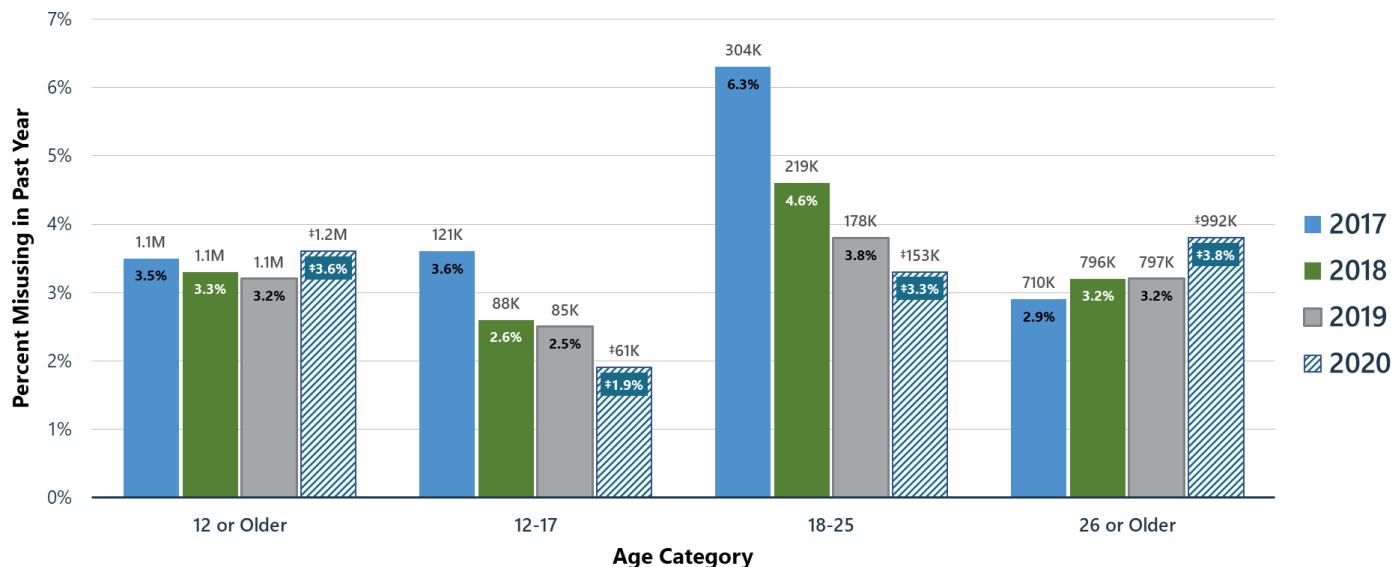
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TALKING POINTS:

- Misuse of prescription pain relievers is much more common than heroin use.
- Likewise, pain reliever use disorder is more common than heroin use disorder.

Prescription Pain Reliever Misuse in Past Year: Among African American People Aged 12+

PAST YEAR, 2017-2020 NSDUH, African American 12+



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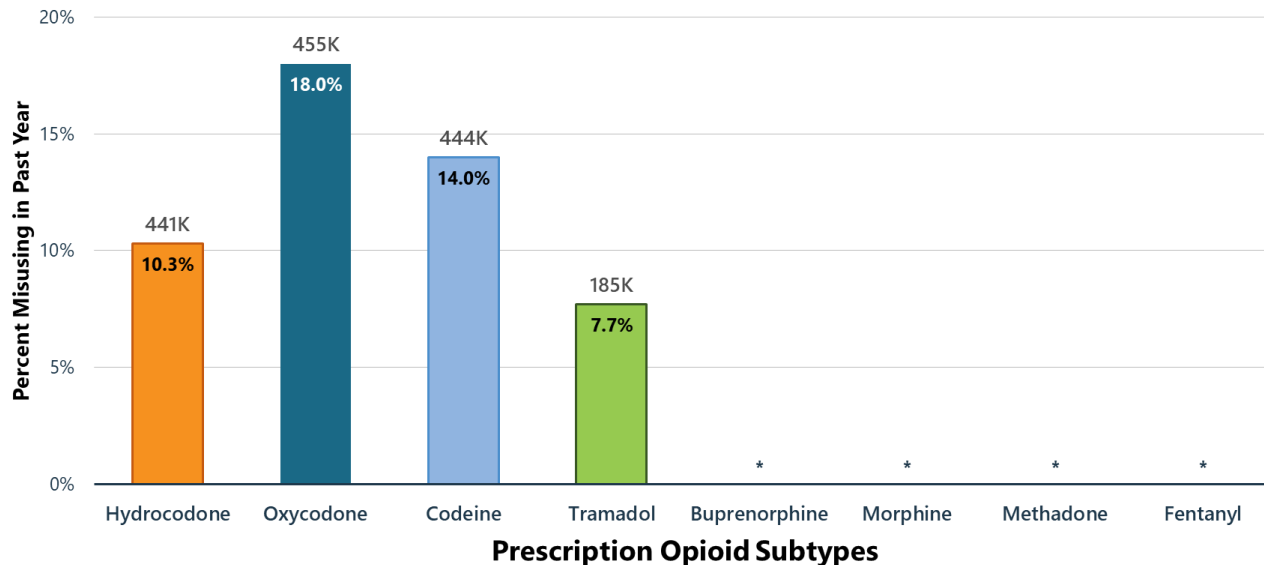
TALKING POINTS:

- In 2020, percentages of prescription pain reliever misuse in the past year was similar across age groups.

Data not shown – low precision

Misuse of Prescription Opioid Subtypes in Past Year: Among African American People Aged 12+ Who Had Any Use of the Prescription Opioid

PAST YEAR, 2020 NSDUH, African American 12+ SUBTYPE USERS



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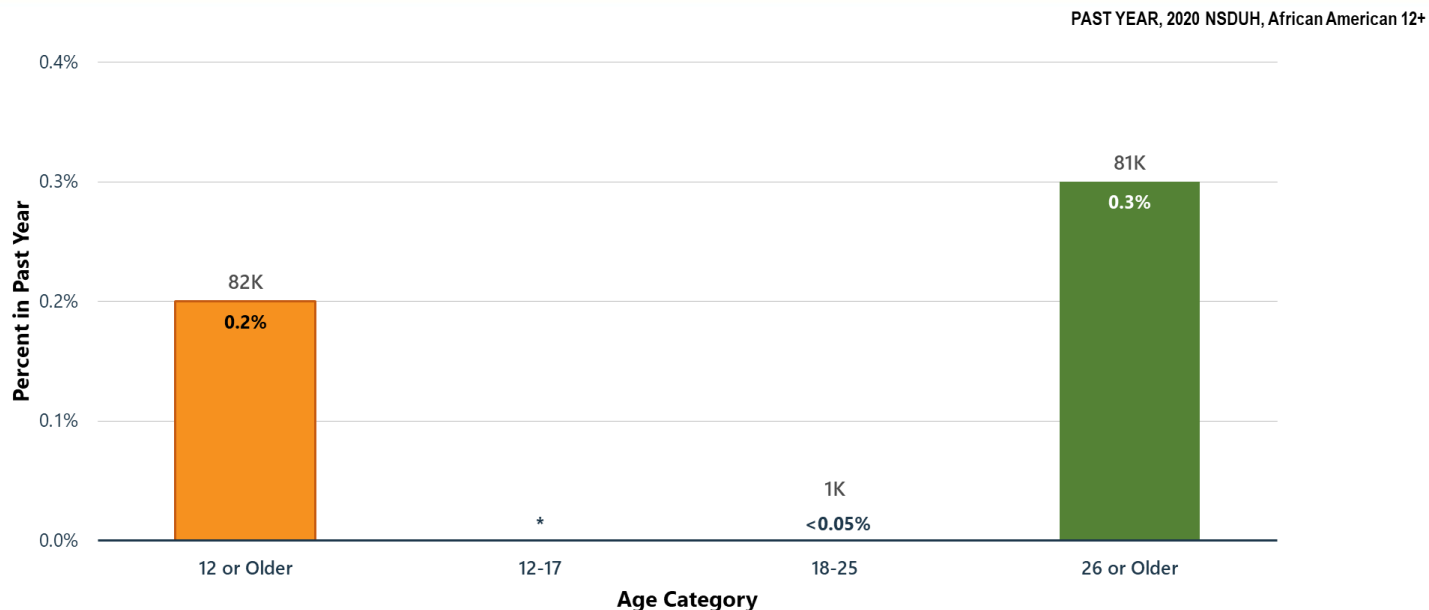
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TALKING POINTS:

- Percentages of misuse among users of specific subtypes in the past year were similar across prescription pain reliever subtypes.

Data not shown – low precision

Heroin Use Disorder in Past Year: Among African American People Aged 12+



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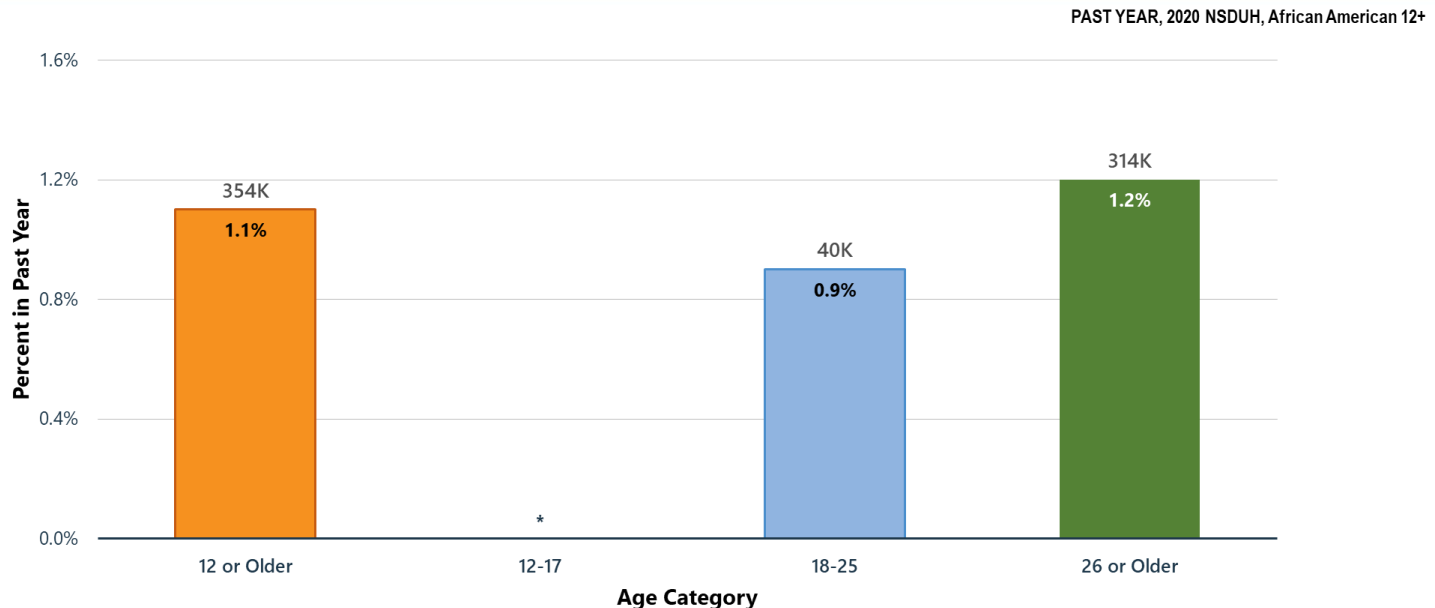
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TALKING POINTS:

- Estimates for youths aged 12 to 17 could not be calculated with sufficient precision.

Opioid Use Disorder in Past Year: Among African American People Aged 12+



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TALKING POINTS:

- Respondents were classified as having an opioid use disorder if they met DSM-5 criteria for heroin use disorder or prescription pain reliever use disorder, or both.
- Estimates for youths aged 12 to 17 could not be calculated with sufficient precision.

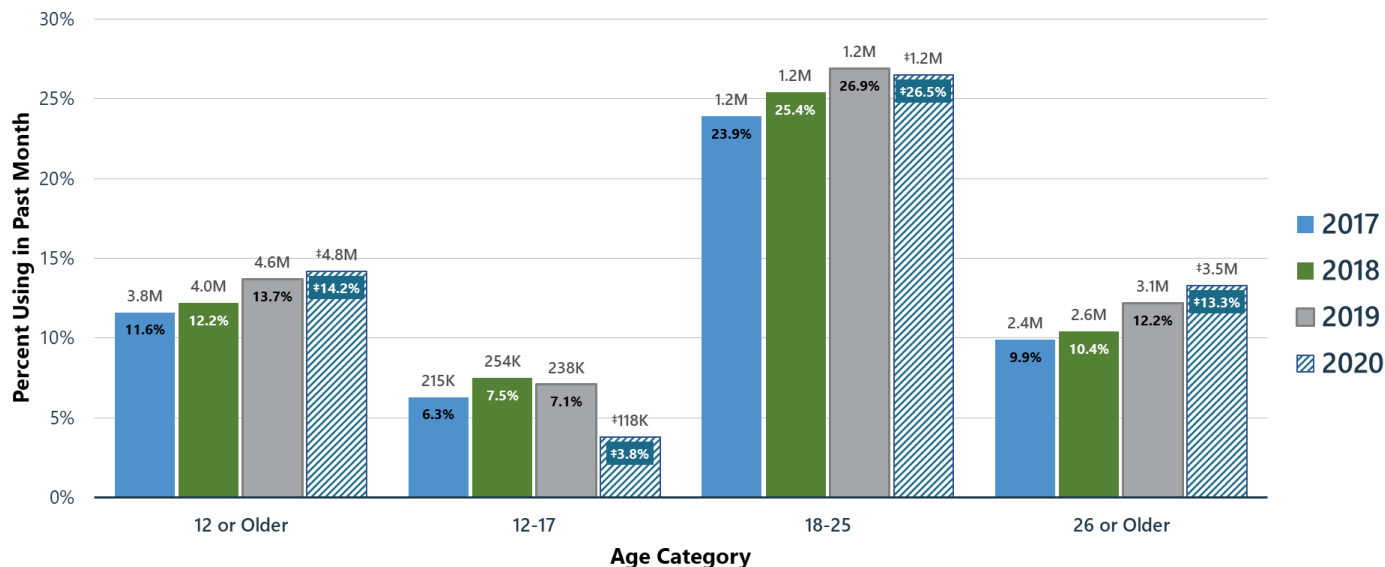
Summary: Opioid Misuse in 2020

- Opioid misuse is primarily driven by prescription pain reliever misuse.
- **Among African Americans aged 12 to 17 in 2020:**
 - 1.9 percent (or 67,000 people) misused opioids in the past year
- **Among African Americans aged 18 to 25 in 2020:**
 - 3.3 percent (or 153,000 people) misused opioids in the past year
 - 0.9 percent (or 40,000 people) had an opioid use disorder
- **Among African Americans aged 26 or older in 2020:**
 - 1.0 percent (or 1.0 million people) misused opioids in the past year
 - 1.2 percent (or 314,000 people) had an opioid use disorder

Other Illicit Substances

Marijuana Use in Past Month: Among African American People Aged 12+

PAST MONTH, 2017-2020 NSDUH, African American 12+



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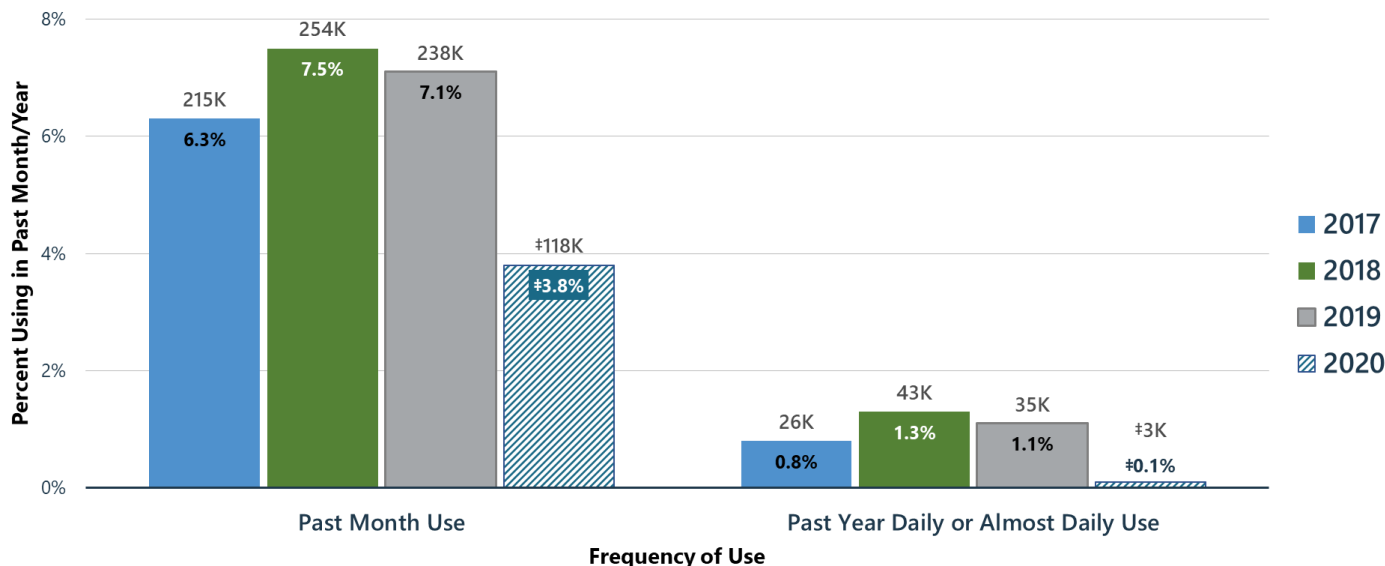
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TALKING POINTS:

- In 2020, marijuana was the most commonly used illicit drug.
- The percentage of past month marijuana use was highest among African American young adults aged 18 to 25, followed by African American adults aged 26 or older, then by African American youths aged 12 to 17.

Frequency of Marijuana Use: Among African American Youths Aged 12-17

PAST MONTH/YEAR, 2017-2020 NSDUH, African American 12-17



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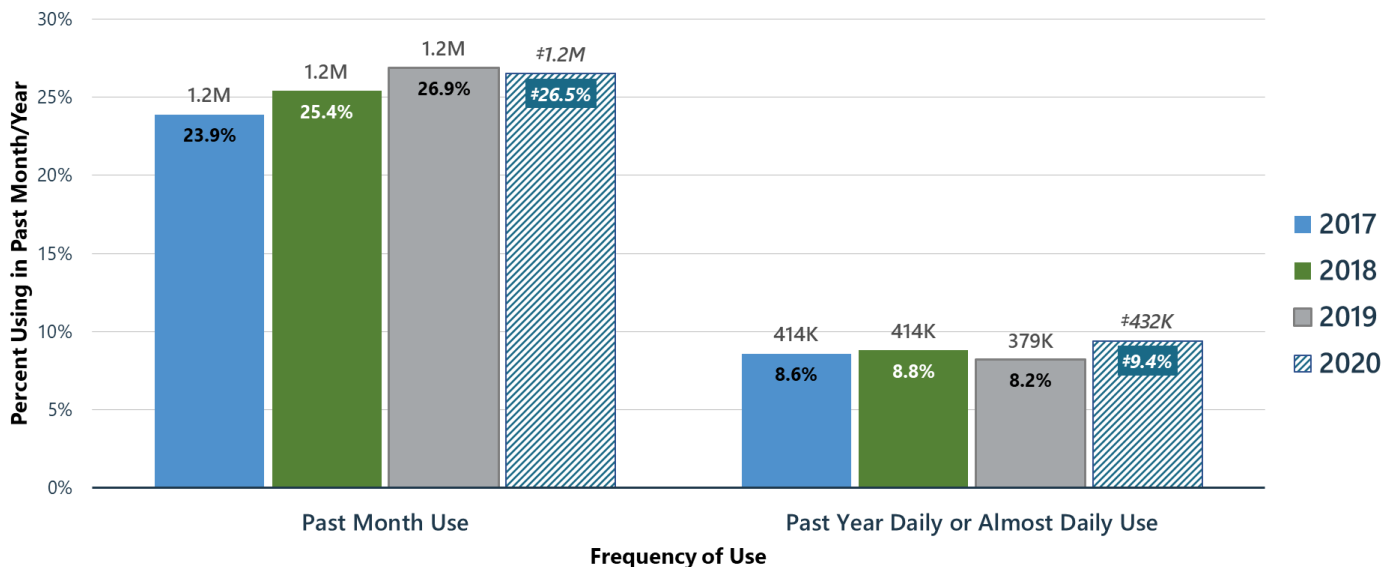
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TALKING POINTS:

- In 2020, less than 1 percent of African American youths aged 12 to 17 used marijuana daily or almost daily in the past year.

Frequency of Marijuana Use: Among African American Young Adults Aged 18-25

PAST MONTH/YEAR, 2017-2020 NSDUH, African American 18-25



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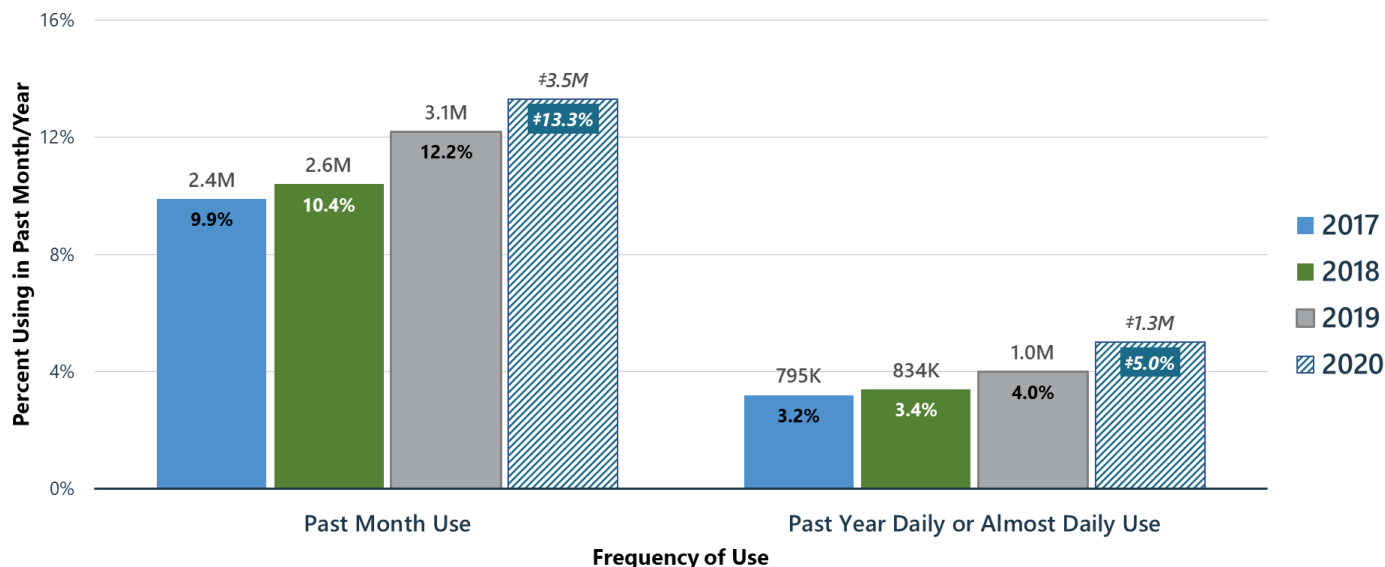
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TALKING POINTS:

- In 2020, African American young adults aged 18 to 25 had the highest percentage of past year daily or almost daily marijuana use when compared with other age groups.

Frequency of Marijuana Use: Among African American Adults Aged 26+

PAST MONTH/YEAR, 2017-2020 NSDUH, African American 26+



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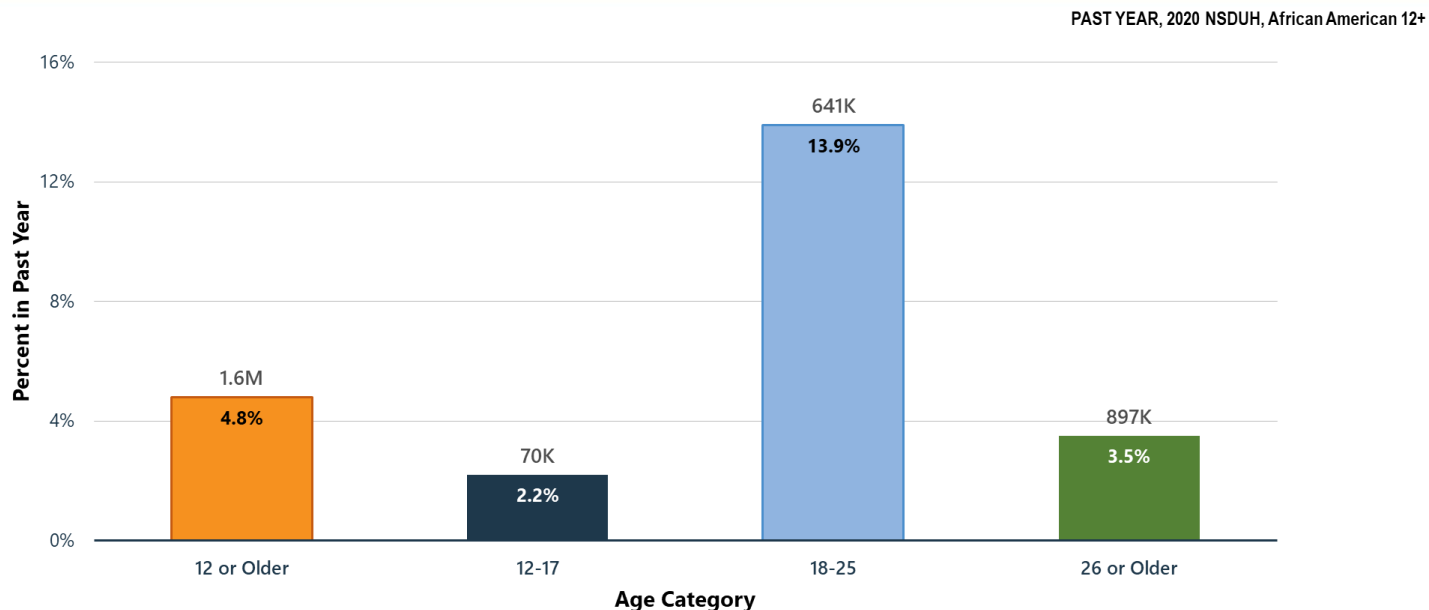
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TALKING POINTS:

- In 2020, African American adults aged 26 or older had a lower percentage of past month marijuana use and past year daily or almost daily marijuana use than African American young adults aged 18 to 25.

Marijuana Use Disorder in Past Year: Among African American People Aged 12+



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TALKING POINTS:

- African American young adults aged 18 to 25 had the highest percentage of marijuana use disorder in the past year when compared to African American youths aged 12 to 17 and African American adults aged 26 or older.
- The higher percentage of African American young adults with a marijuana use disorder was consistent with the higher percentage among this age group for marijuana use in the past month.

Data not shown – low precision

Data not shown – low precision

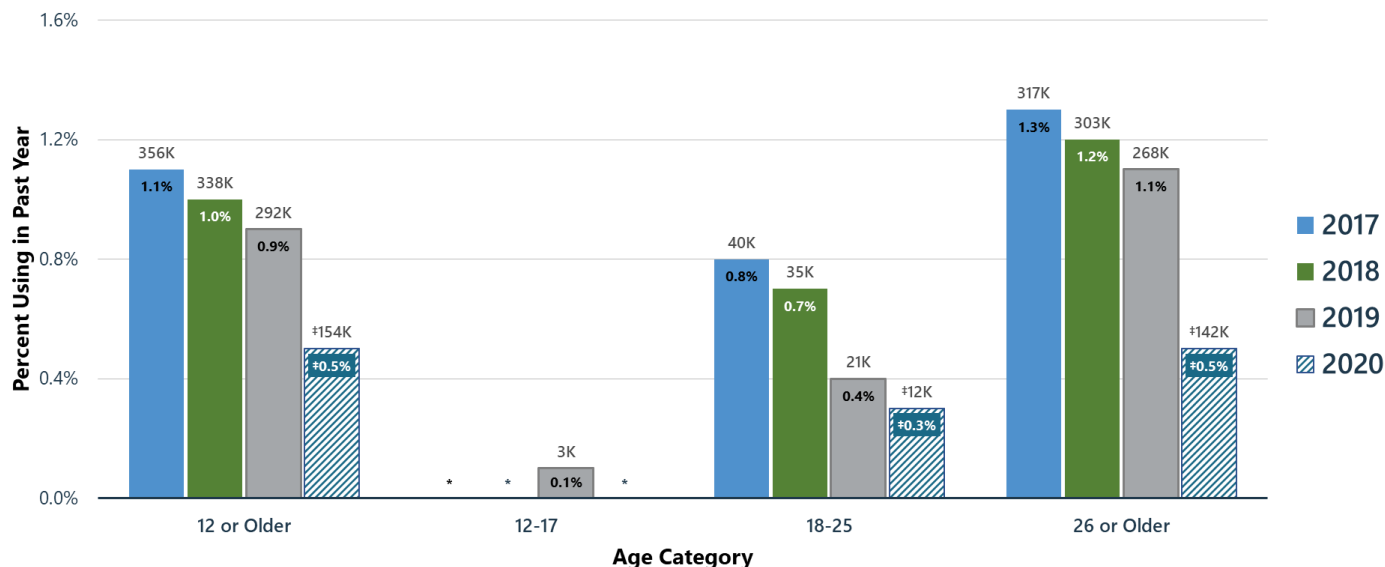
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Summary: Marijuana Use in 2020

- **Among African Americans aged 12 to 17 in 2020:**
 - 3.8 percent (or 118,000 people) used marijuana in the past month
 - 2.2 percent (or 70,000 people) had a marijuana use disorder
- **Among African Americans aged 18 to 25 in 2020:**
 - 26.5 percent (or 1.2 million people) used marijuana in the past month
 - 13.9 percent (or 641,000 people) had a marijuana use disorder
- **Among African Americans aged 26 or older in 2020:**
 - 13.3 percent (or 3.5 million people) used marijuana in the past month
 - 3.5 percent (or 897,000 people) had a marijuana use disorder

Cocaine Use in Past Year: Among African American People Aged 12+

PAST MONTH, 2017-2020 NSDUH, African American 12+



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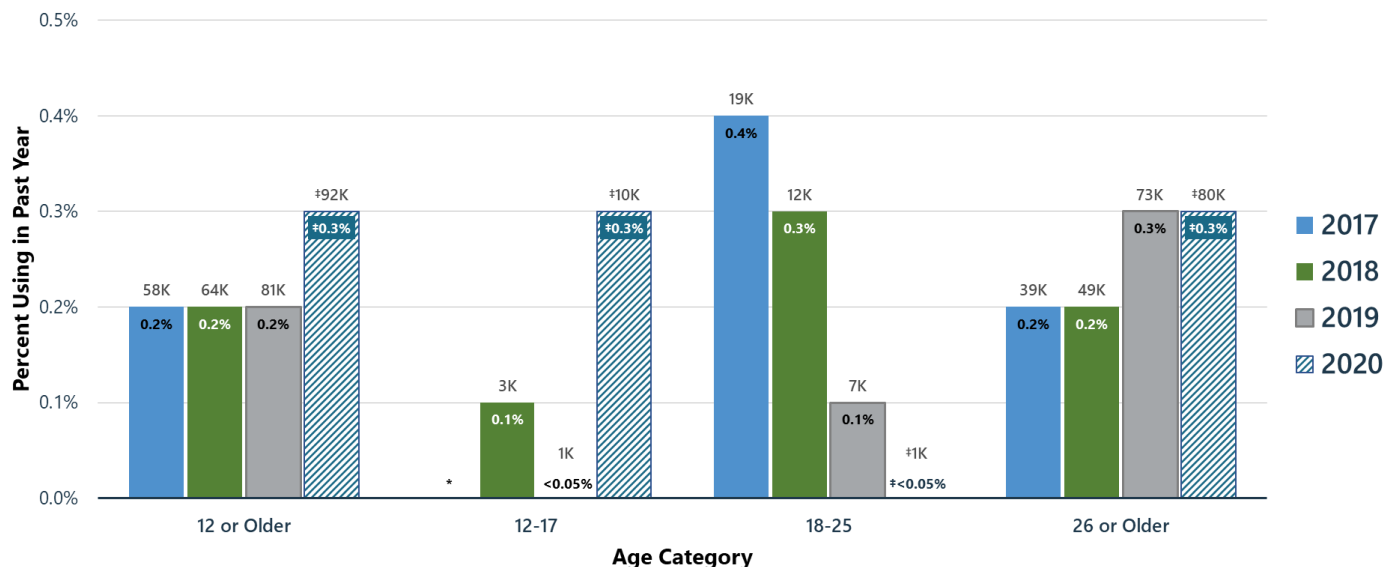
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TALKING POINTS:

- Cocaine use includes the use of crack cocaine.
- Estimates for African American youths aged 12 to 17 could not be calculated with sufficient precision.

Methamphetamine Use in Past Year: Among African American People Aged 12+

PAST YEAR, 2017-2020 NSDUH, African American 12+



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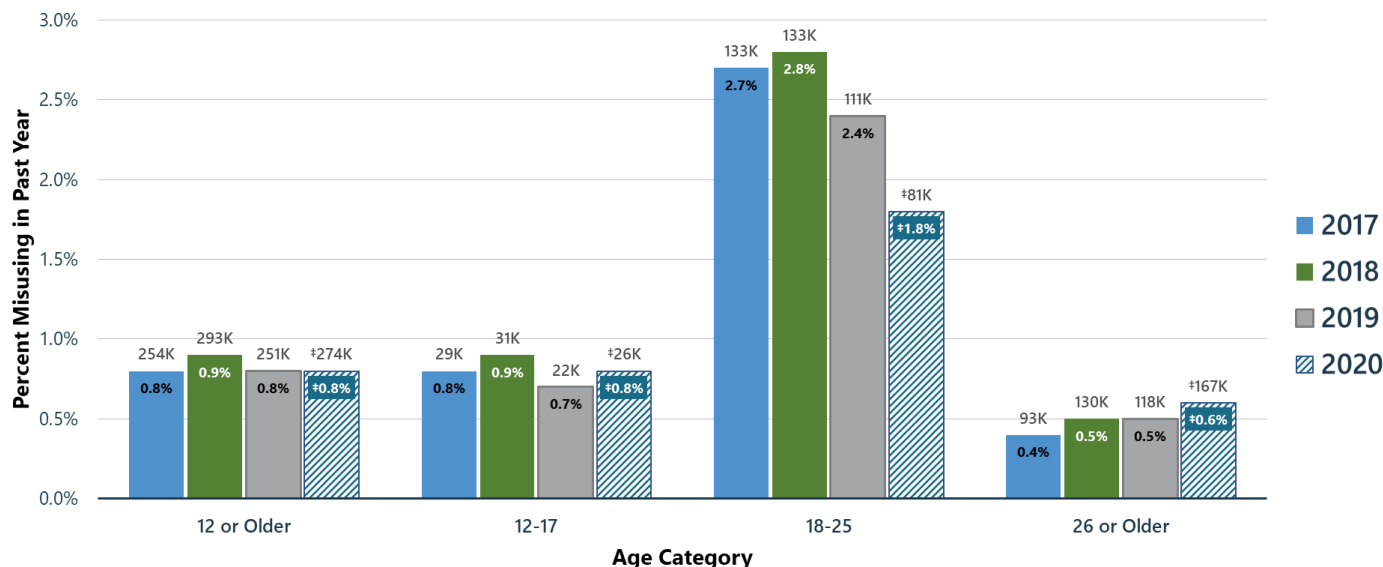
TALKING POINTS:

- Although methamphetamine is legally available by prescription (Desoxyn®), most methamphetamine used in the United States is produced and distributed illicitly rather than through the pharmaceutical industry. The misuse of prescription stimulants is covered on the next slide.

- In 2020, percentages of methamphetamine use in the past year among African American people aged 12 or older were similar across age groups.

Misuse of Prescription Stimulants in Past Year: Among African American People Aged 12+

PAST YEAR, 2017-2020 NSDUH, African American 12+



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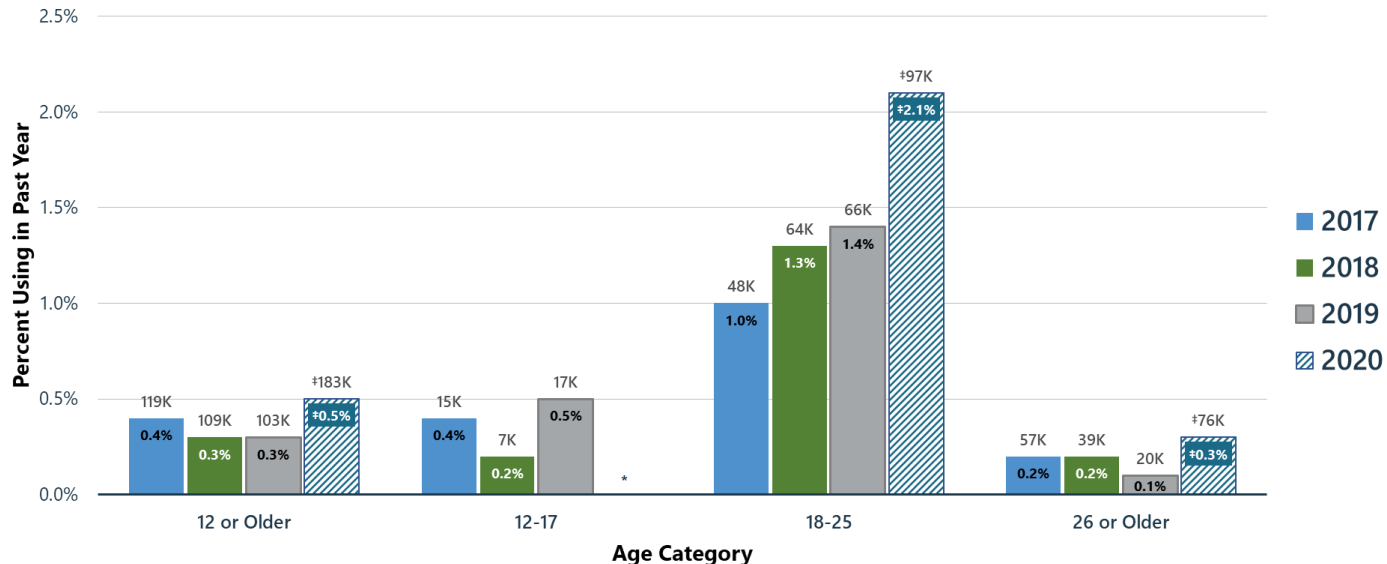
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TALKING POINTS:

- In 2020, percentages of prescription stimulant misuse in the past year among African American people aged 12 or older were similar across age groups.
- Methamphetamine has not been included as a prescription stimulant, unless respondents specified the prescription form of methamphetamine (Desoxyn®) as some other stimulant they had misused in the past year.

LSD Use in Past Year: Among African American People Aged 12+

PAST YEAR, 2017-2020 NSDUH, African American 12+



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

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TALKING POINTS:

- Several drugs are grouped under the category of hallucinogens, including LSD.
- In 2020, African American young adults aged 18 to 25 had a higher percentage of LSD use in the past year than African American adults aged 26 or older.

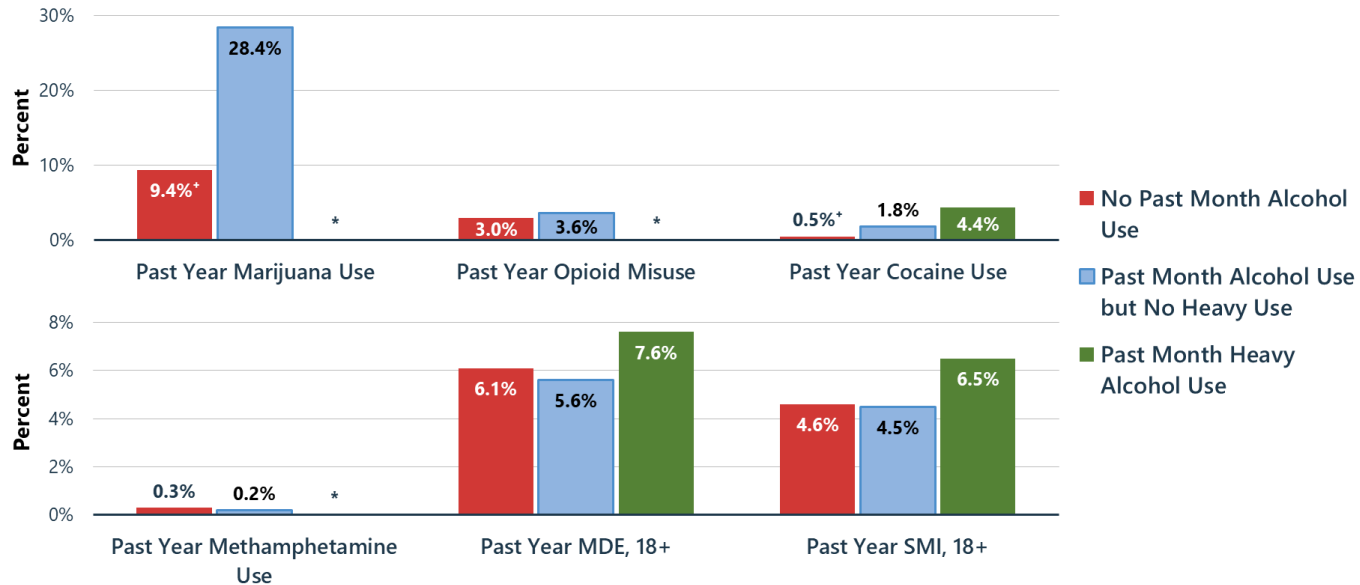
Summary: Other Substance Use in 2020

- **Among African Americans aged 12 to 17 in 2020:**
 - 0.3 percent (or 10,000 people) used methamphetamine in the past year
 - 0.8 percent (or 26,000 people) misused prescription stimulants in the past year
- **Among African Americans aged 18 to 25 in 2020:**
 - 0.3 percent (or 12,000 people) used cocaine in the past year
 - less than 0.05 percent (or 1,000 people) used methamphetamine in the past year
 - 1.8 percent (or 81,000 people) misused prescription stimulants in the past year
 - 2.1 percent (or 97,000 people) used LSD in the past year
- **Among African Americans aged 26 or older in 2020:**
 - 0.5 percent (or 142,000 people) used cocaine in the past year
 - 0.3 percent (or 80,000 people) used methamphetamine in the past year
 - 0.6 percent (or 167,000 people) misused prescription stimulants in the past year
 - 0.3 percent (or 76,000 people) used LSD in the past year

Polysubstance Use and Mental Illness

Substance Use in Past Year: Among African American People Aged 12+; Major Depressive Episode (MDE) and Serious Mental Illness (SMI) in Past Year: Among African American Adults Aged 18+; By Level of Alcohol Use in Past Month

PAST YEAR/MONTH, 2020 NSDUH, African American 12+



* Estimate not shown due to low precision.

⁺ 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.

Estimates for Past Year MDE and Past Year SMI are among adults aged 18 or older.

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TALKING POINTS:

- African American people aged 12 or older who did not use alcohol in the past month had a lower percentage of marijuana and cocaine use in the past year than those endorsing alcohol use, but had no heavy alcohol use.
- These findings are consistent with literature suggesting that having an SUD for one substance significantly increases risk for developing SUDs for additional substances (e.g., studies have found that individuals with an alcohol use disorder are at twice the risk for developing an opioid use disorder) (Crummy et al., 2020).

- Percentages of an MDE or SMI among African American adults aged 18 or older were similar across frequency of alcohol use.
- Literature suggests depression and alcohol use disorder often co-occur. Studies have found that individuals with depression have a three-fold risk for developing alcohol use disorder in their lifetime (Schouten et al., 2022).

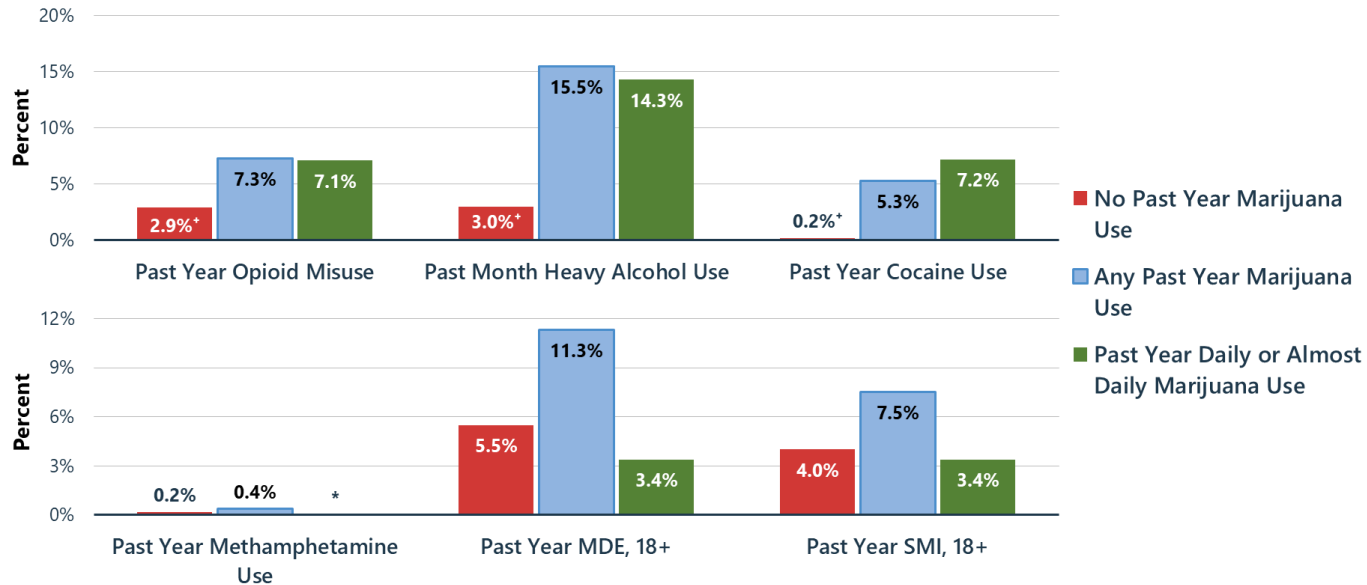
Reference

Crummy, E. A., O'Neal, T. J., Baskin, B. M., & Ferguson, S. M. (2020). One is not enough: understanding and modeling polysubstance use. *Frontiers in Neuroscience*, 14, 569.

Schouten, M. J., Christ, C., Dekker, J. J., Riper, H., Goudriaan, A. E., & Blankers, M. (2022). Digital interventions for people with co-occurring depression and problematic alcohol use: A systematic review and meta-analysis. *Alcohol and Alcoholism*, 57(1), 113-124.

Substance Use in Past Year/Month: Among African American People Aged 12+; Major Depressive Episode (MDE) and Serious Mental Illness (SMI) in Past Year: Among African American Adults Aged 18+; By Level of Marijuana Use in Past Year

PAST YEAR/MONTH, 2020 NSDUH, African American 12+



* Estimate not shown due to low precision.

+Difference between this estimate and the estimate for people with past year marijuana use is statistically significant at the .05 level.

Estimates for Past Year MDE and Past Year SMI are among adults aged 18 or older.

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TALKING POINTS:

- African American people aged 12 or older who did not use marijuana in the past year were less likely to have misused opioids in the past year, used alcohol heavily in the past month, or used cocaine in the past year than those who had used marijuana in the past year.

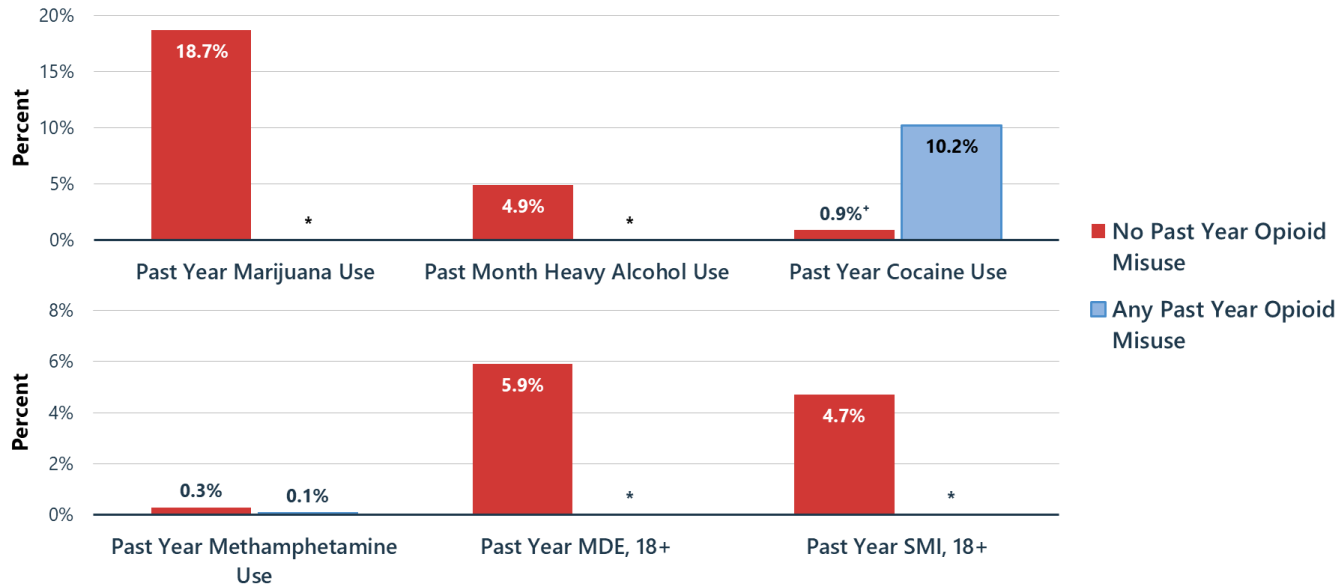
- Co-occurring substance use and mental illness are common. Mental illness and substance use is often conceptualized as having a bidirectional relationship—in that substance use often leads to and exacerbates mental illness and mental illness can be a precursor for substance misuse. Literature has suggested that substance use (e.g., marijuana, alcohol) may be used as a way of regulating emotions (in the short term)—but exacerbating depression symptom severity in the long-term (Weiss et al., 2022).

Reference

Weiss, N. H., Kiefer, R., Goncharenko, S., Raudales, A. M., Forkus, S. R., Schick, M. R., & Contractor, A. A. (2022). Emotion regulation and substance use: A meta-analysis. *Drug and alcohol dependence*, 230, 109131.

Substance Use in Past Year/Month: Among African American People Aged 12+; Major Depressive Episode (MDE) and Serious Mental Illness (SMI) in Past Year: Among African American Adults Aged 18+; By Level of Opioid Misuse in Past Year

PAST YEAR/MONTH, 2020 NSDUH, African American 12+



* Estimate not shown due to low precision.

+Difference between this estimate and the estimate for people with past year opioid misuse is statistically significant at the .05 level.

Estimates for Past Year MDE and Past Year SMI are among adults aged 18 or older.

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TALKING POINTS:

- The opioid epidemic continues to plague the United States. In 2019, more than 70 percent of drug overdose fatalities involved opioids. Opioid use often co-occurs with other substance misuse, including stimulants and cocaine (Mattson et al., 2021).

- African American people aged 12 or older who misused opioids in the past year had a higher percentage of past year cocaine use than people who did not misuse opioids in the past year.
- Polysubstance use including opioids is particularly dangerous and is associated with increased death rates when compared with death rates of adults who use only one substance (Mattson et al., 2021).

Reference

Mattson, C. L., Tanz, L. J., Quinn, K., Kariisa, M., Patel, P., & Davis, N. L. (2021). Trends and geographic patterns in drug and synthetic opioid overdose deaths—United States, 2013–2019. *Morbidity and Mortality Weekly Report*, 70(6), 202.

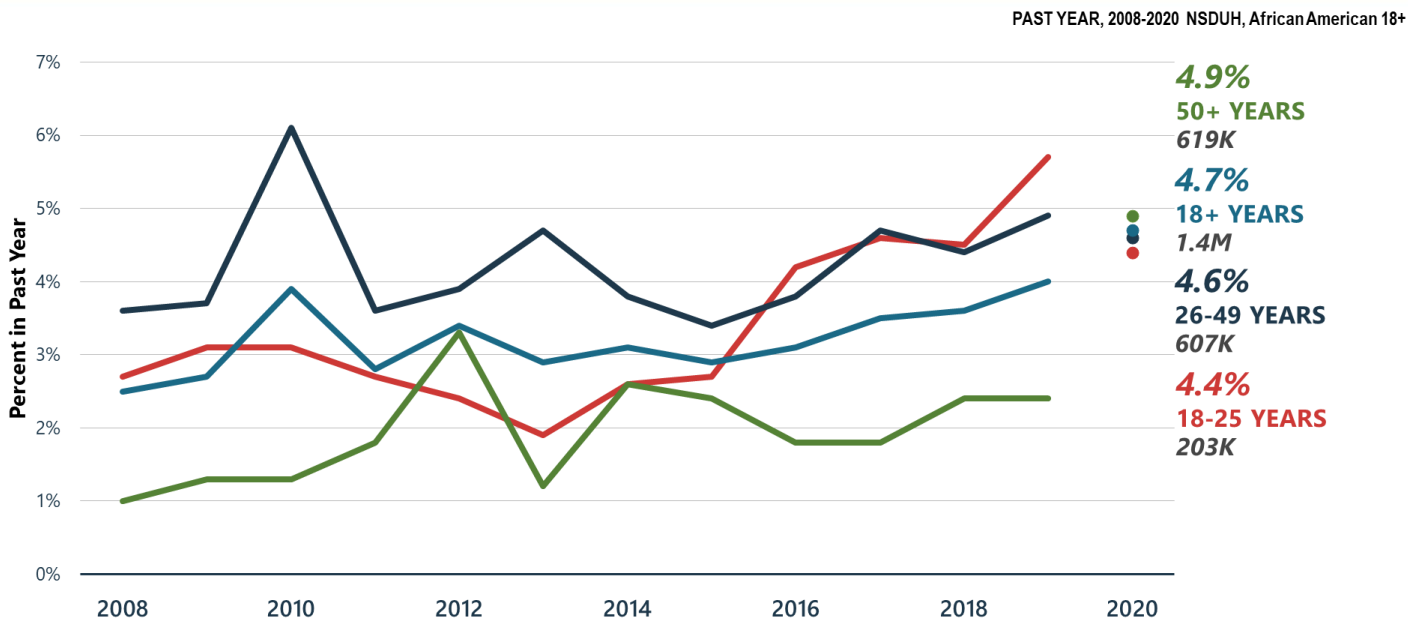
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Summary

- Polysubstance use is common—if a person is having problems with one substance, they 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) in Past Year: Among African American Adults Aged 18+



There is no connecting line between 2019 and 2020 to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 *National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

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TALKING POINTS:

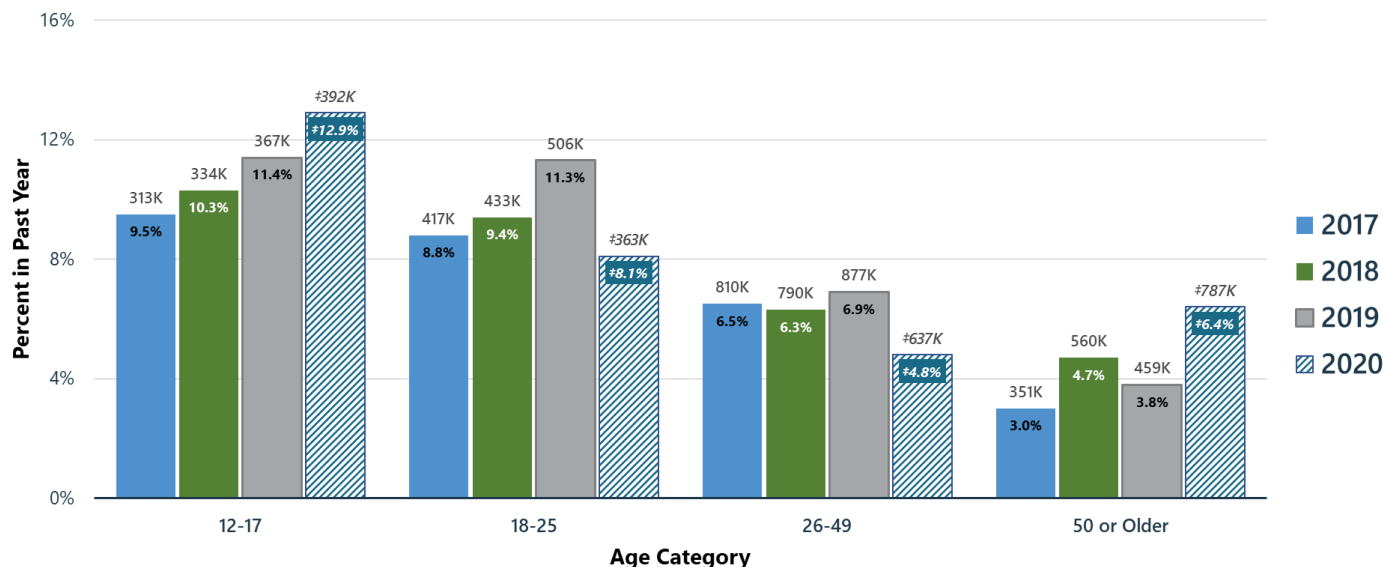
- In 2020, percentages of SMI among African American adults aged 18 or older were similar across age groups.
- SMI continues to be on the rise, particularly in young adults, which is consistent with literature showing mental health concerns in young adults have significantly increased over the past decade (Twenge et al., 2019).

Reference

Twenge, J. M., Cooper, A. B., Joiner, T. E., Duffy, M. E., & Binau, S. G. (2019). Age, period, and cohort trends in mood disorder indicators and suicide-related outcomes in a nationally representative dataset, 2005–2017. *Journal of Abnormal Psychology*, 128(3), 185.

Major Depressive Episodes in Past Year: Among African American People Aged 12+

PAST YEAR, 2017-2020 NSDUH, African American 12+



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

* Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 National Survey on Drug Use and Health: Methodological Summary and Definitions for details.

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TALKING POINTS:

- In 2020, the percentage of African American adults who had an MDE was higher among African American adults aged 18 to 25 than African American adults aged 26 to 49. Estimates of MDE are not compared between youths aged 12 to 17 and adults aged 18 or older.

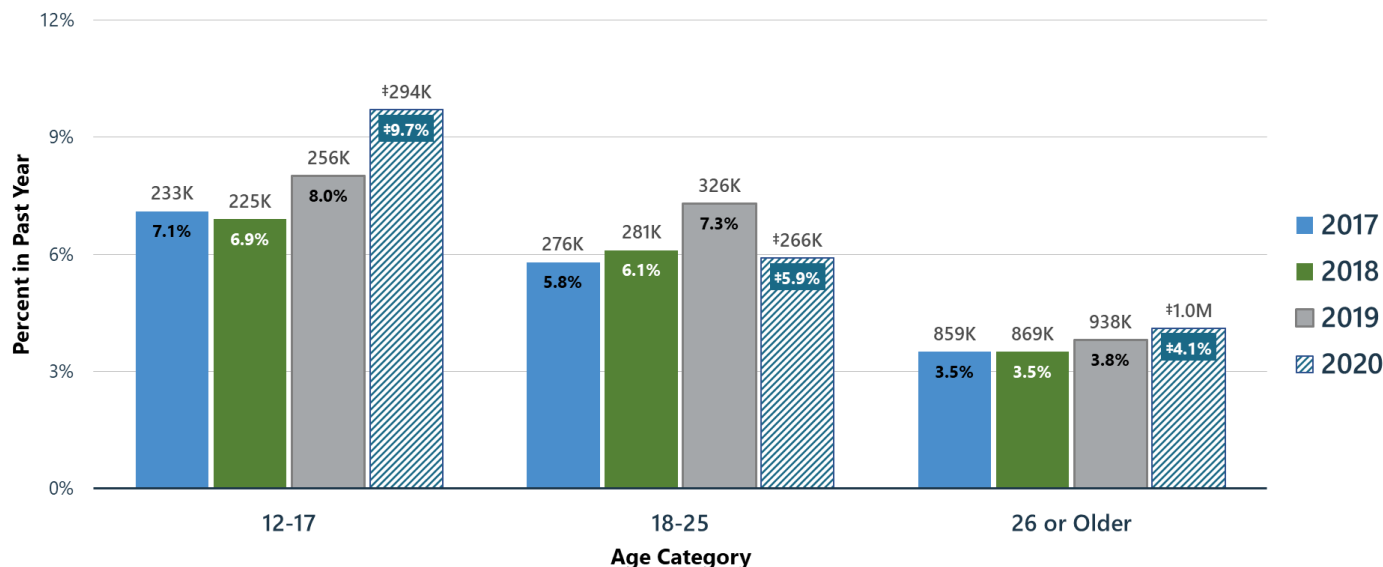
- Youths and young adults continue to report rising rates of MDE, consistent with recent literature that found rates of depression increased by 52 percent between 2005 and 2017 among adolescents and 63 percent between 2009 and 2017 in young adults (Twenge et al., 2019).

Reference

Twenge, J. M., Cooper, A. B., Joiner, T. E., Duffy, M. E., & Binau, S. G. (2019). Age, period, and cohort trends in mood disorder indicators and suicide-related outcomes in a nationally representative dataset, 2005–2017. *Journal of Abnormal Psychology*, 128(3), 185.

Major Depressive Episodes with Severe Impairment in Past Year: Among African American People Aged 12+

PAST YEAR, 2017-2020 NSDUH, African American 12+



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

* Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 *National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

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TALKING POINTS:

- MDE with Severe Impairment is defined as those individuals with higher scores on the Sheehan Disability Scale.
- In 2020, African American adults aged 18 or older had similar percentages of MDE with Severe Impairment across adult age groups. Estimates of MDE

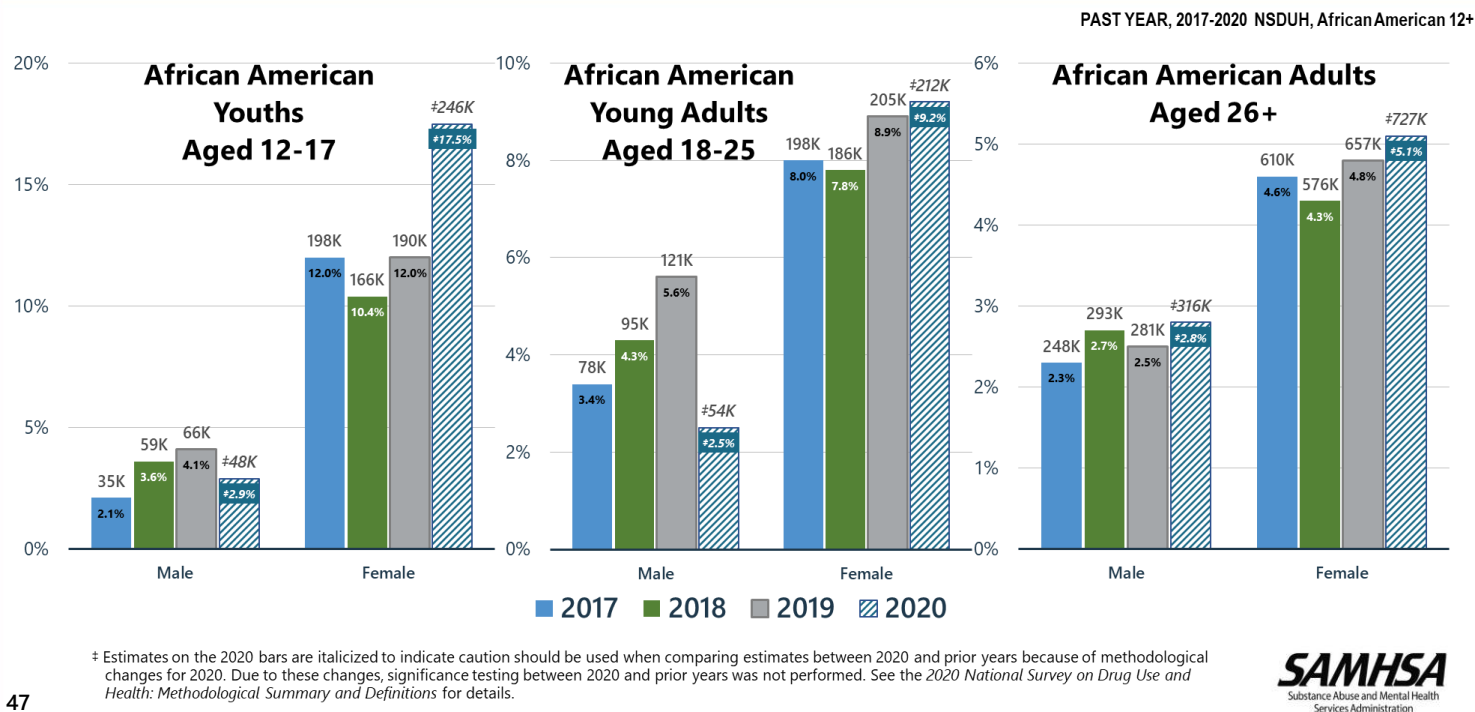
with Severe Impairment are not compared between youths aged 12 to 17 and adults aged 18 or older.

- Literature suggests that rates of mental illness are rising more quickly in adolescents and young adults (Twenge et al., 2019).

Reference

Twenge, J. M., Cooper, A. B., Joiner, T. E., Duffy, M. E., & Binau, S. G. (2019). Age, period, and cohort trends in mood disorder indicators and suicide-related outcomes in a nationally representative dataset, 2005–2017. *Journal of Abnormal Psychology*, 128(3), 185.

Major Depressive Episodes with Severe Impairment in Past Year: Among African American People Aged 12+



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TALKING POINTS:

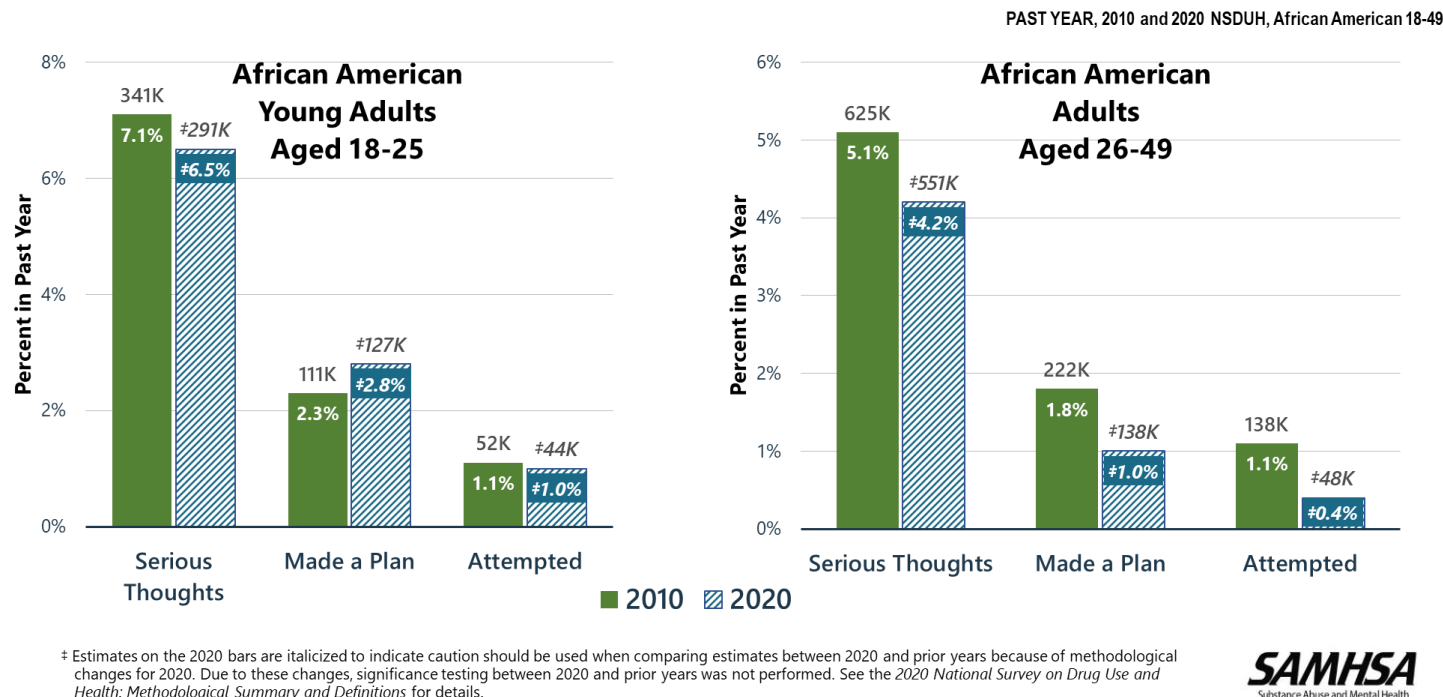
- In 2020, African American adults aged 18 or older had similar percentages of MDE with Severe Impairment across adult age groups. Estimates of MDE with Severe Impairment are not compared between youths aged 12 to 17 and adults aged 18 or older.

- Recent research suggests that the rates of severe mood disorders have significantly increased among adolescents and young adults in the past 10 years, especially among females (e.g., Twenge et al., 2019; Yard et al., 2021).

Reference

- Twenge, J. M., Cooper, A. B., Joiner, T. E., Duffy, M. E., & Binau, S. G. (2019). Age, period, and cohort trends in mood disorder indicators and suicide-related outcomes in a nationally representative dataset, 2005–2017. *Journal of Abnormal Psychology, 128*(3), 185.
- Yard, E., Radhakrishnan, L., Ballesteros, M. F., Sheppard, M., Gates, A., Stein, Z., ... Stone, D. M. (2021). Emergency department visits for suspected suicide attempts among persons aged 12–25 years before and during the COVID-19 pandemic—United States, January 2019–May 2021. *Morbidity and Mortality Weekly Report, 70*(24), 888.

Suicidal Thoughts, Plans, and Attempts in Past Year: Among African American Adults Aged 18-49



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TALKING POINTS:

- In 2020, the percentage of African American young adults aged 18 to 25 who made a suicide plan was higher than for African adults aged 26 to 49.
- Rates of planning or attempting suicide remain low—and illustrates two important points in the literature: (1) suicidal behaviors remain difficult to

study due to low base rates, and (2) suicidal behaviors are underreported (e.g., Tøllefsen et al., 2012).

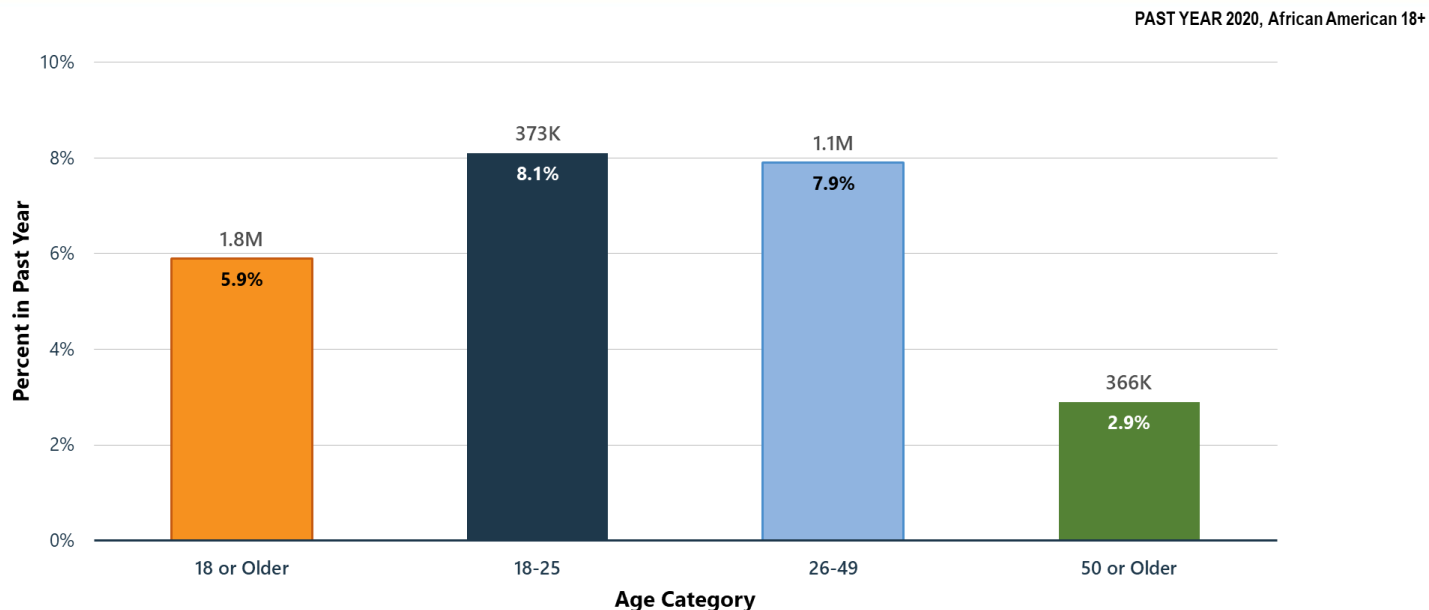
Reference

Tøllefsen, I. M., Hem, E., & Ekeberg, Ø. (2012). The reliability of suicide statistics: A systematic review. *BMC Psychiatry*, 12(1), 1-11.

Co-Occurring Mental and Substance Use Disorders

Data not shown – low precision

Co-Occurring Substance Use Disorder and Any Mental Illness in Past Year: Among African American Adults Aged 18+



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TALKING POINTS:

- Rates of co-occurring substance use disorder and any mental illness in the past year was lowest among African American adults aged 50 or older than African American young adults aged 18 to 25 and 26 to 49.
- Declining prevalence rates of mental illness across the lifespan, such that older adults report the lowest rates of mental illness, is well established in

the literature (e.g., Westerhof & Keyes, 2010; Webster et al., 2014; Thomas et al., 2016).

Reference

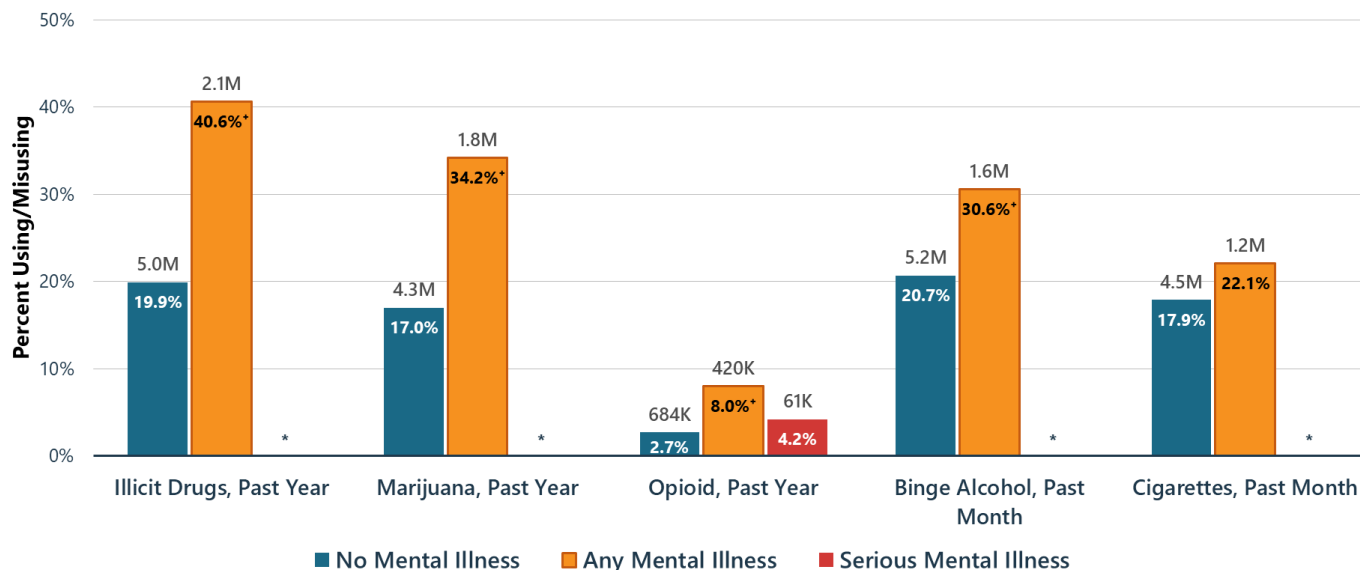
Westerhof, G. J., & Keyes, C. L. (2010). Mental illness and mental health: The two continua model across the lifespan. *Journal of Adult Development*, 17(2), 110-119.

Webster, J. D., Westerhof, G. J., & Bohlmeijer, E. T. (2014). Wisdom and mental health across the lifespan. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 69(2), 209-218.

Thomas, M. L., Kaufmann, C. N., Palmer, B. W., Depp, C. A., Martin, A. S., Glorioso, D. K., ... Jeste, D. V. (2016). Paradoxical trend for improvement in mental health with aging: A community-based study of 1,546 adults aged 21-100 years. *The Journal of Clinical Psychiatry*, 77(8), 8771.

Substance Use in Past Year/Month: Among African American Adults Aged 18+; By Mental Illness Status

PAST YEAR/MONTH, 2020 NSDUH, African American 18+



* Estimate not shown due to low precision.

+ Difference between this estimate and the estimate for adults without mental illness is statistically significant at the .05 level.

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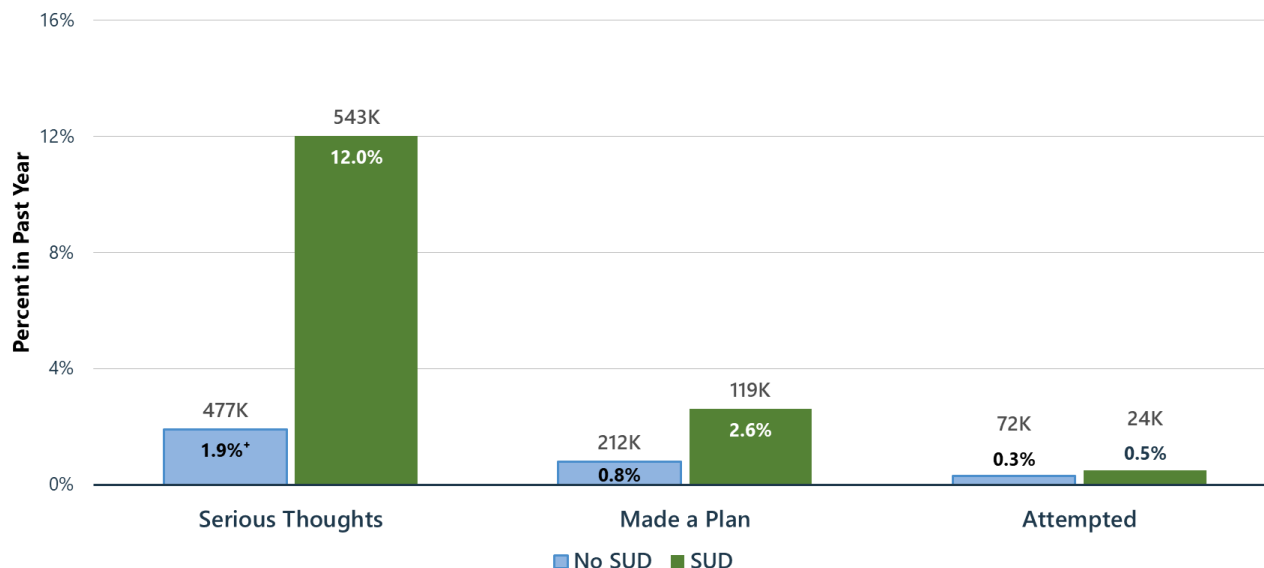
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TALKING POINTS:

- Co-occurrence of mental illness and substance use is common.
- African American adults aged 18 or older with any mental illness had significantly higher rates of illicit drug, marijuana, opioid, binge alcohol, and cigarette use over the past year/month than African American adults without mental illness.

Suicidal Thoughts, Plans, and Attempts in Past Year: Among African American Adults Aged 18+; By Substance Use Disorder (SUD) Status

PAST YEAR, 2020 NSDUH, African American 18+



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

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TALKING POINTS:

- African American adults aged 18 or older with an SUD had higher rates of serious thoughts of suicide in the past year than African American adults who did not have an SUD.

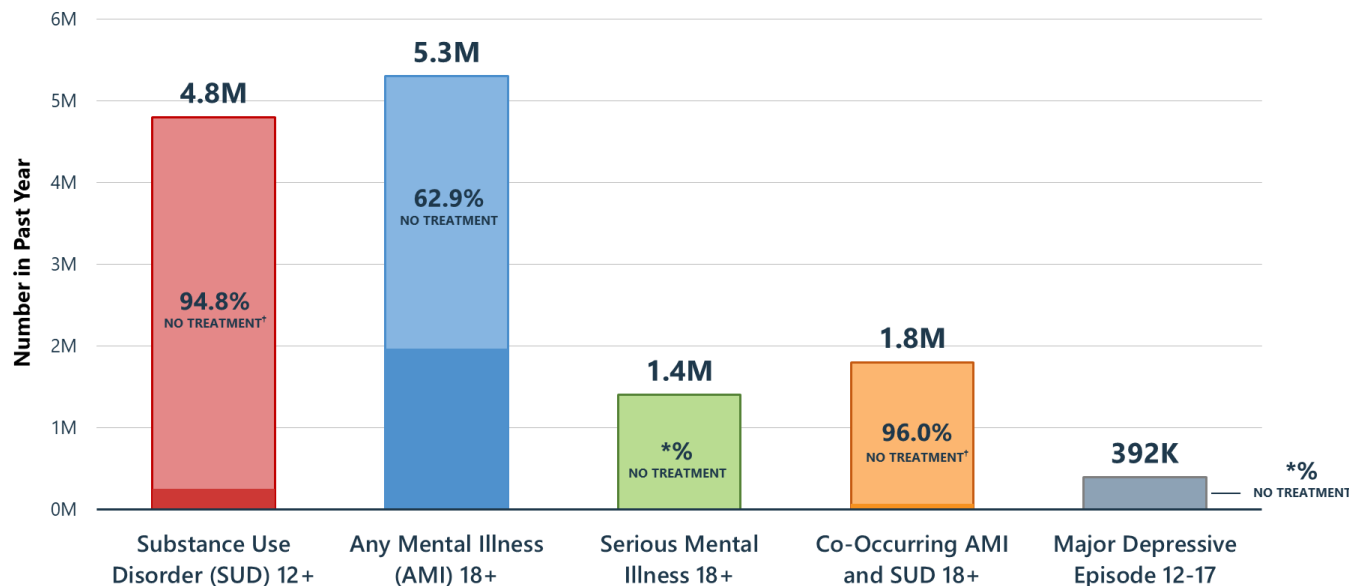
- Literature has found that substance use often co-occurs with suicidal thoughts and behaviors and is a well-established risk factor for suicide attempts and death by suicide (Esang & Ahmed, 2018).

Reference

Esang, M., & Ahmed, S. (2018). A closer look at substance use and suicide. *American Journal of Psychiatry Residents' Journal*, 13(6), 6-8.

Did Not Receive Substance Use Treatment or Mental Health Services in Past Year: Among African American People Aged 12+

PAST YEAR, 2020 NSDUH, African American 12+



† 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.

* Estimate not shown due to low precision.

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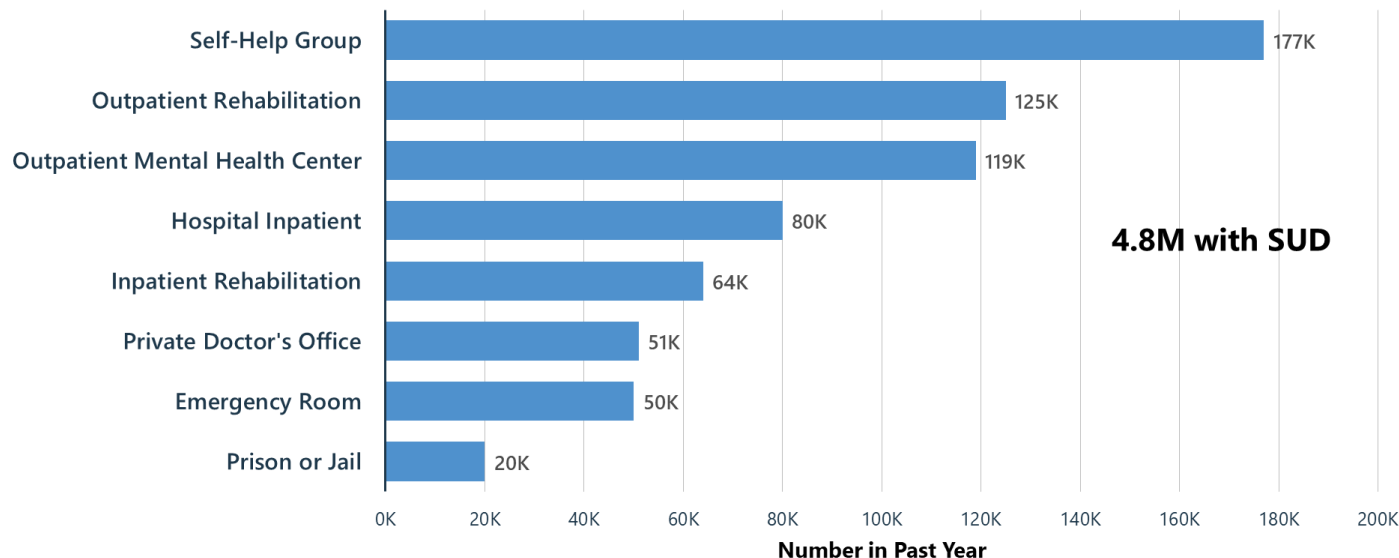
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TALKING POINTS:

- Understanding barriers to and increasing access to SUD and mental health treatment remains a focus for providers and policymakers.
- Well-established barriers to care include lack of insurance/cost, stigmatization of substance use and mental illness, and multicultural factors.
- More than half of African American adults aged 18 or older with AMI did not receive treatment within the past year.
- Far fewer African American adults sought help for SUD or co-occurring SUD and AMI. More than 90 percent do not receive treatment—highlighting barriers to care including stigmatization of SUD.

Locations Where Substance Use Treatment was Received in Past Year: Among African American People Aged 12+

PAST YEAR, 2020 NSDUH, African American 12+



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.

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TALKING POINTS:

- Among African American people aged 12 or older, self-help groups were a common form of treatment.
- The popularity of self-help groups (e.g., Alcoholics Anonymous) is in part due to reduced fears of stigmatization (or being misunderstood) because

group leaders have shared lived experiences (Moos, 2008). In addition, self-help groups are typically free.

Reference

Moos, R. H. (2008). Active ingredients of substance use-focused self-help groups. *Addiction*, 103(3), 387-396.

Data not shown – low precision

Data not shown – low precision

Summary: Mental Health/Co-Occurring Issues in the United States in 2020

- Co-occurring substance use and mental disorders are common.
- **Adults:**
 - Significantly higher rates of substance use among adults with mental illness vs. adults without mental illness.
 - Significantly higher rates of suicidal thoughts than those without a substance use disorder
 - Most adults with co-occurring issues do not receive treatment for both issues.