

# 2020 National Survey on Drug Use and Health: Lesbian, Gay, or Bisexual (LGB) Adults

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

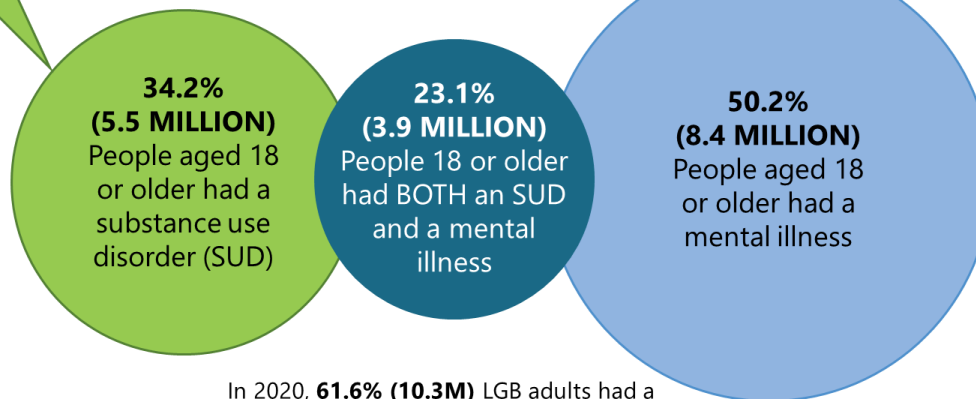
- Data typically collected from January to December; **collected in Q1 and Q4 only during 2020**
- Changed to multi-mode collection in Q4 of 2020: **web survey added**
- Change from DSM-IV to **DSM-5** impacted SUD estimates
- **New and expanded item content:** nicotine vaping, receipt of telehealth 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 LGB Adults Aged 18+

PAST YEAR, 2020 NSDUH, LGB 18+

**Among LGB adults with a substance use disorder:**  
**3 IN 5 (59.7% or 3.3M)** struggled with illicit drugs  
**2 IN 3 (63.8% or 3.5M)** struggled with alcohol use  
**1 IN 4 (23.5% or 1.3M)** struggled with illicit drugs and alcohol

**Among LGB adults with a mental illness:**  
**2 IN 5 (41.6% or 3.5M)** had a serious mental illness



In 2020, **61.6% (10.3M)** LGB adults had a mental illness and/or substance use disorder.

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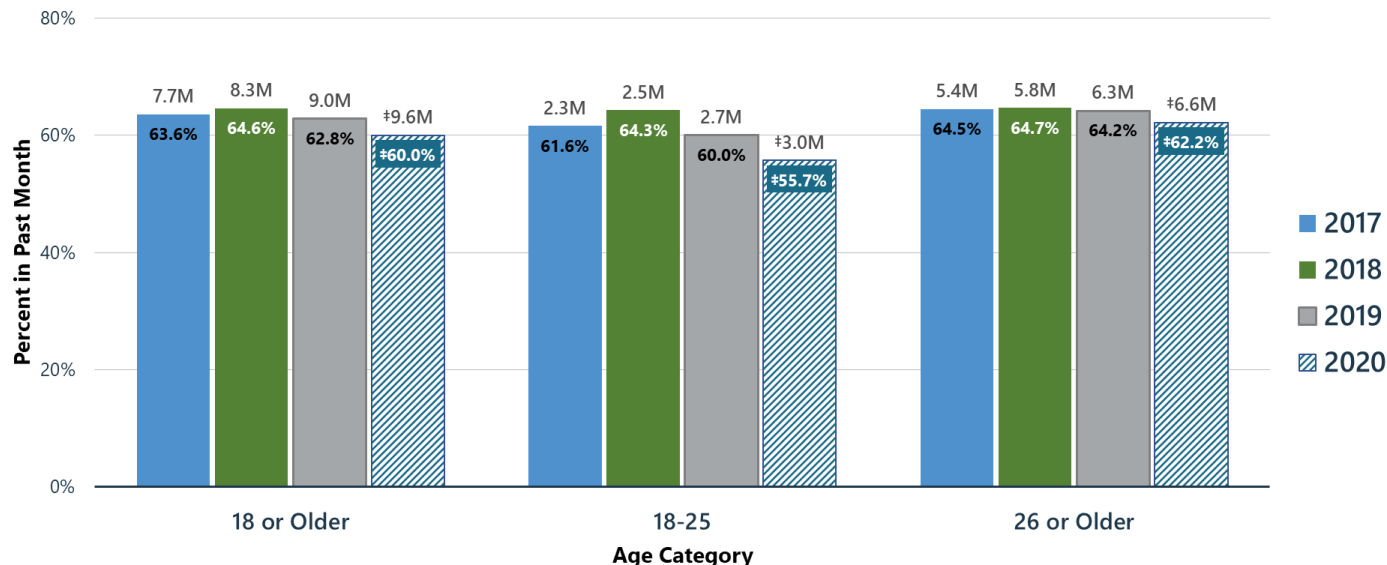
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## TALKING POINTS:

- Millions of LGB adults struggle with substance use disorder and mental illness.
- Almost two thirds of LGB adults with SUD struggled with alcohol use.
- Two in five LGB adults with mental illness experienced serious mental illness.
- 3.9 million LGB adults had both an SUD and mental illness.

# Alcohol Use in Past Month: Among LGB Adults Aged 18+

PAST MONTH, 2017-2020 NSDUH, LGB 18+



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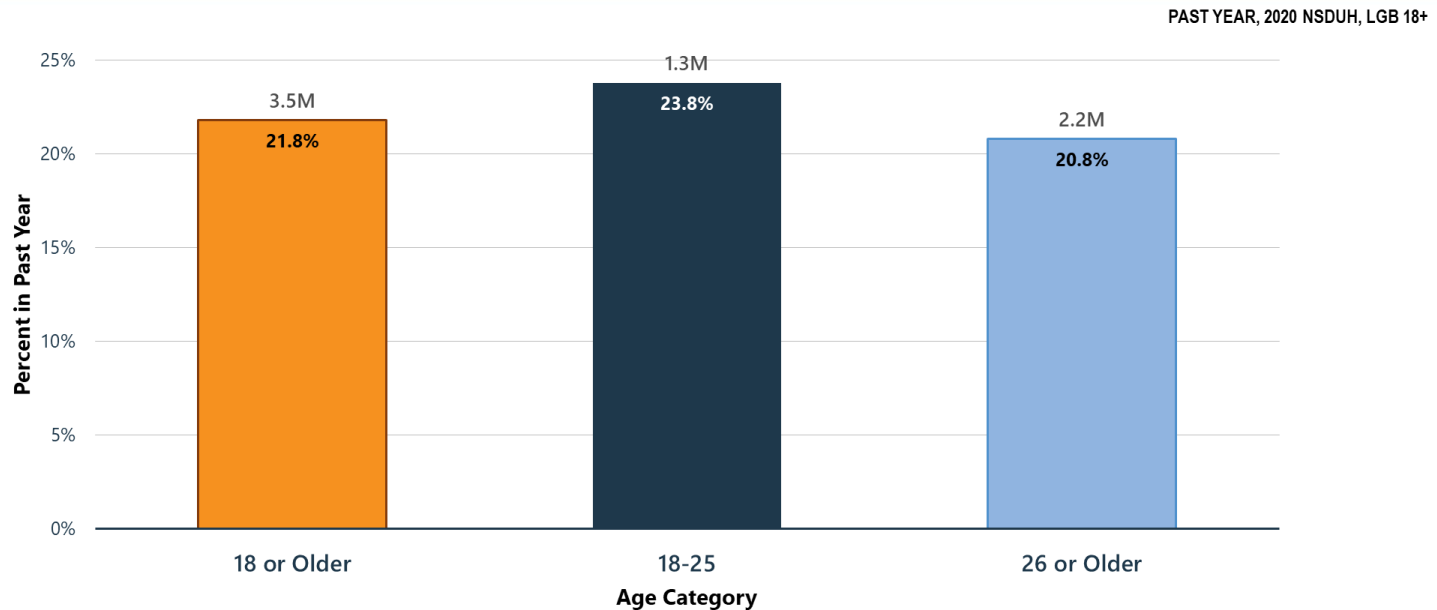
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## TALKING POINTS:

- In 2020, more than half of LGB adults aged 18 or older used alcohol during the past month.
- LGB Adults aged 26 or older had higher rates of alcohol use than young adults aged 18 to 25.
- 2020 estimates were not directly compared to estimates from prior years due to methodological changes in 2020.



# Alcohol Use Disorder in Past Year: Among LGB Adults Aged 18+



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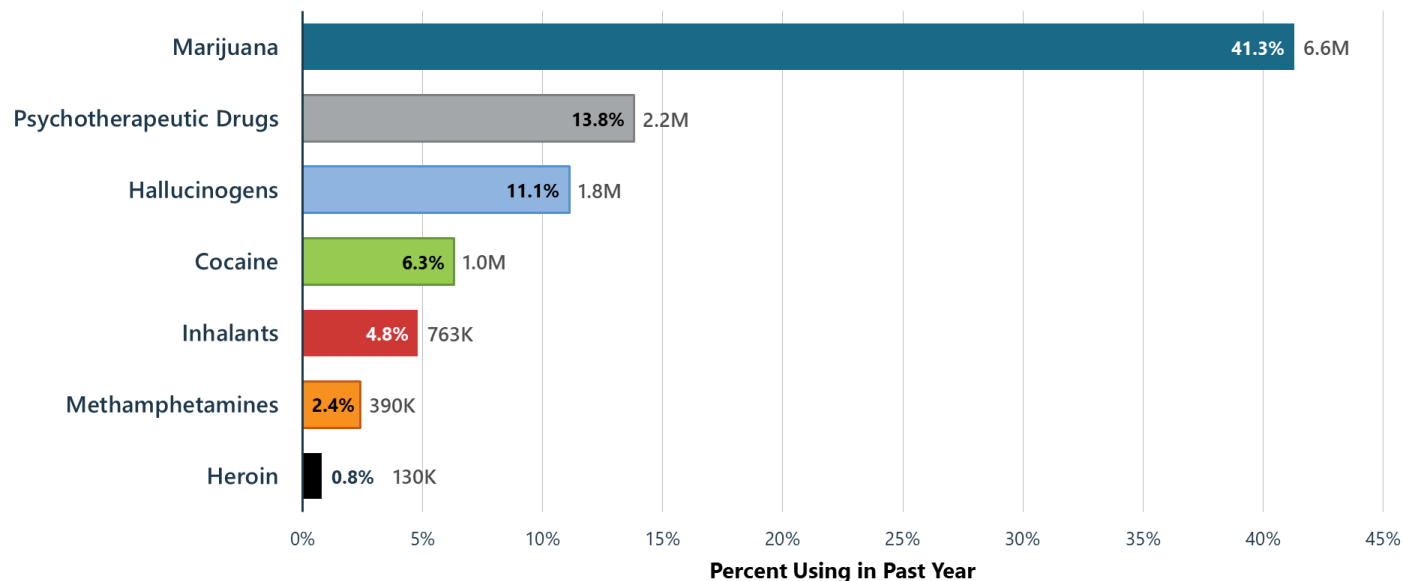
- In 2020, the percentage of LGB adults with a past year alcohol use disorder were similar across age groups.
- In NSDUH, alcohol use disorder is measured using questions based on the diagnostic criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, also known as DSM. Starting in 2020, NSDUH used the criteria specified in DSM-5, which was published in 2013.

## Summary: Alcohol Use in 2020

- **Among LGB adults aged 18 to 25 in 2020:**
  - 55.7 percent (or 3.0 million people) used alcohol in the past month
  - 23.8 percent (or 1.3 million people) had an alcohol use disorder
- **Among LGB adults aged 26 or older in 2020:**
  - 62.2 percent (or 6.6 million people) used alcohol in the past month
  - 20.8 percent (or 2.2 million people) had an alcohol use disorder

# Illicit Drug Use in Past Year: Among LGB Adults Aged 18+

PAST YEAR, 2020 NSDUH, LGB 18+



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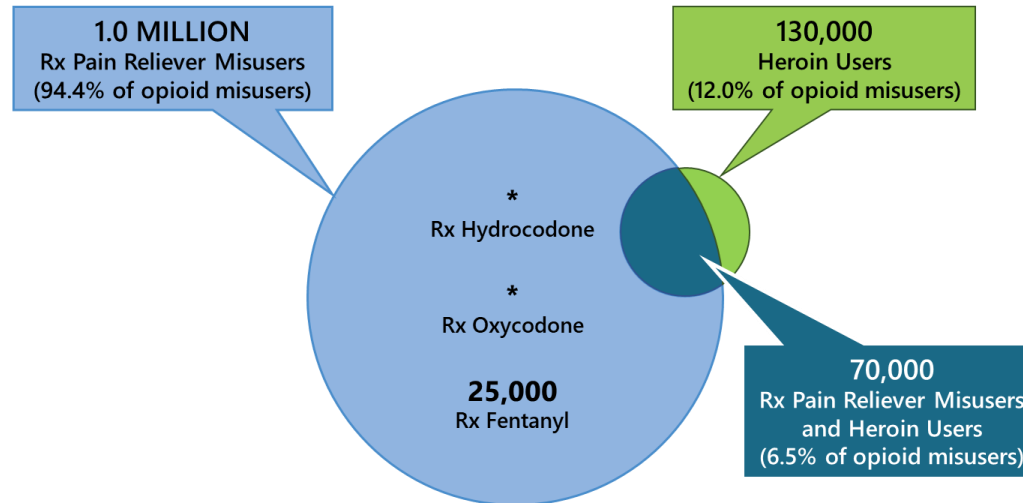
## TALKING POINTS:

- 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 LGB Adults Aged 18+

PAST YEAR, 2020 NSDUH, LGB 18+

1.1 MILLION LGB ADULTS WITH OPIOID MISUSE (6.7% OF TOTAL POPULATION)



\* Estimate not shown due to low precision.

Rx = prescription.

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

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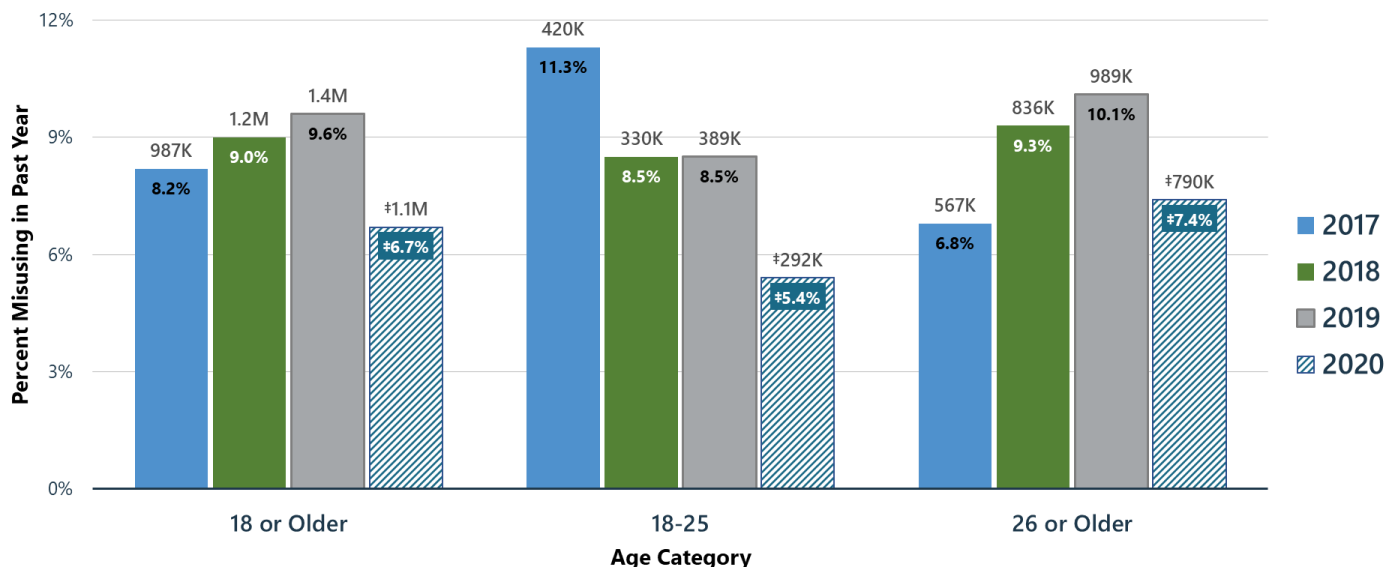
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## TALKING POINTS:

- 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.
- Of those who misused opioids, the vast majority were misusers of prescription pain relievers.
- Of those who used heroin, about half used heroin alone.

# Opioid Misuse in Past Year: Among LGB Adults Aged 18+

PAST YEAR, 2017-2020 NSDUH, LGB 18+



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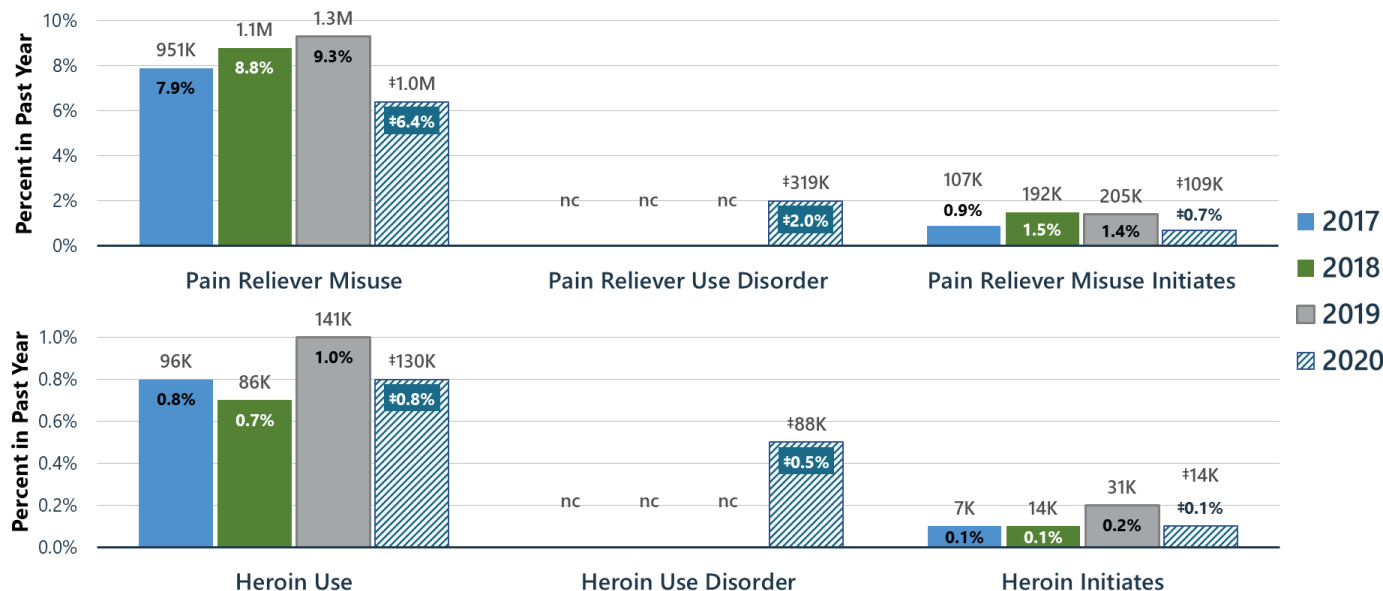
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## TALKING POINTS:

- In 2020, the percentage of LGB adults with a past year opioid misuse were similar across age groups.

# Prescription Pain Reliever Misuse and Heroin Use in Past Year: Among LGB Adults Aged 18+

PAST YEAR, 2017-2020 NSDUH, LGB 18+



nc = Not comparable.

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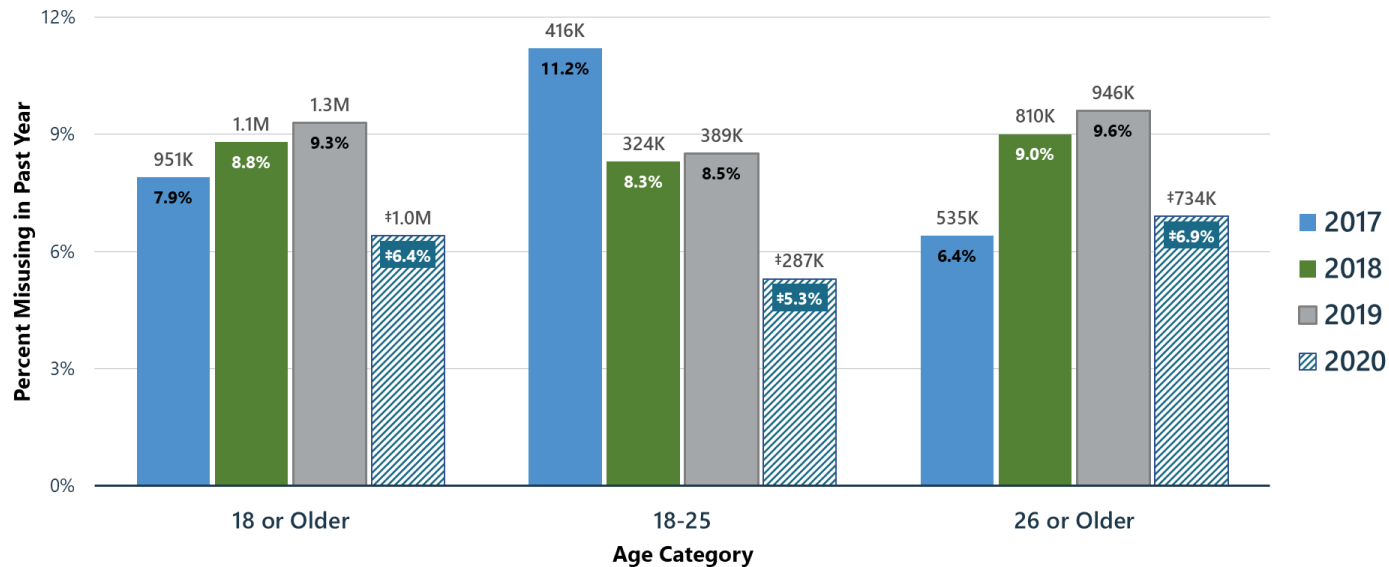
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## TALKING POINTS:

- 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 LGB Adults Aged 18+

PAST YEAR, 2017-2020 NSDUH, LGB 18+



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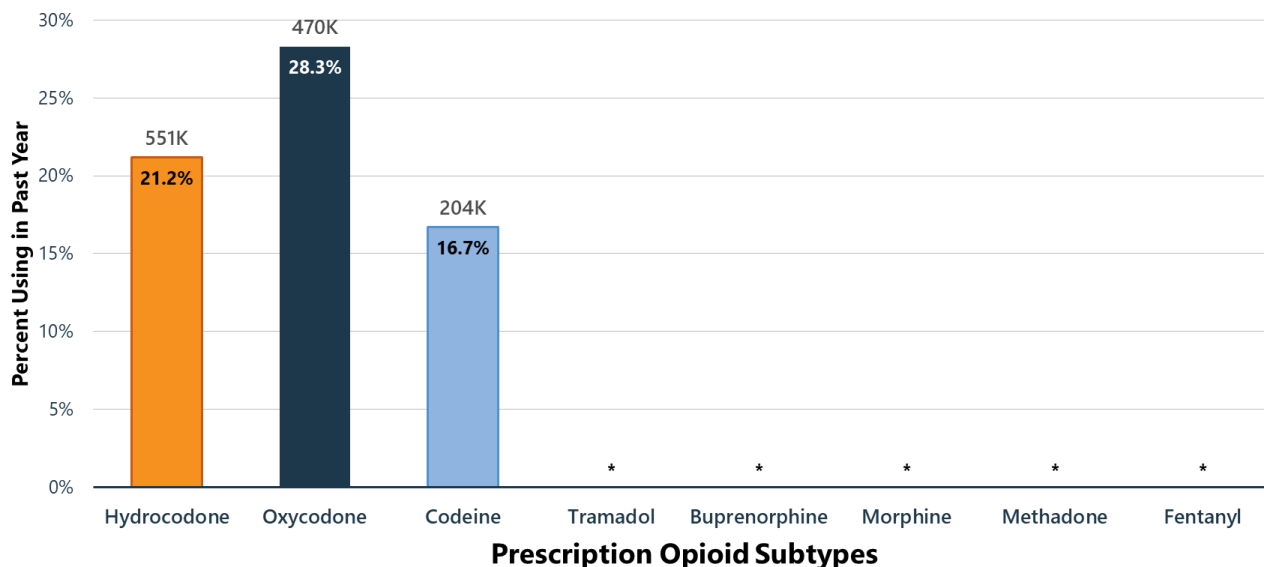
- In 2020, the percentage of LGB adults with a past year prescription pain reliever misuse were similar across age groups.

**Data not shown – low precision**



# Misuse of Prescription Opioid Subtypes in Past Year: Among LGB Adults Aged 18+ Who Had Any Use of the Prescription Opioid

PAST YEAR, 2020 NSDUH, LGB 18+ SUBTYPE USERS



\* Estimate not shown due to low precision.

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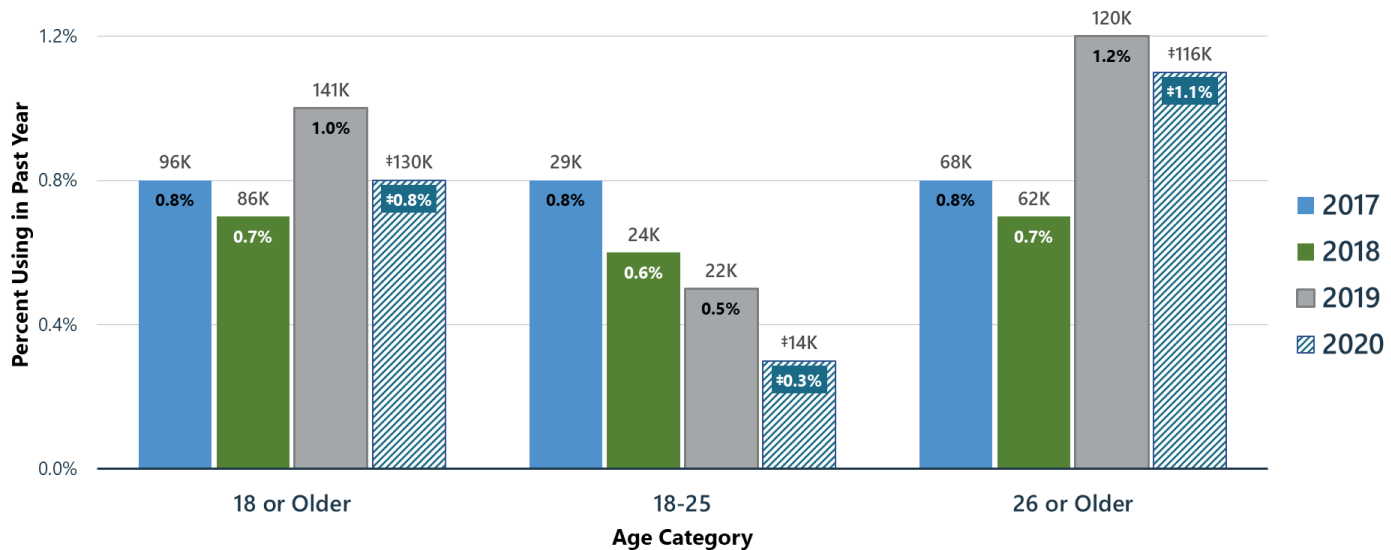
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## TALKING POINTS:

- LGB adults who used Oxycodone during the past year had a higher rate of past year misuse of the drug than LGB adults who used Codeine.

# Heroin Use in Past Year: Among LGB Adults Aged 18+

PAST YEAR, 2017-2020 NSDUH, LGB 18+



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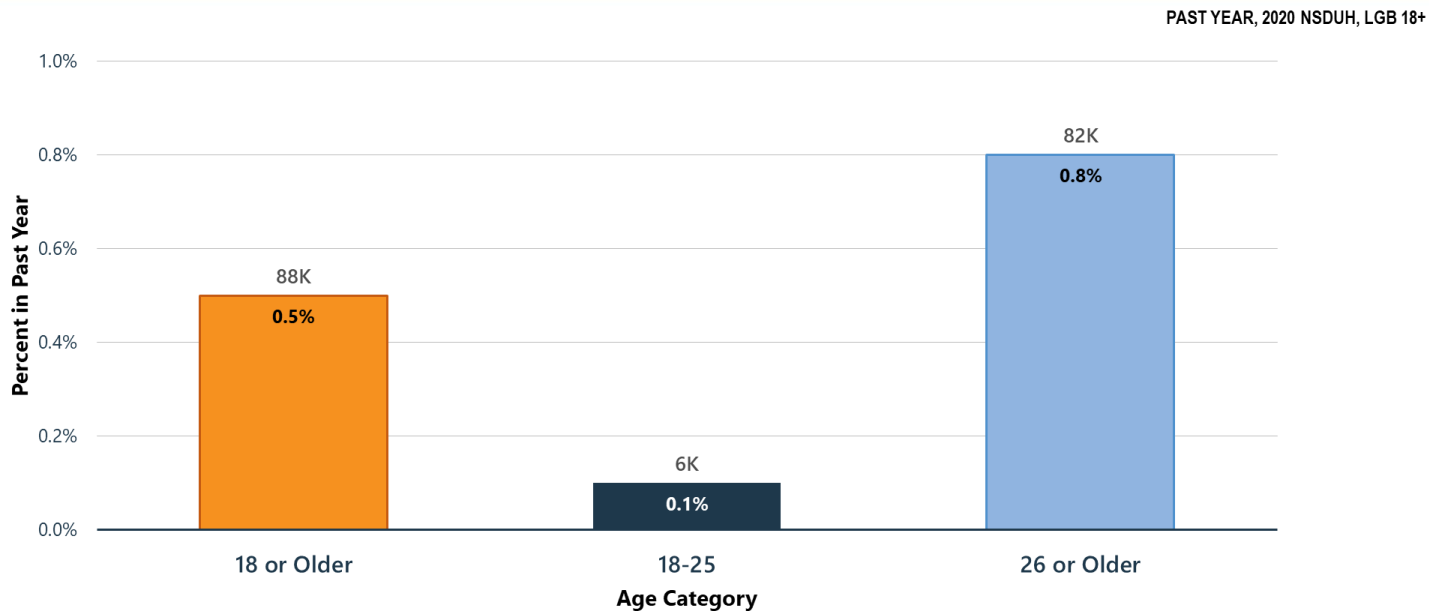
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## TALKING POINTS:

- In 2020, LGB adults aged 26 or older had a higher percentage of heroin use in the past year compared with young adults aged 18 to 25.

# Heroin Use Disorder in Past Year: Among LGB Adults Aged 18+



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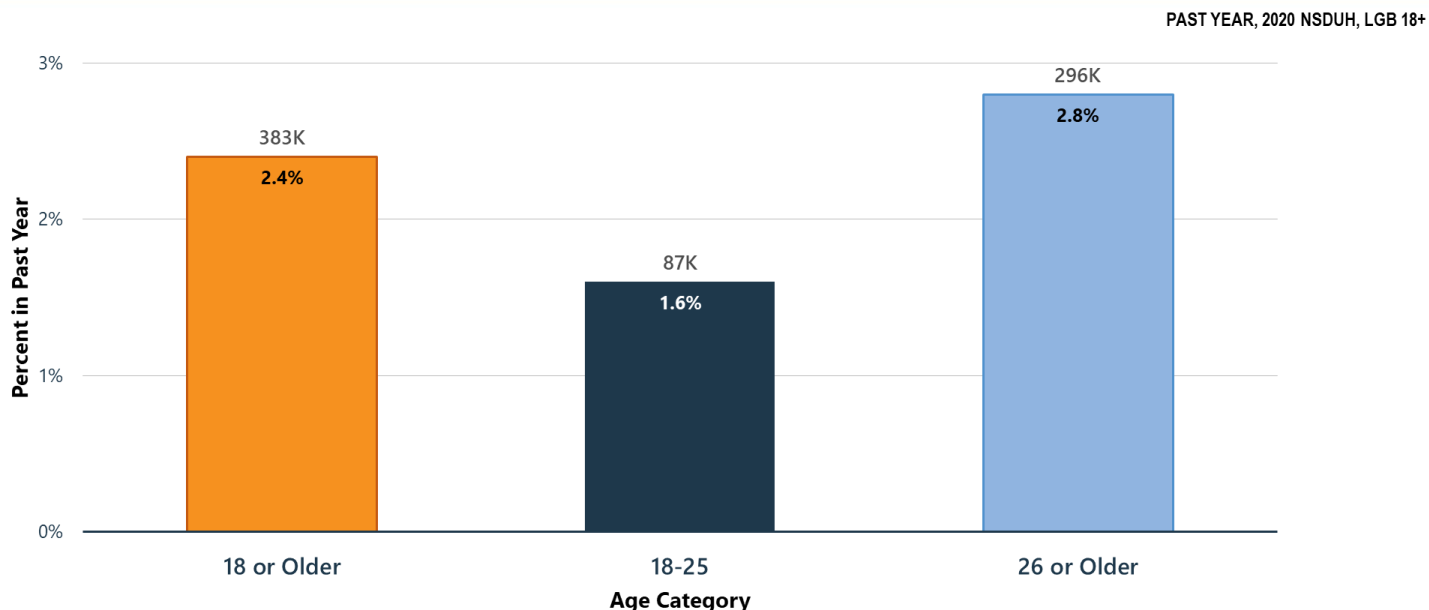
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## TALKING POINTS:

- In 2020, LGB adults aged 26 or older had a higher percentage of heroin use disorder in the past year than young adults aged 18 to 25.

# Opioid Use Disorder in Past Year: Among LGB Adults Aged 18+



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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.
- In 2020, the percentage of LGB adults with an opioid use disorder in the past year were similar across age groups.

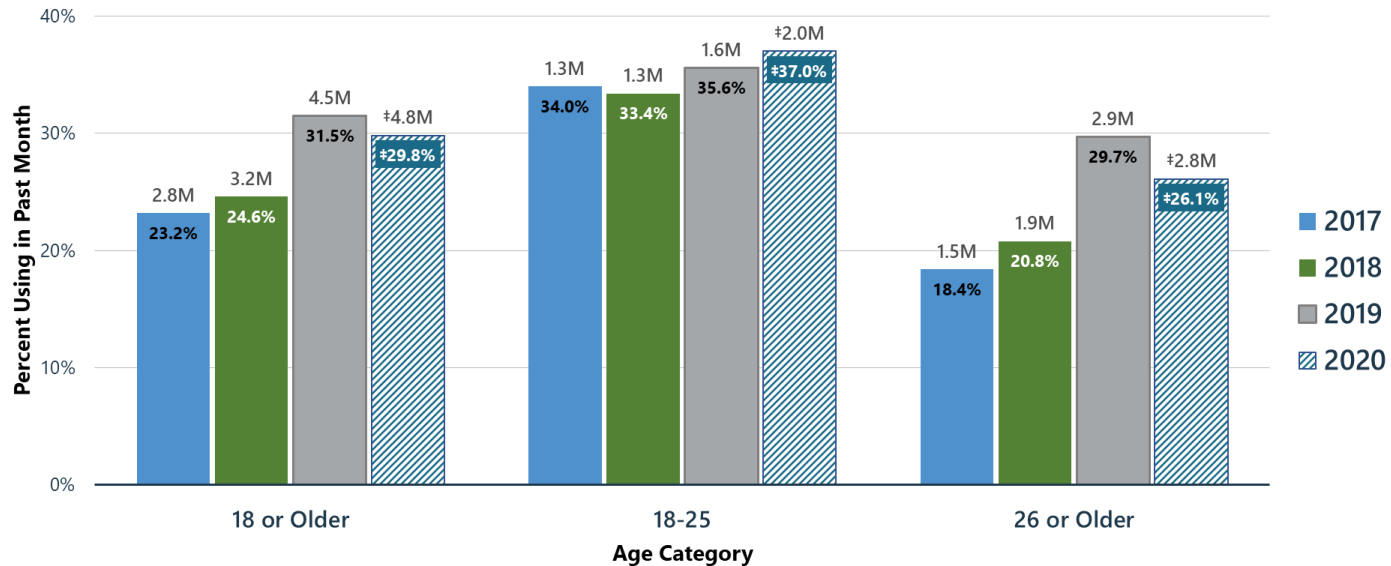
## Summary: Opioid Misuse in 2020

- Opioid misuse is primarily driven by prescription pain reliever misuse.
- **Among LGB adults aged 18 to 25 in 2020:**
  - 5.4 percent (or 292,000 people) misused opioids in the past year
  - 1.6 percent (or 87,000 people) had an opioid use disorder
- **Among LGB adults aged 26 or older in 2020:**
  - 7.4 percent (or 790,000 people) misused opioids in the past year
  - 2.8 percent (or 296,000 people) had an opioid use disorder

# Other Illicit Substances

# Marijuana Use in Past Month: Among LGB Adults Aged 18+

PAST MONTH, 2017-2020 NSDUH, LGB 18+



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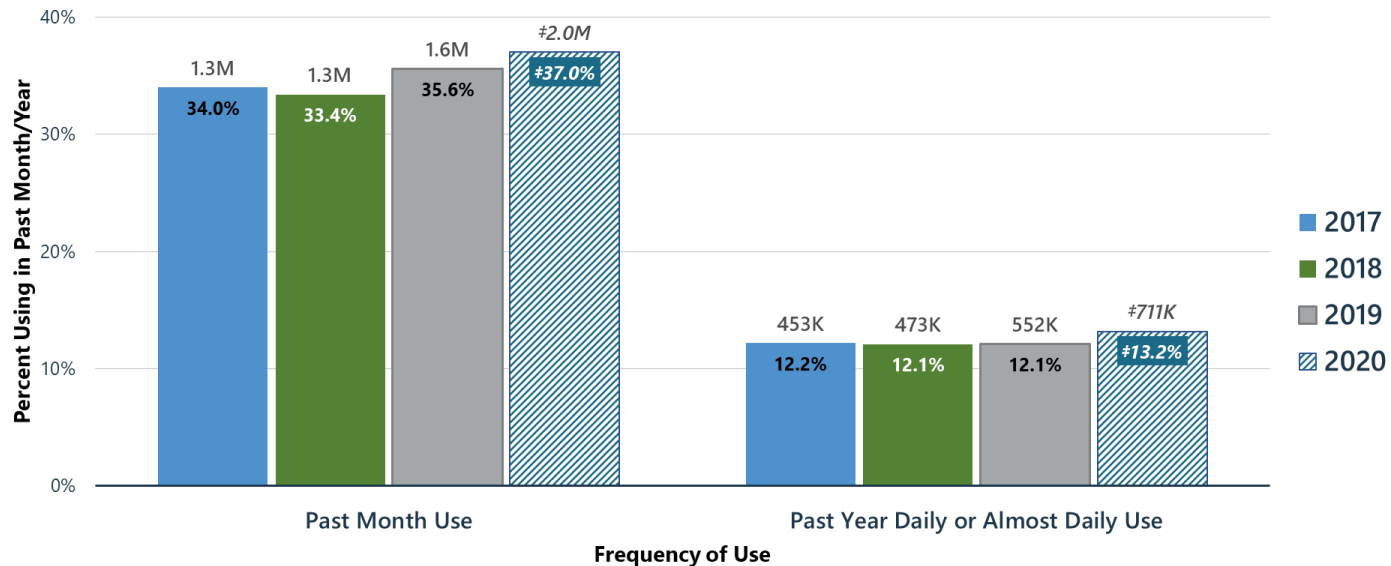
- In 2020, marijuana was the most commonly used illicit drug.
- The percentage of past month marijuana use was higher among LGB young adults aged 18 to 25 than adults aged 26 or older.

**Data not collected**



# Frequency of Marijuana Use: Among LGB Young Adults Aged 18-25

PAST MONTH/YEAR, 2017-2020 NSDUH, LGB 18-25



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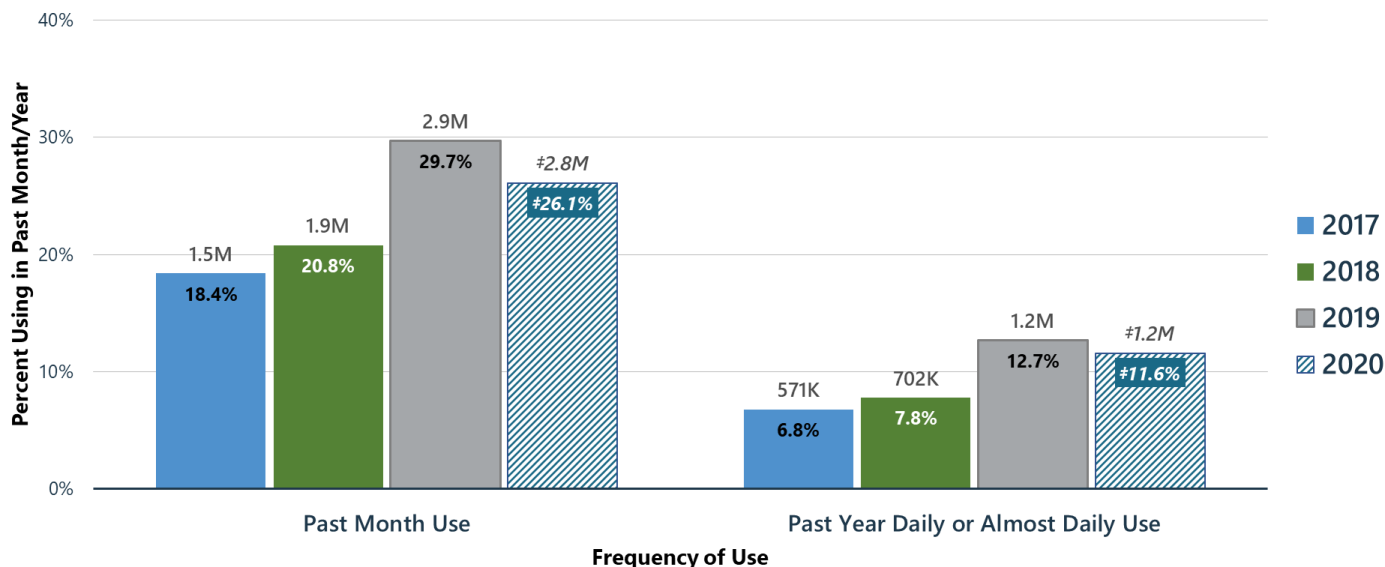
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## TALKING POINTS:

- In 2020, LGB adults had similar percentages of daily or almost daily marijuana use across age groups.

# Frequency of Marijuana Use: Among LGB Adults Aged 26+

PAST MONTH/YEAR, 2017-2020 NSDUH, LGB 26+



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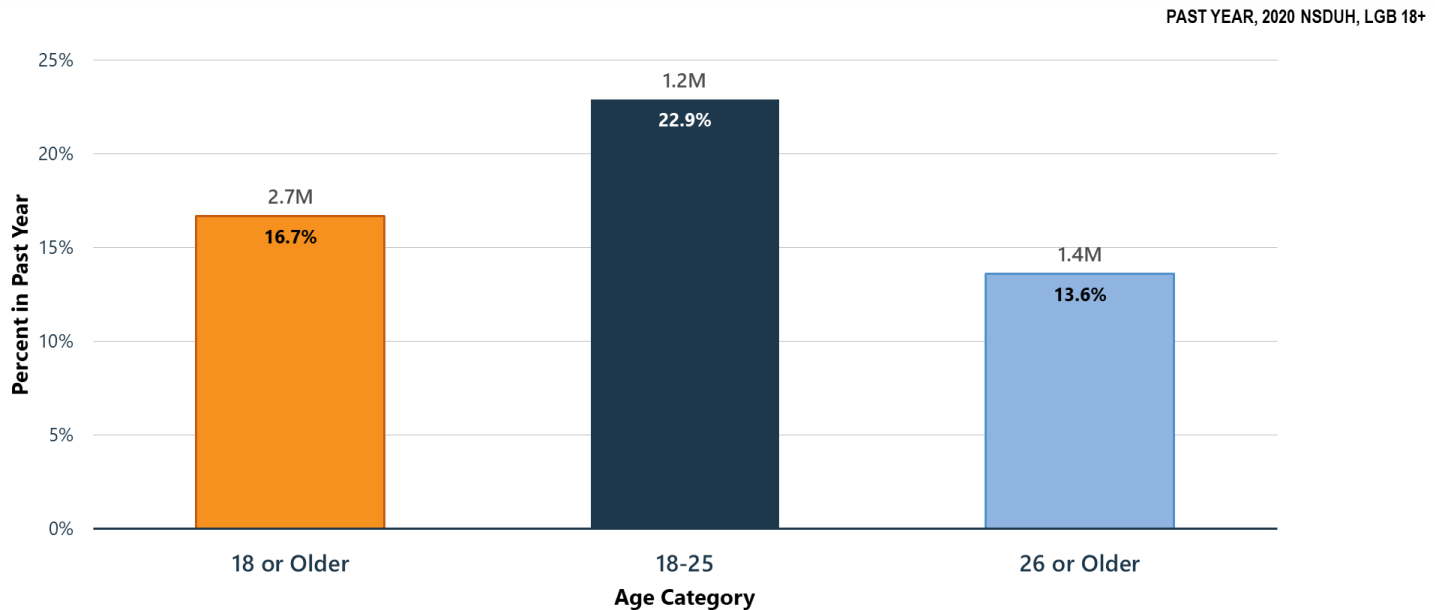
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## TALKING POINTS:

- In 2020, LGB adults had similar percentages of daily or almost daily marijuana use in the past year across age groups.

# Marijuana Use Disorder in Past Year: Among LGB Adults Aged 18+



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## TALKING POINTS:

- LGB young adults aged 18 to 25 had a higher percentage of marijuana use disorder in the past year than adults aged 26 or older.
- The higher percentage of LGB 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**

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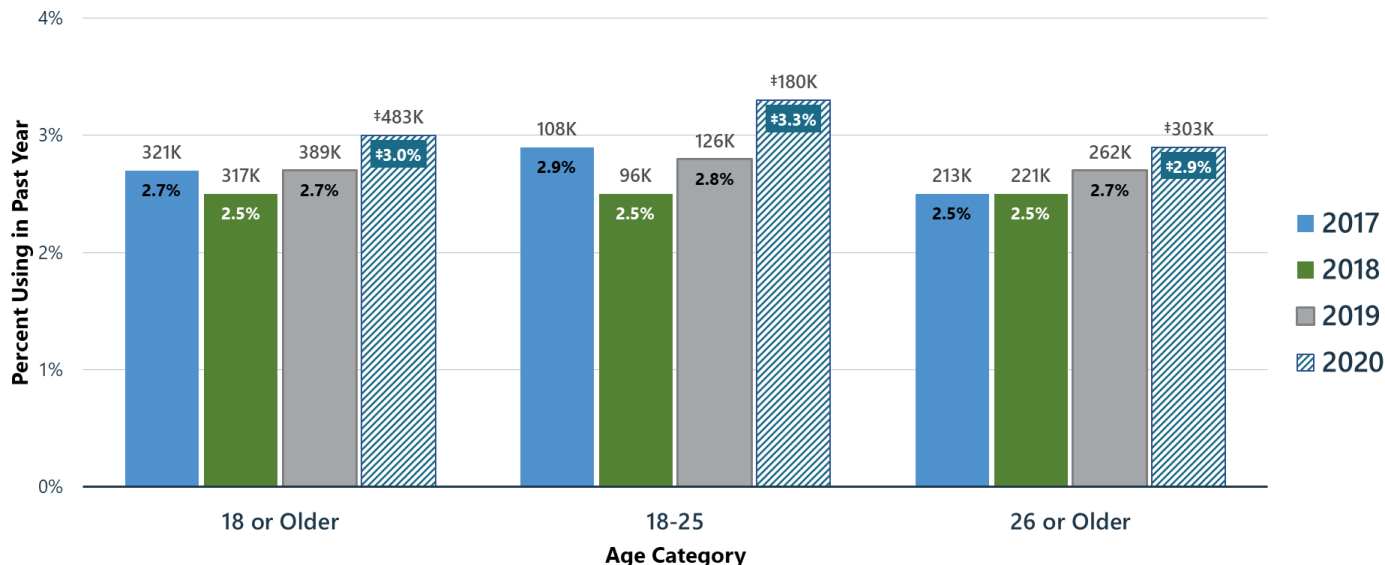
**Data not shown – low precision**

# Summary: Marijuana Use in 2020

- **Among LGB adults aged 18 to 25 in 2020:**
  - 37.0 percent (or 2.0 million people) used marijuana in the past month
  - 22.9 percent (or 1.2 million people) had a marijuana use disorder in the past year
- **Among LGB adults aged 26 or older in 2020:**
  - 26.1 percent (or 2.8 million people) used marijuana in the past month
  - 13.6 percent (or 1.4 million people) had a marijuana use disorder

# Cocaine Use in Past Year: Among LGB Adults Aged 18+

PAST MONTH, 2017-2020 NSDUH, LGB 18+



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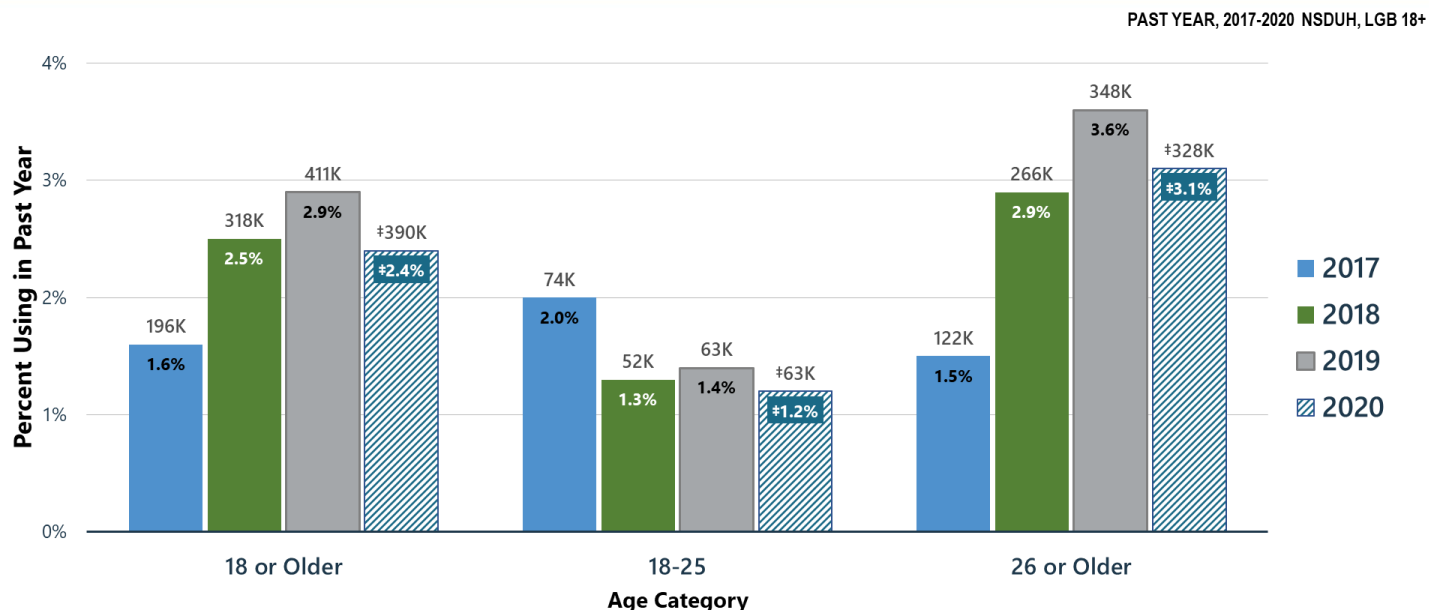
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## TALKING POINTS:

- Cocaine use includes the use of crack cocaine.
- In 2020, LGB adults had similar percentages of cocaine use in the past year across age groups.



# Methamphetamine Use in Past Year: Among LGB Adults Aged 18+



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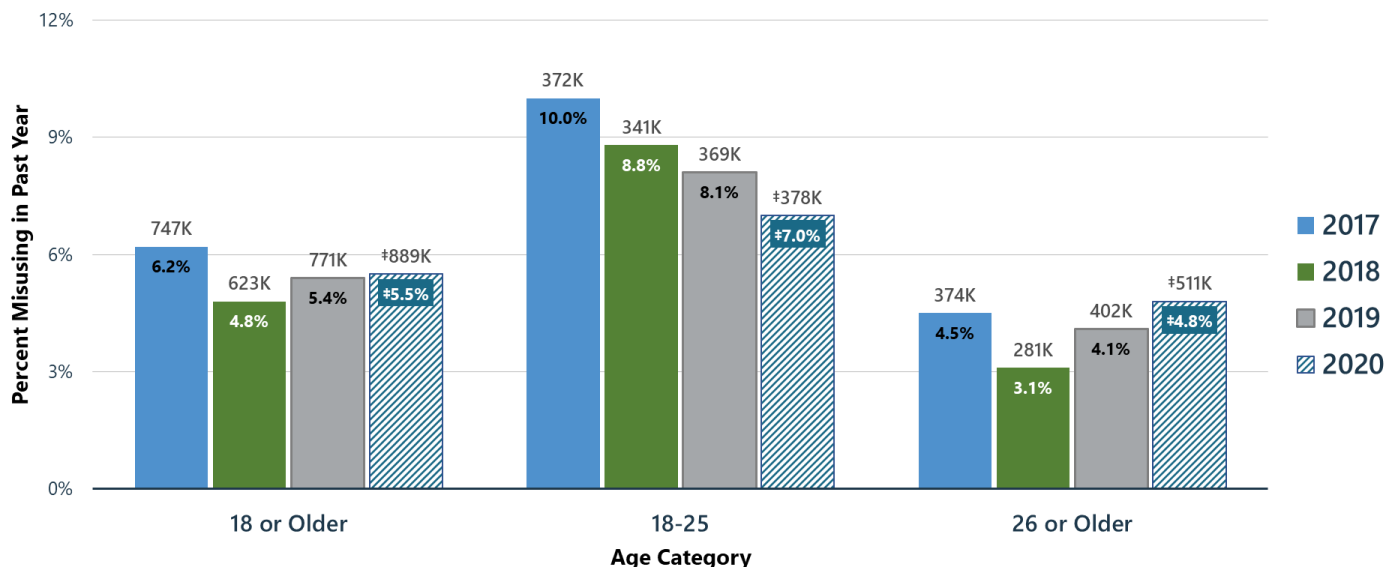
## TALKING POINTS:

- 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, LGB adults aged 26 or older had a higher percentage of past year methamphetamine use than young adults aged 18 to 25.

# Misuse of Prescription Stimulants in Past Year: Among LGB Adults Aged 18+

PAST YEAR, 2017-2020 NSDUH, LGB 18+



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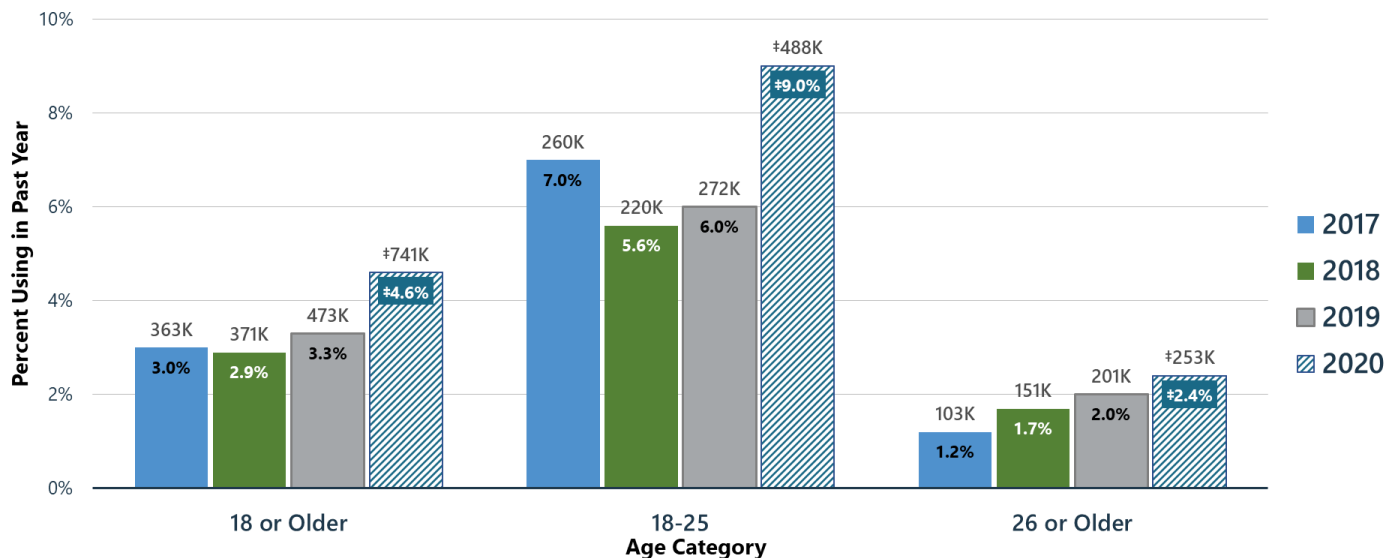
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## TALKING POINTS:

- 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.
- In 2020, LGB adults had similar percentages of prescription stimulant misuse in the past year across age groups.

# LSD Use in Past Year: Among LGB Adults Aged 18+

PAST YEAR, 2017-2020 NSDUH, LGB 18+



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, LGB young adults aged 18 to 25 had a higher percentage of LSD use in the past year than adults aged 26 or older.

## Summary: Other Substance Use in 2020

- **Among LGB adults aged 18 to 25 in 2020:**

- 3.3 percent (or 180,000 people) used cocaine in the past year
- 1.2 percent (or 63,000 people) used methamphetamine in the past year
- 7.0 percent (or 378,000 people) misused prescription stimulants in the past year
- 9.0 percent (or 488,000 people) used LSD in the past year

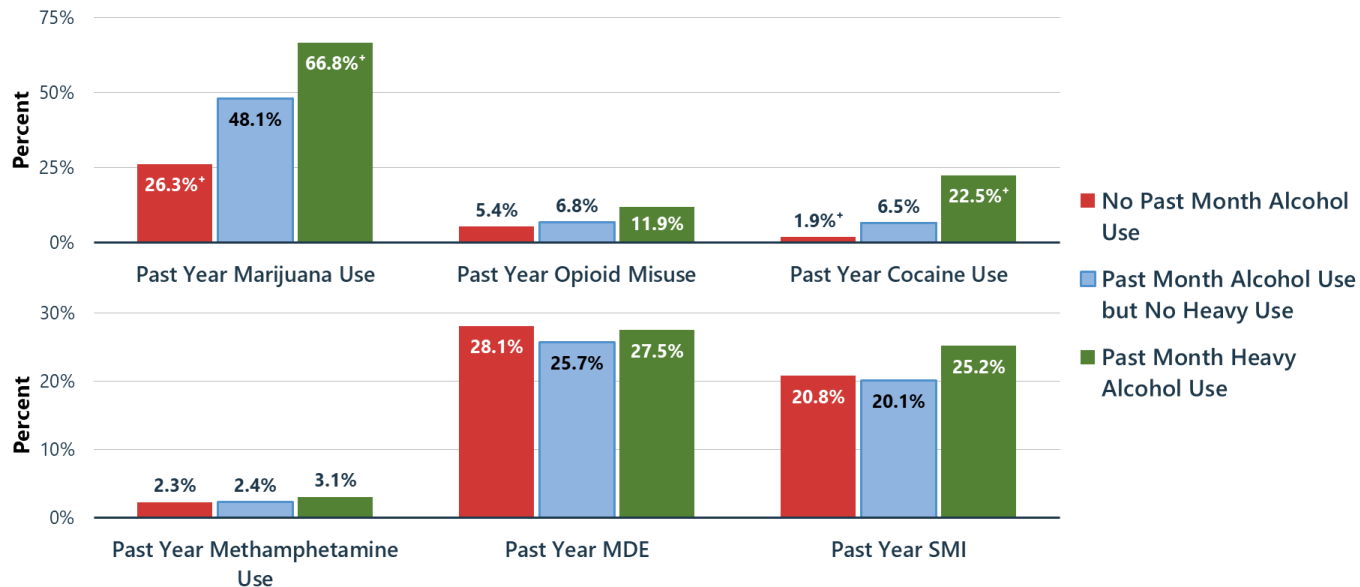
- **Among LGB adults aged 26 or older in 2020:**

- 2.9 percent (or 303,000 people) used cocaine in the past year
- 3.1 percent (or 328,000 people) used methamphetamine in the past year
- 4.8 percent (or 511,000 people) misused prescription stimulants in the past year
- 2.4 percent (or 253,000 people) used LSD in the past year

# Polysubstance Use and Mental Illness

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

PAST YEAR/MONTH, 2020 NSDUH, LGB 18+



+ 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.

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## TALKING POINTS:

- Two-thirds of LGB adults reporting heavy alcohol use in the past month also endorsed marijuana use in the past year. LGB adults engaging in heavy alcohol use also reported significantly higher rates of cocaine use than LGB adults 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).

- NSDUH found that LGB adults aged 18 or older had similar percentages of people with an MDE and SMI in the past year across frequency of alcohol consumption, however these rates were higher than the national percentages.
- As seen in recent literature, LGB youths and young adults are at increased risk for mental health issues due to the additional stressors related to sexual identity (Rodriguez-Seijas et al., 2019; Pachankis et al., 2020).

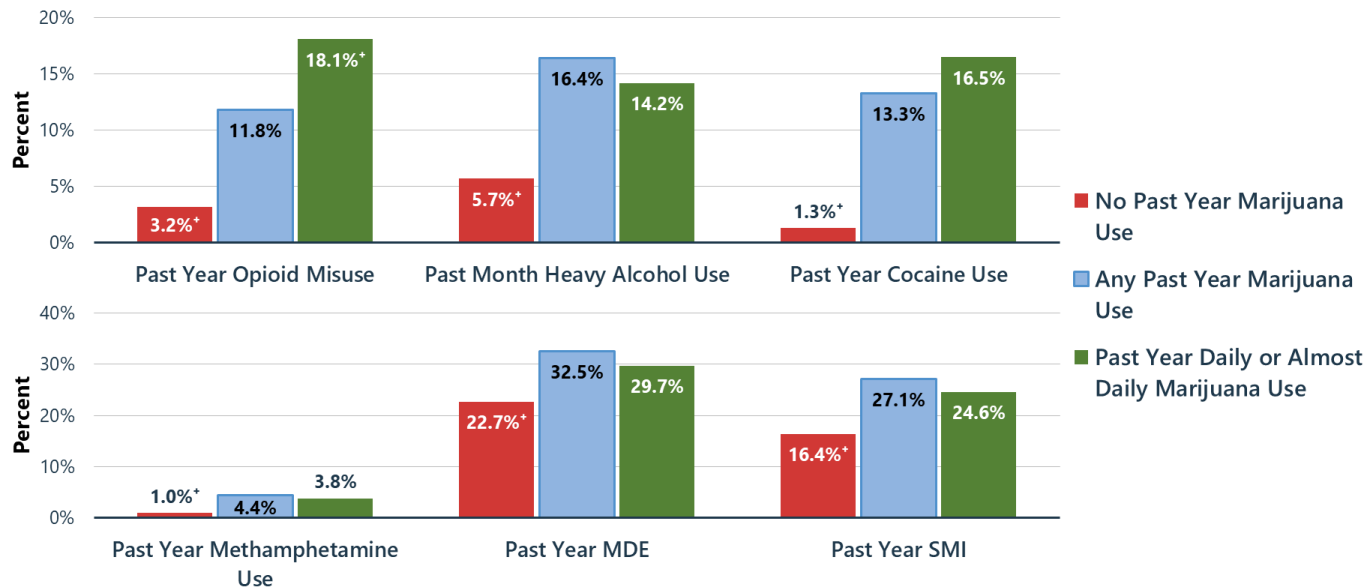
## References

Rodriguez-Seijas, C., Eaton, N. R., & Pachankis, J. E. (2019). Prevalence of psychiatric disorders at the intersection of race and sexual orientation: Results from the National Epidemiologic Survey of Alcohol and Related Conditions-III. *Journal of Consulting and Clinical Psychology*, 87(4), 321-331. <https://doi.org/10.1037/ccp0000377>

Pachankis, J. E., Mahon, C. P., Jackson, S. D., Fetzner, B. K., & Bränström, R. (2020). Sexual orientation concealment and mental health: A conceptual and meta-analytic review. *Psychological Bulletin*, 146(10), 831-871. <https://doi.org/10.1037/bul0000271>

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

PAST YEAR/MONTH, 2020 NSDUH, LGB 18+



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

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## TALKING POINTS:

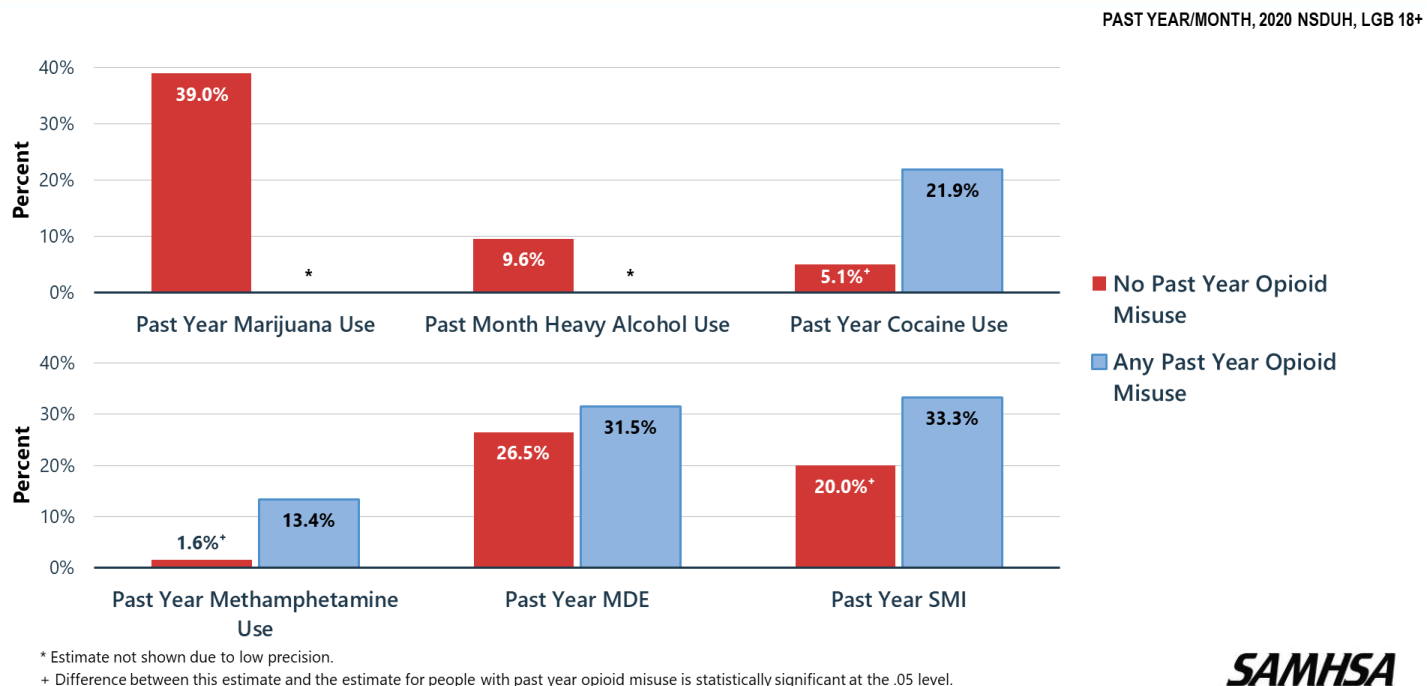
- LGB adults aged 18 or older who did not use marijuana in the past year were less likely to have used or misused other substances than people who had used marijuana in the past year. They were also less likely to have an MDE or SMI in the past year.

- LGB adults who used marijuana daily or almost daily in the past year were more likely to have misused opioids 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 LGB Adults Aged 18+; Major Depressive Episode (MDE) and Serious Mental Illness (SMI) in Past Year: Among LGB Adults Aged 18+; By Level of Opioid Misuse in Past Year



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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).

- LGB adults aged 18 or older who misused opioids in the past year had a higher percentage of past year cocaine use and past year methamphetamine use than those who did not misuse opioids in the past year.
- LGB adults who misused opioids in the past year had a higher percentage of SMI in the past year than those 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.



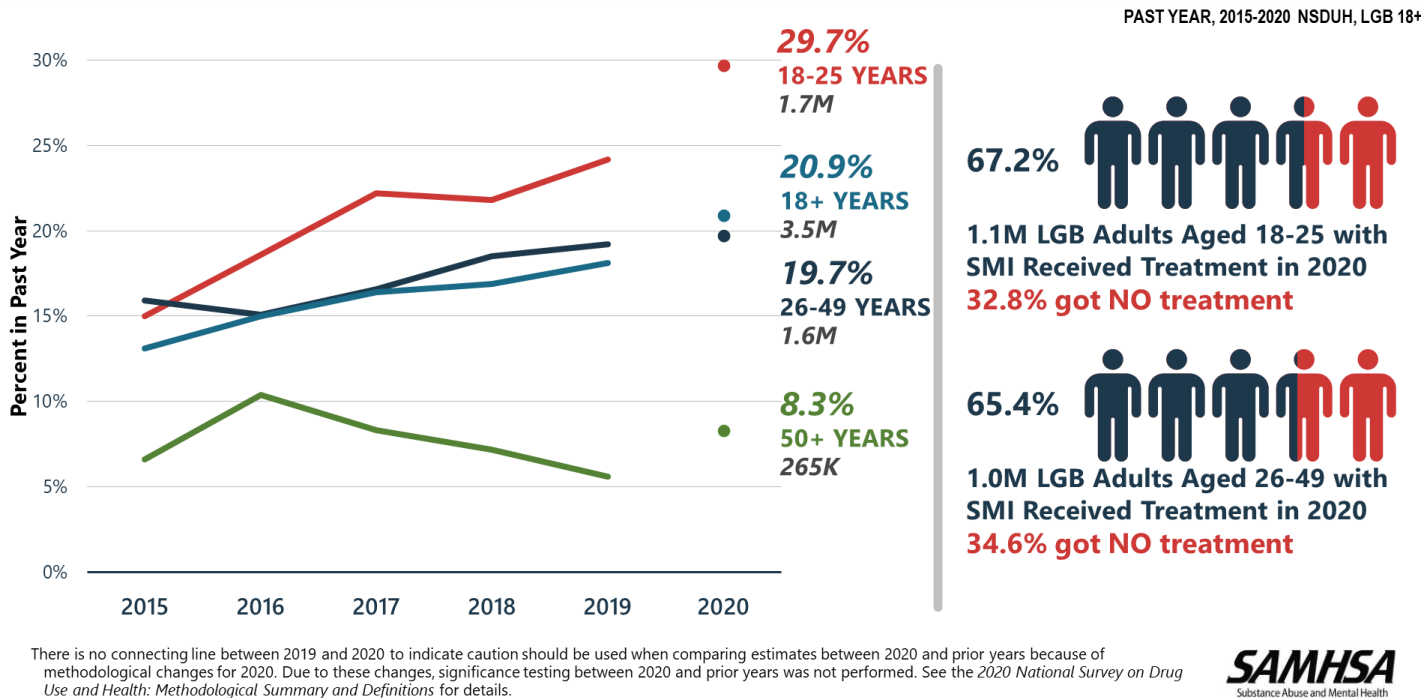
**Data not shown – low precision**

# 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 LGB Adults Aged 18+



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## TALKING POINTS:

- In 2020, LGB young adults aged 18 to 25 had the highest percentage of SMI, followed by adults aged 26-49, then by adults aged 50 or older.
- 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).

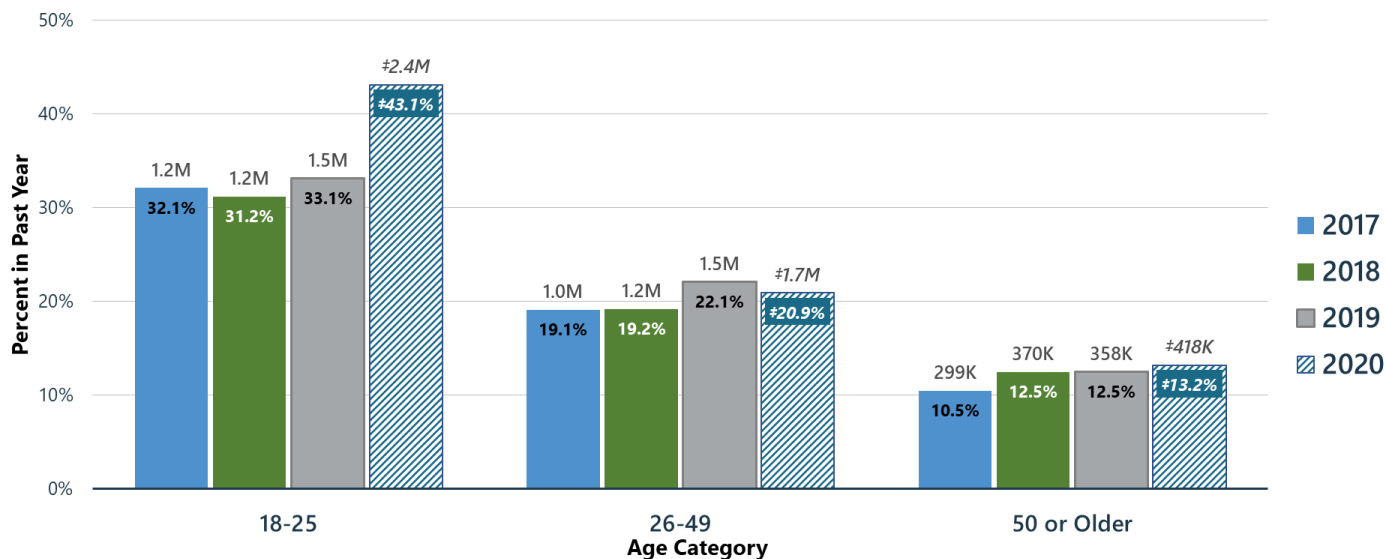
- Of the individuals reporting SMI, about one third have not received mental health treatment of any kind in 2020. This data is evidence to suggest that improving access to mental health treatment remains an important target for improvement and innovation.

## 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 LGB Adults Aged 18+

PAST YEAR, 2017-2020 NSDUH, LGB 18+



† 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 LGB adults who had an MDE was higher among adults aged 18 to 25 when compared to adults aged 26 to 49 and adults aged 50 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

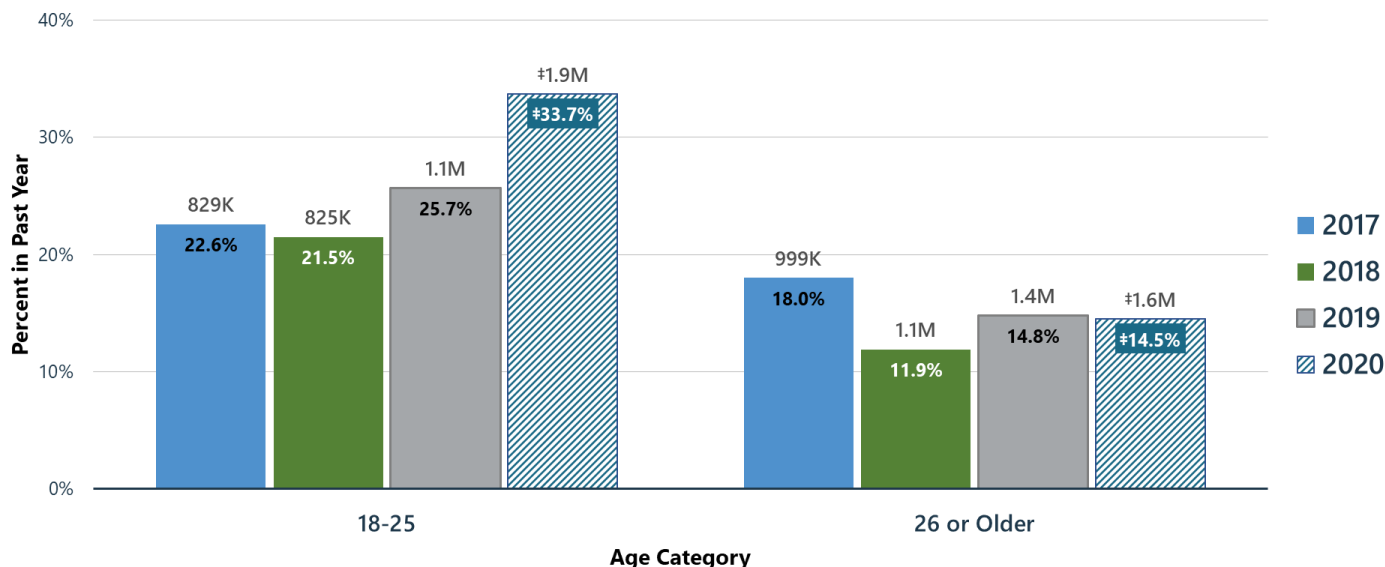
percent between 2005 and 2017 among adolescents and 63 percent between 2009 and 2017 in young adults (Twenge et al., 2019).

## 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 LGB Adults Aged 18+

PAST YEAR, 2017-2020 NSDUH, LGB 18+



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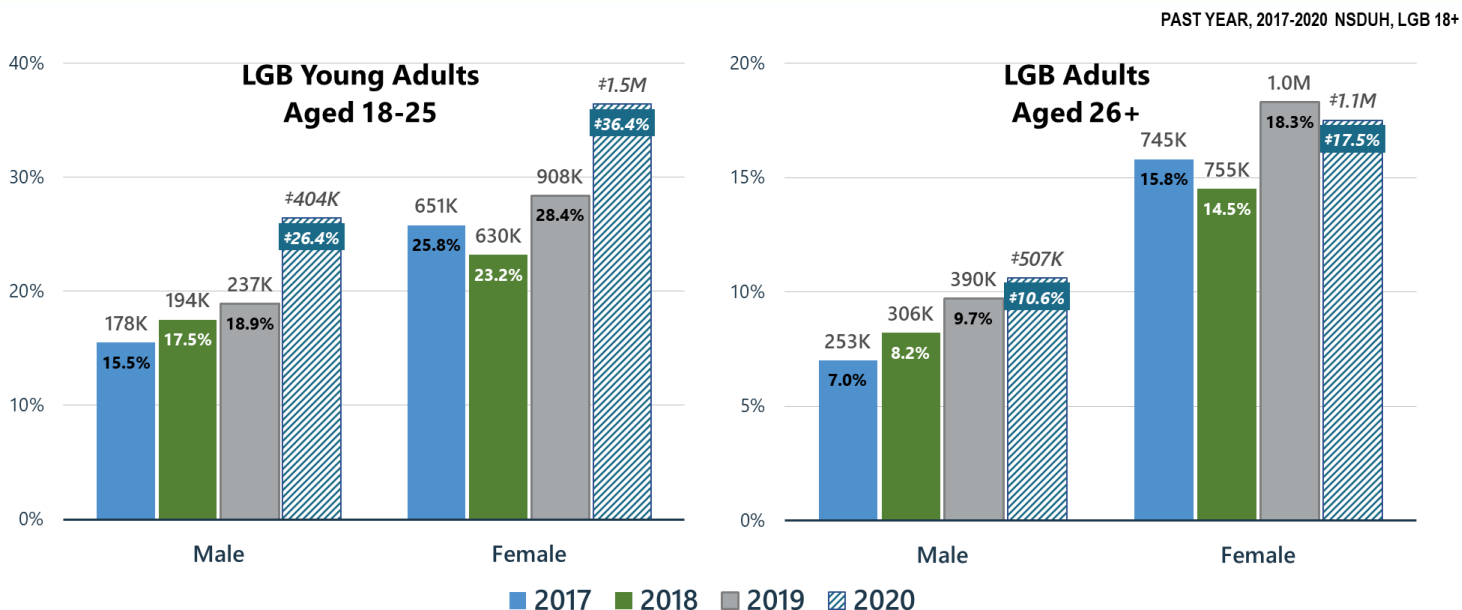
- MDE with Severe Impairment is defined as those individuals with higher scores on the Sheehan Disability Scale.
- In 2020, LGB young adults aged 18 to 25 were more than twice as likely to experience MDE with Severe Impairment than adults aged 26 or older.

- These findings support literature suggesting 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 LGB Adults Aged 18+



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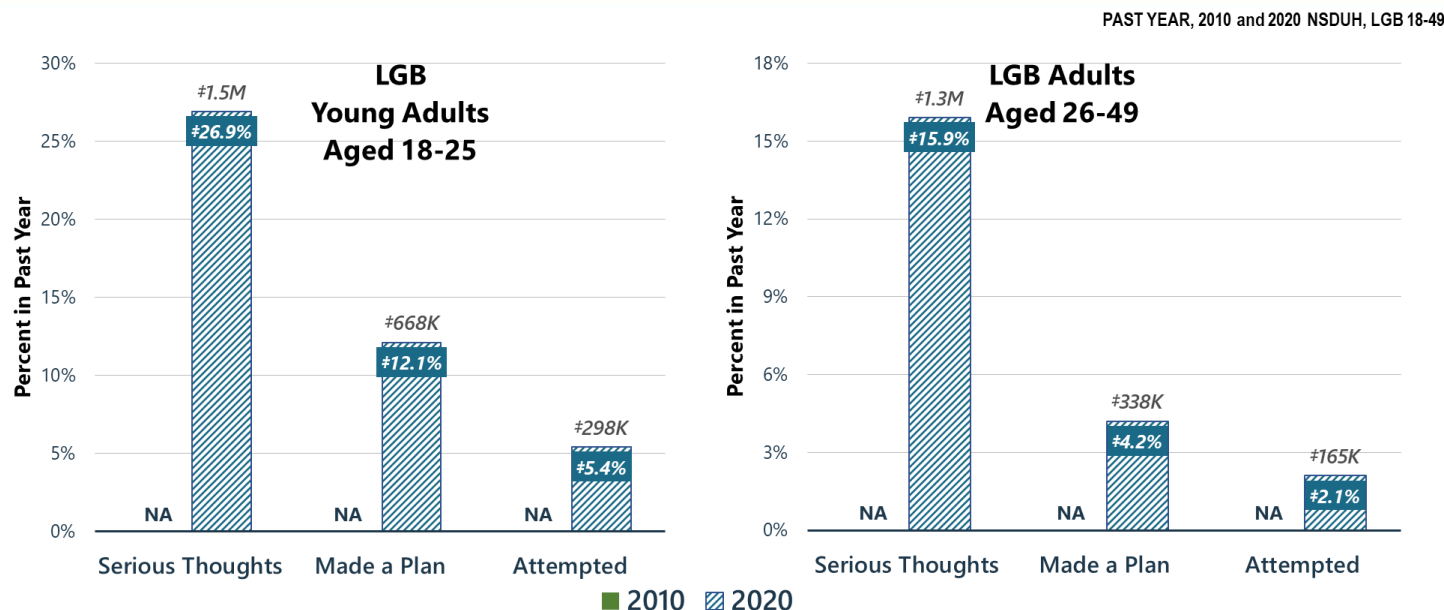
## TALKING POINTS:

- In 2020, LGB females aged 18 to 25 reported higher rates of MDE with Severe Impairment than adults aged 26 or older.
- This is consistent with recent research suggesting 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).

## References

- 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 LGB Adults Aged 18-49



NA: NSDUH did not begin collecting information on sexual orientation until 2015.

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## TALKING POINTS:

- In 2020, serious thoughts of suicide were reported by more than 25 percent of LGB young adults aged 18 to 25—a little less than double the rate reported by adults aged 26 to 49.
- The percentage of LGB young adults aged 18 to 25 who made a suicide plan or attempted suicide was higher than for 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

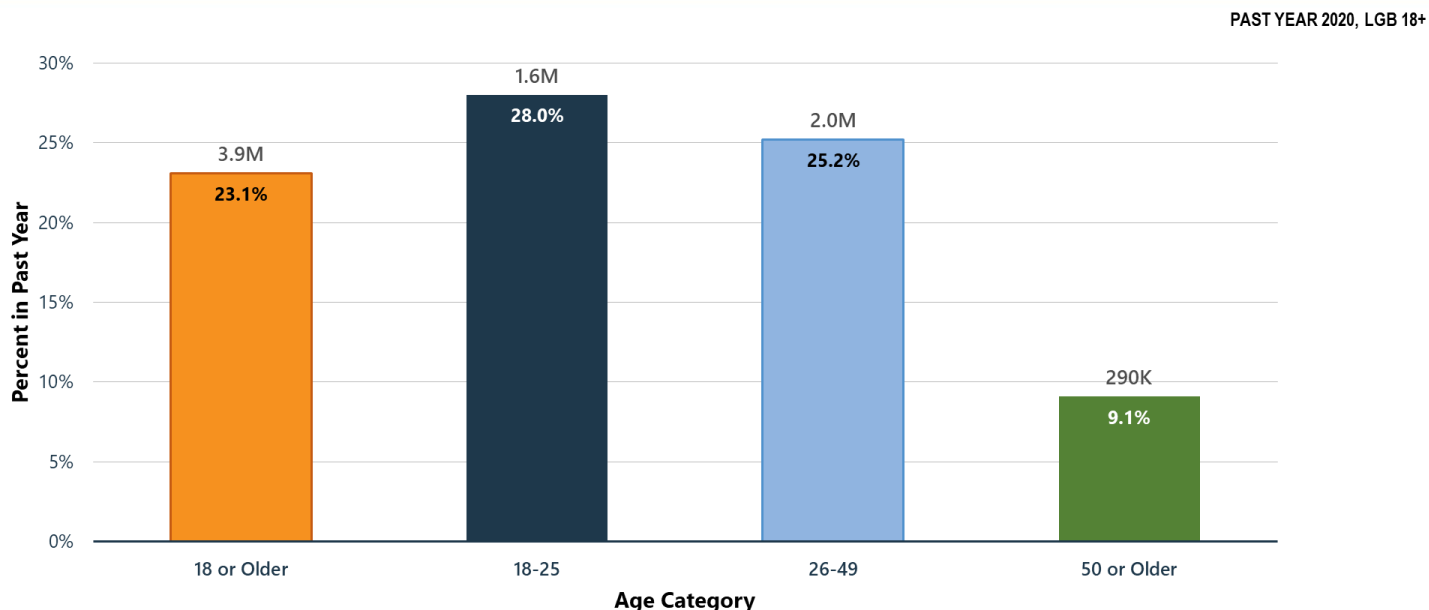
Tøllefsen, I. M., Hem, E., & Ekeberg, Ø. (2012). The reliability of suicide statistics: A systematic review. *BMC Psychiatry*, 12(1), 1-11.



# Co-Occurring Mental and Substance Use Disorders

**Data not collected**

# Co-Occurring Substance Use Disorder and Any Mental Illness in Past Year: Among LGB 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 LGB adults aged 50 or older.
- 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).

## References

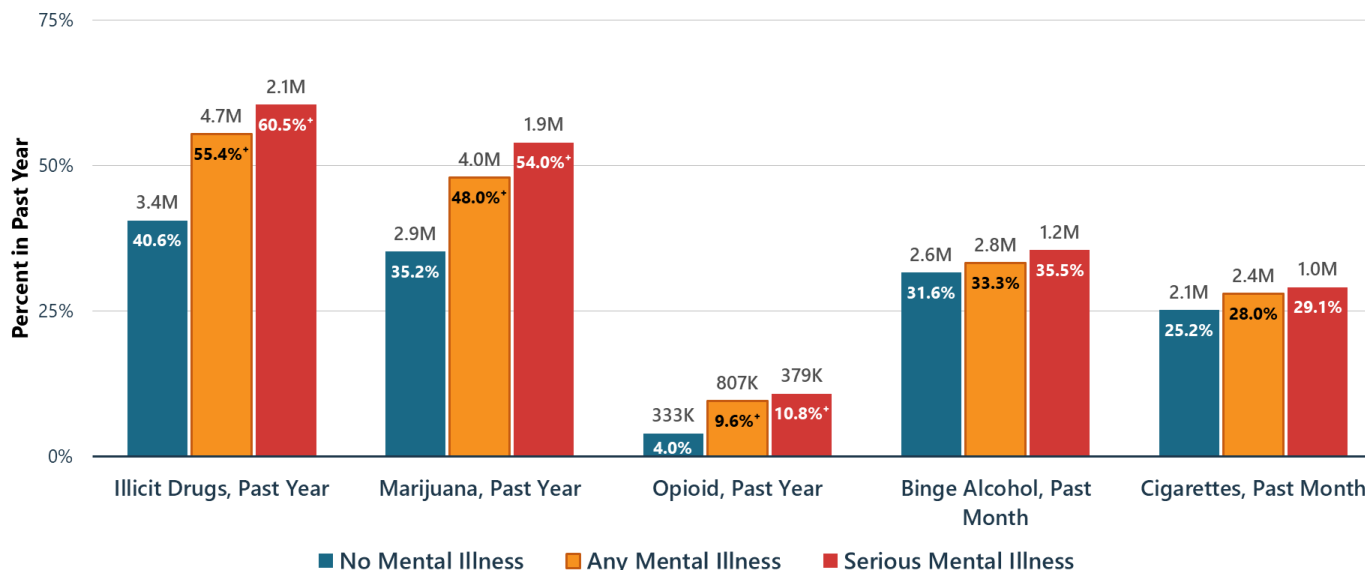
Westerhof, G. J., & Keyes, C. L. (2010). Mental illness and mental health: The two continua model across the lifespan. *Journal of Adult Development* 110-119.

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 LGB Adults Aged 18+; By Mental Illness Status

PAST YEAR/MONTH, 2020 NSDUH, LGB 18+



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

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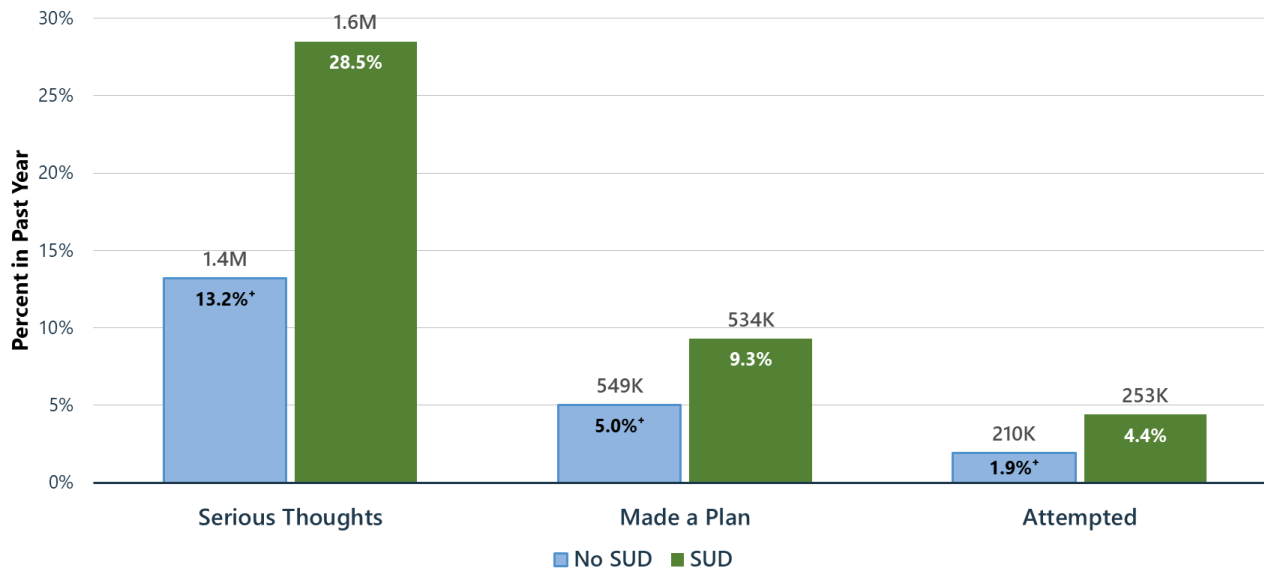
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## TALKING POINTS:

- Co-occurrence of mental illness and substance use is common.
- LGB adults aged 18 or older with serious mental illness or any mental illness had significantly higher rates of illicit drug, marijuana, and opioid use over the past year than adults without mental illness.

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

PAST YEAR, 2020 NSDUH, LGB 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:

- LGB adults aged 18 or older with an SUD had higher rates of serious thoughts of suicide in the past year than adults who did not have an SUD.
- Furthermore, LGB adults without an SUD had significantly lower rates of suicide attempts and planning.

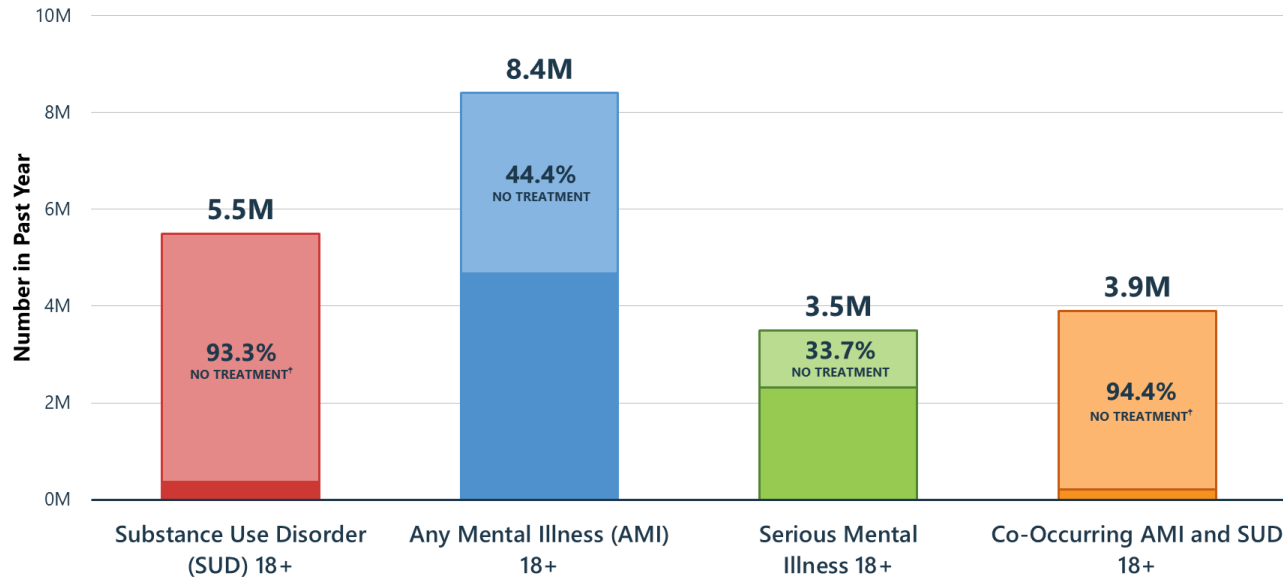
- Literature has found that substance use often co-occurs with suicidal thoughts and behaviors and is a well-established risk factor for suicide attempts and death by suicide (Esang & Ahmed, 2018).

## 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 LGB Adults Aged 18+

PAST YEAR, 2020 NSDUH, LGB 18+



† 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.

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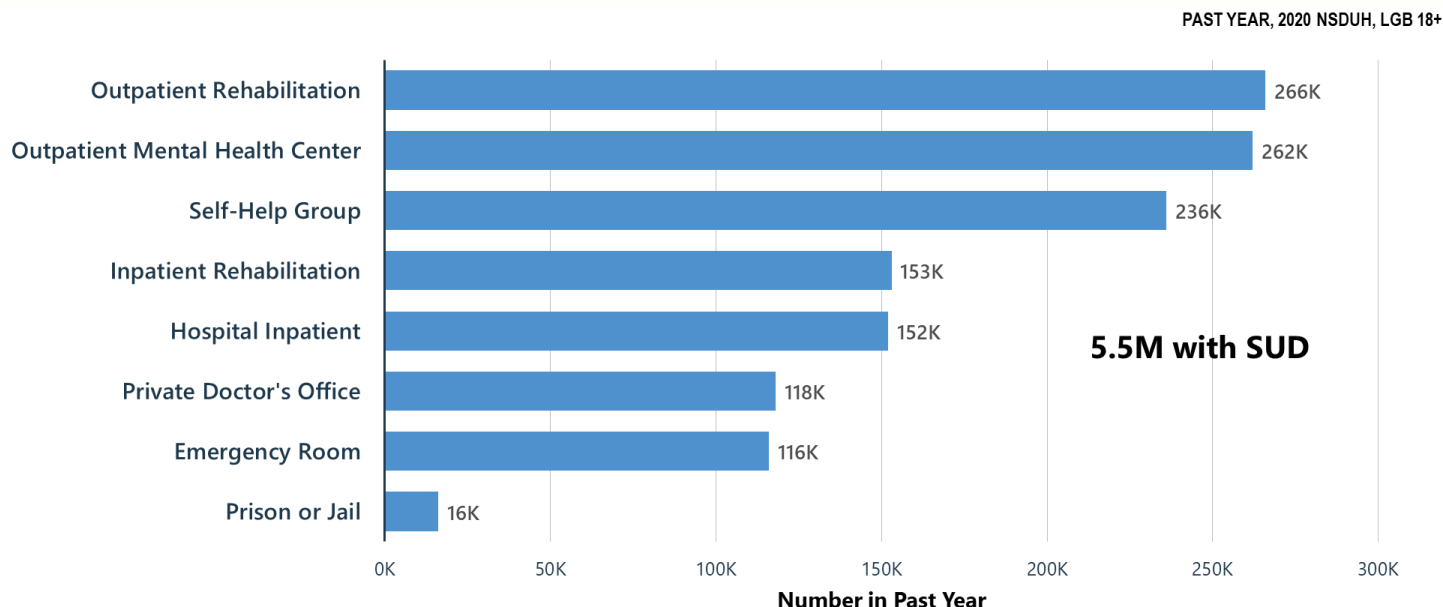
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## TALKING POINTS:

- 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.
- Over 40% of adults aged 18 or older with AMI did not receive treatment within the past year.
- Far fewer 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 LGB Adults Aged 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:

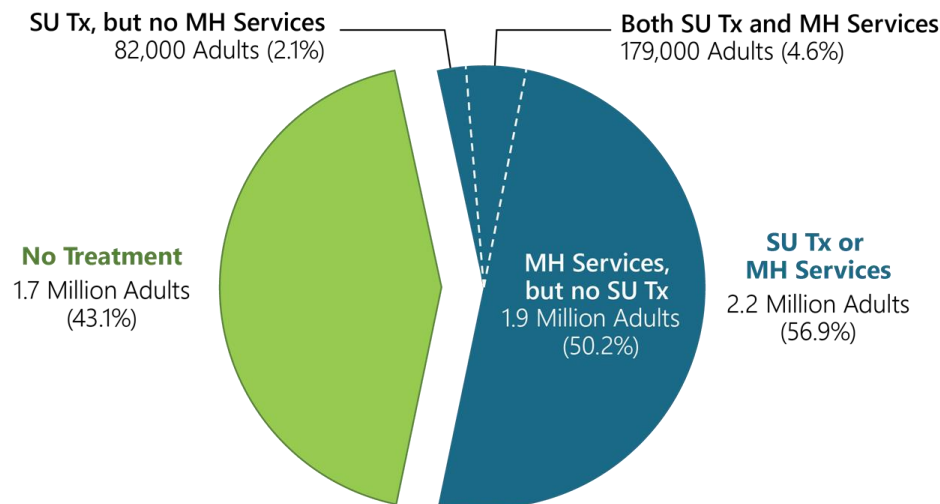
- Among LGB adults aged 18 or older, there was very little difference across treatment locations.
- The popularity of self-help groups (e.g., Alcoholics Anonymous) is in part due to reduced fears of stigmatization (or being misunderstood) because group leaders have shared lived experiences (Moos, 2008). 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.

# Receipt of Substance Use Treatment at a Specialty Facility and/or Mental Health Services in Past Year: Among LGB Adults Aged 18+ with Co-Occurring Substance Use Disorder (SUD) and Any Mental Illness (AMI)

PAST YEAR, 2020 NSDUH, LGB 18+



**3.9 Million LGB Adults with a Substance Use Disorder and Any Mental Illness**

MH = mental health; SU Tx = substance use treatment.

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## TALKING POINTS:

- More than 40% of LGB adults with a SUD and AMI did not receive treatment in the past year.
- A small fraction of LGB adults with co-occurring SUD and AMI received both SUD and MH treatment.

- Co-occurring SUD and AMI is particularly difficult to treat, and this treatment has poorer clinical outcomes than treatment of individuals with a single diagnosis (Najt et al., 2011). Research has shown that individuals engaged in integrated treatment for both SUD and AMI have better clinical outcomes than individuals who do not (Mangrum et al., 2006). 2020 NSDUH findings highlight the need for increased access to integrated care for SUD and MH treatment.

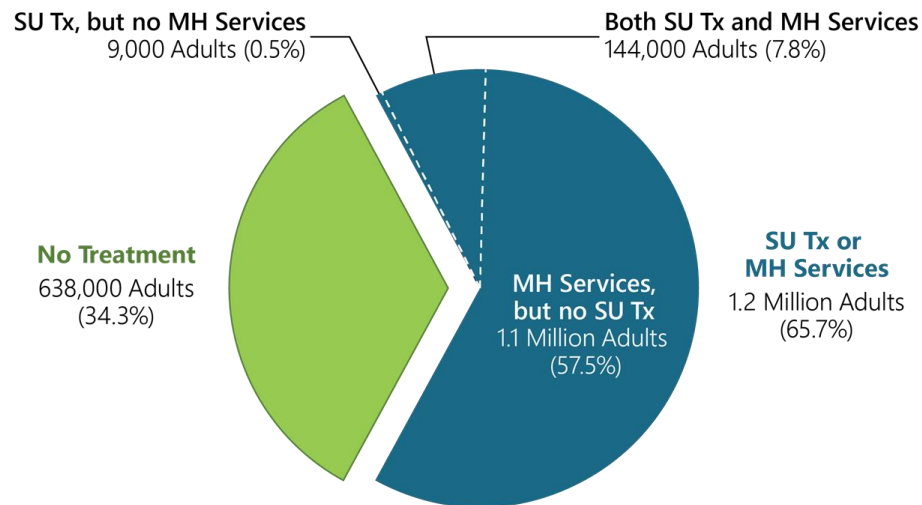
## References

- Najt, P., Fusar-Poli, P., & Brambilla, P. (2011). Co-occurring mental and substance abuse disorders: A review on the potential predictors and clinical outcomes. *Psychiatry Research*, 186(2-3), 159-164.
- Mangrum, L. F., Spence, R. T., & Lopez, M. (2006). Integrated versus parallel treatment of co-occurring psychiatric and substance use disorders. *Journal of Substance Abuse Treatment*, 30(1), 79-84.



# Receipt of Substance Use Treatment at a Specialty Facility and/or Mental Health Services in Past Year: Among LGB Adults Aged 18+ with Co-Occurring Substance Use Disorder (SUD) and Serious Mental Illness (SMI)

PAST YEAR, 2020 NSDUH, LGB 18+



**1.9 Million LGB Adults with a Substance Use Disorder and Serious Mental Illness**

MH = mental health; SU Tx = substance use treatment.  
The percentages do not add to 100 percent due to rounding.

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## TALKING POINTS:

- Two thirds of LGB adults with SUD and SMI received some form of SUD or MH treatment in the past year.
- Most of these LGB adults received mental health services, but not SUD treatment.

- These findings highlight a significant gap in treatment services, which has also been highlighted in the literature. A recent meta-analysis found there to be no high-quality evidence to support one treatment over another for individuals with co-occurring SUD and SMI (Hunt et al., 2019).

## Reference

Hunt, G. E., Siegfried, N., Morley, K., Brooke-Sumner, C., & Cleary, M. (2019). Psychosocial interventions for people with both severe mental illness and substance misuse. *Cochrane Database of Systematic Reviews*, 12(12).

## 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 and behaviors than those without a substance use disorder
  - Most adults with co-occurring issues do not receive treatment for both issues.