Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
Results from the 2016 National Survey on Drug Use and Health
Received Any Substance Use Treatment in the Past Year among Adults Aged 18 or Older, by Age Group: 2016 NSDUH

Number of Adults (in Thousands)

- 18 or Older: 3,575
- 18 to 25: 624
- 26 or Older: 2,950

Percent

- 18 or Older: 1.5%
- 18 to 25: 1.8%
- 26 or Older: 1.4%
Past Year Substance Use Disorder (SUD) and Receipt of Any Substance Use Treatment in the Past Year among Adults Aged 18 or Older: Numbers in Millions, 2016 NSDUH

- 19.0 Million Adults Had an SUD
- 3.6 Million Adults Received Substance Use Treatment
- 2.0 Million Adults Had an SUD and Received Substance Use Treatment
Substances for Which Last or Current Treatment Was Received in the Past Year among Adults Aged 18 or Older Who Received Any Substance Use Treatment in the Past Year:
2016 NSDUH

Note: Estimates for the substances for which the last or current treatment was received are not mutually exclusive.
Received Substance Use Treatment at a Specialty Facility in the Past Year among Adults Aged 18 or Older, by Age Group: 2016 NSDUH

Number of Adults (in Thousands)

- 18 or Older: 2,140
- 18 to 25: 383
- 26 or Older: 1,756

Percent

- 18 or Older: 0.9
- 18 to 25: 1.1
- 26 or Older: 0.8
Type of Substance Use Treatment Received in the Past Year among Adults Aged 18 or Older Who Received Any Substance Use Treatment in the Past Year, by Treatment Facility Type: 2016 NSDUH

- Specialty and Nonspecialty Facilities: 46.0%
- Specialty Facility Only: 13.7%
- Unknown Facility Type\(^1\): 11.0%
- Nonspecialty Facility Only: 29.3%

3.6 Million Adults Received Substance Use Treatment in the Past Year

\(^1\) Unknown Facility Type includes all respondents with insufficient information to definitively classify the facility type(s) in which they received treatment, regardless of whether they received treatment for alcohol, illicit drugs, or both.
Need for Substance Use Treatment in the Past Year among Adults Aged 18 or Older, by Substance Type: Numbers in Millions, 2016 NSDUH

Note: Numbers of adults who needed treatment specifically for illicit drug use or for alcohol use are not mutually exclusive.
Need for Substance Use Treatment in the Past Year among Adults Aged 18 or Older, by Age Group: 2016 NSDUH

Number of Adults (in Thousands)

- 18 or Older: 19,874
- 18 to 25: 5,343
- 26 or Older: 14,531

Percent

- 18 or Older: 8.1%
- 18 to 25: 15.5%
- 26 or Older: 6.9%
Receipt of Specialty Treatment in the Past Year among Adults Aged 18 or Older Who Needed Substance Use Treatment in the Past Year: 2016 NSDUH

19.9 Million Adults Needed Substance Use Treatment

2.1 Million Received Treatment at a Specialty Facility for a Substance Use Problem (10.8%)

17.7 Million Did Not Receive Treatment at a Specialty Facility for a Substance Use Problem (89.2%)

Note: The numbers of adults who needed substance use treatment but did or did not receive substance use treatment at a specialty facility do not sum to the total number of adults who needed treatment because of unknown information for whether some respondents received treatment at a specialty facility.
Received Substance Use Treatment at a Specialty Facility in the Past Year among Adults Aged 18 or Older Who Needed Substance Use Treatment in the Past Year, by Age Group: 2016 NSDUH

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Number of Adults (in Thousands)</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 or Older</td>
<td>2,140</td>
<td>10.8</td>
</tr>
<tr>
<td>18 to 25</td>
<td>383</td>
<td>7.2</td>
</tr>
<tr>
<td>26 or Older</td>
<td>1,756</td>
<td>12.1</td>
</tr>
</tbody>
</table>
Receipt of Specialty Treatment in the Past Year for an Illicit Drug Use Problem among Adults Aged 18 or Older Who Needed Treatment for Illicit Drug Use in the Past Year: 2016 NSDUH

1.3 Million Received Treatment at a Specialty Facility for an Illicit Drug Use Problem (18.4%)

6.0 Million Did Not Receive Treatment at a Specialty Facility for an Illicit Drug Use Problem (81.6%)

7.3 Million Adults Needed Illicit Drug Use Treatment
Received Illicit Drug Use Treatment at a Specialty Facility in the Past Year among Adults Aged 18 or Older Who Needed Illicit Drug Use Treatment in the Past Year, by Age Group: 2016 NSDUH

<table>
<thead>
<tr>
<th>Number of Adults (in Thousands)</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>0</td>
</tr>
<tr>
<td>1,500</td>
<td>10.3</td>
</tr>
<tr>
<td>1,000</td>
<td>22.7</td>
</tr>
<tr>
<td>500</td>
<td>18.4</td>
</tr>
<tr>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

- 18 or Older: 1,343
- 18 to 25: 259
- 26 or Older: 1,084
Receipt of Specialty Treatment in the Past Year for an Alcohol Use Problem among Adults Aged 18 or Older Who Needed Alcohol Use Treatment in the Past Year: 2016 NSDUH

13.9 Million Did Not Receive Treatment at a Specialty Facility for an Alcohol Use Problem (92.3%)

1.2 Million Received Treatment at a Specialty Facility for an Alcohol Use Problem (7.7%)

15.1 Million Adults Needed Treatment for Alcohol Use
Received Alcohol Use Treatment at a Specialty Facility in the Past Year among Adults Aged 18 or Older Who Needed Alcohol Use Treatment in the Past Year, by Age Group:

2016 NSDUH

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Number of Adults (in Thousands)</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 or Older</td>
<td>1,160</td>
<td>7.7</td>
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<tr>
<td>18 to 25</td>
<td>175</td>
<td>4.7</td>
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<tr>
<td>26 or Older</td>
<td>985</td>
<td>8.7</td>
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</tbody>
</table>
Perceived Need for Substance Use Treatment among Adults Aged 18 or Older Who Needed but Did Not Receive Substance Use Treatment in the Past Year: 2016 NSDUH

351,000 Felt They Needed Treatment and Made an Effort to Get Treatment (2.0%)

455,000 Felt They Needed Treatment and Did Not Make an Effort to Get Treatment (2.6%)

16.9 Million Did Not Feel They Needed Treatment (95.5%)

17.7 Million Adults Needed but Did Not Receive Substance Use Treatment

Note: The percentages do not add to 100 percent due to rounding.
Perceived Need for Illicit Drug Use Treatment among Adults Aged 18 or Older Who Needed but Did Not Receive Illicit Drug Use Treatment in the Past Year: 2016 NSDUH

212,000 Felt They Needed Treatment and Made an Effort to Get Treatment (3.6%)

189,000 Felt They Needed Treatment and Did Not Make an Effort to Get Treatment (3.2%)

5.6 Million Did Not Feel They Needed Treatment (93.3%)

6.0 Million Adults Needed but Did Not Receive Illicit Drug Use Treatment

Note: The percentages do not add to 100 percent due to rounding.
Perceived Need for Alcohol Use Treatment among Adults Aged 18 or Older Who Needed but Did Not Receive Alcohol Use Treatment in the Past Year: 2016 NSDUH

199,000 Felt They Needed Treatment and Made an Effort to Get Treatment (1.4%)

258,000 Felt They Needed Treatment and Did Not Make an Effort to Get Treatment (1.9%)

13.5 Million Did Not Feel They Needed Treatment (96.7%)

13.9 Million Adults Needed but Did Not Receive Alcohol Use Treatment
Reasons for Not Receiving Substance Use Treatment in the Past Year among Adults Aged 18 or Older Who Felt They Needed Treatment in the Past Year: Percentages, 2016 NSDUH

Note: Respondents could indicate multiple reasons for not receiving mental health services; thus, these response categories are not mutually exclusive.
Type of Mental Health Services Received in the Past Year among Adults Aged 18 or Older: Percentages, 2002-2016

NSDUHs

<table>
<thead>
<tr>
<th>Type</th>
<th>02</th>
<th>03</th>
<th>04</th>
<th>05</th>
<th>06</th>
<th>07</th>
<th>08</th>
<th>09</th>
<th>10</th>
<th>11</th>
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<th>13</th>
<th>14</th>
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</thead>
<tbody>
<tr>
<td>Any Mental Health Services</td>
<td>13.0</td>
<td>13.2</td>
<td>12.8</td>
<td>13.0</td>
<td>12.9</td>
<td>13.3</td>
<td>13.5</td>
<td>13.4</td>
<td>13.8</td>
<td>13.6</td>
<td>14.5</td>
<td>14.6</td>
<td>14.8</td>
<td>14.2</td>
<td>14.4</td>
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<tr>
<td>Inpatient</td>
<td>0.7</td>
<td>0.8</td>
<td>0.9</td>
<td>1.0</td>
<td>0.7</td>
<td>1.0</td>
<td>0.9</td>
<td>0.8</td>
<td>0.8</td>
<td>0.8</td>
<td>0.8</td>
<td>0.9</td>
<td>1.0</td>
<td>0.9</td>
<td>0.9</td>
</tr>
<tr>
<td>Outpatient</td>
<td>7.4</td>
<td>7.1</td>
<td>7.1</td>
<td>6.8</td>
<td>6.7</td>
<td>7.0</td>
<td>6.8</td>
<td>6.4</td>
<td>6.6</td>
<td>6.6</td>
<td>6.6</td>
<td>6.7</td>
<td>7.1</td>
<td>6.9</td>
<td></td>
</tr>
<tr>
<td>Prescription Medication</td>
<td>10.5</td>
<td>10.9</td>
<td>10.5</td>
<td>10.7</td>
<td>10.9</td>
<td>11.2</td>
<td>11.4</td>
<td>11.3</td>
<td>11.7</td>
<td>11.5</td>
<td>12.4</td>
<td>12.5</td>
<td>12.6</td>
<td>11.8</td>
<td>12.0</td>
</tr>
</tbody>
</table>

+ Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.
Mental Health Service Use in the Past Year among Adults Aged 18 or Older, by Age Group: 2016 NSDUH

- 18 or Older: 35.0 million, 14.4%
- 18 to 25: 4.4 million, 12.9%
- 26 to 49: 15.2 million, 15.4%
- 50 or Older: 15.4 million, 14.0%
Mental Health Service Use in the Past Year among Adults Aged 18 or Older with Past Year Mental Illness, by Age Group: 2016 NSDUH

Number of Adults (in Millions)

- 19.2 million, 18 or Older
- 2.7 million, 18 to 25
- 9.0 million, 26 to 49
- 7.5 million, 50 or Older

Percent

- 43.1%
- 35.1%
- 43.1%
- 46.8%
Mental Health Service Use in the Past Year among Adults Aged 18 or Older with Past Year Serious Mental Illness, by Age Group: 2016 NSDUH

- 18 or Older: 6.7 million adults, 64.8% used services.
- 18 to 25: 1.0 million adults, 51.5% used services.
- 26 to 49: 3.5 million adults, 66.1% used services.
- 50 or Older: 2.2 million adults, 71.5% used services.
Type of Mental Health Services Received by Adults Aged 18 or Older with Past Year Mental Illness, by Age Group: Percentages, 2016 NSDUH

- For adults aged 18 or older: 43.1% received any mental health services, 24.5% received outpatient services, 3.3% received inpatient services, and 42.2% received prescription medication.
- For adults aged 18 to 25: 37.1% received any mental health services, 22.8% received outpatient services, 4.6% received inpatient services, and 27.2% received prescription medication.
- For adults aged 26 to 49: 43.1% received any mental health services, 26.0% received outpatient services, 3.4% received inpatient services, and 36.7% received prescription medication.
- For adults aged 50 or older: 46.8% received any mental health services, 23.4% received outpatient services, 2.7% received inpatient services, and 42.2% received prescription medication.
Type of Mental Health Services Received by Adults Aged 18 or Older with Past Year Serious Mental Illness, by Age Group: Percentages, 2016 NSDUH

Percent Receiving Mental Health Services in Past Year

- 18 or Older
  - Any Mental Health Services: 64.8%
  - Outpatient: 42.6%
  - Inpatient: 7.6%
  - Prescription Medication: 8.8%
- 18 to 25
  - Any Mental Health Services: 58.0%
  - Outpatient: 36.8%
  - Inpatient: 8.8%
  - Prescription Medication: 41.1%
- 26 to 49
  - Any Mental Health Services: 66.1%
  - Outpatient: 44.8%
  - Inpatient: 8.1%
  - Prescription Medication: 59.1%
- 50 or Older
  - Any Mental Health Services: 71.5%
  - Outpatient: 42.6%
  - Inpatient: 6.0%
  - Prescription Medication: 67.4%

NSDUH
National Survey on Drug Use and Health

SAMHSA
Substance Abuse and Mental Health Services Administration
Type of Mental Health Services Received in the Past Year among Adults Aged 18 or Older with Past Year Mental Illness: Percentages, 2008-2016 NSDUHs

+ Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.
Perceived Unmet Need for Mental Health Services in the Past Year among Adults Aged 18 or Older, by Mental Illness Status: Numbers in Millions, 2016 NSDUH

AMI = any mental illness; SMI = serious mental illness.

Note: The bottom number in each bar is the estimated number of adults with a perceived unmet need for mental health services who did not receive any mental health services in the past year. The top number in each bar is the total estimated number of adults with any perceived unmet need for mental health services, including those who did not receive any mental health services and those who had an unmet need for additional services.
Perceived Unmet Need for Mental Health Services in the Past Year among Adults Aged 18 or Older, by Mental Illness Status: Percentages, 2002-2016 NSDUHs

AMI = any mental illness; MI = mental illness; N/A = not available; SMI = serious mental illness.

AMI = any mental illness; MI = mental illness; N/A = not available; SMI = serious mental illness.

<table>
<thead>
<tr>
<th>MI Status</th>
<th>02</th>
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<th>05</th>
<th>06</th>
<th>07</th>
<th>08</th>
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<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Adults</td>
<td>5.4+</td>
<td>5.1</td>
<td>5.1</td>
<td>5.1</td>
<td>4.8</td>
<td>4.9</td>
<td>4.7</td>
<td>5.3+</td>
<td>4.9</td>
<td>4.9</td>
<td>4.6</td>
<td>4.9</td>
<td>4.6</td>
<td>4.6</td>
<td>4.8</td>
</tr>
<tr>
<td>Adults with AMI</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>20.6</td>
<td>22.1</td>
<td>21.0</td>
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<td>20.8</td>
<td>19.3</td>
<td>20.8</td>
<td>20.3</td>
</tr>
<tr>
<td>Adults with SMI</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>43.7</td>
<td>46.3+</td>
<td>42.0</td>
<td>43.1</td>
<td>41.6</td>
<td>38.6</td>
<td>42.9</td>
<td>38.2</td>
<td>39.7</td>
</tr>
</tbody>
</table>

+ Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.
Reasons for Not Receiving Mental Health Services in the Past Year among Adults Aged 18 or Older with a Perceived Unmet Need for Mental Health Services Who Did Not Receive Mental Health Services: Percentages, 2016 NSDUH

- Could Not Afford Cost: 37.2%
- Thought Could Handle the Problem without Treatment: 31.0%
- Did Not Know Where to Go for Services: 26.0%
- Did Not Have Time: 21.7%
- Might Cause Neighbors or Community to Have Negative Opinion: 12.6%
- Health Insurance Does Not Pay Enough for Mental Health Services: 11.9%
- Concerned about Being Committed or Having to Take Medicine: 11.9%
- Did Not Feel Need for Treatment at the Time: 11.9%
- Might Have Negative Effect on Job: 11.7%
- Concerned about Confidentiality: 11.0%
- Treatment Would Not Help: 10.0%
- Did Not Want Others to Find Out: 9.1%
- Health Insurance Does Not Cover Any Mental Health Services: 8.8%
- No Transportation or Inconvenient: 3.8%

Note: Respondents could indicate multiple reasons for not receiving mental health services; thus, these response categories are not mutually exclusive.
Reasons for Not Receiving Mental Health Services in the Past Year among Adults Aged 18 or Older with a Perceived Unmet Need for Mental Health Services Who Did Not Receive Mental Health Services, by Mental Illness Status: Percentages, 2016 NSDUH

AMI = any mental illness; SMI = serious mental illness.

Note: Respondents could indicate multiple reasons for not receiving mental health services; thus, these response categories are not mutually exclusive.
Receipt of Mental Health Services and Specialty Substance Use Treatment in the Past Year among Adults Aged 18 or Older Who Had Past Year Mental Illness and Substance Use Disorders: 2016 NSDUH

Mental Health Services Only 38.2%
Specialty Substance Use Treatment Only 2.9%
Mental Health Services and Specialty Substance Use Treatment 6.9%
No Treatment 51.9%

8.2 Million Adults with Co-Occurring Mental Illness and Substance Use Disorders

Note: Mental health services are defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Specialty substance use treatment refers to treatment at a hospital (inpatient only), rehabilitation facility (inpatient or outpatient), or mental health center in order to reduce or stop drug or alcohol use, or for medical problems associated with drug or alcohol use.

Note: The percentages do not add to 100 percent due to rounding.
Receipt of Mental Health Services and Specialty Substance Use Treatment in the Past Year among Adults Aged 18 or Older Who Had Past Year Serious Mental Illness and Substance Use Disorders: 2016 NSDUH

2.6 Million Adults with Co-Occurring Serious Mental Illness and Substance Use Disorders

Note: Mental health services are defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Specialty substance use treatment refers to treatment at a hospital (inpatient only), rehabilitation facility (inpatient or outpatient), or mental health center in order to reduce or stop drug or alcohol use, or for medical problems associated with drug or alcohol use.

Note: The percentages do not add to 100 percent due to rounding.
QUESTIONS?