

Co-Occurring Mental Health Problems

Besides assessing respondents for substance dependence and abuse, the National Survey on Drug Use and Health (NSDUH) identifies Serious Psychological Distress (SPD) and Major Depressive Episode (MDE) mental health problems. Using combined data from the 2004 and 2005 surveys, an annual average of 14.06 percent of Missouri adults 18 years of age and older—approximately 603,000—had an episode of SPD in the year preceding the survey. The comparable U.S. rate was 11.63 percent. The SPD rate was 21.33 percent for Missouri’s young adults in the 18-25 age group and 12.76 percent for Missourians age 26 and older. Among Missouri residents 12 years of age and older, an estimated 412,000 experienced a past-year MDE. Missouri adolescents 12-17 had a MDE rate of 8.80 percent and young adults 18-25 had a rate of 9.77 percent, both slightly lower than the national rates for those age groups. However, Missouri adults 26 years of age and older had a past-year MDE rate of 8.38 percent—affecting 305,000—compared to the national rate of 7.25 percent for that age group.

Nationwide substance abuse rates are considerably higher among individuals with SPD and MDE than for the general population. According to the 2005 NSDUH results, 21.3 percent of U.S. adults age 18 and older with SPD abused or were dependent on alcohol or illicit drugs. Adults without SPD had a dependence/abuse rate of only 7.7 percent in 2005. Although 7.3 percent of the adult population had a MDE in 2005, adults with substance dependence or abuse had a MDE rate of 15.6 percent while those without dependence or abuse had a MDE rate of only 6.4 percent.

Unmet Need for Substance Abuse Treatment

Based on combined 2004 and 2005 data from the National Survey on Drug Use and Health (NSDUH), an annual average of 8.26 percent of Missouri’s population age 12 and older needed—but did not receive—treatment for alcohol dependence or abuse. This percentage is higher than the national rate of 7.35 percent for unmet alcohol treatment need and equates to 395,000 Missouri residents. In addition, an estimated 2.84 percent of this age group in Missouri—or 136,000—have an unmet need for treatment of illicit drug dependence or abuse. The age group 18-25 has the highest rates of unmet treatment need in Missouri and nationwide. An estimated 19.65 percent of Missouri’s young adults—approximately 129,000—need treatment for alcohol problems, compared to the U.S. rate of 16.92 percent for that age group. Unmet need for illicit drug treatment is also higher among young adults in Missouri with a state rate of 8.69 percent affecting 57,000 compared to a national rate of 7.74 percent. Among Missouri’s adolescents 12-17 years of age, an estimated 33,000 have an unmet need for alcohol treatment and 25,000 have an unmet treatment need due to illicit drug problems. Missouri’s rates for unmet treatment need are similar to the U.S. rates for the population ages 26 and older. An estimated 233,000 Missouri residents in that age group have an unmet need for alcohol treatment and 53,000 have an unmet need for treatment for illicit drug dependence or abuse.