

BEHAVIORAL HEALTH CONDITIONS IN THE UNITED STATES



National
Recovery Month
Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2015

MENTAL
ILLNESS

SUBSTANCE
USE



IN 2013

an estimated 7.7 million adults aged 18 and older (3.2 percent) of adults had

CO-OCCURRING MENTAL ILLNESS AND SUBSTANCE USE DISORDERS

in the past year.¹

BY 2020

MENTAL AND SUBSTANCE USE DISORDERS

will surpass all PHYSICAL DISEASES as a major cause of disability worldwide.²



¹ Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Mental Health Findings*, NSDUH Series H-49, HHS Publication No. (SMA) 14-4887. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 52.

² Substance Abuse and Mental Health Services Administration, *Prevention of Substance Abuse and Mental Illness*. Retrieved on February 12, 2015, from <http://www.samhsa.gov/prevention>.

SUBSTANCE USE AMONG AMERICANS

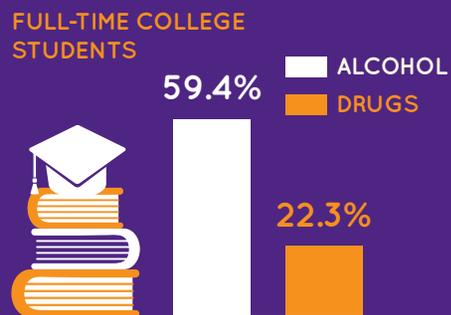
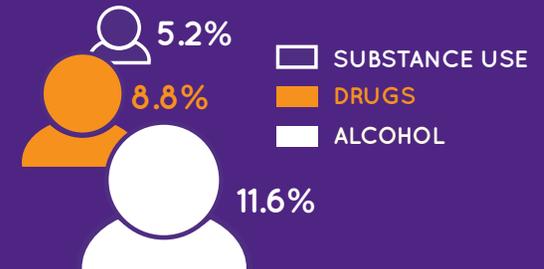


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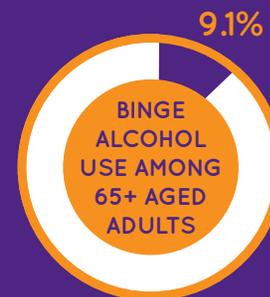
IN 2013

8.8 percent of youth aged 12 to 17 were **current illicit drug users**¹ and 11.6 percent were **current alcohol users**.²

5.2 percent of this age group was considered to have a **substance use disorder** in the past year.³



22.3 percent of full-time college students aged 18 to 22 were currently using **illicit drugs**⁴ and 59.4 percent were current **drinkers**.⁵



The **prevalence of binge alcohol use** among adults aged 65 and older was **9.1 percent** or **3,938,000**.^{6*}

1 Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 2.

2 Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 3.

3 Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 7.

4 Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 27.

5 Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 40.

6 Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 36.

* Binge alcohol use is defined as drinking five or more drinks on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.

PREVENTION



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IN 2013

14.8%



ALCOHOL USE
STARTING AT
AGE 14 OR
YOUNGER

2.3%



ALCOHOL USE
STARTING AT
AGE 21 OR
OLDER

Adults aged 21 or older who had first used alcohol at age 14 or younger were more likely to be **classified with alcohol dependence or abuse** in the past year compared to adults who had their first drink at age 21 or older (14.8 vs. 2.3 percent).¹

72.6 percent of youth aged 12 to 17 reported having seen or heard **drug or alcohol prevention messages from sources outside of school**. The prevalence of past month illicit drug use in 2013 was lower among youth who reported having exposure to prevention messages compared with youth who did not have such exposure.²



¹ Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 7.

² Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 6.

TREATMENT AND RECOVERY



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According to research that tracks individuals in treatment over extended periods, most people who get into and **remain in treatment stop using drugs**, decrease their criminal activity, and **improve their occupational, social, and psychological functioning!**



2/3 of Americans believe that **treatment and support can help people with mental illnesses lead normal lives.**²

1 National Institute on Drug Abuse. Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition), How effective is drug addiction treatment? Retrieved on February 12, 2015, from <http://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/how-effective-drug-addiction-treatment>.

2 *Social Acceptance Is Key to Mental Health Recovery*. National Mental Health Anti-Stigma Campaign. The Substance Abuse and Mental Health Services Administration. Retrieved on January 29, 2015, from <https://store.samhsa.gov/shin/content/SMA07-4257/SMA07-4257.pdf>, p. 2.