

# Introduction and Highlights

*On the following pages:*

- A-01. Report Cover
- A-02. Title Page
- A-03. Foreword
- A-04. Acknowledgments
- A-05. Missouri Data Highlights

# STATUS REPORT ON MISSOURI'S SUBSTANCE USE AND MENTAL HEALTH

---

Twenty-sixth Edition -- 2020



**MISSOURI DEPARTMENT OF MENTAL HEALTH**  
**Division of Behavioral Health**

# STATUS REPORT ON MISSOURI'S SUBSTANCE USE AND MENTAL HEALTH

TWENTY-SIXTH EDITION — 2020

**Randall Smith, M.P.A., M.Ed.**

**Kateryna Kalugina**

**Renee Rothermich, M.A.**

**Patricia Norton, M.P.H.**

**Mark Stringer**    **Director, Missouri Department of Mental Health**

**Nora Bock**        **Director, Division of Behavioral Health**

**Rikki Wright**    **Deputy Director, Division of Behavioral Health**

**Jason Jones**     **Director of Research and Statistics**

**MISSOURI DEPARTMENT OF MENTAL HEALTH**

**Division of Behavioral Health**

1706 East Elm Street; P.O. Box 687

Jefferson City, MO 65102

573-751-9499

Website: <https://dmh.mo.gov>



**MICHAEL L. PARSON**  
GOVERNOR



**MARK STRINGER**  
DIRECTOR

**RICHARD N. GOWDY, PH.D.**  
DIRECTOR  
DIVISION OF  
BEHAVIORAL HEALTH  
(573) 751-9499  
(573) 751-7814 FAX

**STATE OF MISSOURI**  
**DEPARTMENT OF MENTAL HEALTH**

1706 EAST ELM STREET  
P.O. BOX 687  
JEFFERSON CITY, MISSOURI 65102  
(573) 751-4122  
(573) 751-8224 FAX  
[www.dmh.mo.gov](http://www.dmh.mo.gov)

December 2020

**FOREWORD**

Nearly one million Missouri adults over age 18 suffer from mental illness each year. One-fourth of these adults—an estimated 255,000—struggle with serious mental disorders. Approximately 368,000 Missouri residents have a substance use disorder, including 256,000 with an alcohol use disorder and 133,000 with a disorder stemming from illicit drug use. The National Survey on Drug Use and Health (NSDUH) provides annual updates on these and other mental health and substance use indicators, based on survey responses from Missouri residents. This 26<sup>th</sup> edition of the Status Report includes a comprehensive set of Missouri prevalence estimates from the NSDUH dating back to 2003. The report also includes Missouri survey results from the Missouri Student Survey, the Missouri Assessment of College Health Behaviors, and the Youth Risk Behavior Survey.

One of our core responsibilities at the Division of Behavioral Health is to manage programs that provide clinical and educational services that treat and prevent mental illness and substance use disorders. Each edition of the Status Report provides county-level profiles summarizing the treatment services provided and the populations served. Behavioral disorders negatively affect quality-of-life factors—such as health, safety, social relationships, education, legal status, housing, and employment. The Status Report includes data provided by other state agencies documenting some of these impacts.

Data from previous Status Reports and other sources are available to query in the Missouri Behavioral Health Data archive. Visit <https://seow.dmh.mo.gov/>. Please direct inquiries and comments regarding data products and the Status Report to the Division's Research and Statistics office at [dbhmail@dmh.mo.gov](mailto:dbhmail@dmh.mo.gov).

Sincerely,

A handwritten signature in black ink, appearing to read "Richard N. Gowdy".

Richard N. Gowdy, Ph.D.  
Director, Division of Behavioral Health

## ACKNOWLEDGMENTS

The Missouri Department of Mental Health, Division of Behavioral Health would like to thank the following individuals and their agencies for providing data and assistance during the past year for this 2020 edition of the Status Report:

Lucy Atidoh, Missouri Department of Health and Senior Services  
Carol Bontempo, Missouri Department of Health and Senior Services  
Susan Depue, Missouri Institute of Mental Health  
Dong Ding, University of Missouri—Columbia  
Venkata Garikpaty, Missouri Department of Health and Senior Services  
Parijot Ghosh, Missouri Department of Health and Senior Services  
TaNea Green, Missouri Office of State Courts Administrator  
Amanda Horvath, Missouri Office of State Courts Administrator  
Andrew Hunter, Missouri Department of Health and Senior Services  
Kateryna Kalugina, Missouri Department of Mental Health  
Sara Linenfelser, Missouri Department of Social Services  
Katie Long, Missouri Department of Health and Senior Services  
Robert MacKenzie, Missouri State Highway Patrol  
Angela McKee, Missouri Department of Health and Senior Services  
Richard Morrissey, Missouri Office of State Courts Administrator  
Mary Mosley, Missouri Department of Health and Senior Services  
Patricia Norton, Missouri Department of Mental Health  
David Oldfield, Missouri Department of Corrections  
Renee Rothermich, Missouri Department of Mental Health  
Dana Schmidt, University of Missouri—Columbia  
Julie Starr, Missouri Department of Social Services  
DeWayne Sprenger, Missouri Department of Public Safety  
Justin Thomas, Missouri Department of Corrections  
Tanner Turley, Missouri Department of Health and Senior Services  
Margaret Tyler, Missouri Department of Health and Senior Services  
Shannon Vondras, Missouri Institute of Mental Health  
Blake Wenzel, Missouri Office of State Courts Administrator  
Shimin Zhuang, Missouri Department of Social Services

## DATA HIGHLIGHTS

Missouri has approximately one million residents with mental illnesses and more than one-third million with substance use disorders. These estimates, from the National Survey on Drug Use and Health (NSDUH), use past-year Missouri rates from the recently released 2018-2019 survey years.<sup>1</sup> Most of the mental illness estimates pertain to adults over age 18, while the substance use estimates include adolescents ages 12-17 and adults.

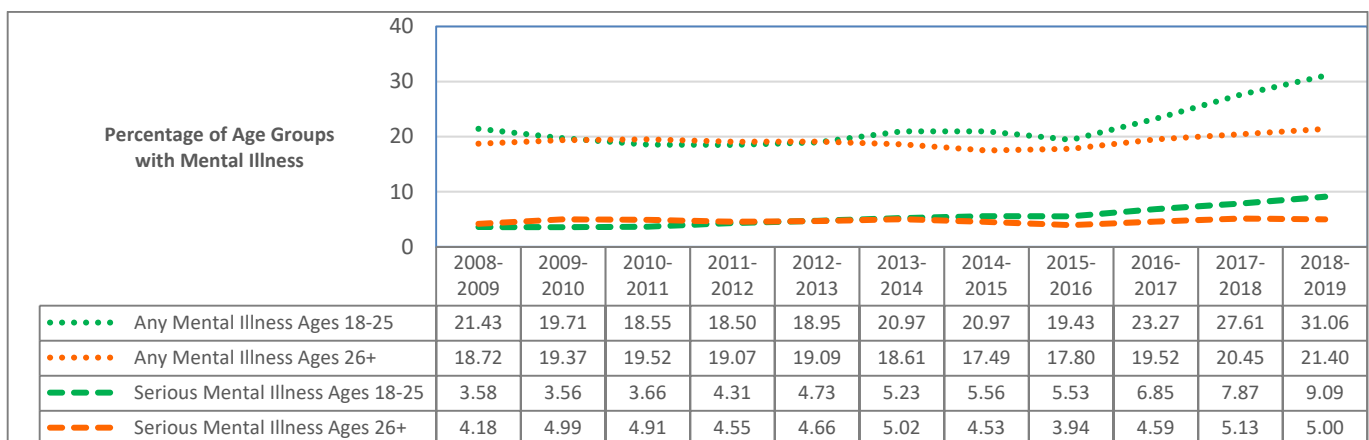
### MENTAL DISORDERS

The NSDUH indicates that 1,056,000 Missouri residents or nearly 23% of Missouri’s adult population had a mental illness in the past year, compared to 20% in the previous study. Missouri’s estimated rates are considerably higher among young adults (31%) than for adults over age 25 (21%). Missouri’s mental illness rates for both age groups are about three percentage points higher than national rates.

### SERIOUS MENTAL ILLNESS

Among the one million adults with a past-year mental illness, the survey indicates that 258,000 had a serious mental illness (SMI). Individuals with SMI have a diagnosable mental, behavioral, or emotional disorder with functional impairment that substantially interferes with or limits major life activities. Bipolar mood disorders, major depression, and schizophrenia comprise many of the SMI disorders. SMI may also include severe panic disorders, stress disorders, conduct disorders, obsessive-compulsive disorders, and personality disorders. The national survey indicates that 9% of Missouri’s young adults and 5% of adults older than 25 have a serious mental illness.

**Missouri Adults with Past-Year Mental Illness: Annual Estimates**



Source: U.S. Department of Health and Human Services, SAMHSA. National Survey on Drug Use and Health. Estimates are 2-year averages.

<sup>1</sup> National Survey on Drug Use and Health, Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Rockville, MD. The 2018-2019 NSDUH data summarized in this Highlights section were not available when the NSDUH charts and tables in Section B were prepared.

Nearly 126,000 Missouri residents entered emergency rooms or general hospitals in 2018 with primarily mental health issues. Approximately 90,000 had a medical diagnosis consistent with SMI. Among these, nearly 32,000 sought treatment only in the ER, 26,000 sought ER treatment and then hospitalization, and 32,000 directly entered the hospital. Among the 36,000 with less severe mental disorder diagnoses, a larger proportion sought only emergency room care.

More than 84,000 Missouri residents received mental health treatment in programs supported by the Missouri Department of Mental Health, Division of Behavioral Health<sup>2</sup> (DBH) in state fiscal year 2020. Many individuals had more than one identified disorder. Approximately three-fourths of the 166,000 total diagnoses were in the SMI realm.

## DEPRESSION

According to estimates from the 2018-2019 NSDUH, approximately 72,000 Missouri adolescents 12-17 years of age had a major depressive episode during the past year—15.5% of this age group. The same percentage (15.5%) of young adults 18-25 years of age also experienced a past-year major depressive episode. Adults older than 25, with a rate of 7.7%, were much less likely to have an episode.

The Missouri Student Survey<sup>3</sup> (MSS) for middle and high school students includes a scale of questions related to depression. One of these—the percentage of students who have felt very sad often or always during the past month—reached 25% overall for grades 6-12 in 2020. The MSS item on past-month feelings of hopelessness was 15.5% for all grades combined. Students in Grade 9 had the highest rates on both of these measures.

Major depression among college students has increased considerably in recent years. According to the Missouri Assessment of College Health Behaviors<sup>4</sup> (MACHB) survey, past-year major depression increased from 12.9% in 2009 to 32.7% in 2020. Seventy percent of those students sought assistance for their depression.

Among the 84,000 Missouri residents entering mental health programs supported by the DBH in fiscal year 2020, 41,000 had depressive mood disorders. Most of those individuals experienced recurring major depressive episodes.

---

<sup>2</sup> Missouri Department of Mental Health, Division of Behavioral Health, CIMOR System. Jefferson City, MO.

<sup>3</sup> Missouri Student Survey, Missouri Institute of Mental Health, University of Missouri--Saint Louis. Saint Louis, MO.

<sup>4</sup> Missouri Assessment of College Health Behaviors, Partners in Prevention Program, University of Missouri—Columbia. Columbia, MO.



## **BIPOLAR MOOD**

Usually a serious mental illness, bipolar mood<sup>5</sup> disorders accounted for nearly 17,000 emergency room encounters and hospitalizations among Missouri residents in 2018. Bipolar disorders involve large swings in mood, energy level, and ability to handle responsibilities. In the 2020 MACHB, 3.5% of surveyed college students reported past-year bipolar disorders. Approximately 18,900 individuals treated in DBH-supported mental health programs in fiscal year 2020 had bipolar disorders.

## **SCHIZOPHRENIA**

During 2018, more than 19,000 Missouri residents entered emergency rooms or hospitals for treatment of schizophrenia<sup>6</sup>, a chronic and serious mental illness. In fiscal year 2020, DBH-supported programs provided treatment to nearly 17,000 individuals diagnosed with schizophrenia.

## **TRAUMA AND STRESS**

While most college students reported feeling stress in the two weeks prior to the MACHB survey, one-third characterized their stress as overwhelming or unbearable. Ninety percent of students identified school and academics as a source of stress, and over half identified financial concerns, planning, and time management as major stressors. In fiscal year 2020, more than 25,000 Missouri residents receiving services in DBH-supported programs had a diagnosis of post-traumatic stress, adjustment, dissociative identity<sup>7</sup>, or other trauma and stress related disorders.

## **ANXIETY, PANIC, AND FEAR**

During the past year, 60% of Missouri college students were troubled with anxiety, and 30% had panic attacks, according to the 2020 MACHB. These numbers have steadily increased from 10 years ago, when only 33% of students experienced anxiety and 12% reported panic attacks. However, in 2020, students were much more likely to seek assistance for their mental health issues—75% sought help for their panic attacks compared to only 38% in 2010. Nearly 20,000 Missouri residents diagnosed with anxiety and fear disorders sought help in emergency rooms and hospitals in 2018. In fiscal year 2020, DBH-supported mental health programs provided treatment to more than 27,000 Missouri residents with anxiety or fear disorders.

---

<sup>5</sup> Bipolar mood disorders involve large swings in mood, energy level, and ability to handle responsibilities.

<sup>6</sup> Characteristics of schizophrenia include irregularities in thought, perception, and behavior with symptoms such as delusions, hallucinations, disorganized or incoherent speech, abnormal or catatonic behavior, and flat affect.

<sup>7</sup> Dissociative identity disorder, previously known as multiple personality disorder or split personality, is a condition characterized by the presence of two or more distinct identities or personalities and significant memory gaps. The disorder often originates from severe early childhood trauma or abuse.



## SUICIDE

The NSDUH asks adult respondents whether they have had serious thoughts of suicide during the past year. Until recently, Missouri's rate stayed close to the U.S. rate, and both remained near 4%. In the 2019 NSDUH, this rate increased to 5% and included an estimated 83,000 young adults and 152,000 adults older than 25. Two percent of young adults and three-fourths of one percent of older adults indicated that they actually attempted suicide during the past year.

Since 2006, the MSS has surveyed secondary school students on past-year intentions regarding suicide. Over 11% of the students in grades 6-12 indicated that they have considered suicide during the past year and 4.9% have made a suicide attempt. Ninth graders were the most likely to consider or attempt suicide. More females than males indicate that they have seriously considered suicide, made a suicide plan, or attempted suicide. Among college students, past-year suicidal thoughts increased from 13.1% in 2010 to 24.6% in 2020. Suicide attempts also increased during that 10-year period. In 2019, Missouri recorded 1,130 resident suicide deaths--920 males and 210 females--a decrease of 100 from the peak year of 2018. Most of these deaths were among individuals ages 20 to 64.

## VICTIMIZATION

In 2019, Missouri juvenile authorities reported more than 2,600 cases of child abuse and more than 10,000 cases of child neglect. The 2020 MSS indicates 56% of Missouri middle and high school students were victims of emotional or online bullying from fellow students during the past three months. That survey also indicates that 19% were victims of physical bullying, and nearly 7% reported that a fellow student threatened them with a weapon at school. Nearly 5% of college students reported that they have been in abusive relationships during the past year.

Missouri public schools suspended 450 students for violence-related incidents and 378 for weapons offenses during the 2019-2020 school year as these suspensions reached 20-year lows. Missouri juvenile courts handled 5,375 cases involving youth violent crimes in 2019—the fewest in the last 25 years.

Nearly 28,000 individuals were victims of violent crime<sup>8</sup> in 2019—approximately the same number as in 2018. There were 59,600 reports of domestic violence<sup>9</sup> including some also classified as violent crime.

---

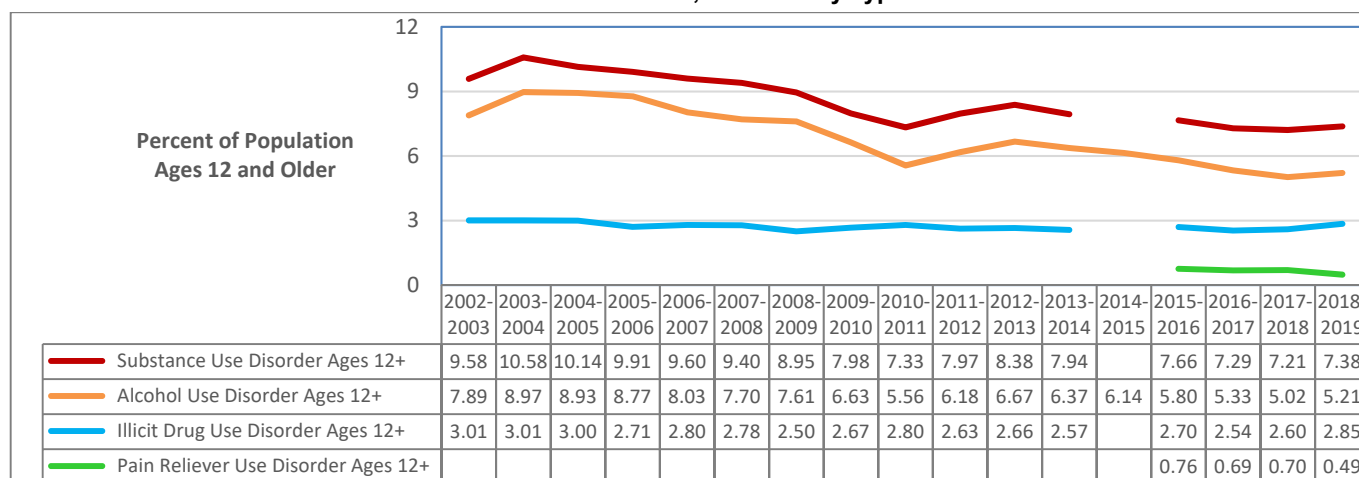
<sup>8</sup> Violent crime includes murder, manslaughter, aggravated assault, and sexual assault.

<sup>9</sup> Domestic violence is abuse or stalking by a family or household member, including simple assault, aggravated assault, coercion, harassment, intimidation, sexual assault, restraint, and unlawful imprisonment.

## SUBSTANCE USE DISORDERS

The 2018-2019 National Survey on Drug Use and Health (NSDUH) estimates that 7.4% of Missouri’s population of adolescents and adults—a total of 358,000—had substance use disorders in the past year. These disorders fall into three categories—alcohol, pain-relievers, and illicit drugs. The survey estimates that 5.2% of the population—258,000—had an alcohol use disorder, 2.9%—131,000—had an illicit drug use disorder, and 0.5%—23,000—had a pain-reliever use disorder. The total count of 412,000 reflects that some individuals had disorders in more than one category. Missouri’s estimated rates are nearly identical to the national rates.

**Missouri Residents with Past-Year Substance Use Disorders, Total and by Type of Disorder: Annual Estimates**



Source: U.S. Department of Health and Human Services, SAMHSA. National Survey on Drug Use and Health. Estimates are 2-year averages. Alcohol Use Disorder, Illicit Drug Use Disorder, and Pain Reliever Use Disorder are components of Substance Use Disorder. Due to survey revisions, some estimates were not prepared for 2014-2015.

## ALCOHOL

Recent estimates from the NSDUH indicate that two and one-half million Missouri residents consumed beverage alcohol in the month preceding the survey. They included 43,000 adolescents 12-17 years of age, 338,000 young adults 18-25 years of age, and 2,151,000 adults older than 25. Nearly one-half of these residents—1,231,000—consumed a binge amount of alcohol on at least one occasion during that same month. Nevertheless, more than two million residents agreed that there is great risk in having five or more drinks once or twice a week.

Both the NSDUH and the Missouri Student Survey (MSS) indicate that adolescent alcohol use has generally declined. According to the NSDUH analysis, the past-month alcohol use rate for the 12-17 age group in Missouri was 19.7% in 2003 but only 9.2% in 2019. The MSS alcohol use rate for grades 6-12 combined was 27.1% in 2006 and dipped to 17.0% in 2020. Binge alcohol use has also declined. The NSDUH past-month binge rate for Missouri adolescents was 12.6% in 2003 and gradually dropped to 5.0% in 2019. In the 2006 MSS, binge drinking for grades 6-12 during the two weeks preceding the survey had a baseline rate of 12.4%. This rate dipped to 5.6% in 2016 and increased to 6.8% in 2020.

Young adults in the 18-25 age group have the highest use rates for most substances, including alcohol. Past-month alcohol use among this group has declined gradually from 64.5% in 2003 to 53.3% in 2019. Binge use has remained flat at about 24% with very little year-to-year fluctuation. According to the Missouri Assessment of College Health Behaviors (MACHB) survey, past-year and past-month alcohol use have both declined slightly among participating college students. Past-month use dipped to 59.3% in 2020 after reaching a peak of 70.9% in 2014. Binge alcohol use, defined in the MACHB as five drinks within a two-hour period within the past two weeks, reached its lowest recorded level at 21.6%.

Among Missouri adults older than 25, the NSDUH estimates that 53% are current (past month) drinkers. This rate has fluctuated only slightly since 2003. Binge alcohol use in this age group has likewise changed little, standing at 24.7% in 2019. The NSDUH estimates that 267,000 Missouri residents had an alcohol use disorder during the past year, including 8,000 adolescents, 59,000 young adults, and 199,000 older adults. Most of these individuals—256,000—needed but did not receive specialized treatment for their alcohol use. Clinical programs supported by the Division of Behavioral Health (DBH) provided treatment services to nearly 7,700 Missouri residents with alcohol use disorders in fiscal year 2020.

Missouri had 606 alcohol induced resident deaths in 2019. There were also 134 traffic crash deaths and 2,616 injuries involving alcohol-impaired drivers. Nearly 5,000 traffic crashes were alcohol related and police made 20,000 DWI arrests.

In state fiscal year 2020, new prison admissions for drunk driving totaled 344, while 887 individuals began probation and 529 received parole or conditional release. Juvenile court referrals for alcohol offenses totaled 346. Authorities noted parental alcohol use in 382 juvenile court out-of-home placements of children. In 174 of these cases, authorities also identified the presence of parental drug use.<sup>10</sup> Missouri schools suspended 340 students for alcohol violations in the 2019-2020 school year.

In 2018, nearly 28,000 Missouri residents entered emergency rooms or hospitals with a primary diagnosis of an alcohol use disorder—almost 56% of the 50,000 treated for any substance use disorder. About 11% had some type of alcohol-induced morbidity, nearly 9% had alcohol-induced mental disorders, and the remaining 80% sought help chiefly for acute alcohol effects including intoxication (59%), chronic use (12%), alcohol dependence (5%), and alcohol withdrawal (24%). The nearly 28,000 individuals included 18,000 who accessed emergency room treatment only, 6,000 who had emergency room treatment and hospitalization, and 4,000 who had direct hospital admissions.

---

<sup>10</sup> Missouri Department of Social Services reports capture adverse conditions present, but not the decisive reasons, for making out-of-home determinations. Individual reports can identify multiple conditions, and other factors may be considered.

In fiscal year 2020, 7,680 Missouri residents entered DBH-supported treatment programs with alcohol as their primary substance concern. Alcohol accounted for almost 28% of total program admissions; males comprised 61% and females 39%. More than 77% of alcohol admissions were non-Hispanic white, and 17% were black or African-American. Most of the remainder were Hispanic or multi-racial. Individuals admitted for an alcohol use disorder began drinking at an average age of 16.6 years.

## **TOBACCO**

An estimated 26.1% of Missouri adults and 5.1% of adolescents are current (past-month) users of tobacco products, according to data from the 2018-2019 NSDUH. The survey also found that nearly 21.4% of adults and 3.4% of adolescents 12-17 years of age currently use cigarettes. Adolescent cigarette use has decreased dramatically, declining steadily from nearly 18% in the 2003 NSDUH. Similarly, the MSS indicates that past-month cigarette use among students in grades 6-12 has declined from 13.5% in 2006 to 4.5% in 2020. Smoking using a hookah declined from 7.3% in 2014 to 1.9% in 2020, while past-month use of e-cigarettes increased from 10.2% in 2014 to 15.5% in 2020.

Cigarette use rates among young adults ages 18-25, at 21.9% in the 2018-2019 NSDUH, are less than half the estimated 2003 rate of 47.6%. Less progress has been made in reducing smoking rates among adults older than 25. Missouri had 9,768 smoking attributable deaths in 2019, a reduction from the 10,073 deaths recorded in 2018.

## **ILLICIT DRUGS**

The NSDUH estimates that 543,000 Missouri residents used an illicit drug during the month preceding the survey. Many more used an illicit drug during the preceding year including an estimated 763,000 who used marijuana, 68,000 who used cocaine, 46,000 who used methamphetamine, and 14,000 who used heroin. Among the past-year users, 146,000 residents had illicit drug use disorders. They included 15,000 adolescents, 46,000 young adults, and 85,000 adults older than 25.

About 130,000 residents needed treatment for their drug use disorders but did not receive treatment at specialty facilities. In fiscal year 2020, more than 20,000 Missouri residents with illicit drug use disorders accessed treatment services supported by the DBH. They included 7,700 for a primary problem with meth and other stimulants; nearly 7,000 for heroin and other opioids; 4,200 for marijuana; 800 for cocaine; and 400 for hallucinogens, tranquilizers, inhalants, and other substances.

More than 18,000 Missouri residents entered emergency rooms primarily for drug use disorders in 2018, including 3,000 who remained hospitalized after receiving E.R. services. An additional 4,000 with drug-induced disorders had direct hospital admissions.

In 2019, there were 1,251 traffic crashes involving drug-impaired drivers. These crashes resulted in 75 deaths and 543 injuries. There were also 36,665 arrests for possession of illicit drugs and 3,033 arrests for the manufacture or sales of drugs. In 2019, juvenile authorities cited parental drug use as an adverse condition in 3,340 investigative reports pertaining to out-of-home placements of children. In the 2019-2020 school year, Missouri public schools suspended 1,727 students for violations of drug laws or school drug policies.

## **MARIJUANA**

Marijuana is the most widely used illicit drug in the nation and in Missouri. Data from the National Survey on Drug Use and Health estimates that 763,000 Missouri residents used marijuana in the past year and 460,000 used it in the month preceding the survey. The estimated past-year use rate for residents ages 12 and older reached nearly 15% in the 2018-2019 surveys. Sixty percent of the past-year users of marijuana were also current (past-month) users. The past-month marijuana users consisted of 27,000 adolescents under age 18, 130,000 young adults, and 302,000 adults older than 25.

Although overall marijuana use in Missouri is increasing, the estimated past-year use rate for Missouri adolescents in the 2018-2019 NSDUH was the lowest on record at 11.4%. However, past-month marijuana use in this age group was higher than in the preceding five years at 5.9%. The MSS has been tracking past-month and lifetime marijuana use among secondary school students in grades 6-12 since 2006. Reversing a downward trend, past-month use increased from 6.44% to 8.93% between 2018 and 2020. By grade level, these rates ranged from 0.46% for sixth graders to 19.43% for high school seniors. Lifetime use increased for the first time since 2006 and reached 16.92%. The lifetime marijuana rates in 2020 ranged from 2.01% for sixth graders to 30.38% for high school seniors.

The MACHB and its predecessor, the Missouri College Health Behavior Survey, have been tracking past-year marijuana use among students on more than 20 university and college campuses since 2003. During those years, use rates have fluctuated between 21.8% and 31.4%. In 2020, 29.5% of the surveyed students reported using marijuana in the 12 months preceding the survey. Marijuana accounts for most of the arrests for illicit drugs. In 2019, Missouri had 17,507 arrests for marijuana possession—48% of the total possession arrests—and 1,277 arrests for marijuana sales or manufacturing. Nearly 3% of Missouri residents entering an emergency room or hospital for a substance use disorder sought help primarily for marijuana use. In fiscal year 2020, about 4,200 Missouri residents admitted to DBH-supported substance treatment programs identified marijuana as their primary drug use disorder. They constituted 15% of total substance treatment admissions and consisted of 2,800 males and 1,400 females. About 68% were white or Caucasian and 24% were black or African American. They began using marijuana at an average age of only 14.4 years.

## HALLUCINOGENS

According to the 2020 MSS, 2.2% of students in grades 6-12 have ever used LSD, PCP, mescaline, peyote, or psilocybin mushrooms. Nearly 6% of high school seniors are lifetime hallucinogen users—lower than the 12<sup>th</sup> grade peak rate of 7.5% in 2012. Hallucinogen use is not included in the college survey or the NSDUH. Among hospitalizations and emergency room episodes for drug use disorders in 2018, 3.7% involved the use of hallucinogens. In fiscal year 2020, DBH substance treatment programs admitted fewer than 200 Missouri residents primarily for hallucinogen use.

## METHAMPHETAMINE

An estimated 45,000 Missouri residents used methamphetamine in the past year, including 7,000 young adults and 37,000 adults over age 25. In the 2020 MSS, only one percent of high school seniors reported that they have ever used meth. Similarly, only 1.3% of Missouri college students reported past-year use of the drug. During fiscal year 2020, more than 7,500 individuals with primarily a meth substance disorder began treatment in DBH-supported programs. They comprised 27% of the total individuals admitted for substance use treatment. They consisted of approximately 4,000 males and 3,500 females. Most were white or Caucasian and, on average, they were 21.5 years old when they began using meth.

## COCAINE

An estimated 68,000 Missouri residents used cocaine during the past year, according to 2018-2019 data from the NSDUH. Only 2,000 users were adolescents. About 4% of young adults 18-25 years of age and one percent of residents older than 25 were past-year cocaine users. According to the MSS, less than 3% of high school seniors have ever used cocaine. Only 3% of college students used cocaine in the year preceding the 2020 MACHB survey.

The number of individuals admitted to DBH-supported treatment programs for cocaine use has steadily declined during the past decade, and now includes fewer than 1,000 per year. Approximately three-fourths of those admitted for cocaine treatment in fiscal year 2020 were black or African-American and one-fifth were white or Caucasian. They began using cocaine at an average age of 25.4 years.

## HEROIN

Based on the 2018-2019 NSDUH surveys, approximately 14,000 Missouri residents were past-year users of heroin. They consisted of 3,000 young adults, 11,000 adults over age 25, and less than 500 adolescents. The MSS indicates that slightly more than one percent of the 2020 high school seniors have ever used heroin. No students reported lifetime use in most of the other grade levels.

In fiscal year 2020, DBH-supported programs admitted nearly 3,900 Missouri residents for heroin use disorders. Almost two-thirds were white and 30% were black or African-American. These individuals began using heroin at an average age of 23.4 years.

### **PAIN RELIEVERS**

Estimates from the NSDUH indicate 13,000 adolescents and 177,000 adults misused prescription pain medications during the past year. Nearly 3% of adolescents and 6% of young adults 18-25 years of age used pain relievers in a manner inconsistent with the prescribing doctor's instructions or used medications prescribed for someone else. According to the MSS, more than 6% of Missouri's secondary school students misused prescription medications during the past month. Almost 5% of Missouri's college students reported that they used stimulants without a prescription during the past year and 2.6% used non-prescribed pain relievers. DBH-supported treatment programs admitted about 2,300 individuals for prescription drug misuse in fiscal year 2020.