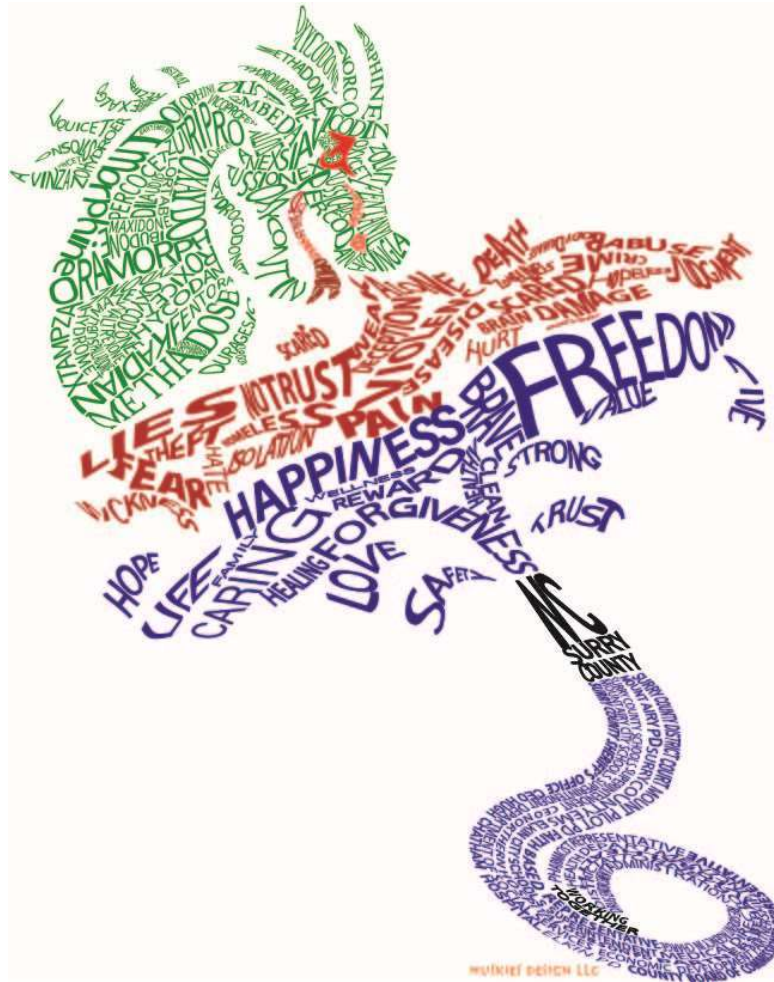




**Review of National Survey on Drug Use and Health (NSDUH)
Substate Data Set (2019) for Partners Behavioral Healthcare
Management Catchment Area Including Surry County, NC**

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National Survey on Drug Use and Health (NSDUH)

Starting 2014, NSDUH introduced an independent multistage area probability sample within each state and D.C. States are the first level of stratification, and each state was then stratified into approximately equally populated state sampling regions (SSRs)¹. Census tracts within each SSR were then selected, followed by census block groups within census tracts and area segments (i.e., a collection of census blocks) within census block groups. Finally, dwelling units (DUs) were selected within segments, and within each selected DU, up to two residents who were at least 12 years old were selected for the interview. Professional interviewers conduct the face-to-face surveys, and the data are used to support prevention and treatment programs, monitor substance use trends, estimate the need for treatment, and inform public health policy.

NSDUH is representative of persons aged 12 and over in the civilian noninstitutionalized population of the United States, and in each state and the District of Columbia (D.C.). The survey covers residents of households (including those living in houses, townhouses, apartments, and condominiums), persons in noninstitutional group quarters (including those in shelters, boarding houses, college dormitories, migratory work camps, and halfway houses), and civilians living on military bases. Persons excluded from the survey include people experiencing homelessness who do not use shelters, active military personnel, and residents of institutional group quarters such as jails, nursing homes, mental institutions, and long-term care hospitals.

History

The Federal Government has conducted the survey since 1971. Over the years, the survey has undergone a series of changes. In 1999, the survey shifted from paper-and-pencil data collection to computer-assisted interviewing (CAI). With CAI, staff administer most questions with audio computer-assisted self-interviewing. This provides a confidential way to answer questions and encourages honest responses.

In 1999, the sample design expanded to include all 50 states and the District of Columbia. In 2002, the name of the survey changed from the National Household Survey on Drug Abuse to NSDUH. The survey also began including a \$30 incentive for respondents. The most recent updates are changes in the sampling design (2014) and the questionnaire (2015).

NSDUH measures:

- use of illegal drugs, prescription drugs, alcohol, and tobacco and misuse of prescription drugs

¹ "National Survey on Drug Use and Health: CBHSQ Data." *SAMHSA.gov*, www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health.

- substance use disorder and substance use treatment major depressive episode and depression care
- serious psychological distress, mental illness, and mental health care

The data provide estimates of substance use and mental illness at the national, state, and substate levels. NSDUH data also help to identify the extent of substance use and mental illness among different subgroups, estimate trends over time, and determine the need for treatment services

Key Substance Use and Mental Health Indicators in the United States

NSDUH's latest annual report focuses on substance use and mental health in the United States based on NSDUH data from 2019 and earlier years. The annual report presents estimates that meet the criteria for statistical precision and facilitate stable examination of trends over time to study changes in society and emerging issues. The [2019 Key Substance Use and Mental Health Indicators](#) report summarizes the following:

- Substance use (alcohol, tobacco, marijuana, cocaine, heroin, hallucinogens, and inhalants, as well as the misuse of opioids, prescription pain relievers, tranquilizers or sedatives, stimulants, and benzodiazepines)
- Initiation of substance use
- Perceived risk from substance use
- Substance use disorders
- Any mental illness, serious mental illness, and major depressive episode
- Suicidal thoughts, plans, and non-fatal attempts for adults aged 18 or older
- Substance use treatment and mental health service use

Substate Estimates of Substance Use and Mental Illness from the 2016-2018 NSDUH: Results and Detailed Tables

The National Survey on Drug Use and Health (NSDUH) is designed to provide substance use and mental illness estimates of the U.S. civilian, non-institutionalized population ages 12 years or older for 406 substate regions. These documents present U.S. substate estimates for 30 binary measures of substance use and mental illness based on combined 2016 to 2018 NSDUHs for individuals aged 12 or older (or adults 18 or older for the five mental health outcomes, and individuals aged 12 to 20 for underage alcohol use and underage binge alcohol use)².

These estimates are based on a small area estimation (SAE) methodology in which substate-level NSDUH data are combined with county and census block group and tract-level data from the 50 states and the District of Columbia.

² "Substate Estimates of Substance Use and Mental Illness from the 2016-2018 NSDUH: Results and Detailed Tables: CBHSQ Data." SAMHSA.gov, www.samhsa.gov/data/nsduh/2016-2018-substate-reports.

Introduction to NSDUH State and Substate Data

The National Survey on Drug Use and Health (SAMHSA, 2016, 2017, 2018) publishes data based on the national, state and sub state regions related to substance use and behavioral health issues. Surry County Substate Region Data is based on the Partners Behavioral Health Management Local Management Entity (LME) Catchment Grouping. Partners Behavioral Health Management serves the following North Carolina Counties³: Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, Rutherford, Surry and Yadkin.

Partners Behavioral Health Management Catchment Area Map



Source: Partners Behavioral Health Management

Summary of Findings and Implications

The NSDUH Project focuses on 32 questions indicating substance use prevalence and behavioral health status. Substate Region Data can help Surry County gain perspective on the impact of substance use within the region and specifically within our community. While the nine county Partners Behavioral Healthcare Substate Region is large and comprises a geographically diverse area, NSDUH still serves as one source of information that can be applied statistically to Surry County.

Local community policy should be based on evidence from local conditions together with other types of data. This means reviewing national and state data and using such data as a starting point for judgement and policy recommendations is highly recommended and helps to develop insight into ways that problems can be addressed. It is very important to consider local evidence to make effective,

³ "Partners: Your Source for Behavioral Health Information - Gastonia." Partners Health Management, 19 Jan. 2021, www.partnersbhm.org/.

culturally competent judgements and policy recommendations in coordination with global and national data sets. It is best practice to use local evidence to determine final judgements, policy recommendations and action plans. In summary a well-developed plan will include global and local data⁴.

The following pages presents NSDUH Substate Findings applicable to Surry County. These findings indicate an above average rate of risky behavior Surry County in at least one geographic category for 25 of 27 questions posed to the citizens of our region. **Shockingly our region is above average, across all geographic sections (national, state and local) in 23 of the 27 categories.** Five questions are part of the findings and are perceived protective in nature. For these questions we fare much better with four of the five tables indicating positive momentum.

*Summary of Partners Behavioral Health Management Substate Region Rates
NSDUH Data (2016, 2017, 2018)
Internal Risk Factors Chart*

Surry County is part of the Partners Behavioral Healthcare Management Substate Region as defined by the National Survey of Drug Use and Health. The following chart provides a general overview of how the Partners-Surry County Substate region compares to North Carolina and the United States based on percentage averages being locally Above or Below. Therefore Chart 1 should be viewed through the lens of how we are doing related to the risk factors or risky behaviors as reported by the NSDUH on a regional basis - that can also be applied statistically to Surry County. Risk Factors as defined by the National Institute on Drug Abuse are “Many factors can add to a person’s risk for drug abuse. Risk factors can increase a person’s chances for drug abuse.”⁵ Please note the Risk Factors indicated in this report is not an exhaustive listing.

⁴ AD. Oxman, JN. Lavis, et al. “SUPPORT Tools for Evidence-Informed Health Policymaking (STP).” Health Research Policy and Systems, BioMed Central, 1 Jan. 1970, health-policy-systems.biomedcentral.com/articles/10.1186/1478-4505-7-S1-I1.

⁵ National Institute on Drug Abuse. “What Are Risk Factors and Protective Factors?” National Institute on Drug Abuse, 25 May 2020, www.drugabuse.gov/publications/preventing-drug-use-among-children-adolescents/chapter-1-risk-factors-protective-factors/what-are-risk-factors.

Legend for **Chart 1** - Legend for Summary of Partners Behavioral Health Management Substate Region Rates
NSDUH Data (2016, 2017, 2018), **Risk Factors**

Substate Region Risk Factor Comparison		Above Average Percentage Indicating Elevated Risk
Substate Region Risk Factor Comparison		Below Average Percentage Indicating Reduced Risk

Chart 1 applies to the concept of factors or behaviors that place the population at risk and includes:
Tables 1, 2, 3, 5, 6, 7, 9, 11, 12, 13, 14, 16, 17, 18, 19, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32

Chart 1 Summary of Partners Behavioral Health Management Substate Region Rates NSDUH Data (2016, 2017, 2018) Surry County is part of the Partners Substate Region Risk Factors Table Number/Question			Partners Substate Comparison to North Carolina Rates	Partners Substate Comparison to United States Rates
Table 1. Illicit Drug Use in the Past Month among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	BELOW
Table 2. Marijuana Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	BELOW
Table 3. Marijuana Use in the Past Month among Individuals Aged 12 or Older, by State and Substate Region			BELOW	BELOW
Table 5. First Use of Marijuana among Individuals Aged 12 or Older, by State and Substate Region			BELOW	BELOW
Table 6. Illicit Drug Use Other Than Marijuana in the Past Month among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 7. Cocaine Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 9. Heroin Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 11. Methamphetamine Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 12. Pain Reliever Misuse in the Past Year among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 13. Alcohol Use in the Past Month among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 14. Binge Alcohol Use in the Past Month among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 16. Alcohol Use in the Past Month among Individuals Aged 12 to 20, by State and Substate Region			ABOVE	ABOVE
Table 17. Binge Alcohol Use in the Past Month among Individuals Aged 12 to 20, by State and Substate Region			ABOVE	ABOVE
Table 18. Tobacco Product Use in the Past Month among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 19. Cigarette Use in the Past Month among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 21. Illicit Drug Use Disorder in the Past Year among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 22. Pain Reliever Use Disorder in the Past Year among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 23. Alcohol Use Disorder in the Past Year among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 24. Substance Use Disorder in the Past Year among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE
Table 25. Needing But Not Receiving Treatment at a Specialty Facility for Illicit Drug Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region			ABOVE	ABOVE

Table 26. Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region	ABOVE	ABOVE
Table 27. Needing But Not Receiving Treatment at a Specialty Facility for Substance Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region	ABOVE	ABOVE
Table 28. Serious Mental Illness in the Past Year among Adults Aged 18 or Older, by State and Substate Region	ABOVE	ABOVE
Table 29. Any Mental Illness in the Past Year among Adults Aged 18 or Older, by State and Substate Region	ABOVE	ABOVE
Table 30. Received Mental Health Services in the Past Year among Adults Aged 18 or Older, by State and Substate Region	ABOVE	ABOVE
Table 31. Had Serious Thoughts of Suicide in the Past Year among Adults Aged 18 or Older, by State and Substate Region	ABOVE	ABOVE
Table 32. Major Depressive Episode in the Past Year among Adults Aged 18 or Older, by State and Substate Region	ABOVE	ABOVE

*Summary of Partners Behavioral Health Management Substate Region Rates
NSDUH Data (2016, 2017, 2018)
Internal Protective Factors Chart*

As Surry County is part of the Partners Behavioral Healthcare Management Substate Region defined by the National Survey of Drug Use and Health. The following chart provides information provides a general overview of how the Partners-Surry County Substate region compares to North Carolina and the United States in general based on percentage average being locally Above or Below. Therefore Chart 2 should be viewed through the lens of how we are doing related to protective factors or behaviors that reduce risk of negative behavior as reported by the NSDUH on a regional basis - that can also be applied statistically to Surry County. Protective Factors as defined by the National Institute on Drug Abuse promotes an important goal of prevention – which is to change the balance between risk and protective factors so that protective factors outweigh risk factors.⁶ Please note the Protective Factors indicated in this report is not an exhaustive listing.

Legend for **Chart 2** - Legend for Summary of Partners Behavioral Health Management Substate Region Rates NSDUH Data (2016, 2017, 2018), **Protective Factors**

Substate Region Risk Factor Comparison		Above Average Percentage of Protective Factors (presence is supported)
Substate Region Risk Factor Comparison		Below Average Percentage Indicating Protective Factors (lack of a presence)

Chart 2 applies to the concept of factors or behaviors that reduces the risk of negative behavior or substance use termed as protective factors and includes: Tables 4, 8, 10, 15, 20

⁶ National Institute on Drug Abuse. "What Are Risk Factors and Protective Factors?" National Institute on Drug Abuse, 25 May 2020, www.drugabuse.gov/publications/preventing-drug-use-among-children-adolescents/chapter-1-risk-factors-protective-factors/what-are-risk-factors.

Chart 2 Summary of Partners Behavioral Health Management Substate Region Rates NSDUH Data (2016, 2017, 2018) Surry County is part of the Partners Substate Region Protective Factors			Partners Substate Comparison to North Carolina Rates	Partners Substate Comparison to United States Rates
Table Number/Question				
Table 4. Perceptions of Great Risk from Smoking Marijuana Once a Month among Individuals Aged 12 or Older, by State and Substate Region			ABOVE (Protective)	ABOVE (Protective)
Table 8. Perceptions of Great Risk from Using Cocaine Once a Month among Individuals Aged 12 or Older, by State and Substate Region			ABOVE (Protective)	ABOVE (Protective)
Table 10. Perceptions of Great Risk from Trying Heroin Once or Twice among Individuals Aged 12 or Older, by State and Substate Region			ABOVE (Protective)	ABOVE (Protective)
Table 15. Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week among Individuals Aged 12 or Older, by State and Substate Region			ABOVE (Protective)	ABOVE (Protective)
Table 20. Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day among Individuals Aged 12 or Older, by State and Substate Region			BELOW (Protective)	BELOW (Protective)

Table 1. *Illicit Drug Use in the Past Month* among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Misuse of prescription psychotherapeutics is 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; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

Substate Level: Risk elevated as compared to North Carolina yet below average when compared to the United States. Data indicates that 10.82% of the population admitted to illicit drug use in the past month among individuals age 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	11.39%
North Carolina	North Carolina	10.78%
North Carolina	Partners Behavioral Health Management	10.82%

Table 2. *Marijuana Use in the Past Year* among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Risk elevated as compared to North Carolina yet below average when compared to the United States. Data indicates that 14.47% of the population admitted to Marijuana use in the past year among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	15.24%
North Carolina	North Carolina	13.76%
North Carolina	Partners Behavioral Health Management	14.47%

Table 3. Marijuana Use in the Past Month among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Risk below average as compared to North Carolina and the United States. Data indicates that 8.92% of the population admitted to Marijuana use the past month among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	9.74%
North Carolina	North Carolina	8.96%
North Carolina	Partners Behavioral Health Management	8.92%

Table 4. Perceptions of Great Risk from Smoking Marijuana Once a Month among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Protective Factors as compared to North Carolina and the United States. Data indicates that 34.52% of the population perceives that there is great risk of negative consequences to smoking Marijuana once a month.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	26.61%
North Carolina	North Carolina	30.25%
North Carolina	Partners Behavioral Health Management	34.52%

Table 5. First Use of Marijuana among Individuals Aged 12 or Older, by State and Substate Region: Average Annual Initiation Estimates (Expressed as Percentages of the At-Risk Population) Based on 2016, 2017, and 2018 NSDUHs

This data reports the number of people that initiated Marijuana use during the past year.

Substate Level: Risk below average as compared to North Carolina and the United States. Data indicates that 1.99% of individuals age 12 or older started Marijuana use during the past year.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	2.17%
North Carolina	North Carolina	2.10%
North Carolina	Partners Behavioral Health Management	1.99%

Table 6. *Illicit Drug Use Other Than Marijuana in the Past Month* among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Illicit Drug Use Other Than Marijuana Use includes the misuse of prescription psychotherapeutics or the use of cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Misuse of prescription psychotherapeutics is 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; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 4.09% of the population admitted to illicit drug use other than Marijuana in the past month among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	3.45%
North Carolina	North Carolina	3.80%
North Carolina	Partners Behavioral Health Management	4.09%

Table 7. *Cocaine Use in the Past Year* among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 2.80% of the population admitted to Cocaine use in the past year among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	2.12%
North Carolina	North Carolina	2.27%
North Carolina	Partners Behavioral Health Management	2.80%

Table 8. Perceptions of Great Risk from Using Cocaine Once a Month among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Protective Factors as compared to North Carolina and the United States. Data indicates that 77.74% of respondents believe that there is great risk of negative outcomes from using Cocaine once a month among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	71.77%
North Carolina	North Carolina	75.45%
North Carolina	Partners Behavioral Health Management	77.74%

Table 9. Heroin Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 0.75% if the population indicated the use of Heroin in the past year among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	0.36%
North Carolina	North Carolina	0.56%
North Carolina	Partners Behavioral Health Management	0.75%

Table 10. Perceptions of Great Risk from Trying Heroin Once or Twice among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Protective Factors as compared to North Carolina and the United States. Data indicates that 89.29% of respondents believe there is great risk from trying Heroin once or twice among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	86.31%
North Carolina	North Carolina	88.12%
North Carolina	Partners Behavioral Health Management	89.29%

Table 11. Methamphetamine Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 1.28% of respondents have used Methamphetamine in the past year among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	0.65%
North Carolina	North Carolina	0.87%
North Carolina	Partners Behavioral Health Management	1.28%

Table 12. Pain Reliever Misuse in the Past Year among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Misuse of prescription psychotherapeutics is 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; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 5.05% of respondents have misused pain relievers in the past year among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	4.11%
North Carolina	North Carolina	4.51%
North Carolina	Partners Behavioral Health Management	5.05%

Table 13. Alcohol Use in the Past Month among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 48.61% of respondents admitted to using Alcohol during the past month being higher than the North Carolina average, but lower than the national average among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	51.59%
North Carolina	North Carolina	48.28%
North Carolina	Partners Behavioral Health Management	48.61%

Table 14. Binge Alcohol Use in the Past Month among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) 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.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 48.61% of respondents indicated that binge Alcohol use occurred during the past month among individuals age 12 or older. This percentage is above North Carolina rates, yet below United States data.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	51.59%
North Carolina	North Carolina	48.28%
North Carolina	Partners Behavioral Health Management	48.61%

Table 15. Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Protective Factors as compared to North Carolina and the United States. Data indicates that 48.61% of respondents perceive that having five or more drinks of alcohol once or twice a week as posing great risk. This is above average compared to both North Carolina and the United States.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	45.00%
North Carolina	North Carolina	47.44%
North Carolina	Partners Behavioral Health Management	48.61%

Table 16. Alcohol Use in the Past Month among Individuals Aged 12 to 20, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 21.55% of respondents admitted to using Alcohol during the past month among individuals that are 12 to 20 years old.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	19.82%
North Carolina	North Carolina	19.56%
North Carolina	Partners Behavioral Health Management	21.55%

Table 17. Binge Alcohol Use in the Past Month among Individuals Aged 12 to 20, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 13.19% of respondents admitted to binge Alcohol use during the past month among individuals that are 12 to 20 years old.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	12.23%
North Carolina	North Carolina	11.99%
North Carolina	Partners Behavioral Health Management	13.16%

Table 18. Tobacco Product Use in the Past Month among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco or snus), cigars, or pipe tobacco.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 31.52% of respondents admitted to Tobacco product use during the past month being higher than the North Carolina average, but lower than the national average among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	22.80%
North Carolina	North Carolina	26.35%
North Carolina	Partners Behavioral Health Management	31.52%

Table 19. *Cigarette Use in the Past Month* among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 25.72% of respondents admitted to Cigarette use in the past month among individuals 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	18.33%
North Carolina	North Carolina	21.57%
North Carolina	Partners Behavioral Health Management	25.72%

Table 20. *Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day* among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Decreased Protective Factors as compared to North Carolina and the United States. Data indicates that 69.98% of respondents perceive that smoking one or more packs of Cigarettes per day poses great risk. This is below average for both North Carolina and the United States.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	72.40%
North Carolina	North Carolina	70.45%
North Carolina	Partners Behavioral Health Management	69.98%

Table 21. *Illicit Drug Use Disorder in the Past Year* among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Illicit Drug Use Disorder is defined as meeting criteria for illicit drug dependence or abuse. Dependence or abuse is based on definitions found in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Misuse of prescription psychotherapeutics is 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; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 3.37% of respondents admitted to an illicit drug use disorder the past year among individuals age 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	2.92%
North Carolina	North Carolina	3.34%
North Carolina	Partners Behavioral Health Management	3.37%

Table 22. *Pain Reliever Use Disorder in the Past Year* among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Pain Reliever Use Disorder is defined as meeting criteria for pain reliever dependence or abuse. Dependence or abuse is based on definitions found in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 1.05% of respondents admitted to a pain reliever use disorder the past year by individuals age 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	0.68%
North Carolina	North Carolina	0.83%
North Carolina	Partners Behavioral Health Management	1.05%

Table 23. Alcohol Use Disorder in the Past Year among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Alcohol Use Disorder is defined as meeting criteria for alcohol dependence or abuse. Dependence or abuse is based on definitions found in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 5.97% of respondents admitted to an Alcohol use disorder the past year among individuals age 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	5.59%
North Carolina	North Carolina	5.44%
North Carolina	Partners Behavioral Health Management	5.97%

Table 24. Substance Use Disorder in the Past Year among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substance Use Disorder is defined as meeting criteria for illicit drug or alcohol dependence or abuse. Dependence or abuse is based on definitions found in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 7.58% of respondents admitted to an substance use disorder the past year among individuals age 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	7.54%
North Carolina	North Carolina	7.47%
North Carolina	Partners Behavioral Health Management	7.58%

Table 25. Needing But Not Receiving Treatment at a Specialty Facility for Illicit Drug Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Respondents were classified as needing illicit drug treatment if they met the criteria for an illicit drug use disorder as defined in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) or received treatment for illicit drug use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center). Needing But Not Receiving Illicit Drug Treatment refers to respondents who are classified as needing illicit drug treatment, but who did not receive illicit drug treatment at a specialty facility. Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Misuse of prescription psychotherapeutics is 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; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 2.99% of respondents needing but not receiving treatment at a specialty facility for illicit drug use during the past year among individuals age 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	2.62%
North Carolina	North Carolina	2.90%
North Carolina	Partners Behavioral Health Management	2.99%

Table 26. Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Respondents were classified as needing alcohol treatment if they met the criteria for an alcohol use disorder as defined in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) or received treatment for alcohol use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center). Needing But Not Receiving Alcohol Treatment refers to respondents who are classified as needing alcohol treatment, but who did not receive alcohol treatment at a specialty facility.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 5.54% of respondents indicated needing but not receiving treatment at a specialty facility for alcohol use in the past year among individuals age 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	5.34%
North Carolina	North Carolina	5.10%
North Carolina	Partners Behavioral Health Management	5.54%

Table 27. Needing But Not Receiving Treatment at a Specialty Facility for Substance Use in the Past Year among Individuals Aged 12 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

NOTE: Respondents were classified as needing substance use treatment if they met the criteria for an illicit drug or alcohol use disorder as defined in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) or received treatment for illicit drug or alcohol use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center). Needing But Not Receiving Substance Use Treatment refers to respondents who are classified as needing illicit drug or alcohol treatment, but who did not receive illicit drug or alcohol treatment at a specialty facility. Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Misuse of prescription psychotherapeutics is 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; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 7.41% of respondents indicated needing but not receiving treatment at a specialty facility for substance use the past year among those age 12 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	7.01%
North Carolina	North Carolina	6.89%
North Carolina	Partners Behavioral Health Management	7.41%

Table 28. Serious Mental Illness in the Past Year among Adults Aged 18 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

NOTE: Serious mental illness (SMI) is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, as assessed by the Mental Health Surveillance Study (MHSS) *Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition—Research Version—Axis I Disorders* (MHSS-SCID), which is based on the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). SMI includes individuals with diagnoses resulting in serious functional impairment. As such, these estimates are based on indicators of SMI rather than direct measures of diagnostic status. For details, see Section B of the "2017-2018 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 6.76% of respondents reported a serious mental illness in the past year by adults age 18 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	4.59%
North Carolina	North Carolina	5.46%
North Carolina	Partners Behavioral Health Management	6.76%

Table 29. Any Mental Illness in the Past Year among Adults Aged 18 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 22.12% of respondents indicated a serious mental illness in the past year by adults age 18 or older.

NOTE: Any mental illness (AMI) is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, as assessed by the Mental Health Surveillance Study (MHSS) *Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition—Research Version—Axis I Disorders* (MHSS-SCID), which is based on the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). As such, these estimates are based on indicators of AMI rather than direct measures of diagnostic status. For details, see Section B of the "2017-2018 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	19.06%
North Carolina	North Carolina	20.12%
North Carolina	Partners Behavioral Health Management	22.12%

Table 30. Received Mental Health Services in the Past Year among Adults Aged 18 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Mental Health Services are defined as having received inpatient treatment/counseling or outpatient treatment/counseling or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 20.36% of individuals age 18 or older received mental health services in the past year.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	15.01%
North Carolina	North Carolina	17.15%
North Carolina	Partners Behavioral Health Management	20.36%

Table 31. Had Serious Thoughts of Suicide in the Past Year among Adults Aged 18 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

Respondents were asked, "At any time in the past 12 months, did you seriously think about trying to kill yourself?" If they answered "Yes," they were categorized as having serious thoughts of suicide in the past year.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 5.83% of respondents indicated that they had serious thoughts of suicide in the past year among those 18 or older.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	4.38%
North Carolina	North Carolina	5.30%
North Carolina	Partners Behavioral Health Management	5.83%

Table 32. Major Depressive Episode in the Past Year among Adults Aged 18 or Older, by State and Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs

NOTE: Major depressive episode (MDE) is defined as in the 5th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5), which specifies a period of at least 2 weeks when an individual experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms. For details, see Section B of the "2017-2018 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.

Substate Level: Increased Risk Factors as compared to North Carolina and the United States. Data indicates that 8.89% of respondents age 18 or older have experienced a major depressive episode in the past year.

State	Substate Region	95% CI (Upper)
Total United States	Total United States	7.17%
North Carolina	North Carolina	7.92%
North Carolina	Partners Behavioral Health Management	8.89%