

## MEDIA BACKGROUND INFORMATION STACIE MATHEWSON BEHAVIORAL HEALTH & ADDICTION INSTITUTE AT RENOWN

### Mental Health & Substance Abuse Statistics:

- **Washoe County:**
  - 26.7% battling mental health issues and/or addiction (higher than diabetes, heart disease, cancer, respiratory disease)<sup>1</sup>
  - 18.7% experiencing a diagnosable mental illness (4.5% have a serious mental illness that substantially interferes with or limits major life activities)<sup>2</sup>
  - 1 in 10 suffer significant impairment to health and well-being due to alcohol or drug use<sup>1</sup>
  - 26.8 suicides per 100,000 (2 times higher than national average: 13.4 per 100,000)<sup>3</sup>
  
- **Youth in Washoe County:**
  - Care services provided at 25% of the national average<sup>4</sup>
  - High school substance abuse:<sup>5</sup>
    - 1 in 4 regularly engage in binge drinking
    - 1 in 4 currently use marijuana (45% have used marijuana)
    - 1 in 10 currently take prescription drugs without a doctor's prescription (20% have used prescription drugs without a doctor's prescription)
    - 1 in 10 have used ecstasy, cocaine, synthetic marijuana or inhalants
  
- **Opioid Pain Killer Prescription Rates in Nevada:**<sup>6</sup>
  - Statewide: 87.5 per 100 people
  - Washoe County: 87.5 per 100 people
  - Seven counties stand above 100 per 100 people
    - Carson City, Churchill, Douglas, Lyon, Mineral, Nye, Storey Counties.
  
- **Treatment statistics:**<sup>7</sup>
  - Comparable to conditions such as asthma and diabetes, patients who receive treatment greatly improve.
    - Bipolar disorder improvement rate: 80%
    - Major depression, panic disorder, OCD improvement rate: 70%
    - Schizophrenia improvement rate: 60%
  
- **Treatment definitions:**
  - Intensive outpatient treatment: office-based therapy totaling 9 hours per week that is offered during the day and at night to fit patient needs.
  - Partial hospitalization: office-based therapy totaling 25 hours per week that allows patients to receive care outside of the hospital and practice the skills they learn at home each night.
  - Medication-assisted treatment: prescriptions that aid recovery by decreasing addiction cravings.

### Sources:

<sup>1</sup> Federal Substance Abuse & Mental Health Services Administration. 2012-2014 data.

<sup>2</sup> Federal Substance Abuse & Mental Health Services Administration. 2011-2014 data.

<sup>3</sup> National Center for Health Statistics, Vital Statistics-Underlying Causes of Death Files.

<sup>4</sup> Federal Substance Abuse & Mental Health Services Administration. 2013 data.

<sup>5</sup> Youth Risk Behavior Survey 2015.

<sup>6</sup> Office of Public Health Informatics and Epidemiology; Prescription Drug Monitoring Program.

<sup>7</sup> Priorities among effective clinical preventive services: Results of a systematic review and analysis. American Journal of Preventive Medicine. 2006 Jul; 31(1):52-61.