

Vermont Mental Health Performance Indicator Project
Agency of Human Services, Department of Health, Division of Mental Health
108 Cherry Street, Burlington, Vermont 05401

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani, Olivia Hunter, and Rod McCormick

DATE: January 20, 2006

RE: Utilization of Mental Health and Substance Abuse Services by Adults with
Depressive Disorders

This week's brief report examines utilization of community mental health and substance abuse services by adults with depressive disorders. This report was prepared in response to a request from Laurel Decher of the VDH Chronic Disease Epidemiology unit.

The World Health Organization describes depression as a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities. The World Health Organization has recognized depression as the leading cause of disability as measured by years lived with disability, and the 4th leading contributor to the global burden of disease as measured by years of potential life lost due to premature mortality. (http://www.who.int/mental_health/management/depression/definition/en/)

Our utilization measure is based on a comparison of the prevalence of depression in the general population with the prevalence of depression in a public behavioral health caseload. Two data sets were used in this analysis. Data from the VDH BRFSS telephone survey for 1996 through 2004 provided information on the prevalence of depression among Vermont adults. These prevalence estimates are based on responses to the 4-item Medical Outcomes Study Depression Questionnaire module of the BRFSS. Data from the Monthly Service Report data sets provided to the Division of Mental Health (DMH) by designated community agencies were used to determine the number of individuals with an indication of depression among adults served by mental health or substance abuse programs during FY2005. Indications of depression include a diagnosis of Affective disorder and/or a problem assessment indication of "depression or mood disorder".

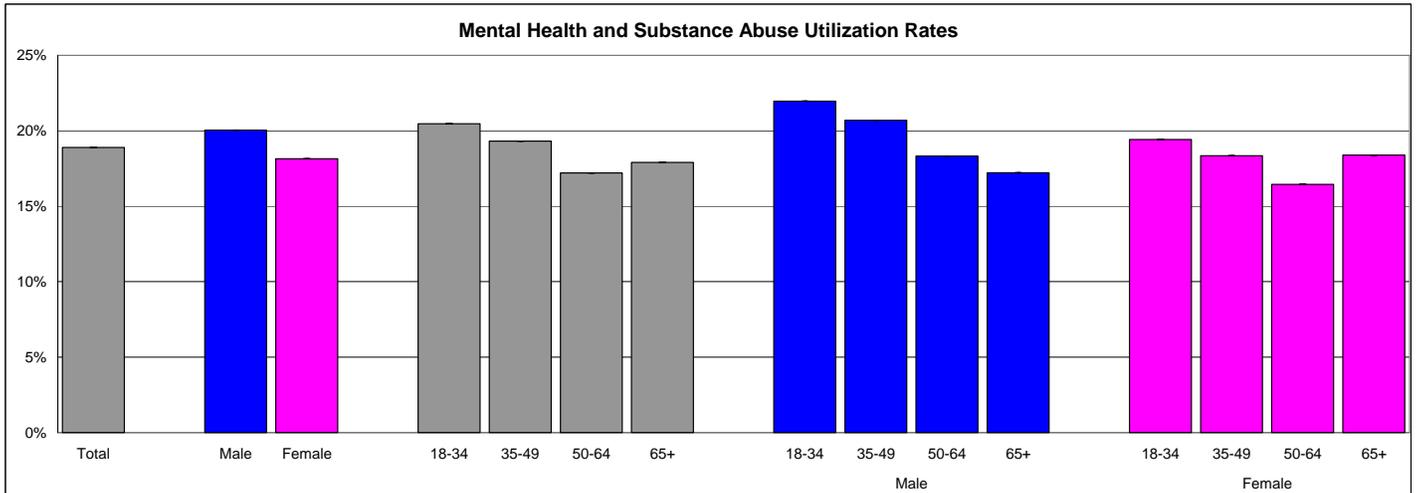
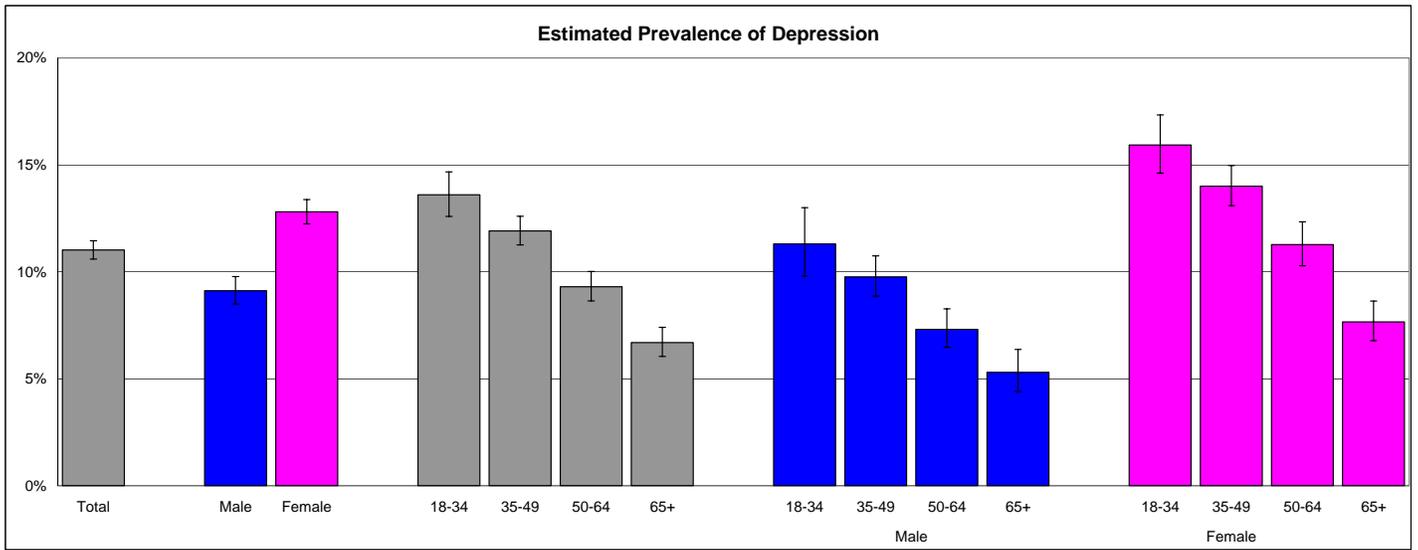
As you will see, about 11% of Vermont adults have an indication of depression. Depression is more prevalent among women than among men (13% vs. 9%) and prevalence decreased with increasing age (from 14% in the 18-34 age group to 7% in the 65+ age group).

Utilization of community mental health and substance abuse services by adults with depression also varied among gender and age groups, although the differences were much less substantial. Overall, 19% of Vermonters with depression received mental health or substance abuse services from a DMH designated agency during FY2005. This service utilization rate (percent of

estimated prevalence) was higher for men than for women (20% vs. 18% respectively) and decreased from 22% and 19% in the 18-34 age groups to 21% and 18% in the 35-49 age groups to 18% and 16% in the 50-64 age groups and to 17% and 18% in the 65+ age groups.

As always, we look forward to your questions and comments, and your suggestions for further analysis of these data or other data regarding the health and mental health status of Vermonters to pip@vdh.state.vt.us or 802.863.7249.

Utilization of Mental Health and Substance Abuse Services by Adults with Depressive Disorders: FY2005



		Total		18-34			35-49			50-64			65+			
		Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	
With Depressive Disorders	Number	52,908	21,191	31,682	18,280	7,704	10,553	17,786	7,127	10,683	10,815	4,201	6,629	5,362	1,800	3,535
	% of Population	11%	9%	13%	14%	11%	16%	12%	10%	14%	9%	7%	11%	7%	5%	8%
	CI	10.6-11.5%	8.5-9.8%	12.2-13.4%	12.6-14.7%	9.8-13.0%	14.6-17.3%	11.3-12.6%	8.9-10.7%	13.1-15.0%	8.6-10.0%	6.5-8.3%	10.3-12.3%	6.0-7.4%	4.4-6.4%	6.8-8.6%
CMHC Clients with Indication of Depression	Number	9,996	4,247	5,749	3,741	1,692	2,049	3,435	1,475	1,960	1,860	770	1,090	960	310	650
	% of At Risk *	19%	20%	18%	20%	22%	19%	19%	21%	18%	17%	18%	16%	18%	17%	18%

This report is based on analysis of monthly service report data provided by designated agencies to DMH as part of their annual contractual reporting requirement. These data files include up to four diagnoses and a 13 item problem appraisal checklist per person. For the purposes of this analysis either a diagnosis of depression in any of the four diagnosis fields or an indication of "depression or mood disorder" on the problem checklist were considered to be evidence of the identification of depression by CMHC staff. Utilization rates are based on a comparison of the estimated number of residents with depression and the number of people in the treatment population who have a diagnosis of depression.

The estimated prevalence of depression is based on an ongoing Behavioral Risk Factor Survey conducted by VDH.

* Confidence intervals are less than 0.00000006.