

Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Health, Department of Mental Health
108 Cherry Street, Burlington, Vermont 05401

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

FROM: John Pandiani, Rod McCormick, and Walter Ochs

DATE: September 12, 2008

RE: Co-occurring Mental Health and Substance Abuse Disorders in Vermont

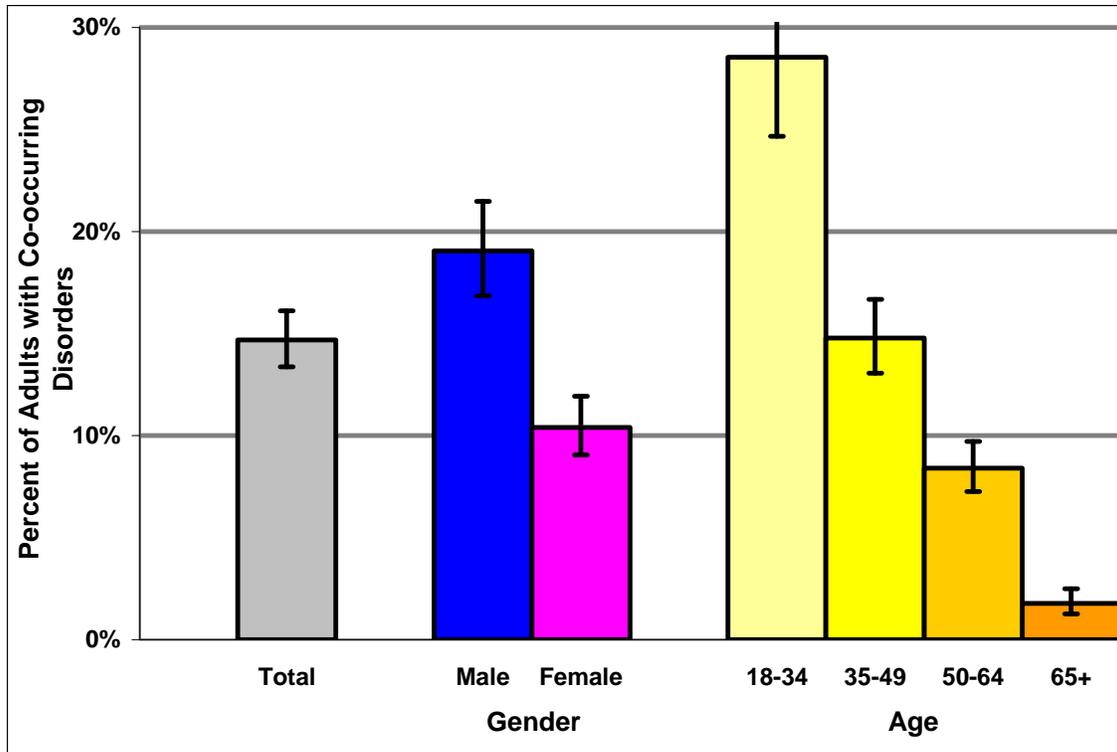
This week's PIP report was prepared in response to a request from Paul Dragon, Director of Vermont's Integrated Services Initiative, for information about the proportion of Vermont residents who would be likely to screen positive for both a mental health and a substance abuse disorder at a primary care practice.

The information provided here is based on analysis of the Vermont Department of Health Behavioral Risk Factor Surveillance System (BRFSS) survey of a representative sample of Vermont residents during 2007. For purposes of this analysis, individuals who indicated a mental health problem and at least one substance abuse problem (using marijuana, abusing prescription medications, or "excessive" alcohol consumption) were considered to have a co-occurring disorder. More detailed descriptions of the specific BRFSS questions regarding mental health and substance abuse are attached.

As you will see, about one in seven respondents (15%) indicated both a mental health problem and a substance abuse problem. Men were more likely than women to have co-occurring disorders (19% vs. 10% respectively). Co-occurring disorders decreased with increasing age from 29% in the 18-34 age group to 15% in the 35 to 49 age group, 8% in the 50-64 age group, and 2% in the 65+ age group.

We look forward to your interpretation of these findings, and your suggestions for further analysis of these data. Please forward your comments and suggestions to pip@vdh.state.vt.us or 802.863.7249

Prevalence of Co-occurring Mental Health and Substance Abuse Disorders among Vermont Residents, FY2007



Vermont Residents with Co-occurring MH and SA Disorders

	<u>Percent</u>	<u>95% CI</u>
Total	15%	(13-16%)
Gender		
Male	19%	(17-21%)
Female	10%	(9-12%)
Age		
18-34	29%	(25-33%)
35-49	15%	(13-17%)
50-64	8%	(7-10%)
65+	2%	(1-3%)

Analysis based on data collected by the Vermont Department of Health Behavior Risk Factor Surveillance System (BRFSS) survey during CY2007. The BRFSS is an on-going telephone health survey system conducted by the health department of each state. The BRFSS surveys include residents and excludes institutionalized Vermonters. For purposes of this analysis, individuals who indicated a mental health problem and at least one substance abuse problem (using marijuana, abusing prescription medications, or "excessive" alcohol consumption) were considered to have a co-occurring disorder. More detailed descriptions of the specific BRFSS questions regarding mental health and substance abuse are attached. Also, a link to information on the BRFSS survey is:

<http://www.cdc.gov/brfss/questionnaires/pdf-ques/2007brfss.pdf>.

**BRFSS indicators
of mental health and substance abuse disorders
used in this analysis**

A mental health problem was indicated by a response indicating the respondent's mental health was "not good" during one or more days during the past 30 days.

An *alcohol problem* was indicated by a positive answer to a question regarding heavy drinking or to a question regarding binge drinking during the past 30 days.

Marijuana use was indicated by a positive response to a question indicating any use of marijuana or hashish during the past 30 days.

Abuse of prescription drugs was indicated by a response indicating greater than prescribed use of a prescription drug or use of a prescription drug not prescribed for the respondent during the past 30 days.

A copy of the complete survey instrument with detailed definitions is available at: <http://www.cdc.gov/brfss/questionnaires/pdf-ques/2007brfss.pdf>.