

Substance Use Disorders and Treatment - Adults

DESCRIPTION

Substance use disorders (SUDs) have life-long effects that include high costs to individuals, families, health care systems and communities.¹ Research documents the connection between trauma and substance use disorders. While the effects of trauma and exposure to violence are found in all service sectors, it is particularly prominent among people with SUDs involved in the criminal justice system and disproportionately affects communities of color who experience historical and intergenerational trauma.¹ SUD is a common medical condition that is treatable. An estimated 450,000 to 500,000 Minnesotans are directly impacted by addictions with 50,000 treatment admissions- two-thirds publicly funded in Minnesota annually.² But every year, nearly 400,000 Minnesotans with SUD will not receive treatment. Many factors contribute to this “treatment gap,” including not being able to afford care, fear of shame and discrimination, and lack of screening for SUDs.² Legal penalties for illicit drugs range from probation sentences to prison time. Ninety percent of Minnesota inmates have been diagnosed with a SUD.³ Recovery from SUDs is a process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential. People need a stable and safe place to live; meaningful, productive, worthwhile activities; and relationships and social networks that provide support, friendship, love and hope.¹

HOW WE ARE DOING

Illicit drug use in Minnesota, most common among adults 18-25, has remained stable in recent years and is below national rates.² About 2 percent of Ramsey County students reported having been in treatment for an alcohol or drug use in 2016.⁴ It's estimated that over 32,700 Ramsey County residents needed SUD treatment in 2016, and among that group, only 4,186 actually received treatment. In other words, 12.8 percent of those needing treatment received it, which does not meet the Healthy People target of 10.9 percent.⁵ Since 2012, opioid misuse was top reason for illicit drug treatment for county residents. But for the first time since 2007, methamphetamine addiction became the primary reason for treatment admissions in 2016, accounting for 19.8 percent of admissions. Opioids were close behind at 18.6 percent of admissions.⁶ Arrests in Ramsey County for narcotics decreased 31 percent between 2012-2016.⁵ The number of Ramsey County adults in prison or on probation for drug offenses decreased 16 percent during the same time.⁵

BENCHMARK INDICATOR

Healthy People 2020: Increase the proportion of persons who need alcohol and/or illicit drug treatment and received specialty treatment for abuse or dependence in the past year.

U.S. Target: 10.9 percent⁷

DISPARITIES

Significant SUD disparities persist in diverse communities, including racial and ethnic groups, LGBTQ individuals, people with disabilities, girls and young adults.¹ Various SUD subpopulations face elevated levels of mental health disorders and experience higher rates of suicide. People with mental health disorders have a higher risk of abusing prescription

Information to note

- In 2016, there were 28,534 Ramsey County residents who needed substance use disorder treatment but did not receive it.
- For the first time since 2007, methamphetamine addiction among county residents became the primary reason for substance use disorder treatment admissions in 2016; bypassing opioid admissions.
- The number of Ramsey County adults in prison or on probation for drug offenses decreased 16%, while the number of narcotics arrests in the county decreased 31% between 2012-2016.

¹ Leading Change 2.0: Advancing the Behavioral Health of the Nation 2015-2018. SAMHSA. <https://www.nasmhpd.org/sites/default/files/PEP14-LEADCHANGE2.pdf>. Accessed April, 2018.

² 2018 Substance Abuse in Minnesota: A State Epidemiological Profile. Minnesota Department of Human Services. <http://sumn.org/~media/542/MNEpiProfile2018.pdf>. Accessed April, 2018.

³ Chemical Dependency Treatment Services in Prison Fact Sheet. Minnesota Department of Corrections. 2017. https://mn.gov/doc/assets/CD%20Treatment_tcm1089-309012.pdf. Published August 2017. Accessed February 2018.

⁴ Minnesota Student Survey. Saint Paul – Ramsey County Public Health data set.

⁵ Minnesota Department of Human Services. Personal communication February 2018.

⁶ Ramsey County. SUMN.org Fact Sheet. SUMN.org Web Site. <http://www.sumn.org/data/location/show.aspx?tf=32%2c32&loc=62&cat=136&ds=a>. Accessed April, 2018.

⁷ Substance Abuse. Healthy People.gov. <https://www.healthypeople.gov/2020/topics-objectives/topic/substance-abuse/objectives>. Accessed March 20, 2018.

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medication than those that do not. In Minnesota, the disparity is large: 22.8 percent of adults with depression use illicit drugs compared to 9.1 percent of adults without depression.⁸ Historically, diverse populations tend to have less access to health care, lower or disrupted health care service use and poorer behavioral health outcomes.⁹ Twin Cities Metro SUD programs indicate that whites account for the highest percentage of admissions for all substances except cocaine, for which African-Americans account for the highest percentage of admissions.¹⁰

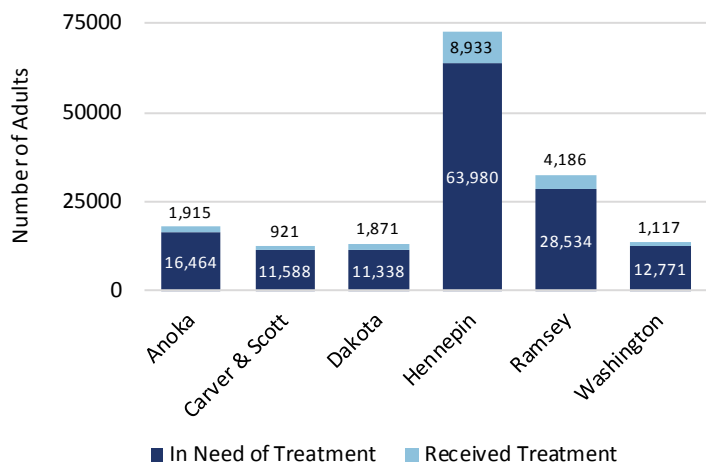
RISK FACTORS

Risk factors for SUDs include living in poverty, domestic violence, childhood and historical trauma including involvement in the foster care system, and involvement in the criminal justice system.⁹ Individuals who live with someone who has a SUD are also at risk.¹¹

WHAT RAMSEY COUNTY IS DOING

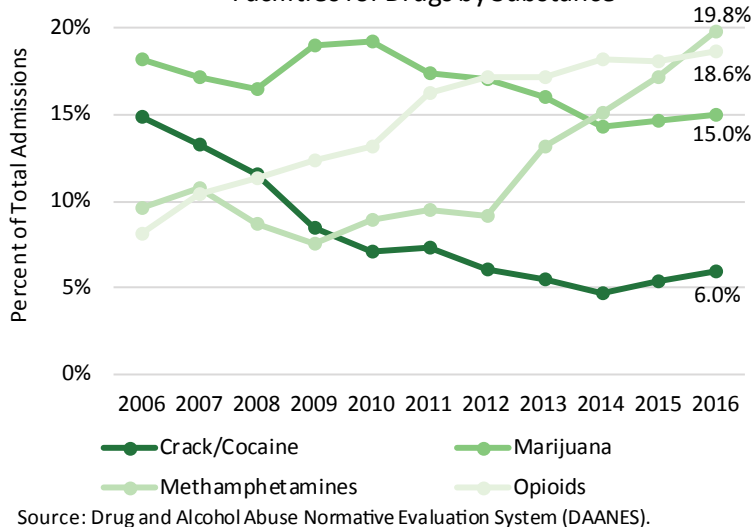
Ramsey County's criminal justice system recognizes that many offenders have significant underlying issues that attributed to their criminal actions and, therefore, may require additional resources to ensure they do not end up back in court in the future. For this reason, specialized programs such as drug courts, DUI courts and veterans' courts are in place to assist eligible offenders. The Ramsey County Mental Health Court is one of only three programs in the state that is directed toward offenders who suffer from mental illness or coinciding mental illness and substance use disorders.

Adults in Need of Substance Use Disorder Treatment, 2016



Source: Minnesota Department of Human Services.¹²

Ramsey County Admissions to MN Treatment Facilities for Drugs by Substance



Source: Drug and Alcohol Abuse Normative Evaluation System (DAANES).

⁸ Substance Abuse. Healthy People.gov. <https://www.healthypeople.gov/2020/topics-objectives/topic/substance-abuse/objectives>. Accessed March 20, 2018.

⁹ Leading Change 2.0: Advancing the Behavioral Health of the Nation 2015-2018. SAMHSA. <https://www.nasmhpd.org/sites/default/files/PEP14-LEADCHANGE2.pdf>. Accessed April, 2018.

¹⁰ Park E. Depression and co-occurring substance use disorders: Results from the 2010 Minnesota survey on adults substance use. MN Department of Human Services. 2013. <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-6720-ENG>. Published May 2013. Accessed July 27, 2017.

¹¹ Falkowski C. Drug abuse trends in the Minneapolis/St. Paul Metropolitan area. Drug abuse dialogues. 2017. http://drugabusedialogues.com/drug_abuse_trends_reports/2017_April.pdf. Published April 2017. Accessed July 20, 2017.

¹² Minnesota Department of Human Services personal communication, January 2018.

¹³ Drug and Alcohol Abuse Normative Evaluation System (DAANES). SUMN Web Site: <http://sumn.org>. Accessed December, 2017.