

Substance Use and Mental Health in Reintegration Programs

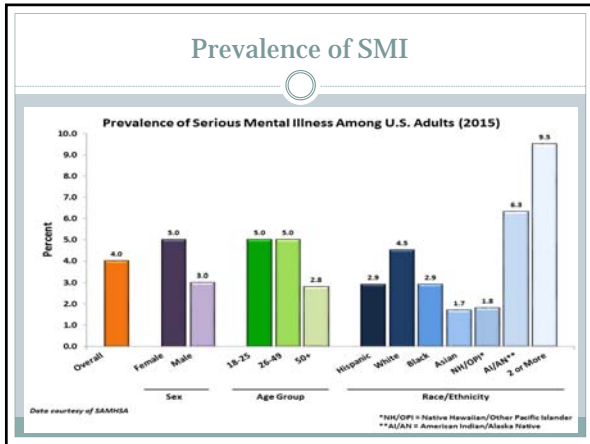
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Prevalence

- Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.¹
- Approximately 1 in 25 adults in the U.S.—9.8 million, or 4.0%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.²
- Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5%—10.2 million adults—had a co-occurring mental illness.⁸

Substance Use and Mental Illness

- According to SAMHSA, 26.7% of people with mental health issues abused illicit drugs in 2012. In the general public, only 13.2% of people abused drugs.
- Those who suffer from mental illness may attempt to **self-medicate their symptoms via drug use**. When these individuals abuse drugs, they may feel less anxiety, depression, or neuroses, albeit temporarily. When the individual is not high, **the symptoms of their mental health issue return – oftentimes stronger than they were before.**



Mental Health and Incarceration

Table 1. Recent history and symptoms of mental health problems among prison and jail inmates

Mental health problem	Percent of Inmates in —		
	State prison	Federal prison	Local jail
Any mental health problem	56.2%	44.8%	64.2%
Recent history of mental health problem^a	24.3%	13.8%	20.6%
Told had disorder by mental health professional	9.4	5.4	10.9
Had overnight hospital stay	5.4	2.1	4.9
Used prescribed medications	18.0	10.3	14.4
Had professional mental health therapy	15.1	8.3	10.3
Symptoms of mental health disorders^b	49.2%	39.8%	60.5%
Major depressive disorder	23.5	16.0	29.7
Mania disorder	43.2	35.1	54.5
Psychotic disorder	15.4	10.2	23.9

Note: Includes inmates who reported an impairment due to a mental problem. Data are based on the Survey of Inmates in State and Federal Correctional Facilities, 2004, and the Survey of Inmates in Local Jails, 2002. See Methodology for details on survey sample. See References for sources on measuring symptoms of mental disorder based on a Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders, fourth edition (DSM-IV).
^aIn year before arrest or smoe admission.
^bIn the 12 months prior to the interview.

Prevalence of MH Problems & Incarceration

Table 2. Prevalence of mental health problems among prison and jail inmates

Mental health problem	State prison Inmates		Federal prison Inmates		Local jail Inmates	
	Number	Percent	Number	Percent	Number	Percent
Any mental health problem^a	705,600	56.2%	70,200	44.8%	479,900	64.2%
History and symptoms	219,700	17.5	13,900	8.9	127,600	17.1
History only	85,400	6.8	7,500	4.8	25,200	3.5
Symptoms only	396,700	31.6	48,100	30.7	322,900	43.2
No mental health problem	549,900	43.8%	86,500	55.2%	267,600	35.8%

Note: Number of inmates was estimated based on the June 30, 2005 custody population in State prisons (1,255,514), Federal prisons (156,643, excluding 19,311 inmates held in private facilities), and local jails (747,529).
^aDetails do not add to totals due to rounding. Includes State prisoners, Federal prisoners, and local jail inmates who reported an impairment due to a mental problem.

Social Statistics

- An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and/or substance use disorders.⁹
- Approximately 20% of state prisoners and 21% of local jail prisoners have “a recent history” of a mental health condition.¹⁰
- 70% of youth in juvenile justice systems have at least one mental health condition and at least 20% live with a serious mental illness.¹¹

Link between Substance abuse and Mental Illness

- **Certain mental conditions are most likely to use abuse substances:**
 - Antisocial personality disorders have a 15.5% abuse rate.
 - Bipolar disorder is next at 14.5%.
 - Anxiety disorders have a 4.3% abuse rate.
- The U.S. Department of Veterans Affairs indicates that more than **2 out of 10 veterans** who suffer from post-traumatic stress disorder (PTSD) concurrently have a substance abuse disorder.

Mental Illness

- **Mood Disorders**
 - Major Depressive Disorder most commonly diagnosed
 - Can present with or without anxiety
 - Not just ‘having a bad day’
 - How it typically presents in the program
 - How it is treated

Mental Illness

- **Bipolar Disorder**
 - Frequently diagnosed and medicated in prison population
 - Mood swings are often interpreted as bipolar
 - What a manic episode looks like (*not just 'not depressed' or 'in a good mood'*)
 - How it typically presents in the program
 - How it is treated

Mental Illness

- **Psychotic Disorders**
 - Schizophrenia most commonly diagnosed
 - Frequently diagnosed in prison population solely based on the comment 'I hear voices' (*but voices can be caused by other things, drugs etc, explained more later*)
 - What a typical case looks like (*positive symptoms*)
 - Delusions
 - Hallucinations
 - Disorganized behavior/speech
 - How it typically presents in the program
 - How it is treated

Mental Illness

- **Personality Disorders**
 - How they differ from all the other disorders
 - Narcissistic & Antisocial common in our population
 - How it typically presents in the program
 - How it is treated

Substance Use & Mental Illness

- **Drugs can look like mental illness** (*apart from causing/exacerbating it*)
- **For all drugs, come down can look like a depressive disorder**
 - Opiates or marijuana can also if client is just seen briefly but frequently due to physical effects
- **Amphetamines can look like bipolar** (mania and come down)
 - Sometimes amphetamines can look like schizophrenia
- **LSD, PCP, 'sherm' can look like schizophrenia**
 - Possibly marijuana depending on kind/cut

Substance Use & Mental Illness

- **Chicken or Egg**
- **Do drugs cause mental illness or does mental illness lead to drug use**
 - No straight answer
- **How mental illness leads to drug use**
 - Primarily symptom management
- **How drug use leads to mental illness**
 - Latent illness triggered
 - Permanent brain damage
 - Beliefs held about the world for too long

Treatment Statistics

- Only 41% of adults in the U.S. with a mental health condition received mental health services in the past year. Among adults with a serious mental illness, 62.9% received mental health services in the past year.⁸
- African Americans and Hispanic Americans used mental health services at about one-half the rate of Caucasian Americans in the past year and Asian Americans at about one-third the rate.¹³
- Half of all chronic mental illness begins by age 14; three-quarters by age 24. Despite effective treatment, there are long delays—sometimes decades—between the first appearance of symptoms and when people get help.¹⁴

Treatment for Mood Disorders

- **Medication**
 - Serotonin Reuptake Inhibitors & Serotonin Noepinephrine Antidepressants
 - Treat depression and associated symptoms of sadness, fatigue, hopelessness, sleeplessness, anhedonia, loss of appetite, loss of concentration, suicide, or self-harm thinking
 - Mood Stabilizers
 - Treat mood swings, excitability, irritability, anxiety, impulsivity, euphoria, depression, pressured speech, poor judgment, anger, sleeplessness, excessive energy, racing thoughts
- **What symptoms cannot be cured or managed**
- **Abuse potential**
- **Prevalence in prisons and programs**
- **Barriers to treatment**

Treatment for Bipolar Disorder

- **Medication**
 - Atypical antipsychotics to treat mixed or manic episodes
- **What symptoms cannot be cured or managed**
- **Abuse potential**
- **Prevalence in prisons and programs**
- **Barriers to treatment**

Treatment for Psychotic Disorders

- **Medication**
 - Atypical Antipsychotics & Typical Antipsychotics
 - Treat symptoms including auditory and visual hallucinations, delusions, and paranoia.
- **What symptoms cannot be cured or managed**
- **Abuse potential**
- **Prevalence in prisons and programs**
- **Barriers to treatment**

Treatment for Personality Disorders

- Unable to directly treat with medication
- What symptoms can and cannot be cured or managed
- Abuse potential
- Prevalence in prisons and programs
- Barriers to treatment

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