

Substance Abuse Treatment Admissions, and Rates of Depression and Anxiety by PHD

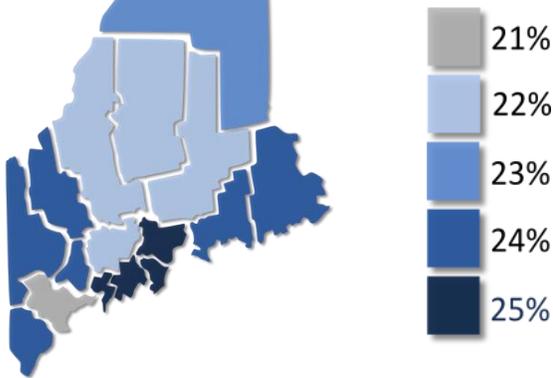
Statewide Facts:

- In 2010, 17% of adults reported being told they had anxiety, while 21% reported being told they had depression (BRFSS).
- Anxiety and depression rates among youth and adults in Maine appear to be increasing particularly among coastal and rural areas.
- More than 1 in 10 high school students seriously considered suicide in 2011 (MIYHS).
- Although rates have been steadily decreasing over time, alcohol continues to be the most commonly abused substance among those seeking treatment. (TDS, 2011).
- Synthetic opioids are the second substance cited most often by Mainers seeking treatment – Rates have

Depression Among Students

Maine's high school students were asked if they felt so sad in the past year that they stopped doing their usual activities for at least two weeks. Midcoast (25%) reported the highest rates of students who felt sad or hopeless in 2011 while Cumberland reported the lowest rate at 21%.

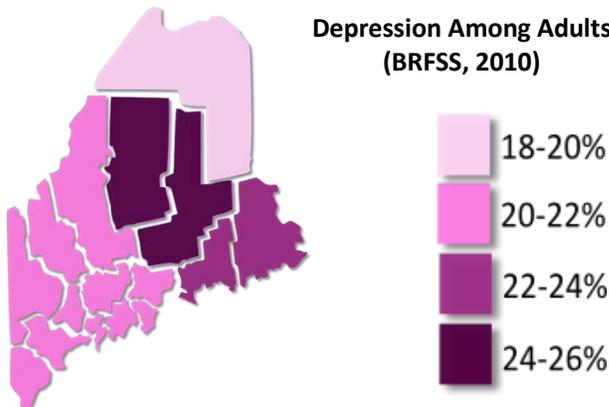
High School Students Feeling Sad or Hopeless (MIYHS, 2011)



Depression among Adults

Below is the percentage of Maine residents, age 18 and older, who have ever been told by a doctor that they have a depressive disorder. The Penquis public health district reported the highest rate of depression with 1 in 4 adults reporting they had been told they had depression. Downeast had the second highest rate of depression at 22%. The highest rate of anxiety was also observed in Downeast (20%).

Depression Among Adults (BRFSS, 2010)



Treatment

Below are the primary substances leading to treatment admissions in 2011. York had the highest rate of primary treatment admissions for alcohol at 50%. Downeast and Penquis stood out in primary treatment admissions for synthetic opioids, with the highest rates at 48 and 44 percent. Western public health district had the highest rate for primary treatment admissions due to marijuana at 17%, while Cumberland reported the highest rate for primary treatment admissions due to heroin and/or morphine at 14%. (TDS)

Percent of Primary Admissions by Substance (TDS, 2011)

