MENTAL HEALTH AND SUBSTANCE USE IN MAINE

November 2021

MENTAL HEALTH CONDITIONS

As reported by their parents, in 2019 there were an estimated 41,000 children (ages 3-17) diagnosed with a mental and/or behavioral condition (depression, anxiety problems, or behavioral or conduct problems); less than half (48%) received treatment.1

Maine has one of the highest rates of adults diagnosed with a depressive disorder. Only nine other states reported higher percentages of adults with diagnosed depression.2

Calls for help and co-morbidity

2-1-1 Maine received a 32 percent increase in the number of calls about mental health from 2019 to 2020. Housing/shelter calls increased by 33 percent and calls for substance use services increased by 36 percent over the same period.3

Rates of serious thoughts of suicide are double among high school students that drink (26%) compared to students that do not consume alcohol (13%). Overall, there has been an increase in the percentage of students that have seriously considered (23% increase), planned (44% increase), or attempted suicide (12% increase) in the past year from 2011 to 2019.4

CALLS FOR HELP AND CO-MORBIDITY+

Percentage of Adults who report being told by a medical professional they have a depressive disorder: 2020

No ACEs 1-2 ACEs 3+ ACEs

Alcohol use

Felt sad or hopeless

Seriously considered suicide

17% 23% 33% 19% 33% 59% 8% 15% 33% 35%

Commonly known risk factors for depression include a family history of depression, major life changes or stressors, certain medications, and illnesses.6 The Covid-19 pandemic has caused disruptions to life leading to increased anxiety and stress for individuals and families. Across the nation, rates of anxiety, depression, substance use, stress-related symptoms, and thoughts of suicide have nearly doubled since before the pandemic.7 With continued comorbidity of substance use and mental health conditions, it is crucial that preventionists continue to integrate mental health promotion with substance use prevention.

CONTRIBUTING FACTORS

Alcohol use, feelings of sadness and suicide ideation among youth based on the number of ACEs: 2019

High school students that have 3 or more Adverse Childhood Experiences (ACEs) have higher rates of past month alcohol use, feeling sad or hopeless for two or more weeks and having seriously considered suicide in the past year compared to those with fewer or no ACEs.4

Serious mental illness co-occurs with substance use frequently. Around 1 in 4 people with a serious mental illness also have a substance use disorder.5

MENTAL HEALTH AND THE PANDEMIC

This fact sheet is a product of the Maine State Epidemiological Outcomes Workgroup (SEOW)
For more info, visit www.maineseow.com

1 National Children's Health Survey
2 Behavioral Risk Factor Surveillance System*
3 2-1-1 Maine
4 Maine Integrated Youth Health Survey*
5 National Institute on Drug Abuse
6 American Health Rankings
7 National Institute of Mental Health
8 Self-reported data

†Comorbidity means more than one disease or condition is present in the same person at the same time.