2019 DELAWARE STATE
EPIDEMIOLOGICAL PROFILE

SUBSTANCE USE AND RELATED ISSUES

CHAPTER 9: Mental Health

prepared for

Director Elizabeth Romero and the
Delaware Division of Substance Abuse and Mental Health

&

The Delaware State Epidemiological Outcomes Workgroup

with funding from the
Strategic Prevention Framework - Partnerships for Success Program

Sponsored by Award SP020704 to the Division of Substance Abuse and Mental Health, Delaware Health and Social Services, from the Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration. Please address all inquiries to Laura Rapp, PhD, University of Delaware Center for Drug and Health Studies, Department of Sociology and Criminal Justice: lrapp@udel.edu.
Introduction:
The Role of the Delaware State Epidemiological Outcomes Workgroup and the Purpose of the Epidemiological Profile

All states, including Delaware, have received support from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention (CSAP) to establish a Statewide Epidemiological Outcomes Workgroup (SEOW). Some SEOWs, including Delaware’s, are incorporated as part of a SAMHSA Strategic Prevention Framework-State Incentive Grant (SPF-SIG) or Strategic Prevention Framework-Partnerships for Success (SPF-PFS) grant. The Division of Substance Abuse and Mental Health (DSAMH) in the Delaware Health and Social Services has been the recipient of an SPF-SIG grant and, more recently, of a SPF-PFS grant. The SEOW is a group of people and organizations in the state that have and use analytical data concerning drug and alcohol use and abuse and related behaviors and consequences; this information can be used to establish and monitor indicators related to substance abuse prevention. Formerly known as the Delaware Drug and Alcohol Tracking Alliance (DDATA), Delaware’s SEOW mission is to bring data on substance abuse and related behavioral problems to the forefront of the prevention planning process by pursuing the following goals:

- To build monitoring and surveillance systems to identify, analyze, and profile data from state and local sources
- To provide current benchmarks, trends, and patterns of substance abuse consumption and consequences
- To create data-guided products that inform prevention planning and policies
- To train agencies and communities in understanding, using, and presenting data effectively

This report, the Delaware State Epidemiological Profile, was developed by the SEOW to disseminate data for strategic planning, decision-making, and evaluation. Using indicators that are available on an ongoing basis, the report briefly describes Delaware-specific patterns of consumption, context, consequences, and trends of substance use, especially among young people.

Chapter 9 describes the ranges in reports of mental health in Delaware. To review the complete Delaware Epidemiological Profile, other chapters, or SEOW data products, please visit the UD Center for Drug and Health Studies Delaware Epidemiological Reports page.
SEOW Collaborators

Thank you for your participation and commitment to data-driven prevention planning, practice, and evaluation! We are especially grateful for the support from Director Elizabeth Romero and the team at the Delaware Division of Substance Abuse and Mental Health for their guidance and collaboration.

atTAcK Addiction
Christiana Care Health System
Delaware Academy of Medicine
Delaware Afterschool Network
Delaware Criminal Justice Council
Delaware Coalition Against Domestic Violence
Delaware Council on Gambling Problems
Delaware Courts - Office of the Child Advocate
Delaware Criminal Justice Information System
Delaware Department of Education
Delaware Department of Services for Children, Youth and their Families
  Division of Prevention and Behavioral Health Services
Delaware Health and Social Services
  Division of Medicaid and Medical Assistance
  Division of Public Health
  Division of Services for Aging and Adults with Physical Disabilities
  Division of Substance Abuse and Mental Health
Delaware Information and Analysis Center
Delaware Multicultural and Civic Organization
Delaware Prevention Coalition
Delaware State Police
Department of Safety and Homeland Security
  Division of Alcohol and Tobacco Enforcement
  Division of Forensic Science
KIDS COUNT in Delaware, University of Delaware Center for Community Research & Service

La Esperanza Community Center

Latin American Community Center

Mental Health Association in Delaware

Nemours Health and Prevention Services

Office of Controlled Substances
  Delaware Division of Professional Regulation
  Delaware Prescription Monitoring Program

Open Door Inc.

Wesley College

West End Neighborhood House

University of Delaware
  Student Health & Wellness Promotion

SEOW Facilitator Team at the University of Delaware Center for Drug and Health Studies:

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Delaware State Epidemiological Profile Overview

Each year, the Center for Drug and Health Studies at the University of Delaware, the facilitator of the State Epidemiological Outcomes Workgroup (SEOW), releases the Delaware State Epidemiological Profile, a project funded under the federal Strategic Prevention Framework-Partnerships for Success initiative. This report (2019) highlights the most recently available data on substance use among various populations across both Delaware and nationwide. Its information is intended to help decision-makers and stakeholders across the state accomplish goals related to needs assessments, strategic planning, and evaluation.

In its entirety, this report includes the following chapters:

1. State Demographic Background
2. Tobacco and Electronic Cigarettes
3. Alcohol
4. Marijuana
5. Opioid Use and Other Trends
6. Other Illegal Drugs
7. Substance-Exposed Infants
8. Gambling
9. Mental Health
10. Persons with Disabilities (new to the report this year)
11. Adverse Childhood Experiences
12. Lesbian, Gay, Bisexual, and Questioning Youth
13. Transgender Youth
14. Protective Factors
Chapter 9: Mental Health

Delaware Overview

There are high public and social costs associated with mental illness and poor mental health. People with poor mental health and/or serious mental illness may find it challenging to navigate social and economic systems and follow daily routines. In 2016-2017, approximately 7% of Delaware adults reported experiencing a depressive episode in the past year, and nearly 16% reported receiving mental health services. Approximately 4% of adults over the age of 18 reported seriously contemplating suicide in the past year (Substance Abuse and Mental Health Services Administration [SAMHSA], n.d.). Untreated mental illness can have fatal results. Annual averages from 2016-2017 indicated that 4% of all adults in Delaware had serious thoughts of suicide in the past year. In 2018, the suicide rate in Delaware was 12.2 deaths per 100,000, which was slightly lower than the national suicide rate of 13.9 during the same time period (United Health Foundation [UHF], n.d.).

In 2018, according to data collected by the Behavioral Risk Factor Surveillance System, Delaware adults reported, on average, 4.1 poor mental health days in the last 30. Disparities in reporting the number of poor mental health days varied by location, income level, high school attainment, race, and gender. The largest disparities were related to income, educational attainment, and age. Those who reported making $25,000 dollars or less had more than twice the number of days in a month in which their mental health was not as good as those who made $75,000 or more. Similarly, people who had less than a high school diploma had 75% more poor mental health days as college graduates. Statewide, suburban residents reported a slightly greater number of poor mental health days than other residents. Adults over the age of 65 reported fewer days when their mental health was not good, as compared to other age groups (UHF, n.d.).

In 2018, Delaware had 249.6 mental health providers per 100,000 people, a slight increase from previous years (UHF, n.d.). Since 2013, the Department of Services for Children, Youth and their Families has also deployed behavioral health consultants in most middle schools throughout the state to provide screening and other preventive services on-site. Nonetheless, the needs remain great, particularly for specialized services and for southern Delaware; according to the Health Resources and Services Administration (HRSA), Sussex County has a shortage of mental health facilities and received a Health Professional Shortage Area score of 18 or above, which qualifies as a high-priority area (Health Resources and Services Administration [HRSA], 2017).

Data from the 2017 High School Delaware Youth Risk Behavior Survey indicate that approximately 27% of Delaware students report they had felt sad or hopeless for two weeks or more in the past year. Additionally, nearly 14% of high school students in Delaware reported that they had purposely hurt or cut themselves during the past year. An even greater percent of students (16%) reported they had seriously considered attempting suicide during the past year, while 12% of students reported having a plan for suicide, and 7% reported that they had actually attempted suicide in the past year. Among middle school students, more than one in
10 report having made a plan to attempt suicide, and almost 7% indicate they have attempted suicide. These numbers illustrate that there is a profound need for mental health services for youth, as well as adults, in Delaware. On a positive note, in 2018, Delaware received several new federal grants to promote enhanced mental health among Delaware youth, including Project DelAWARE and the Delaware Child Psychiatry Access Program.
2017 Youth Risk Behavior Survey
High School Students Who Felt Sad or Hopeless Almost Every Day for Two Weeks or More in the Past Year

Figure 133: Feeling sad/hopeless for 2+ weeks, past year, HS, 2017
Note: Weighted data
Source: “2017 Delaware Youth Risk Behavior Survey (YRBS).” Centers for Disease Control and Prevention. Administered by the Center for Drug and Health Studies, University of Delaware.

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Figure 134: Trends in feeling sad/hopeless for 2+ weeks, HS, 1999-2017

Note:
Weighted Data

2017 Youth Risk Behavior Survey
High School Students Who Seriously Considered Attempting Suicide in the Past Year

Figure 135: Seriously considered attempting suicide, past year, HS, 2017

Note:
Weighted data
Source: “2017 Delaware Youth Risk Behavior Survey (YRBS).” Centers for Disease Control and Prevention. Administered by the Center for Drug and Health Studies, University of Delaware.

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Figure 136: Made plan to attempt suicide in lifetime, MS, 2017
Weighted data
Source: “2017 Delaware Youth Risk Behavior Survey (YRBS),” Centers for Disease Control and Prevention. Administered by the Center for Drug and Health Studies, University of Delaware.
2017 Youth Risk Behavior Survey
High School Students Who Made a Plan
to Attempt Suicide in the Past Year
(in percentages)

Figure 137: Made plan to attempt suicide, past year, HS, 2017
Weighted data
Source: “2017 Delaware Youth Risk Behavior Survey (YRBS).” Centers for Disease Control and Prevention. Administered by the Center for Drug
and Health Studies, University of Delaware.
2017 Youth Risk Behavior Survey
Trends in High School Students Who Made a Plan
to Attempt Suicide in the Past Year

Figure 138: Trends in having made plan to attempt suicide in past year, HS, 1999-2017

Note:
Weighted Data


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2017 Youth Risk Behavior Survey
Middle School Students Who Report Attempting Suicide in their Lifetime
(in percentages)

Figure 139: Attempted suicide in lifetime, MS, 2017
Weighted data
Source: “2017 Delaware Youth Risk Behavior Survey (YRBS),” Centers for Disease Control and Prevention. Administered by the Center for Drug and Health Studies, University of Delaware.

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2017 Youth Risk Behavior Survey
High School Students Who Report Attempting Suicide in the Past Year
(in percentages)

Figure 140: Attempted suicide in past year, HS, 2017
Weighted data
Source: “2017 Delaware Youth Risk Behavior Survey (YRBS).” Centers for Disease Control and Prevention. Administered by the Center for Drug and Health Studies, University of Delaware.
Figure 141: Trends in having attempted suicide in past year, HS, 1999-2017

Note: Weighted Data

Promising Practices: The Crisis Text Line

Crisis texting services are considered promising practices in suicide prevention. The United States Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors the Garrett Lee Smith Suicide Prevention initiative, which supports the Department of Services for Children, Youth and their Families (DSCYF) “Project SAFETY” in Delaware. The agency has partnered with Crisis Text Line (CTL), a nonprofit organization that provides crisis texting services staffed by trained volunteers who respond to the texters, providing support and information, and, whenever necessary, triggering an active rescue. Staffers code the conversations according to keywords. When a texter uses the DE hashtag, data becomes available to highlight aggregate characteristics of the conversations.

The first chart below (Figure 142) provides the frequency of CTL conversations. As of April 2019, CTL had registered 1,147 conversations under Delaware’s classification. There have been five active rescues, one of which occurred in March 2019, and four events in 2018. The second chart (Figure 143) illustrates the topics of conversations by those using CTL as coded by the trained volunteers. Relationships, anxiety and stress, and depression and sadness are the top-three topics identified, followed by suicide, which was identified in 17% of conversations.
Monthly Frequency of Crisis Text Line Conversations

Figure 142: Crisis text line conversations, monthly, 2016-2019

Topics of Crisis Text Line Conversations
(non-exclusive, will total to more than 100%)

Figure 143: Crisis text line conversation topics

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Mental Health


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<td>Delaware Youth Risk Behavior Survey (YRBS) – Middle School</td>
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In addition to the data sources for the figures and tables in the 2019 report, the following data sources are also cited throughout the narrative:

- America’s Health Rankings
- Bureau of Labor Statistics
- Centers for Disease Control and Prevention
- Delaware Health Tracker
- Health Resources and Services Administration
- Kaiser Family Foundation
- PolicyMap
- Prescription Behavior Surveillance System at Brandeis University
- Tobacco21.org
- U.S. Department of Health and Human Services
- U.S. Census Bureau