Connecticut Department of Mental Health and Addiction Services

ANNUAL STATISTICAL REPORT

SFY 2019

Produced by the Evaluation, Quality Management and Improvement Division

January 2020

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Introduction

The Evaluation, Quality Management and Improvement (EQMI) Division at the Department of Mental Health and Addiction Services (DMHAS) is pleased to publish its fifth Annual Statistical Report. The report provides information about the services the Department provides and the individuals served by our mental health and substance abuse system.

To develop this report, we used data taken from DMHAS' Enterprise Data Warehouse on September 16, 2019.

EQMI receives multiple requests for data from DMHAS staff, providers, legislative groups, researchers and the media. This report makes key information more accessible to departmental stakeholders; it includes data on clients served, demographic characteristics, types of services provided, residential and inpatient utilization, and substance use trends.

Special thanks to all of the EQMI staff and University of Connecticut School of Social Work contractors who assisted with this report. Karin Haberlin coordinated the development of the report, while Kristen Miller, Hsiu-Ju Lin, Jeff Johnson, and Xiulan Wu compiled, tested, and analyzed the data. Kristen Miller was responsible for writing the report.

Michael Girlamo
Director, EQMI

Background

In this report, we summarize clients served and services provided by the Department of Mental Health and Addiction Services (DMHAS) during State Fiscal Year 2019. These data include clients served in DMHAS funded or DMHAS operated programs. The clients and the services are diverse, and the data is complex.

This report will, at different times, reflect numbers that refer to different subgroups or events that are based on *specific filtering of the data*. For instance, we frequently filter out programs that are not required to report treatment data when we present information from the Level of Care (LOC) perspective.

We also distinguish between clients and episodes. This distinction is important:

- **Client counts** are unduplicated counts in which each client is counted **once**.

- **Episode counts** represent an *episode of care* to a client – entailing admission, all services received, and discharge. All occur within the context of an episode of care for a client at a particular program.

- Each client may have multiple episodes of care that occur within the fiscal year; thus, the client may be counted **multiple times** – once for each episode, if applicable.

- Thus, **Admissions and Discharges** are reported as **episode counts**, as many clients have multiple episodes.

- In addition, a client may be admitted to/enrolled in several programs simultaneously; therefore, *each* admission will be included in the overall Admission count below.

Figure 1 provides a visual representation of the different levels of analysis used in this report.
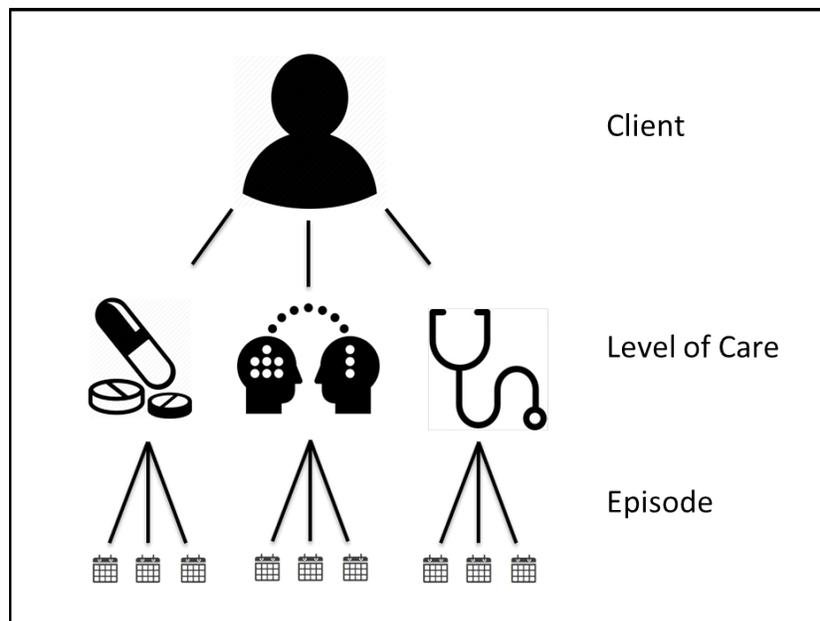
Figure 1: Levels of Analysis

In each section of the report, there is a brief description of what the counts represent.

The data contained in this report were taken from DMHAS' Enterprise Data Warehouse (EDW) on September 16, 2019. The data warehouse is a dynamic system, so reports or other analyses performed on different dates may produce slightly different results. **The numbers contained in this report are the official DMHAS data for SFY19.**

An Important Note Regarding SFY19 Data

We are frequently asked how the numbers presented in this report compare to reports generated by the Electronic Data Warehouse (EDW). Several levels of care (LOCs) are **not** included in these analyses, including Pre-Admit, Recovery Support and Other. These LOCs may be included in EDW reports, thus resulting in potential discrepancies when comparing numbers.

It is also important to note that this report only includes data from **DMHAS funded and operated programs**. EDW reports allow the user to included non-funded programs that are required to report per state statute.

DMHAS SFY19 Annual Statistical Data - Quick Facts

Program Type	N
Mental Health Programs	54,622
Substance Abuse Programs	56,733
Total Unduplicated Count	104,166

Race	N	%
White/Caucasian	64,222	62%
Black/African American	16,493	16%
Other	23,451	22%

Ethnicity	N	%
Latino/Hispanic Identity	21,881	21%

Gender	N	%
Male	61,166	59%
Female	42,496	41%
Transgender	18	0%

Level of Care	Unduplicated Client Count
MH Inpatient	1,108
MH Residential	2,110
MH Outpatient levels of care (see p. 13)	54,014
SA Inpatient (Detox)	2,474
SA Residential Rehab	9,927
SA Outpatient levels of care (see p. 16)	51,227

Primary Drug at MH or SA Admission – All SFY19 *Active*	N	%
Alcohol	28,987	36%
Heroin/Other Opioids	29,416	37%
Marijuana/Hashish/THC	10,284	13%

Primary Drug at MH or SA Admission – SFY19 *Admissions*	N	%
Alcohol	18,487	40%
Heroin/Other Opioids	16,146	35%

Major Diagnosis Categories	N	%
Serious Mental Illness (SMI) (includes PTSD)	46,764	64%
SA diagnosis	49,502	68%
Dual diagnosis (SMI + SA)	25,787	35%

Most Common MH Diagnosis Categories	N	%
Depressive Disorders	17,933	17%
Schizophrenia Spectrum and Other Psychotic Disorders	15,178	15%
Bipolar and Related Disorders	12,312	12%

Data Summaries

Clients
- During State Fiscal Year 2019 (July 1, 2018 – June 30, 2019), the Department of Mental Health and Addiction Services served **104,166** people.

- **56,733** clients were treated in **Substance Abuse (SA)** programs (49,544 in only SA programs, plus 7,189 who received SA and MH services).

- **54,622** clients were served in **Mental Health (MH)** programs. (47,433 MH only, plus 7,189 MH and SA)

- A smaller group of clients (**7,189**) received services from **both MH and SA** programs during SFY19.[1]

Admissions
- There were **94,941 admissions** (each client may have a single or multiple admissions) to DMHAS operated or DMHAS funded programs.

- **71%** of clients had a **single SA program admission** during SFY19.

- **70%** of clients had a **single MH program admission** during SFY19.

- There were **11,215** more admissions to Substance Abuse programs than to Mental Health programs.

Discharges
During this same timeframe,

- There were **93,838** discharges from DMHAS operated or DMHAS funded programs. This does not necessarily mean that clients were discharged from the DMHAS system completely, but simply that an episode of treatment within a program ended.

- There were **10,528** more discharges from SA programs than from MH programs.

Open Episodes
Finally, **47,710** episodes of care (covering **40,490** clients) were **open for the entire fiscal year** (admitted prior to SFY19 and not yet discharged by the end of SFY19).

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[1] Note that receiving services from both program types does not imply that these clients have a dual diagnosis.

Table 1: SFY19 Episode Counts

Episode counts	SA	MH	Total
Admission	53,078	41,863	94,941
Discharge	52,183	41,655	93,838
Open*	17,023	30,687	47,710
Total	84,124	89,233	173,357

 * Open-episode --started prior to FY19 and not yet discharged by 6/30/19

Table 2: Unduplicated Clients

Unduplicated Clients	SA	MH	Both	Total
Admissions	27,849	22,639	4,319	54,807
Discharges	29,555	24,535	3,904	57,994
Open	16,123	23,796	571	40,490
Unduplicated Clients	49,544	47,433	7,189	104,166

The tables below provide the same basic information as above, but have differentiated the data by Private Non-Profit (PNP) providers and State Operated facilities.

Table 3: PNP vs. State Operated – Episode Counts

Episode Counts	Funding source	SA	MH	Total
Admission	DMHAS Human Services Agreements	49,194	29,026	78,220
	DMHAS-operated	3,884	12,837	16,721
	Total	53,078	41,863	94,941
Discharge	DMHAS Human Services Agreements	48,248	28,280	76,528
	DMHAS-operated	3,935	13,375	17,310
	Total	52,183	41,655	93,838
Open	DMHAS Human Services Agreements	16,946	23,130	40,076
	DMHAS-operated	77	7,557	7,634
	Total	17,023	30,687	47,710

Table 4: PNP vs. State Operated - Unduplicated Clients

Unduplicated Clients	Funding source	SA	MH	Both	Total
Admissions	DMHAS Human Services Agreements	25,922	16,096	2,792	44,810
	DMHAS-operated	859	5,491	207	6,557
	Both	1,068	1,052	1,320	3,440
	Total	27,849	22,639	4,319	54,807
Discharge	DMHAS Human Services Agreements	27,497	16,942	2,443	46,882
	DMHAS-operated	995	6,475	180	7,650
	Both	1,063	1,118	1,281	3,462
	Total	29,555	24,535	3,904	57,994
Open	DMHAS Human Services Agreements	16,059	17,840	491	34,390
	DMHAS-operated	62	4,750	7	4,819
	Both	2	1,206	73	1,281
	Total	16,123	23,796	571	40,490
Unduplicated Clients	DMHAS Human Services Agreements	47,541	35,096	4,982	87,619
	DMHAS-operated	857	9,028	214	10,099
	Both	1,146	3,309	1,993	6,448
	Total	49,544	47,433	7,189	104,166

DEMOGRAPHICS OF CLIENTS SERVED

The data presented in the Demographics section includes all clients served by DMHAS. The values represent unduplicated client counts (each client counted once) within program type (SA only, MH only or both SA & MH). The statewide total is a fully unduplicated client count. The narrative will generally discuss the results in terms of SA and MH programs; the counts under the "Both" category are added into the SA and MH counts to include everyone who received SA services or MH services.

Table 5: Gender

Gender	SA		MH		Both		Statewide Total	
	N	%	N	%	N	%	N	%
Female	16,065	32.4%	23,587	49.7%	2,844	39.6%	42,496	40.8%
Male	33,027	66.7%	23,798	50.2%	4,341	60.4%	61,166	58.7%
Transgender	-	0.0%	18	0.0%	-	-	18	0.0%
Unknown	452	0.9%	30	0.1%	4	0.1%	486	0.5%
Total	49,544	100.0%	47,433	100.0%	7,189	100.0%	104,166	100.0%

- Statewide, more males received DMHAS services than females (59% vs 41%).
- In SA specific programs, there were more than twice as many male clients than female clients (33,027 (67%) and 16,065 (32%) respectively).
- Within MH specific programs, the ratio of men to women was almost equal (23,798 (50.2%) and 23,587 (49.7%) respectively).

- Additionally, clients who received both MH and SA services were more likely to be male (60% vs. 40% female). These patterns across program type have been observed since SFY13.

Table 6: Race

Race	SA		MH		Both		Statewide Total	
	N	%	N	%	N	%	N	%
American Indian/ Native Alaskan	264	0.5%	266	0.6%	48	0.7%	578	0.6%
Asian	340	0.7%	603	1.3%	24	0.3%	967	0.9%
Black/African American	6,485	13.1%	8,633	18.2%	1,375	19.1%	16,493	15.8%
Native Hawaiian/ Other Pacific Islander	107	0.2%	130	0.3%	23	0.3%	260	0.2%
White/Caucasian	31,170	62.9%	28,720	60.5%	4,332	60.3%	64,222	61.7%
Multi-race	273	0.6%	235	0.5%	46	0.6%	554	0.5%
Missing/unknown	2,958	6.0%	2,591	5.5%	250	3.5%	5,799	5.6%
Other	7,947	16.0%	6,255	13.2%	1,091	15.2%	15,293	14.7%
Total	49,544	100.0%	47,433	100.0%	7,189	100.0%	104,166	100.0%

- Of the total number of statewide clients served in FY 2019, 63% were White/Caucasian.
- With the addition of the next two largest groups, Black/African Americans and Other Race (which may be selected by clients of Hispanic ethnicity who view their race as neither Caucasian nor African American), at 16% and 15% respectively; this accounted for 93% of clients served.
- The distribution of clients by race was somewhat less consistent across SA and MH treatment programs than it has been over the past five years, when the pattern for both groups mimicked the MH pattern. Within MH clients, White/Caucasian clients were the most represented in treatment, followed by Black/African American and Other. Within SA clients, this year there were slightly more clients in the Other category than the Black/African American category.
- According to state census data from 2018, White/Caucasians represent 66.5% of Connecticut residents (reported as "White Alone, not Hispanic or Latino") and are thus underrepresented in the DMHAS population. Black/African Americans represent 12.0% of CT residents and thus are overrepresented in DMHAS data.[2]

Table 7: Ethnicity

Ethnicity	SA		MH		Both		Statewide Total	
	N	%	N	%	N	%	N	%
Hispanic-Cuban	109	0.2%	71	0.1%	17	0.2%	197	0.2%
Hispanic-Mexican	431	0.9%	227	0.5%	23	0.3%	681	0.7%
Hispanic-Other	4,012	8.1%	4,037	8.5%	517	7.2%	8,566	8.2%
Hispanic-Puerto Rican	6,255	12.6%	5,221	11.0%	961	13.4%	12,437	11.9%
Non-Hispanic	32,407	65.4%	34,659	73.1%	5,247	73.0%	72,313	69.4%
Unknown	6,330	12.8%	3,218	6.8%	424	5.9%	9,972	9.6%
Total	49,544	100.0%	47,433	100.0%	7,189	100.0%	104,166	100.0%

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[2] Data retrieved from https://www.census.gov/quickfacts/fact/table/CT/PST045216 on November 4, 2019.

- Of the total number of clients served by DMHAS, 21% were of Hispanic/Latino ethnicity; 16.5% of Connecticut residents are Hispanic or Latino, meaning that they are overrepresented in the DMHAS data.
- The largest group of Hispanic/Latino consumers was of Puerto Rican origin (12%).
- Statewide, 69% of clients receiving DMHAS services were not of Hispanic/Latino ethnicity. The distribution of ethnic origin across SA/MH programs was generally equivalent, with slightly more consumers in Substance Abuse programs (+1.7%) being of Hispanic/Latino origin.
- Non-Hispanic clients represented a slightly larger proportion (+7.6%) of mental health clients than substance abuse clients. These patterns have remained consistent for the past six years.

Table 8: Age

Age	SA		MH		Both		Statewide Total	
	N	%	N	%	N	%	N	%
18-25	6,303	12.7%	5,565	11.7%	569	7.9%	12,437	11.9%
26-34	14,093	28.4%	8,044	17.0%	1,795	25.0%	23,932	23.0%
35-44	11,740	23.7%	7,864	16.6%	1,765	24.6%	21,369	20.5%
45-54	8,824	17.8%	9,465	20.0%	1,684	23.4%	19,973	19.2%
55-64	6,111	12.3%	10,703	22.6%	1,182	16.4%	17,996	17.3%
65+	1,618	3.3%	5,418	11.4%	194	2.7%	7,230	6.9%
missing/unknown/errors	855	1.7%	374	0.8%	-	0.0%	1,229	1.2%
Total	49,544	100.0%	47,433	100.0%	7,189	100.0%	104,166	100.0%

- Average age of DMHAS clients is 42.7 years (± 14.5)
- Average age of clients receiving MH services is 46.0 years (±15.7)
- Average age of clients receiving SA services is 42.0 years (±12.3)
- Average age of clients receiving both MH and SA services is 42.7 Years (±14.5)
- Younger clients (up to age 44) were more likely to receive Substance Abuse services, while older clients (45 and over) were more likely to receive Mental Health services.
- Among clients receiving mental health services, the largest age group was 55 to 64 years, while most frequent age group for Substance Abuse clients was the 26 to 34 age range.
- Of clients receiving treatment, few were 65 years or older with the majority of them in Mental Health services. As with other demographics, the age trend patterns have remained steady over the last seven years.

LEVEL OF CARE (LOC) DATA

The data presented in the Level of Care section include clients served by DMHAS funded and operated programs that are required to submit treatment data to DMHAS.

- The client counts represent unique (unduplicated) clients.
- The admission and discharge counts are based on episodes of care and represent duplicated client counts – each admission or discharge is counted once, but a client may have multiple admissions and/or discharges.
- To reduce the chance of confusion between unduplicated client count and admission/discharge counts (they all are counts based on clients), the number of clients admitted or discharged are referred to as 'admissions' or 'discharges' (versus 'clients admitted').

Mental Health Inpatient and Residential

DMHAS served 2,982 clients in mental health inpatient and residential programs, with 1,533 admissions and 1,564 discharges during SFY19. The majority (71%) of these clients were in residential LOCs. Please see Appendix A for regional totals.

Table 9: MH Inpatient/Residential LOCs

9a. Active Clients		Total
Forensic MH	Inpatient Services	451
	Residential Services	36
Mental Health	Inpatient Services	657
	Residential Services	2,074
Total MH		2,982

9b. Admissions		Total
Forensic MH	Inpatient Services	240
	Residential Services	28
Mental Health	Inpatient Services	418
	Residential Services	847
Total MH		1,533

9c. Discharges		Total
Forensic MH	Inpatient Services	237
	Residential Services	21
Mental Health	Inpatient Services	419
	Residential Services	887
Total MH		1,564

Mental Health Outpatient

- For each LOC listed, we provide the unduplicated client count as well as the (fully unduplicated) total client count for all listed LOCs.
- Clients who received services from more than one LOC are counted in each relevant LOC.

Fifty-four thousand and fourteen (54,014) clients received services in outpatient levels of care. The majority of clients (64%) were served in a Standard Outpatient MH program, followed by Case Management (14%), Crisis (12%), and Social Rehabilitation (11%).

There were 40,330 admissions to MH Outpatient LOCs during the Fiscal Year. Just over a third (36%) of the admissions were to standard outpatient followed by crisis services (23%). There were also 40,091 discharges during SFY19. Standard Outpatient and Crisis Services had the most discharges (59% total) of all the service types.

Table 10: Mental Health Outpatient LOCs

10a. Active Clients		Total
Forensic MH	Case Management	93
	Crisis Services	39
	Forensics Community-based	4,262
	Outpatient	526
Mental Health	ACT	1,414
	Case Management	7,500
	Community Support	5,621
	Consultation	821
	Crisis Services	6,231
	Education Support	249
	Employment Services	3,745
	Forensics Community-based	38
	Housing Services	363
	Intake	2,745
	IOP	332
	Outpatient	34,142
	Prevention	415
	Social Rehabilitation	6,180
Total MH		54,014

Table 10 – Mental Health Outpatient LOCs - continued

10b. Admissions		Total
Forensic MH	Case Management	48
	Crisis Services	35
	Forensics Community-based	3,667
	Outpatient	281
Mental Health	ACT	455
	Case Management	3,001
	Community Support	1,967
	Consultation	357
	Crisis Services	9,228
	Education Support	107
	Employment Services	2,059
	Forensics Community-based	28
	Housing Services	29
	Intake	2,768
	IOP	340
	Outpatient	14,137
	Prevention	14
	Social Rehabilitation	1,809
Total MH		40,330

10c. Discharges		Total
Forensic MH	Case Management	61
	Crisis Services	36
	Forensics Community-based	3,528
	Outpatient	231
Mental Health	ACT	493
	Case Management	3,324
	Community Support	2,031
	Consultation	317
	Crisis Services	9,170
	Education Support	109
	Employment Services	1,950
	Forensics Community-based	33
	Housing Services	53
	Intake	2,720
	IOP	334
	Outpatient	14,088
	Prevention	62
	Social Rehabilitation	1,551
Total MH		40,091

Substance Abuse Inpatient and Residential

Eleven thousand three hundred twenty-four (11,324) clients received Substance Abuse Inpatient and Residential services. Most (88%) of these clients were in the residential LOC. There were 19,610 admissions to SA inpatient or residential programs and 19,230 discharges during this timeframe.

Table 11: Substance Abuse Inpatient/Residential LOCs

11a. Active Clients		Total
Addiction	Inpatient Services	2,474
	Residential Services	9,927
Total SA		11,324

11b. Admissions		Total
Addiction	Inpatient Services	3,461
	Residential Services	16,149
Total SA		19,610

11c. Discharges		Total
Addiction	Inpatient Services	3,458
	Residential Services	15,772
Total SA		19,230

Substance Abuse Outpatient

- For each LOC listed, we provide the unduplicated client count as well as the (fully unduplicated) total client count for all listed LOCs.
- Clients who received services from more than one LOC are counted in each relevant LOC.

Fifty-one thousand two hundred and twenty-seven (51,227) clients received SA Outpatient services in SFY19. One third of clients (33%) were served by Forensic SA community based (consisting of almost exclusively of Pre-Trial Intervention), 37% were served in an outpatient SA program, 28% were served in Medication Assisted Treatment programs.

There were 33,468 admissions to SA Outpatient LOCs during the Fiscal Year. Eighty percent (80%) of the admissions were to the three LOCs noted above: Standard Outpatient (43%), Forensic SA community based (Pre-Trial Intervention) services (22%), and Medication Assisted Treatment (15%).

There were also 32,953 discharges during SFY19. Standard Outpatient (43%) and Pre-Trial Intervention services (23%) again had the most discharges (66% total) of all the service types.

Table 12: Substance Abuse Outpatient LOCs

12a. Active Clients		Total
Addiction	Case Management	3,923
	Consultation	28
	Employment Services	801
	Forensics Community-based	582
	Intake	1,139
	IOP	1,064
	Medication Assisted Treatment	14,088
	Outpatient	19,032
	PHP	176
Forensic SA	Case Management	553
	Forensics Community-based	16,209
Total SA		51,227

12b. Admissions		Total
Addiction	Case Management	2,913
	Consultation	24
	Employment Services	624
	Forensics Community-based	506
	Intake	1,025
	IOP	1,023
	Medication Assisted Treatment	5,124
	Outpatient	14,226
	PHP	166
Forensic SA	Case Management	576
	Forensics Community-based	7,261
Total SA		33,468

12c. Discharges		Total
Addiction	Case Management	2,479
	Consultation	4
	Employment Services	390
	Forensics Community-based	268
	Intake	1,310
	IOP	995
	Medication Assisted Treatment	4,814
	Outpatient	14,272
	PHP	165
Forensic SA	Case Management	526
	Forensics Community-based	7,730
Total SA		32,953

BED CAPACITY AND UTILIZATION

Data for this section were downloaded from the EDW on October 17, 2019. Bed Capacity represents the total number of beds available within a Level of Care. DMHAS defines utilization as the number of days each bed is in use during the SFY. Statewide utilization represents the total number of days each bed is used (sum #days used across all beds) divided by the total number of bed days (# beds * # days in FY)

- For each LOC, we provide the number of beds available statewide and the average utilization rate for those beds.
- For example, in Group Homes, there are 176 beds available, and they were in use 95% of the time
- Bed Utilization by Region data are located in Appendix B.

Table 13: Bed Capacity and Utilization

13a. MH Inpatient	Bed Capacity	State Avg. Utilization
Acute Psychiatric	328	90%
Acute Psychiatric - Intermediate	11	69%
Non-Certified Subacute	16	99%
Forensic MH Acute Psychiatric	232	94%

* Includes only State Operated programs

13b. MH Residential	Bed Capacity	State Avg. Utilization
Group Home	177	95%
Intensive Residential	175	93%
Supervised Apartments	636	92%
Transitional	36	84%

13c. SA Inpatient	Bed Capacity	State Avg. Utilization
Intensive Res. Rehabilitation 3.8	111	94%
Medically Managed Detox 4.2	41	83%

13d. SA Residential	Bed Capacity	State Avg. Utilization
Intermediate/Long Term Res.Tx 3.5	500	91%
Long Term Care 3.3	50	95%
Medically Monitored Detox 3.7D	112	84%
SA Intensive Res. Rehabilitation 3.7	155	83%
SA Intensive Residential - Enhanced	59	91%
Transitional/Halfway House 3.1	112	56%

PRIMARY DRUG USE

The data in these tables represent the primary drug reported at admission to treatment related programs. Some clients do not report drug use (primarily MH programs), thus they are not included in the data analyses for this section of the report.

These counts do not represent unduplicated clients, as each client may have multiple admissions during the SFY.

- The admission totals in these tables are different from those in the previous section, because these data include *all LOCs* and the previous section pertained only to selected LOCs.
- Table 14 includes active clients – anyone *treated* during the fiscal year regardless of when they were admitted. Table 15 includes only those clients who had an admission during the fiscal year.

Across <u>all active clients</u> in DMHAS funded treatment related (SA and MH) programs, **alcohol and heroin were the most frequently reported primary drug** (36% and 32% respectively) at admission. If other opiates and synthetics are grouped with heroin, 37% of all primary drugs reported at admission involve an opioid. **Marijuana/hashish/THC** was the third most frequently reported drug at 13%; all other drugs were reported as primary at less than 6% of all admissions.

Among admissions to <u>SA programs</u>, **heroin** (43%) was the most frequently reported primary drug. **Alcohol** was reported as the primary drug in 32% of admissions. **Heroin and other opiates account for the primary drug reported at 49% of all SA admissions.**

During admission to <u>MH programs</u>, **alcohol** was reported as the primary drug for almost half of the admissions (47%). The second most frequently reported drug during admission to MH programs was **marijuana/hashish/THC** (22%).

Table 14: Primary Drug at Admission – All Active Clients Who Reported a Drug at Admission

	SA		MH		Total	
	# Admissions	%	# Admissions	%	# Admissions	%
Alcohol	17,359	31.7%	11,628	46.9%	28,987	36.4%
Heroin	23,405	42.7%	1,850	7.5%	25,255	31.7%
Marijuana, Hashish, THC	4,849	8.8%	5,435	21.9%	10,284	12.9%
Cocaine	3,378	6.2%	2,248	9.1%	5,626	7.1%
None	565	1.0%	448	1.8%	1,013	1.3%
Other Opiates and Synthetics	3,475	6.3%	686	2.8%	4,161	5.2%
Other Substances*	1,727	3.1%	1,401	5.7%	3,128	3.9%
Unknown	74	0.1%	1,089	4.4%	1,163	1.5%
Total	54,832	100%	24,785	100%	79,617	100%

*This category includes benzodiazepines, PCP, amphetamines, hallucinogens, non-prescription methadone, other sedatives or hypnotics, barbiturates, inhalants, methamphetamines, other stimulants, over the counter, tobacco, and tranquilizers.

Table 15: Primary Drug at Admission - New Admissions with Drug Reported

	SA		MH		Total	
	# Admissions	%	# Admissions	%	# Admissions	%
Alcohol	14,178	38.9%	4,309	44.3%	18,487	40.0%
Heroin	12,981	35.6%	1,086	11.2%	14,067	30.5%
Marijuana, Hashish, THC	3,245	8.9%	2,347	24.1%	5,592	12.1%
Cocaine	2,587	7.1%	926	9.5%	3,513	7.6%
None	423	1.2%	134	1.4%	557	1.2%
Other Opiates and Synthetics	1,758	4.8%	321	3.3%	2,079	4.5%
Other Substances*	1,243	3.4%	471	4.8%	1,714	3.7%
Unknown	27	0.1%	135	1.4%	162	0.4%
Total	36,442	100%	9,729	100%	46,171	100%

*This category includes benzodiazepines, PCP, amphetamines, hallucinogens, non-prescription methadone, other sedatives or hypnotics, barbiturates, inhalants, methamphetamines, other stimulants, over the counter, tobacco, and tranquilizers.

When looking specifically at SA program admissions during SFY19 (Table 15 above), alcohol is the most frequent primary drug at admission (39%) with heroin only slightly behind at 36%. In SFY18 alcohol and heroin were effectively tied as the most frequent primary drug reported by clients admitted to SA programs (36.6% and 36.4% respectively). Alcohol continues to be the most frequently reported primary drug at admission to mental health programs (44% in SFY19).

Overall, the trend in primary drug reported for all new admissions has shifted over the past four years. In SFY16 and again in SFY17, new admissions reported heroin as the most frequently reported drug. In SFY18, alcohol was the most frequently reported drug during new admissions, with heroin dropping into second place (6% fewer admissions). SFY19, alcohol was the most frequently reported drug (40%), followed by heroin (9% fewer admissions).

As in SFY18, more active clients in SA programs reported heroin and other opioids (49%) than did new admissions in SFY19 (40%). This is due to the number of clients who stayed in long-term methadone maintenance (Medication Assisted Treatment) programs.

DIAGNOSIS

Diagnosis data come from treatment related programs, and reflect the *most recent primary diagnosis* during the *most recent episode of care* that was open during the fiscal year.

These values represent *an unduplicated client count* within each diagnostic category.

Table 16: Primary Diagnostic Category for Treatment Related Programs[3]
Note: clients may have more than one primary diagnosis

Rank	Diagnosis	Frequency	%
1	Substance-Related and Addictive Disorders	40,482	39.0%
2	Depressive Disorders	17,933	17.3%
3	Schizophrenia Spectrum and Other Psychotic Disorders	15,178	14.6%
4	Bipolar and Related Disorders	12,312	11.9%
5	Trauma- and Stressor-Related Disorders	7,348	7.1%
6	Anxiety Disorders	4,859	4.7%
7	Diagnosis Deferred On This Axis	1,636	1.6%
8	Neurodevelopmental Disorders	1,557	1.5%
9	Disruptive, Impulse-Control, and Conduct Disorders	699	0.7%
10	Obsessive-Compulsive and Related Disorders	628	0.6%
11	Personality Disorders	429	0.4%
12	Neurocognitive Disorders	238	0.2%
13	Other Conditions That May Be a Focus of Clinical Attention	221	0.2%
14	Other Mental Disorders	92	0.1%
15	Feeding and Eating Disorders	44	0.0%
16	Dissociative Disorders	38	0.0%
17	Paraphilic Disorders	35	0.0%
18	Gender Dysphoria	30	0.0%
19	Somatic Symptom and Related Disorders	30	0.0%
20	Sleep-Wake Disorders	23	0.0%
21	Sexual Dysfunctions	5	0.0%
22	Elimination Disorders	2	0.0%
	Total	**103,819**	**100%**

[3]Based on DSM V classification groups, using the most recent primary dx from the latest episode in SFY19, unduplicated cases with dx info, N=103,819

Table 17 presents the diagnosis data rolled up to SMI, SA, and Dual diagnoses. These are not unduplicated client counts and include both primary and non-primary diagnosis from the most recent treatment episode. Serious mental illness (SMI) includes the same diagnoses that qualify for Targeted Case Management (TCM) services.

Table 17: Serious Mental Illness (SMI) and SA Diagnosis Prevalence

17b. Based on Primary and Non-Primary Diagnoses	FY19	
	N	%
SMI (includes PTSD)	46,764	64.1%
SA dis/abuse	49,502	67.9%
Dual diagnosis (SMI +SA)	25,787	35.4%

- Almost two-thirds (64%) of the clients qualify for an SMI (serious mental illness) diagnosis.

- Two out of three clients (68%) have a substance use/abuse disorder.

- Over one-third (35%) of clients qualify for a dual diagnosis, meaning that they have both an SMI diagnosis and a substance abuse diagnosis.

YOUNG ADULT SERVICES

DMHAS YAS serves the most acute, high-risk cohort of young adults in the state of Connecticut between the ages of 18 and 25. Early intervention with young people experiencing behavioral health problems can reduce the likelihood of future disability, increase the potential for productive adulthood, and avoid life-long service costs and other adverse consequences. YAS continues to not only focus on meeting the needs of youth transitioning out of the Department of Children and Families (DCF) system into the DMHAS adult treatment system, but also accepts referrals from other community sources. These data represent unduplicated client counts. Clients are counted as YAS clients as long as they receive any YAS services.

In SFY19, **YAS** programs served **1,228** (9.6% of total 18-25 DMHAS population). To provide context, we present client numbers in different DMHAS subgroups below. Client counts are unduplicated within each subgroup, but not across subgroups.

Table 18: Young Adult Clients

ALL 18-25	SA 18-25	MH 18-25	Young Adult Services
12,758	7,145	6,194	1,228

- The majority of YAS clients (73%) live in a private residence.
- Almost 45.5% of YAS clients were employed at some point in the six months prior to program discharge.
- Over one quarter of YAS clients (25.9%) were employed at program discharge. Employment data comes from the Outcomes at Discharge report produced by the UCONN School of Social Work.

Living Situation for YAS Clients in SFY19

Data from Clients' most recent SFY19 Periodic Assessment
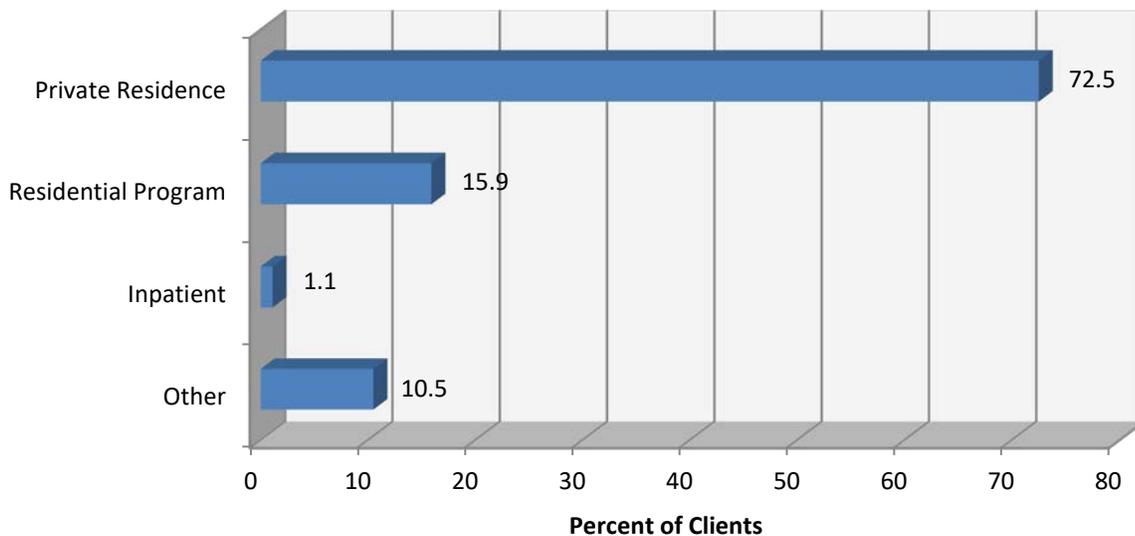
Figure 2: Living Situation for YAS Clients in SFY19

APPENDIX A. SFY19 LOC Data by Region

MH IP/Res LOCs Active Clients		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Inpatient Services		451				451
	Residential Services		36				36
Mental Health	Inpatient Services	174	442	22	32	-	657
	Residential Services	298	569	331	421	466	2,074
Total MH		451	1,417	345	443	466	2,982

MH IP/Res LOCs Admissions		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Inpatient Services		240				240
	Residential Services		28				28
Mental Health	Inpatient Services	123	254	25	16	-	418
	Residential Services	97	188	274	149	139	847
Total MH		220	710	299	165	139	1,533

MH IP/Res LOCs Discharges		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Inpatient Services		237				237
	Residential Services		21				21
Mental Health	Inpatient Services	123	257	23	16	-	419
	Residential Services	100	210	271	146	160	887
Total MH		223	725	294	162	160	1,564

MH OP LOCs Active Clients		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Case Management	-	46	6	41	-	93
	Crisis Services	9	10	-	-	20	39
	Forensics Community-based	593	1,476	564	1,629	235	4,262
	Outpatient	-	115	-	414	-	526
Mental Health	ACT	67	228	217	641	270	1,414
	Case Management	1,549	2,620	699	1,657	1,049	7,500
	Community Support	655	1,864	1,188	1,516	409	5,621
	Consultation	60	171	250	233	160	821
	Crisis Services	1,498	1,699	483	1,363	1,246	6,231
	Education Support	61	55	50	46	37	249
	Employment Services	513	1,295	433	982	526	3,745
	Forensics Community-based	15	1	2	21	-	38
	Housing Services	177	51	61	74	-	363
	Intake	212	1,211	115	1,019	200	2,745
	IOP	-	-	-	304	28	332
	Outpatient	1,928	8,923	4,388	13,988	5,015	34,142
	Prevention	-	415	-	-	-	415
	Social Rehabilitation	1,771	1,444	773	1,572	653	6,180
Total MH		7,202	14,267	6,626	19,187	7,986	54,014

MH OP LOCs Admissions		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Case Management	-	29	-	19	-	48
	Crisis Services	7	10	-	-	18	35
	Forensics Community-based	645	989	444	1,413	176	3,667
	Outpatient	-	56	-	225	-	281
Mental Health	ACT	16	44	82	234	79	455
	Case Management	690	1,195	331	479	306	3,001
	Community Support	138	636	309	777	107	1,967
	Consultation	4	72	115	125	41	357
	Crisis Services	2,112	2,990	696	1,693	1,737	9,228
	Education Support	23	18	27	22	17	107
	Employment Services	234	693	226	625	281	2,059
	Forensics Community-based	17	1	1	9	-	28
	Housing Services	-	-	29	-	-	29
	Intake	193	1,261	116	1,001	197	2,768
	IOP	-	-	-	313	27	340
	Outpatient	326	3,563	1,602	7,328	1,318	14,137
	Prevention	-	14	-	-	-	14
	Social Rehabilitation	348	570	325	427	139	1,809
Total MH		4,753	12,141	4,303	14,690	4,443	40,330

MH OP LOCs Discharges		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Case Management	-	32	2	27	-	61
	Crisis Services	6	11	-	-	19	36
	Forensics Community-based	618	939	399	1,384	188	3,528
	Outpatient	-	45	-	186	-	231
Mental Health	ACT	13	47	94	242	97	493
	Case Management	614	1,652	253	483	322	3,324
	Community Support	126	628	445	730	102	2,031
	Consultation	13	76	124	88	16	317
	Crisis Services	2,096	2,983	698	1,664	1,729	9,170
	Education Support	24	20	21	20	24	109
	Employment Services	220	665	222	567	276	1,950
	Forensics Community-based	16	-	2	15	-	33
	Housing Services	-	19	34	-	-	53
	Intake	193	1,239	115	980	193	2,720
	IOP	-	-	-	308	26	334
	Outpatient	470	3,324	1,807	7,466	1,021	14,088
	Prevention	-	62	-	-	-	62
	Social Rehabilitation	295	471	271	372	142	1,551
Total MH		4,704	12,213	4,487	14,532	4,155	40,091

SA IP/Res LOCs Active Clients		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Inpatient Services	-	2,474	-	-	-	2,474
	Residential Services	1,142	3,898	1,747	2,744	2,298	9,927
Total SA		1,142	953	1,747	2,744	2,298	11,324

SA IP/Res LOCs Admissions		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Inpatient Services	-	3,461	-	-	-	3,461
	Residential Services	1,206	5,012	2,270	4,434	3,227	16,149
Total SA		1,206	8,473	2,270	4,434	3,227	19,610

SA IP/Res LOCs Discharges		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Inpatient Services	-	3,458	-	-	-	3,458
	Residential Services	1,158	4,947	2,278	4,184	3,205	15,772
Total SA		1,158	8,405	2,278	4,184	3,205	19,230

SA OP LOCs Active Clients		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Case Management	134	1,959	385	758	810	3,923
	Consultation	-	-	-	28	-	28
	Employment Services	208	333	8	186	70	801
	Forensics Community-based	-	101	-	481	-	582
	Intake	-	383	-	777	-	1,139
	IOP	314	-	729	21	-	1,064
	Medication Assisted Treatment	3,836	890	1,371	5,522	2,760	14,088
	Outpatient	1,478	2,505	4,517	8,182	2,624	19,032
	PHP	90	87	-	-	-	176
Forensic SA	Case Management	-	35	165	271	85	553
	Forensics Community-based	2,003	6,444	1,781	3,317	2,759	16,209
Total SA		7,355	12,273	7,760	18,158	8,217	51,227

SA OP LOCs Admissions		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Case Management	138	1,536	185	461	593	2,913
	Consultation	-	-	-	24	-	24
	Employment Services	155	225	8	176	60	624
	Forensics Community-based	-	66	-	440	-	506
	Intake	-	98	-	927	-	1,025
	IOP	307	-	716	-	-	1,023
	Medication Assisted Treatment	1,653	412	382	1,698	979	5,124
	Outpatient	1,240	1,613	3,779	5,145	2,449	14,226
	PHP	92	74	-	-	-	166
Forensic SA	Case Management	-	20	205	251	100	576
	Forensics Community-based	1,111	1,771	1,315	2,063	1,001	7,261
Total SA		4,696	5,815	6,590	11,185	5,182	33,468

SA OP LOCs Discharges		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Case Management	71	1,546	100	223	539	2,479
	Consultation	-	-	-	4	-	4
	Employment Services	34	224	-	90	42	390
	Forensics Community-based	-	89	-	179	-	268
	Intake	-	383	-	927	-	1,310
	IOP	256	-	734	5	-	995
	Medication Assisted Treatment	1,637	339	352	1,546	940	4,814
	Outpatient	1,218	1,604	3,686	5,357	2,407	14,272
	PHP	87	78	-	-	-	165
Forensic SA	Case Management	-	21	168	233	104	526
	Forensics Community-based	1,101	1,702	1,450	2,186	1,291	7,730

APPENDIX B. SFY19 Bed Capacity and Utilization by Region

Program Type	LOC Type	LOC Mode	Data Type	Region 1	Region 2	Region 3	Region 4	Region 5	Statewide 19
Forensic SA	Forensics Community-based	Court Liaison-Jail Diversion	Bed Capacity					20	20
			Utilization Rate					91%	91%
Addiction	Inpatient Services	Intensive Res. Rehabilitation 3.8	Bed Capacity		111				111
			Utilization Rate		94%				94%
		Medically Managed Detox 4.2	Bed Capacity		41				41
			Utilization Rate		83%				83%
	Residential Services	AIDS Residential	Bed Capacity	15	10		9		34
			Utilization Rate	96%	74%		82%		86%
		Intermediate/Long Term Res.Tx 3.5	Bed Capacity	63	142	148	55	92	500
			Utilization Rate	99%	97%	90%	59%	96%	91%
		Long Term Care 3.3	Bed Capacity					50	50
			Utilization Rate					95%	95%
		Medically Monitored Detox 3.7D	Bed Capacity		43	20	35	14	112
			Utilization Rate		81%	78%	87%	97%	84%
		Recovery House	Bed Capacity	21	37	10	94	69	231
			Utilization Rate	85%	98%	80%	41%	86%	69%
		SA Intensive Res. Rehabilitation 3.7	Bed Capacity	25	34		56	40	155
			Utilization Rate	93%	100%		52%	98%	83%
		SA Intensive Residential - Enhanced	Bed Capacity	23		16		20	59
			Utilization Rate	90%		92%		90%	91%
		Transitional/Halfway House 3.1	Bed Capacity	6		34	58	14	112
			Utilization Rate	83%		89%	24%	99%	56%

(See next page for Mental Health)

Program Type	LOC Type	LOC Mode	Data Type	Region 1	Region 2	Region 3	Region 4	Region 5	Statewide19
Forensic MH	Crisis Services	Respite Bed	Bed Capacity	3	2			4	9
			Utilization Rate	71%	79%			100%	87%
	Inpatient Services	Acute Psychiatric	Bed Capacity		232				232
			Utilization Rate		94%				94%
	Residential Services	MH Intensive Res. Rehabilitation	Bed Capacity		6				6
			Utilization Rate		57%				57%
Mental Health	ACT	Assertive Community Treatment	Bed Capacity		10				10
			Utilization Rate		90%				90%
	Case Management	Supportive Housing – Development	Bed Capacity			16			16
			Utilization Rate			51%			51%
	Crisis Services	Respite Bed	Bed Capacity	10	36		20	26	92
			Utilization Rate	94%	78%		64%	29%	63%
	Inpatient Services	Acute Psychiatric	Bed Capacity	62	264	2			328
			Utilization Rate	99%	88%	16%			90%
		Acute Psychiatric - Intermediate	Bed Capacity	8		3			11
			Utilization Rate	70%		66%			69%
		Non-Certified Subacute	Bed Capacity				16		16
			Utilization Rate				99%		99%
	Residential Services	Group Home	Bed Capacity	36	55	14	42	30	177
			Utilization Rate	93%	99%	93%	92%	95%	95%
		MH Intensive Res. Rehabilitation	Bed Capacity		51	6	101	17	175
			Utilization Rate		94%	97%	92%	94%	93%
		Sub-Acute	Bed Capacity			15			15
			Utilization Rate			89%			89%
		Supervised Apartments	Bed Capacity	80	155	116	151	134	636
			Utilization Rate	96%	93%	90%	87%	94%	92%
		Transitional	Bed Capacity	13		9		14	36
			Utilization Rate	80%		88%		85%	84%

Includes only State Operated programs

APPENDIX C. DMHAS Clients by Town

Town of Client's Domicile	MH Only	SA Only	MH & SA	Total
Andover	23	36	4	63
Ansonia	462	352	64	878
Ashford	46	67	5	118
Avon	35	92	4	131
Barkhamsted	46	57	4	107
Beacon Falls	28	69	4	101
Berlin	89	250	18	357
Bethany	16	38	2	56
Bethel	60	248	12	320
Bethlehem	30	33	4	67
Bloomfield	300	240	26	566
Bolton	69	34	16	119
Bozrah	38	44	1	83
Branford	434	311	64	809
Bridgeport	2,261	2,709	438	5,408
Bridgewater	5	14	1	20
Bristol	457	1,470	123	2,050
Brookfield	54	195	11	260
Brooklyn	136	149	22	307
Burlington	26	117	9	152
Canaan	51	92	4	147
Canterbury	46	74	6	126
Canton	40	83	1	124
Chaplin	32	47	7	86
Cheshire	106	200	14	320
Chester	20	36	4	60
Clinton	83	177	17	277
Colchester	89	180	12	281
Colebrook	23	19	2	44
Columbia	31	63	8	102
Cornwall	11	10	1	22
Coventry	125	135	23	283
Cromwell	79	190	13	282
Danbury	621	1,320	113	2,054
Darien	31	37	-	68
Deep River	32	68	6	106
Derby	206	206	28	440
Durham	21	55	4	80
East Granby	73	29	5	107
East Haddam	42	82	10	134

Town of Client's Domicile	MH Only	SA Only	MH & SA	Total
East Hampton	87	191	9	287
East Hartford	1,748	681	191	2,620
East Haven	516	441	82	1,039
East Lyme	66	191	24	281
East Windsor	287	130	49	466
Eastford	11	17	1	29
Easton	18	45	2	65
Ellington	129	102	21	252
Enfield	1,329	484	222	2,035
Essex	50	56	7	113
Fairfield	140	276	16	432
Farmington	61	248	12	321
Franklin	13	13	3	29
Glastonbury	271	163	29	463
Goshen	38	29	2	69
Granby	111	52	15	178
Greenwich	171	212	7	390
Griswold	171	237	14	422
Groton	302	411	45	758
Guilford	173	133	19	325
Haddam	28	69	4	101
Hamden	653	417	71	1,141
Hampton	15	46	2	63
Hartford	3,155	4,564	808	8,527
Hartland	9	14	1	24
Harwinton	81	68	7	156
Hebron	71	85	7	163
Kent	34	34	3	71
Killingly	442	513	73	1,028
Killingworth	17	46	5	68
Lebanon	53	117	16	186
Ledyard	71	165	10	246
Lisbon	-	3	-	3
Litchfield	161	96	19	276
Lyme	-	2	-	2
Madison	92	125	15	232
Manchester	2,198	644	191	3,033
Mansfield	135	188	25	348
Marlborough	42	55	10	107
Meriden	1,098	1,016	160	2,274
Middlebury	19	47	2	68
Middlefield	22	42	1	65

Town of Client's Domicile	MH Only	SA Only	MH & SA	Total
Middletown	808	863	174	1,845
Milford	694	574	83	1,351
Monroe	28	124	7	159
Montville	182	259	26	467
Morris	33	21	1	55
Naugatuck	243	444	34	721
New Britain	1,370	2,330	334	4,034
New Canaan	38	61	2	101
New Fairfield	23	129	2	154
New Hartford	67	69	10	146
New Haven	3,384	2,060	696	6,140
New London	754	792	166	1,712
New Milford	308	443	41	792
Newington	222	363	31	616
Newtown	60	297	5	362
Norfolk	26	37	4	67
North Branford	99	132	26	257
North Canaan	6	11	1	18
North Haven	209	173	29	411
North Stonington	18	49	4	71
Norwalk	1,379	779	91	2,249
Norwich	1,116	823	138	2,077
Old Lyme	33	97	6	136
Old Saybrook	37	97	8	142
Orange	81	89	12	182
Oxford	41	120	7	168
Plainfield	254	342	30	626
Plainville	109	416	29	554
Plymouth	73	276	12	361
Pomfret	25	40	1	66
Portland	74	118	15	207
Preston	35	48	5	88
Prospect	43	58	6	107
Putnam	184	217	27	428
Redding	15	47	1	63
Ridgefield	27	136	6	169
Rocky Hill	140	167	12	319
Roxbury	12	16	3	31
Salem	27	33	2	62
Salisbury	31	41	4	76
Scotland	3	16	1	20
Seymour	193	205	23	421

Town of Client's Domicile	MH Only	SA Only	MH & SA	Total
Sharon	13	23	8	44
Shelton	295	474	46	815
Sherman	19	29	-	48
Simsbury	105	105	10	220
Somers	157	79	16	252
South Windsor	248	126	18	392
Southbury	47	131	6	184
Southington	142	562	43	747
Sprague	39	44	2	85
Stafford	174	160	34	368
Stamford	1,184	831	74	2,089
Sterling	22	61	5	88
Stonington	131	231	17	379
Stratford	268	669	41	978
Suffield	186	79	26	291
Thomaston	83	116	11	210
Thompson	77	100	5	182
Tolland	108	81	15	204
Torrington	1,623	941	196	2,760
Trumbull	72	217	11	300
Vernon	605	311	67	983
Voluntown	20	36	5	61
Wallingford	252	468	34	754
Warren	13	15	2	30
Washington	30	39	4	73
Waterbury	2,767	2,421	283	5,471
Waterford	108	248	13	369
Watertown	153	221	15	389
West Hartford	392	425	39	856
West Haven	856	651	130	1,637
Westbrook	43	94	9	146
Weston	18	44	1	63
Westport	112	86	10	208
Wethersfield	178	262	26	466
Willington	53	63	5	121
Wilton	37	66	1	104
Winchester	375	300	33	708
Windham	717	1,227	175	2,119
Windsor	469	239	54	762
Windsor Locks	300	148	55	503
Wolcott	102	183	11	296
Woodbridge	23	45	5	73

Town of Client's Domicile	MH Only	SA Only	MH & SA	Total
Woodbury	41	73	7	121
Woodstock	52	74	5	131
Unknown	1,755	1,238	191	3,184
Total	47,433	49,544	7,189	104,166