

Connecticut Department of Mental Health and Addiction Services

ANNUAL STATISTICAL REPORT

SFY 2018



Produced by the Evaluation, Quality Management and Improvement Division

December 2018 (updated June 2019)

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Errata to DMHAS Annual Statistical Report SFY2018

- May 7, 2019 Appendix C: DMHAS Clients by Town table has been updated. Data under MH Only and SA Only columns were swapped.
- June 4, 2019 Young Adult Services section has been updated. The old Figure 2 was replaced with *Figure 2: Living Situation for YAS Clients in SFY2018*.

Introduction

The Evaluation, Quality Management and Improvement (EQMI) Division at the Department of Mental Health and Addiction Services (DMHAS) is pleased to publish its fourth 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 August 31, 2018.

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.

Jim Siemianowski
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 2018. 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, report 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 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.

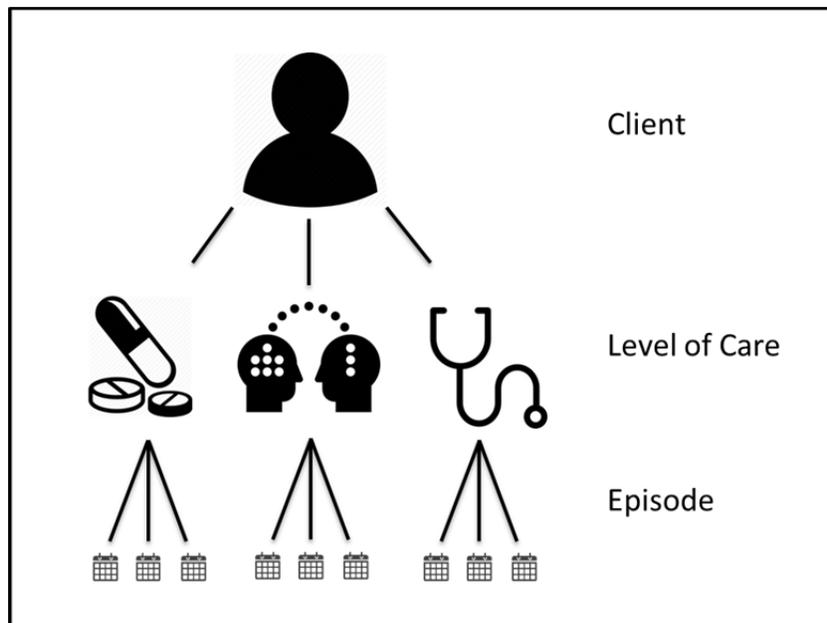


Figure 1: Levels of Analysis

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 August 31, 2018. 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 SFY2018.**

An Important Note Regarding SFY2018 Data

A note to address a frequently asked question regarding how the numbers presented in this report compare to reports generated by the Electronic Data Warehouse (EDW) focuses on the types of data we include in these analyses. 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 as well.

DMHAS SFY2018 Annual Statistical Data - Quick Facts

Program Type	N
Mental Health Programs	54,986
Substance Abuse Programs	57,501
Total Unduplicated Count	105,540

Race	N	%
White/Caucasian	65,617	62%
Black/African American	16,938	16%
Other	22,985	22%

Ethnicity	N	%
Latino/Hispanic Identity	22,260	21%

Gender	N	%
Male	62,393	59%
Female	42,637	41%
Transgender	22	0%

Level of Care	Unduplicated Client Count
MH Inpatient	1,050
MH Residential	2,171
MH Outpatient levels of care (see pg. 13)	54,439
SA Inpatient (Detox)	2,589
SA Residential Rehab	9,963
SA Outpatient levels of care (see pg. 16)	52,085

Primary Drug at MH or SA Admission – All SFY18 Active	N	%
Alcohol	29,165	35%
Heroin	27,285	33%
Marijuana/Hashish/THC	11,109	13%

Primary Drug at MH or SA Admission – SFY18 Admissions	N	%
Alcohol	18,616	37%
Heroin/Other Opioids	17,623	35%

Major Diagnosis Categories	N	%
Serious Mental Illness (SMI) (includes PTSD)	45,534	62%
SA diagnosis	51,032	69%
Dual diagnosis (SMI + SA)	24,909	32%

Most Common MH Diagnosis Categories	N	%
Depressive Disorders	18,376	17%
Schizophrenia Spectrum and Other Psychotic Disorders	15,680	15%
Bipolar and Related Disorders	13,147	12%

Data Summaries

Clients

- During State Fiscal Year 2018 (July 1, 2017 – June 30, 2018), the Department of Mental Health and Addiction Services served **105,540** people.
- **57,501** clients were treated in **Substance Abuse (SA)** programs (50,554 in only SA programs, plus 6,947 who received SA and MH services).
- **54,986** clients were served in **Mental Health (MH)** programs. (48,039 MH only, plus 6,947 MH and SA)
- A smaller group of clients (**6,947**) received services from **both MH and SA** programs during SFY18.¹

Admissions

- There were **95,528 admissions** (each client may have a single or multiple admissions) to DMHAS operated or DMHAS funded programs.
- **72%** of clients had a **single MH program admission** during SFY2018.
- **70%** of clients had a **single SA program admission** during SFY2018.
- There were **16,014** more admissions to Substance Abuse programs than to Mental Health programs.

Discharges

During this same timeframe,

- There were **95,908** 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 **12,786** more discharges from SA programs than from MH programs.

Open Episodes

Finally, **50,274** episodes of care (covering **42,258** clients) were **open for the entire fiscal year** (admitted prior to SFY18 and not yet discharged by the end of SFY18).

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

Table 1: SFY18 Episode Counts

Episode counts	SA	MH	Total
Admission	55,771	39,757	95,528
Discharge	54,383	41,597	95,980
Open*	17,772	32,502	50,274
Total	86,562	89,718	176,280

* Open-episode --started prior to FY18 and not yet discharged by 6/30/18

Table 2: Unduplicated Clients

Unduplicated Clients	SA	MH	Both	Total
Admissions	29,895	22,075	3,847	55,817
Discharges	30,095	24,848	3,655	58,598
Open	16,760	24,887	611	42,258
Unduplicated Clients	50,554	48,039	6,947	105,540

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	51,576	27,270	78,846
	DMHAS-operated	4,195	12,487	16,682
	Total	55,771	39,757	95,528
Discharge	DMHAS Human Services Agreements	50,238	29,175	79,413
	DMHAS-operated	4,145	12,422	16,567
	Total	54,383	41,597	95,980
Open	DMHAS Human Services Agreements	17,693	24,286	41,979
	DMHAS-operated	79	8,216	8,295
	Total	17,772	32,502	50,274

Table 4: PNP vs. State Operated - Unduplicated Clients

Unduplicated Clients	Funding source	SA	MH	Both	Total
Admissions	DMHAS Human Services Agreements	27,743	15,722	2,225	45,690
	DMHAS-operated	885	5,282	265	6,432
	Both	1,267	1,071	1,357	3,695
	Total	29,895	22,075	3,847	55,817
Discharge	DMHAS Human Services Agreements	27,875	17,889	2,116	47,880
	DMHAS-operated	995	5,807	189	6,991
	Both	1,225	1,152	1,350	3,727
	Total	30,095	24,848	3,655	58,598
Open	DMHAS Human Services Agreements	16,696	18,770	531	35,997
	DMHAS-operated	64	4,820	10	4,894
	Both	-	1,297	70	1,367
	Total	16,760	24,887	611	42,258
Total	DMHAS Human Services Agreements	48,391	35,874	4,577	88,842
	DMHAS-operated	826	8,680	259	9,765
	Both	1,337	3,485	2,111	6,933
	Total	50,554	48,039	6,947	105,540

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	15,791	31.2%	24,102	50.2%	2,744	39.5%	42,637	40.4%
Male	34,309	67.9%	23,883	49.7%	4,201	60.5%	62,393	59.1%
Transgender	2	0.0%	20	0.0%	-	-	22	0.0%
Unknown	452	0.9%	34	0.1%	2	0.0%	488	0.5%
Total	50,554	100.0%	48,039	100.0%	6,947	100.0%	105,540	100.0%

- Statewide, more males received DMHAS services than females.
- Within MH specific programs, slightly more women than men received treatment (24,102 (50.2%) and 23,883 (49.7%) respectively).
- In SA specific programs, however, there were more than twice as many male clients than female clients (34,309 (68%) and 15,791 (31%) respectively).

- Additionally, clients who received both MH and SA services were more likely to be male (59% vs. 40% female). These patterns across program type have been observed since SFY12.

Table 6: Race

Race	SA		MH		Both		Statewide Total	
	N	%	N	%	N	%	N	%
American Indian/Native Alaskan	222	0.4%	272	0.6%	46	0.7%	540	0.5%
Asian	349	0.7%	575	1.2%	25	0.4%	949	0.9%
Black/African American	6,925	13.7%	8,703	18.1%	1,310	18.9%	16,938	16.0%
Native Hawaiian/Other Pacific Islander	123	0.2%	116	0.2%	11	0.2%	250	0.2%
White/Caucasian	31,965	63.2%	29,324	61.0%	4,328	62.3%	65,617	62.2%
Multi-race	433	0.9%	242	0.5%	41	0.6%	716	0.7%
Missing/unknown	2,575	5.1%	2,171	4.5%	183	2.6%	4,929	4.7%
Other	7,962	15.7%	6,636	13.8%	1,003	14.4%	15,601	14.8%
Total	50,554	100.0%	48,039	100.0%	6,947	100.0%	105,540	100.0%

- Of the total number of statewide clients served in FY 2018, 62% were White/Caucasian.
- With the addition of the next two largest groups, Black/African Americans and Other Race (often 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 very consistent across SA and MH treatment programs. White/Caucasian clients were the most represented in treatment, followed by Black/African American and Other. These patterns have been observed for the past five years.
- According to state census data from 2016, White/Caucasians represent 67.7% of Connecticut residents (reported as “White Alone, not Hispanic or Latino”) and are thus underrepresented in the DMHAS population. Black/African Americans represent 11.8% 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	108	0.2%	78	0.2%	17	0.2%	203	0.2%
Hispanic-Mexican	402	0.8%	212	0.4%	32	0.5%	646	0.6%
Hispanic-Other	4,281	8.5%	4,004	8.3%	476	6.9%	8,761	8.3%
Hispanic-Puerto Rican	6,196	12.3%	5,578	11.6%	876	12.6%	12,650	12.0%
Non-Hispanic	35,048	69.3%	35,175	73.2%	5,179	74.6%	75,402	71.4%
Unknown	4,519	8.9%	2,992	6.2%	367	5.3%	7,878	7.5%
Total	50,554	100.0%	48,039	100.0%	6,947	100.0%	105,540	100.0%

² Data retrieved from <https://www.census.gov/quickfacts/fact/table/CT/PST045216> on October 2, 2017.

- Of the total number of clients served by DMHAS, 21% were of Hispanic/Latino ethnicity; 15.7% 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, 71% 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 (+1.3%) being of Hispanic/Latino origin.
- Non-Hispanic clients represented a slightly larger proportion (+3.9%) 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	7,368	14.6%	5,544	11.5%	594	8.6%	13,506	12.8%
26-34	14,775	29.2%	7,988	16.6%	1,731	24.9%	24,494	23.2%
35-44	11,236	22.2%	7,880	16.4%	1,627	23.4%	20,743	19.7%
45-54	9,001	17.8%	10,339	21.5%	1,700	24.5%	21,040	19.9%
55-64	5,773	11.4%	10,820	22.5%	1,141	16.4%	17,734	16.8%
65+	1,410	2.8%	4,945	10.3%	154	2.2%	6,509	6.2%
missing/unknown/errors	991	2.0%	523	1.1%	-	0.0%	1,514	1.4%
Total	50,554	100.0%	48,039	100.0%	6,947	100.0%	105,540	100.0%

- Average age of DMHAS clients is 42.3 years (± 14.4)
- Average age of clients receiving MH services is 45.8 years (± 15.4)
- Average age of clients receiving SA services is 38.9 years (± 12.8)
- Average age of clients receiving both MH and SA services is 41.9 Years (± 12.2)
- 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 six 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 2,989 clients in mental health inpatient and residential programs, with 1,788 admissions and 1,781 discharges during SFY18. The majority (73%) 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	420
	Residential Services	23
Mental Health	Inpatient Services	630
	Residential Services	2,148
Total MH		2,989

9b. Admissions		Total
Forensic MH	Inpatient Services	427
	Residential Services	17
Mental Health	Inpatient Services	396
	Residential Services	948
Total MH		1,788

9c. Discharges		Total
Forensic MH	Inpatient Services	428
	Residential Services	18
Mental Health	Inpatient Services	398
	Residential Services	937
Total MH		1,781

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 four hundred and thirty-nine (54,439) 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 (15%), Crisis (12%), and Social Rehabilitation (11%).

There were 37,969 admissions to MH Outpatient LOCs during the Fiscal Year. A third (34%) of the admissions were to standard outpatient followed by crisis services (25%). There were also 39,816 discharges during SFY18. Standard Outpatient and Crisis Services had the most discharges (58% total) of all the service types.

Table 10: Mental Health Outpatient LOCs

10a. Active Clients		Total
Forensic MH	Case Management	171
	Crisis Services	38
	Forensics Community-based	4,212
	Outpatient	344
Mental Health	ACT	1,442
	Case Management	8,021
	Community Support	5,863
	Consultation	738
	Crisis Services	6,521
	Education Support	240
	Employment Services	3,668
	Forensics Community-based	38
	Housing Services	402
	Intake	2,038
	IOP	351
	Outpatient	34,561
	Prevention	468
	Social Rehabilitation	6,084
Total MH		54,439

Table 10 – Mental Health Outpatient LOCs - continued

10b. Admissions		Total
Forensic MH	Case Management	87
	Crisis Services	32
	Forensics Community-based	3,520
	Outpatient	184
Mental Health	ACT	469
	Case Management	2,950
	Community Support	2,145
	Consultation	345
	Crisis Services	9,359
	Education Support	78
	Employment Services	1,841
	Forensics Community-based	29
	Housing Services	39
	Intake	2,092
	IOP	369
	Outpatient	12,794
	Prevention	45
	Social Rehabilitation	1,591
Total MH		37,969

10c. Discharges		Total
Forensic MH	Case Management	68
	Crisis Services	36
	Forensics Community-based	3,408
	Outpatient	144
Mental Health	ACT	444
	Case Management	3,785
	Community Support	2,124
	Consultation	241
	Crisis Services	9,381
	Education Support	95
	Employment Services	1,964
	Forensics Community-based	28
	Housing Services	43
	Intake	2,038
	IOP	373
	Outpatient	13,726
	Prevention	67
	Social Rehabilitation	1,851
Total MH		39,816

Substance Abuse Inpatient and Residential

Eleven thousand three hundred ninety (11,390) clients received Substance Abuse Inpatient and Residential services. Most (87%) of these clients were in the residential LOC. There were 19,709 admissions to SA inpatient or residential programs and 19,503 discharges during this time frame.

Table 11: Substance Abuse Inpatient/Residential LOCs

11a. Active Clients		Total
Addiction	Inpatient Services	2,589
	Residential Services	9,963
Total SA		11,390

11b. Admissions		Total
Addiction	Inpatient Services	3,641
	Residential Services	16,068
Total SA		19,709

11c. Discharges		Total
Addiction	Inpatient Services	3,631
	Residential Services	15,872
Total SA		19,503

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-two thousand and eighty-five (52,085) clients received SA Outpatient services in SFY18. One third of clients (34%) were served by Forensic SA community based (consisting of almost exclusively of Pre-Trial Intervention), 36% were served in an outpatient SA program, 27% were served in Medication Assisted Treatment programs.

There were 36,062 admissions to SA Outpatient LOCs during the Fiscal Year. Seventy-five percent (75%) of the admissions were to the three LOCs noted above: Standard Outpatient (40%), Forensic SA community based (Pre-Trial Intervention) services (22%), and Medication Assisted Treatment (13%).

There were also 34,880 discharges during SFY18. Standard Outpatient (37%) and Pre-Trial Intervention services (24%) again had the most discharges (61% total) of all the service types.

Table 12: Substance Abuse Outpatient LOCs

12a. Active Clients		Total
Addiction	Case Management	3,868
	Employment Services	585
	Forensics Community-based	208
	Intake	661
	IOP	4,291
	Medication Assisted Treatment	13,803
	Outpatient	18,580
	PHP	167
Forensic SA	Case Management	388
	Forensics Community-based	17,293
Total SA		52,085

12b. Admissions		Total
Addiction	Case Management	2,794
	Employment Services	438
	Forensics Community-based	166
	Intake	690
	IOP	4,653
	Medication Assisted Treatment	4,729
	Outpatient	14,261
	PHP	148
Forensic SA	Case Management	347
	Forensics Community-based	7,836
Total SA		36,062

12c. Discharges		Total
Addiction	Case Management	2,674
	Employment Services	378
	Forensics Community-based	131
	Intake	405
	IOP	4,511
	Medication Assisted Treatment	4,926
	Outpatient	13,047
	PHP	152
Forensic SA	Case Management	337
	Forensics Community-based	8,319
Total SA		34,880

BED CAPACITY AND UTILIZATION

Data for this section were downloaded from the EDW on August 29, 2018. 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 Group Homes, there are 176 beds available, and they were in use by a client 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	47%
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	176	95%
Intensive Residential	186	94%
Supervised Apartments	642	94%
Transitional	36	70%

13c. SA Inpatient	Bed Capacity	State Avg. UTILIZATION
Intensive Res. Rehabilitation 3.8	111	93%
Medically Managed Detox 4.2	41	85%

13d. SA Residential	Bed Capacity	State Avg. UTILIZATION
Intermediate/Long Term Res.Tx 3.5	430	94%
Long Term Care 3.3	61	88%
Medically Monitored Detox 3.7D	112	87%
SA Intensive Res. Rehabilitation 3.7	143	96%
SA Intensive Residential - Enhanced	43	100%
Transitional/Halfway House 3.1	83	88%

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 all active clients in DMHAS funded treatment related (SA and MH) programs, **alcohol and heroin were the most frequently reported primary drug** (35 and 33% respectively) at admission. If other opiates and synthetics are grouped with heroin, 37.3% 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 7% of all admissions.

Among admissions to SA programs, **heroin** (44%) was the most frequently reported primary drug. **Alcohol** was reported as the primary drug in 30% of admissions. **Heroin or other opioid drugs account for the primary drug reported for 49% of all SA admissions.**

During admission to MH programs, **alcohol** was reported as the primary drug for almost half of the admissions (45%). The second most frequently reported drug during admission to MH programs was **marijuana/hashish/THC** (20%).

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

	SA		MH		Total	
	# Admissions	%	# Admissions	%	# Admissions	%
Alcohol	17,919	30.4%	11,246	44.7%	29,165	34.7%
Heroin	25,618	43.5%	1,667	6.6%	27,285	32.5%
Marijuana, Hashish, THC	6,123	10.4%	4,986	19.8%	11,109	13.2%
Cocaine	3,657	6.2%	2,175	8.6%	5,832	6.9%
None	123	0.2%	442	1.8%	565	0.7%
Other Opiates and Synthetics	3,351	5.7%	699	2.8%	4,050	4.8%
Other Substances*	1,986	3.4%	1,328	5.3%	3,314	3.9%
Unknown	127	0.2%	2,630	10.4%	2,757	3.3%
Total	58,904	100%	25,173	100%	84,077	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	14,866	36.6%	3,750	38.9%	18,616	37.0%
Heroin	14,800	36.4%	887	9.2%	15,687	31.2%
Marijuana, Hashish, THC	4,630	11.4%	2,009	20.8%	6,639	13.2%
Cocaine	3,014	7.4%	760	7.9%	3,774	7.5%
None	76	0.2%	105	1.1%	181	0.4%
Other Opiates and Synthetics	1,628	4.0%	308	3.2%	1,936	3.8%
Other Substances*	1,575	3.9%	416	4.3%	1,991	4.0%
Unknown	61	0.2%	1,406	14.6%	1,467	2.9%
Total	40,650	100%	9,641	100%	50,291	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.

Overall, in SFY18, alcohol was the most frequently reported drug (37%), followed by heroin (31%). In SFY16 and again in SFY17, new admissions reported heroin as the most frequently reported drug.

When looking specifically at admissions during SFY18 (Table 15 above), alcohol and heroin are effectively tied as the most frequent primary drug reported by clients admitted to SA programs was **heroin** (36.6% and 36.4% respectively).

- Alcohol continues to be the most frequently reported primary drug at admission to mental health programs (39%).

More active clients in SA programs reported heroin and other opioids (49%) than did new admissions in SFY17 (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 Programs³

Note: clients may have more than one primary diagnosis

Rank	Diagnosis	Frequency	%
1	Substance-Related and Addictive Disorders	38,293	43.8
2	Depressive Disorders	14,443	16.5
3	Schizophrenia Spectrum and Other Psychotic Disorders	10,008	11.5
4	Bipolar and Related Disorders	8,813	10.1
5	Trauma- and Stressor-Related Disorders	6,690	7.7
6	Anxiety Disorders	4,170	4.8
7	Neurodevelopmental Disorders	1,333	1.5
8	Diagnosis Deferred On This Axis	1,092	1.3
9	Disruptive, Impulse-Control, and Conduct Disorders	738	0.8
10	Obsessive-Compulsive and Related Disorders	522	0.6
11	Personality Disorders	487	0.6
12	Neurocognitive Disorders	213	0.2
13	Other Conditions That May Be a Focus of Clinical Attention	193	0.2
14	Other Mental Disorders	107	0.1
15	Feeding and Eating Disorders	50	0.1
16	Dissociative Disorders	48	0.1
17	Somatic Symptom and Related Disorders	44	0.1
18	Paraphilic Disorders	32	0
19	Gender Dysphoria	28	0
20	Sleep-Wake Disorders	25	0
21	Sexual Dysfunctions	8	0
22	Elimination Disorders	2	0
23	Medication-Induced Movement Disorders and Other Adverse Effects of Medication	2	0
	Total	87,341	100

³Based on DSM V classification groups, using the most recent primary dx from the latest episode in FY18, unduplicated cases with dx info, N=87,341

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

17b. Based on Primary and Non-Primary Diagnoses	FY18	
	N	%
SMI (includes PTSD)	45,534	61.5%
SA dis/abuse	51,032	68.9%
Dual Diagnosisx (SMI + SA)	24,909	33.6%

- **Over 60% of the clients qualify for an SMI (serious mental illness) diagnosis**, which involves having any (or multiple), of the following diagnoses: Schizophrenia (including related disorders), Bipolar Disorder, Major Depression, or PTSD.
- Two out of three clients (69%) have a **substance use/abuse disorder**.
- One-third (33%) 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. Recognizing that 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.

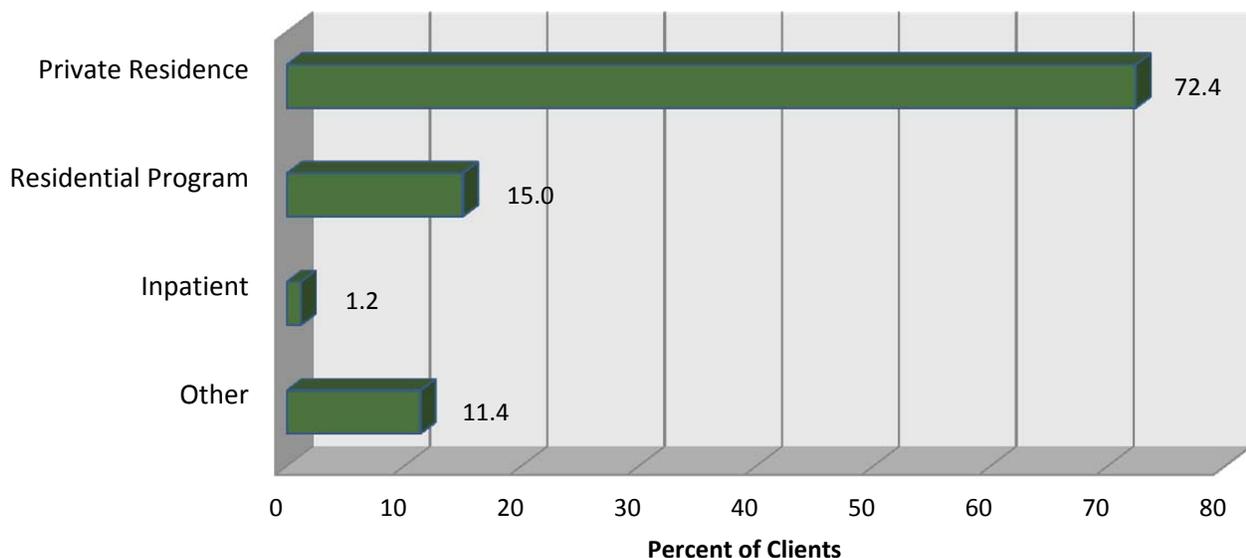
In SFY18, YAS programs served **1,194** (8.6% of total 18-25 DMHAS population). To provide context, we present client numbers in different DMHAS subgroups below. Client counts are unduplicated within each subgroup, but not across subgroups.

Table 18: Young Adult Clients

ALL 18-25	SA 18-25	MH 18-25	Young Adult Services
13,830	8,176	6,259	1,194

- The majority of YAS clients (72%) live in a private residence.
- Almost half (44%) of YAS clients were employed at some point in the six months prior to program discharge.
- Over one quarter of YAS clients (27%) 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 SFY18



Data from Clients' most recent SFY18 Periodic Assessment

Figure 2: Living Situation for YAS Clients in SFY2018

APPENDIX A. SFY18 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		420				420
	Residential Services		23				23
Mental Health	Inpatient Services	164	452	3	30	-	630
	Residential Services	318	574	332	449	488	2,148
Total MH		464	1,381	335	467	488	2,989

MH IP/Res LOCs Admissions		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Inpatient Services	-	427	-	-	-	427
	Residential Services	-	17	-	-	-	17
Mental Health	Inpatient Services	121	261	-	14	-	396
	Residential Services	99	266	270	177	136	948
Total MH		220	971	270	191	136	1,788

MH IP/Res LOCs Discharges		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Inpatient Services	-	428	-	-	-	428
	Residential Services	-	18	-	-	-	18
Mental Health	Inpatient Services	125	258	1	14	-	398
	Residential Services	118	211	268	183	157	937
Total MH		243	915	269	197	157	1,781

MH OP LOCs Active Clients		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Case Management	-	129	8	34	-	171
	Crisis Services	10	12	-	-	16	38
	Forensics Community-based	545	1,509	517	1,564	281	4,212
	Outpatient	-	-	-	344	-	344
Mental Health	ACT	66	216	227	678	264	1,442
	Case Management	1,511	2,755	758	2,002	1,113	8,021
	Community Support	672	1,889	1,321	1,592	398	5,863
	Consultation	90	145	241	198	100	738
	Crisis Services	1,392	1,550	484	1,147	2,014	6,521
	Education Support	69	53	42	37	39	240
	Employment Services	489	1,218	464	958	542	3,668
	Forensics Community-based	12	-	4	24	-	38
	Housing Services	177	67	84	74	-	402
	Intake	257	1,344	148	151	152	2,038
	IOP	-	-	-	300	51	351
	Outpatient	2,189	8,914	4,680	13,986	4,882	34,561
	Prevention	-	468	-	-	-	468
	Social Rehabilitation	1,707	1,340	694	1,549	815	6,084
Total MH		7,213	14,239	6,872	18,757	8,683	54,439

MH OP LOCs Admissions		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Case Management	-	62	8	17	-	87
	Crisis Services	9	12	-	-	11	32
	Forensics Community-based	617	1,024	386	1,280	213	3,520
	Outpatient	-	-	-	184	-	184
Mental Health	ACT	25	44	86	242	72	469
	Case Management	483	1,166	289	763	249	2,950
	Community Support	121	775	457	711	81	2,145
	Consultation	51	69	93	103	29	345
	Crisis Services	1,950	2,705	670	1,303	2,731	9,359
	Education Support	17	11	12	15	23	78
	Employment Services	197	644	248	489	263	1,841
	Forensics Community-based	12	-	2	15	-	29
	Housing Services	-	1	38	-	-	39
	Intake	222	1,439	153	131	147	2,092
	IOP	-	-	-	302	67	369
	Outpatient	201	3,234	1,829	5,372	2,158	12,794
	Prevention	-	45	-	-	-	45
	Social Rehabilitation	388	435	282	352	134	1,591
Total MH		4,293	11,666	4,553	11,279	6,178	37,969

MH OP LOCs Discharges		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Forensic MH	Case Management	-	54	2	12	-	68
	Crisis Services	9	13	-	-	14	36
	Forensics Community-based	595	1,013	355	1,216	229	3,408
	Outpatient	-	-	-	144	-	144
Mental Health	ACT	15	40	90	230	69	444
	Case Management	705	1,218	448	1,006	408	3,785
	Community Support	154	721	440	718	91	2,124
	Consultation	32	38	103	68	-	241
	Crisis Services	1,948	2,699	652	1,362	2,720	9,381
	Education Support	29	15	18	15	18	95
	Employment Services	207	584	292	586	295	1,964
	Forensics Community-based	13	-	3	12	-	28
	Housing Services	-	4	39	-	-	43
	Intake	240	1,377	151	122	148	2,038
	IOP	-	-	-	305	68	373
	Outpatient	313	3,531	1,984	5,936	1,962	13,726
	Prevention	-	67	-	-	-	67
	Social Rehabilitation	322	447	339	394	349	1,851
Total MH		4,582	11,821	4,916	12,126	6,371	39,816

SA IP/Res LOCs Active Clients		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Inpatient Services	-	2,589	-	-	-	2,589
	Residential Services	1,114	3,950	1,691	2,840	2,338	9,963
Total SA		1,114	6,113	1,691	2,840	2,338	11,390

SA IP/Res LOCs Admissions		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Inpatient Services	-	3,641	-	-	-	3,641
	Residential Services	1,182	5,189	2,208	4,426	3,063	16,068
Total SA		1,182	8,830	2,208	4,426	3,063	19,709

SA IP/Res LOCs Discharges		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Inpatient Services	-	3,631	-	-	-	3,631
	Residential Services	1,186	5,035	2,203	4,424	3,024	15,872
Total SA		1,186	8,666	2,203	4,424	3,024	19,503

SA OP LOCs Active Clients		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Case Management	152	1,910	450	701	800	3,868
	Employment Services	147	248	49	141	-	585
	Forensics Community-based	-	113	-	95	-	208
	Intake	-	661	-	-	-	661
	IOP	689	1,283	653	70	1,659	4,291
	Medication Assisted Tx	3,871	704	1,355	5,229	2,871	13,803
	Outpatient	1,550	4,461	3,505	5,654	3,661	18,580
	PHP	73	94	-	-	-	167
Forensic SA	Case Management	-	17	117	172	83	388
	Forensics Community-based	2,216	6,616	2,227	3,322	2,991	17,293
Total SA		7,835	14,821	7,382	14,367	10,211	52,085

SA OP LOCs Admissions		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Case Management	107	1,574	243	391	479	2,794
	Employment Services	125	173	23	117	-	438
	Forensics Community-based	-	74	-	92	-	166
	Intake	-	690	-	-	-	690
	IOP	727	1,381	698	36	1,811	4,653
	Medication Assisted Tx	1,663	351	316	1,362	1,037	4,729
	Outpatient	1,201	3,385	2,891	3,388	3,396	14,261
	PHP	68	80	-	-	-	148
Forensic SA	Case Management	-	17	114	133	83	347
	Forensics Community-based	1,292	2,275	1,369	2,044	856	7,836
Total SA		5,183	10,000	5,654	7,563	7,662	36,062

SA OP LOCs Discharges		Region 1	Region 2	Region 3	Region 4	Region 5	Total
Addiction	Case Management	153	1,421	257	304	539	2,674
	Employment Services	88	129	50	111	-	378
	Forensics Community-based	-	76	-	55	-	131
	Intake	-	405	-	-	-	405
	IOP	669	1,363	645	43	1,791	4,511
	Medication Assisted Treatment	1,649	258	364	1,462	1,193	4,926
	Outpatient	1,096	3,454	2,298	2,720	3,479	13,047
	PHP	72	80	-	-	-	152
Forensic SA	Case Management	-	-	128	116	93	337
	Forensics Community-based	1,353	1,966	1,585	2,300	1,115	8,319
Total SA		5,080	9,152	5,327	7,111	8,210	34,880

APPENDIX B. SFY17 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
Addiction	Inpatient Services	Intensive Res. Rehabilitation 3.8	Bed Capacity		111				111
			Utilization Rate		93%				93%
		Medically Managed Detox 4.2	Bed Capacity		41				41
			Utilization Rate		85%				85%
	Residential Services	AIDS Residential	Bed Capacity	15	10		9		34
			Utilization Rate	97%	86%		88%		91%
		Intermediate/Long Term Res.Tx 3.5	Bed Capacity	63	142	148	35	42	430
			Utilization Rate	98%	86%	91%	87%	100%	94%
		Long Term Care 3.3	Bed Capacity					61	61
			Utilization Rate					88%	88%
		Medically Monitored Detox 3.7D	Bed Capacity		43	20	35	14	112
			Utilization Rate		84%	77%	91%	100%	87%
		Recovery House	Bed Capacity	21	30	10	44	69	174
			Utilization Rate	89%	100%	68%	57%	90%	84%
		SA Intensive Res. Rehabilitation 3.7	Bed Capacity	25	34	16	28	40	143
			Utilization Rate	90%	100%	76%	100%	97%	96%
		SA Intensive Residential - Enhanced	Bed Capacity	23				20	43
			Utilization Rate	96%				100%	100%
		Shelter	Bed Capacity	36	90		51		177
			Utilization Rate	100%	100%		49%		92%
	Transitional/Halfway House 3.1	Bed Capacity	6		34	29	14	83	
		Utilization Rate	68%		89%	86%	99%	88%	

(See next page for Mental Health)

Program Type	LOC Type	LOC Mode	Data Type	Region 1	Region 2	Region 3	Region 4	Region 5	Statewide	
Forensic MH	Crisis Services	Respite Bed	Bed Capacity	3	2			4	9	
			Utilization Rate	90%	65%			63%	72%	
	Inpatient Services	Acute Psychiatric	Bed Capacity		232				232	
			Utilization Rate		94%				94%	
Mental Health	Residential Services	MH Intensive Res. Rehabilitation	Bed Capacity		6				6	
			Utilization Rate		46%				46%	
		Transitional	Bed Capacity		11				11	
			Utilization Rate		20%				20%	
	Crisis Services	Respite Bed	Bed Capacity	10	36		16	26	88	
			Utilization Rate	93%	82%		79%	30%	67%	
	Inpatient Services	Acute Psychiatric*	Bed Capacity	62	264	2			328	
			Utilization Rate	99%	88%	100%			90%	
		Acute Psychiatric - Intermediate	Bed Capacity	8		3			11	
			Utilization Rate	65%		0%			47%	
		Non-Certified Subacute	Bed Capacity				16		16	
			Utilization Rate				99%		99%	
		Residential Services	Group Home	Bed Capacity	36	55	14	42	29	176
			Utilization Rate	90%	98%	94%	95%	97%	95%	
	Residential Services	MH Intensive Res. Rehabilitation	Bed Capacity		62	6	101	17	186	
			Utilization Rate		97%	99%	94%	85%	94%	
	Residential Services	Sub-Acute	Bed Capacity			15			15	
			Utilization Rate			82%			82%	
	Residential Services	Supervised Apartments	Bed Capacity	80	154	125	149	134	642	
			Utilization Rate	92%	93%	94%	96%	97%	94%	
	Residential Services	Transitional	Bed Capacity	13		9		14	36	
			Utilization Rate	81%		83%		59%	70%	

* Includes only State Operated programs

APPENDIX C.4 DMHAS Clients by Town

Town of Client's Domicile	MH Only	SA Only	MH & SA	Total
Andover	29	32	4	65
Ansonia	496	440	61	997
Ashford	43	59	9	111
Avon	32	75	5	112
Barkhamsted	34	65	5	104
Beacon Falls	29	99	4	132
Berlin	60	244	18	322
Bethany	12	37	2	51
Bethel	85	259	13	357
Bethlehem	32	44	4	80
Bloomfield	329	208	15	552
Bolton	59	40	8	107
Bozrah	36	40	7	83
Branford	490	353	57	900
Bridgeport	2,297	2,711	456	5,464
Bridgewater	6	17	1	24
Bristol	427	1,170	113	1,710
Brookfield	64	222	11	297
Brooklyn	149	123	17	289
Burlington	16	90	5	111
Canaan	45	78	5	128
Canterbury	45	68	5	118
Canton	30	81	2	113
Chaplin	32	43	4	79
Cheshire	99	190	12	301
Chester	29	30	4	63
Clinton	74	186	20	280
Colchester	84	180	19	283
Colebrook	19	17	-	36
Columbia	39	58	8	105
Cornwall	7	6	-	13
Coventry	116	116	27	259
Cromwell	69	191	11	271
Danbury	703	1,459	120	2,282
Darien	30	50	2	82
Deep River	29	69	1	99
Derby	187	287	29	503
Durham	22	57	5	84
East Granby	68	32	6	106

⁴ Counts with fewer than 5 clients have been excluded.

Town of Client's Domicile	MH Only	SA Only	MH & SA	Total
East Haddam	25	83	8	116
East Hampton	80	179	10	269
East Hartford	1,748	675	168	2,591
East Haven	506	513	82	1,101
East Lyme	72	204	21	297
East Windsor	267	117	36	420
Eastford	13	14	1	28
Easton	18	44	1	63
Ellington	141	96	15	252
Enfield	1,360	472	199	2,031
Essex	42	56	5	103
Fairfield	135	298	18	451
Farmington	55	210	6	271
Franklin	14	13	4	31
Glastonbury	256	174	29	459
Goshen	33	31	2	66
Granby	87	39	8	134
Greenwich	156	206	11	373
Griswold	184	258	21	463
Groton	305	459	51	815
Guilford	169	153	25	347
Haddam	34	70	4	108
Hamden	618	480	79	1,177
Hampton	22	54	2	78
Hartford	3,574	3,935	608	8,117
Hartland	3	15	2	20
Harwinton	70	76	3	149
Hebron	71	76	6	153
Kent	30	37	2	69
Killingly	548	383	54	985
Killingworth	17	45	3	65
Lebanon	41	99	19	159
Ledyard	80	226	13	319
Lisbon	-	3	-	3
Litchfield	141	121	13	275
Lyme	-	2	-	2
Madison	85	136	18	239
Manchester	2,041	664	151	2,856
Mansfield	130	171	28	329
Marlborough	36	57	10	103
Meriden	1,125	973	153	2,251
Middlebury	26	63	3	92

Town of Client's Domicile	MH Only	SA Only	MH & SA	Total
Middlefield	17	32	4	53
Middletown	825	948	164	1,937
Milford	700	645	85	1,430
Monroe	29	134	4	167
Montville	170	260	24	454
Morris	22	36	-	58
Naugatuck	299	541	36	876
New Britain	1,230	1,960	296	3,486
New Canaan	45	49	5	99
New Fairfield	26	152	8	186
New Hartford	58	82	8	148
New Haven	3,321	2,645	757	6,723
New London	790	787	161	1,738
New Milford	332	487	45	864
Newington	236	306	35	577
Newtown	70	329	14	413
Norfolk	20	31	1	52
North Branford	93	146	26	265
North Canaan	4	6	-	10
North Haven	199	160	23	382
North Stonington	25	54	2	81
Norwalk	1,357	892	112	2,361
Norwich	1,150	954	135	2,239
Old Lyme	27	98	5	130
Old Saybrook	37	107	11	155
Orange	73	97	10	180
Oxford	49	152	7	208
Plainfield	253	269	33	555
Plainville	115	333	26	474
Plymouth	60	226	12	298
Pomfret	32	28	1	61
Portland	68	118	13	199
Preston	40	56	1	97
Prospect	51	88	6	145
Putnam	216	180	21	417
Redding	18	56	1	75
Ridgefield	36	169	4	209
Rocky Hill	173	164	15	352
Roxbury	13	21	3	37
Salem	16	41	2	59
Salisbury	19	40	4	63
Scotland	7	13	1	21

Town of Client's Domicile	MH Only	SA Only	MH & SA	Total
Seymour	196	254	33	483
Sharon	13	30	4	47
Shelton	300	564	48	912
Sherman	15	38	1	54
Simsbury	106	103	9	218
Somers	157	73	15	245
South Windsor	224	141	21	386
Southbury	61	160	7	228
Southington	133	497	43	673
Sprague	36	60	3	99
Stafford	184	173	35	392
Stamford	1,249	916	89	2,254
Sterling	30	57	4	91
Stonington	130	278	14	422
Stratford	257	671	60	988
Suffield	194	65	26	285
Thomaston	83	133	9	225
Thompson	117	94	9	220
Tolland	95	85	9	189
Torrington	1,483	1,063	179	2,725
Trumbull	79	238	13	330
Vernon	583	334	43	960
Voluntown	18	42	5	65
Wallingford	261	449	52	762
Warren	13	22	1	36
Washington	24	54	6	84
Waterbury	3,174	2,909	324	6,407
Waterford	98	254	23	375
Watertown	197	315	18	530
West Hartford	385	372	32	789
West Haven	815	833	144	1,792
Westbrook	33	98	10	141
Weston	13	46	5	64
Westport	109	89	10	208
Wethersfield	194	220	24	438
Willington	56	62	7	125
Wilton	34	62	3	99
Winchester	343	309	38	690
Windham	759	1,029	181	1,969
Windsor	500	219	27	746
Windsor Locks	304	150	51	505
Wolcott	116	193	9	318

Town of Client's Domicile	MH Only	SA Only	MH & SA	Total
Woodbridge	31	56	10	97
Woodbury	52	87	10	149
Woodstock	60	54	6	120
Unknown	1,594	1,205	169	2,968
Total	48,039	50,554	6,947	105,540