

Table 8.18A Received Mental Health Services in Past Year among Persons Aged 18 or Older, by Past Year Level of Mental Illness and Geographic and Socioeconomic Characteristics: Numbers in Thousands, 2017 and 2018

Geographic/Socioeconomic Characteristic	Total (2017)	Total (2018)	Any Mental Illness (2017)	Any Mental Illness (2018)	Serious Mental Illness (2017)	Serious Mental Illness (2018)	Any Mental Illness Excluding Serious Mental Illness (2017)	Any Mental Illness Excluding Serious Mental Illness (2018)	No Mental Illness ¹ (2017)	No Mental Illness ¹ (2018)
TOTAL	36,416	37,101	19,813	20,579	7,454	7,277	12,359	13,302	16,603	16,522
GEOGRAPHIC REGION										
Northeast	6,737	7,369	3,392	3,771	1,135	1,184	2,257	2,588	3,345	3,597
Midwest	8,573	8,868	4,730	4,842	1,693	1,780	3,037	3,062	3,843	4,027
South	12,875	12,569	7,083	7,057	2,690	2,625	4,393	4,432	5,792	5,512
West	8,232	8,296	4,609	4,909	1,936	1,688	2,673 ^a	3,221	3,623	3,387
COUNTY TYPE										
Large Metro	19,633	19,362	10,076	10,585	3,535	3,587	6,540	6,998	9,558	8,777
Small Metro	11,627	12,252	6,694	7,058	2,593	2,605	4,101	4,453	4,933	5,194
Nonmetro	5,156	5,486	3,044	2,935	1,326	1,084	1,718	1,851	2,112 ^a	2,551
Urbanized	2,233	2,585	1,268	1,314	569	481	699	834	964	1,271
Less Urbanized	2,425	2,338	1,449	1,292	665 ^a	458	784	834	977	1,046
Completely Rural	498	563	327	329	*	*	235	*	171	234
POVERTY LEVEL²										
Less Than 100%	5,835	5,832	3,993	4,052	1,730	1,774	2,263	2,278	1,843	1,780
100-199%	6,827 ^a	6,116	4,188	3,753	1,827 ^a	1,470	2,362	2,283	2,639	2,363
200% or More	23,646	25,042	11,561 ^a	12,707	3,864	4,009	7,698 ^a	8,698	12,085	12,335
EDUCATION										
< High School	3,239	3,172	1,920	1,877	728	788	1,192	1,089	1,319	1,295
High School Graduate	7,224	7,167	3,978	4,263	1,715	1,622	2,263	2,641	3,246	2,904
Some College/Associate's Degree	12,696	12,994	7,489	7,776	3,093	3,011	4,396	4,765	5,207	5,218
College Graduate	13,257	13,768	6,426	6,663	1,918	1,856	4,508	4,807	6,831	7,105
HEALTH INSURANCE³										
Private	23,813	24,849	11,668 ^a	12,721	3,892	3,922	7,777 ^a	8,800	12,144	12,128
Medicaid/CHIP	7,597 ^a	6,834	5,048	4,749	2,226	2,033	2,823	2,716	2,548 ^a	2,085
Other ⁴	10,027	10,363	5,241	5,050	2,033	1,791	3,208	3,259	4,786	5,313
No Coverage	1,916	1,985	1,309	1,463	547	714	762	749	607	522

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Mental Health Services for adults includes inpatient treatment/counseling, outpatient treatment/counseling, or use of prescription medication for problems with emotions, nerves, or mental health. Respondents with unknown mental health service information were excluded.

NOTE: Mental Illness aligns with DSM-IV criteria and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to persons with AMI that resulted in serious functional impairment. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic status.

^a The difference between this estimate and the 2018 estimate is statistically significant at the .05 level. Rounding may make the estimates appear identical.

¹ Respondents with no mental illness may still have received mental health treatment for a past disorder that is in partial or full remission or treatment for a disorder that was not included in the definition of mental illness or for other reasons.

² Respondents aged 18 to 22 who were living in a college dormitory were excluded.

³ Respondents could indicate multiple types of health insurance; thus, these response categories are not mutually exclusive.

⁴ Other Health Insurance is defined as having Medicare, military-related health care, or any other type of health insurance.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2017 and 2018.

Table 8.18B Received Mental Health Services in Past Year among Persons Aged 18 or Older, by Past Year Level of Mental Illness and Geographic and Socioeconomic Characteristics: Percentages, 2017 and 2018

Geographic/Socioeconomic Characteristic	Total (2017)	Total (2018)	Any Mental Illness (2017)	Any Mental Illness (2018)	Serious Mental Illness (2017)	Serious Mental Illness (2018)	Any Mental Illness Excluding Serious Mental Illness (2017)	Any Mental Illness Excluding Serious Mental Illness (2018)	No Mental Illness ¹ (2017)	No Mental Illness ¹ (2018)
TOTAL	14.8	15.0	42.6	43.3	66.7	64.1	35.0	36.8	8.3	8.3
GEOGRAPHIC REGION										
Northeast	15.4 ^a	16.9	43.1	45.6	66.7	65.6	36.6	40.0	9.3	10.2
Midwest	16.7	17.2	46.3	47.1	69.3	67.5	39.1	40.0	9.3	9.7
South	13.9	13.4	42.2	41.8	64.5	65.5	34.8	34.4	7.6	7.2
West	14.2	14.1	39.7	40.8	67.9 ^a	58.1	30.6 ^a	35.3	7.8	7.3
COUNTY TYPE										
Large Metro	14.2	14.1	40.1	41.2	63.5	62.5	33.5	35.1	8.5	7.8
Small Metro	16.0	16.6	45.9	46.3	69.2	66.4	37.8	39.3	8.5	8.9
Nonmetro	14.6	15.4	45.0	44.6	71.5	64.1	34.9	37.9	7.4 ^a	8.8
Urbanized	14.7	16.0	42.7	41.7	71.8	63.8	32.1	34.7	7.9	9.8
Less Urbanized	14.2	14.4	45.2	46.3	70.6	61.4	34.6	40.8	7.0	7.8
Completely Rural	16.1	17.1	54.8	51.9	*	*	49.3	*	6.8	8.8
POVERTY LEVEL²										
Less Than 100%	17.2	17.1	45.9	44.8	69.1	65.3	36.6	35.9	7.3	7.1
100-199%	14.1 ^a	12.5	41.4 ^a	37.3	68.3 ^a	60.4	31.7	29.9	6.9	6.1
200% or More	14.5	15.3	42.1 ^a	45.1	65.0	65.1	35.8 ^a	39.5	8.9	9.1
EDUCATION										
< High School	10.6	10.4	36.4	33.5	57.8	64.9	29.7	24.8	5.2	5.2
High School Graduate	12.2	11.7	38.5	38.4	64.4	57.7	29.6	31.9	6.6	5.8
Some College/Associate's Degree	16.6	16.9	45.5	45.5	69.2	66.2	36.7	38.0	8.7	8.7
College Graduate	16.7	17.4	44.6 ^a	48.6	69.0	66.8	38.7 ^a	44.0	10.5	10.9
HEALTH INSURANCE³										
Private	14.5	15.1	41.9 ^a	45.2	67.0	65.8	35.3 ^a	39.6	8.9	8.9
Medicaid/CHIP	21.2 ^a	18.7	50.3 ^a	45.7	74.9 ^a	68.3	40.0	36.6	9.9 ^a	8.0
Other ⁴	14.9	15.3	48.4	45.5	80.4	76.6	38.7	37.2	8.5	9.4
No Coverage	8.3	8.2	26.9	27.4	40.2	47.1	21.7	19.6	3.3	2.7

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

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