

2019 National Survey on Drug Use and Health: Lesbian, Gay, & Bisexual (LGB) Adults

Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

September 2020



SAMHSA
Substance Abuse and Mental Health
Services Administration

National Survey on Drug Use and Health (NSDUH)

- NSDUH is a comprehensive household interview survey of substance use, substance use disorders, mental health, and the receipt of treatment services for these disorders in the United States.
- NSDUH is collected face-to-face by field interviewers who read less sensitive questions to respondents and transition respondents to audio computer assisted self-interviewing for sensitive items.
- NSDUH covers the civilian, noninstitutionalized population, aged 12 or older:
 - Includes: Households, college dorms, homeless in shelters, civilians on military bases
 - Excludes: Active military, long-term hospital residents, prison populations, homeless not in shelters
- Sample includes all 50 states and DC
- Approximately 67,500 persons are interviewed annually
- Data collected from January to December

How Do We Use NSDUH?

- Provides a window into the state of substance use and mental health issues in the United States
- Helps to guide policy directions in addressing:
 - problem substances
 - prevalence of mental illness
 - intersection of substance use and mental health issues
 - provides insights that can be studied in the context of data from other agencies to help in decision-making about what types of resources are needed and where resources should be directed

Mental Illness and Substance Use Disorders in America among LGB Adults (≥18 y.o.)

PAST YEAR, 2019 NSDUH, LGB 18+

Among LGB adults with a substance use disorder:

- 1 IN 2 (51.6% or 1.4M)** struggled with illicit drugs
- 3 IN 5 (64.6% or 1.7M)** struggled with alcohol use
- 1 IN 6 (16.2% or 426K)** struggled with illicit drugs and alcohol

Among LGB adults with a mental illness:
2 IN 5 (38.2% or 2.6M) had a serious mental illness

**18.3%
(2.6 MILLION)**
People aged 18
or older had a
substance use
disorder (SUD)

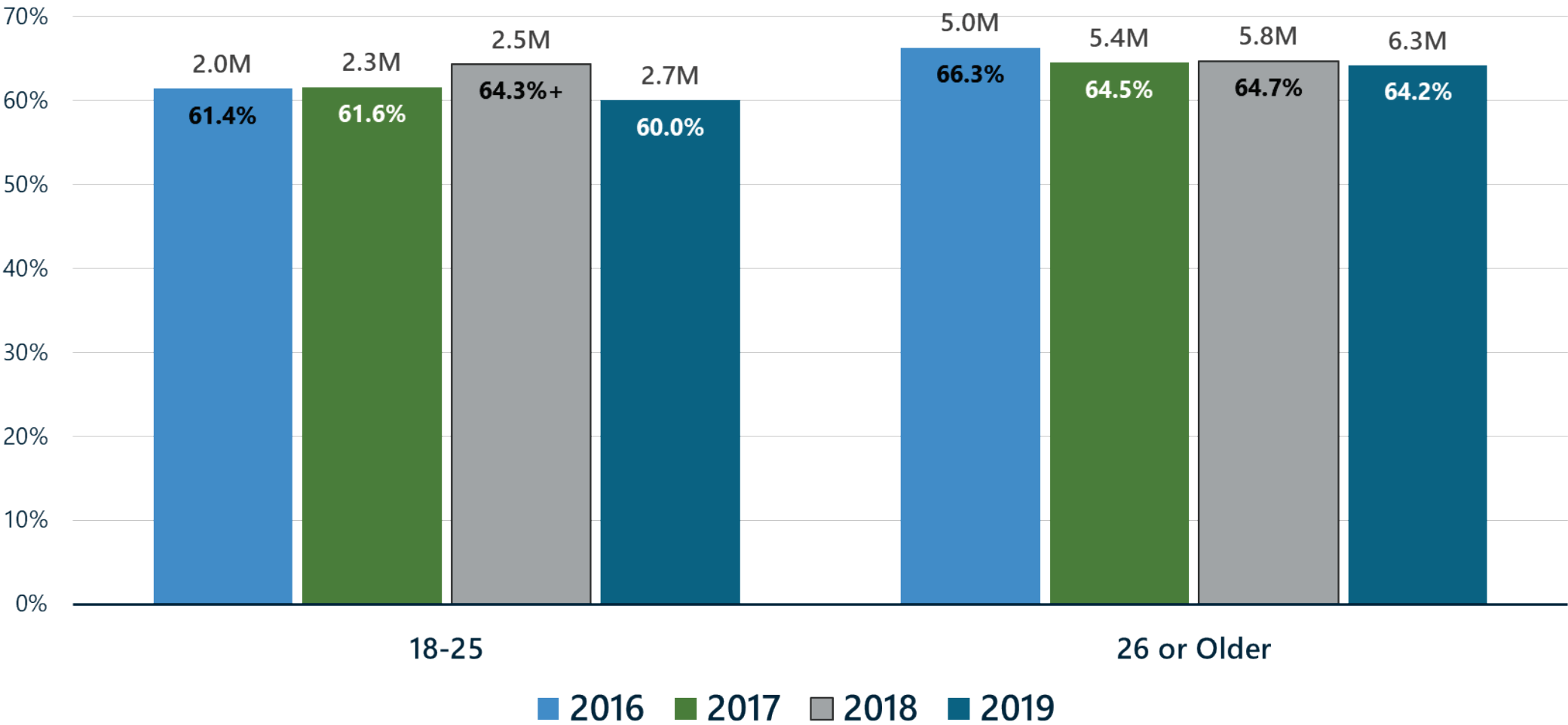
**12.9%
(1.9 MILLION)**
People 18 or older
had BOTH an SUD
and a mental
illness

**47.4%
(6.8 MILLION)**
People aged 18
or older had a
mental illness

In 2019, **7.6M** LGB adults had a mental illness and/or substance use disorder—an increase of 20.5% over 2018 composed of increases in both SUD and mental illness.

Alcohol Use among LGB Adults

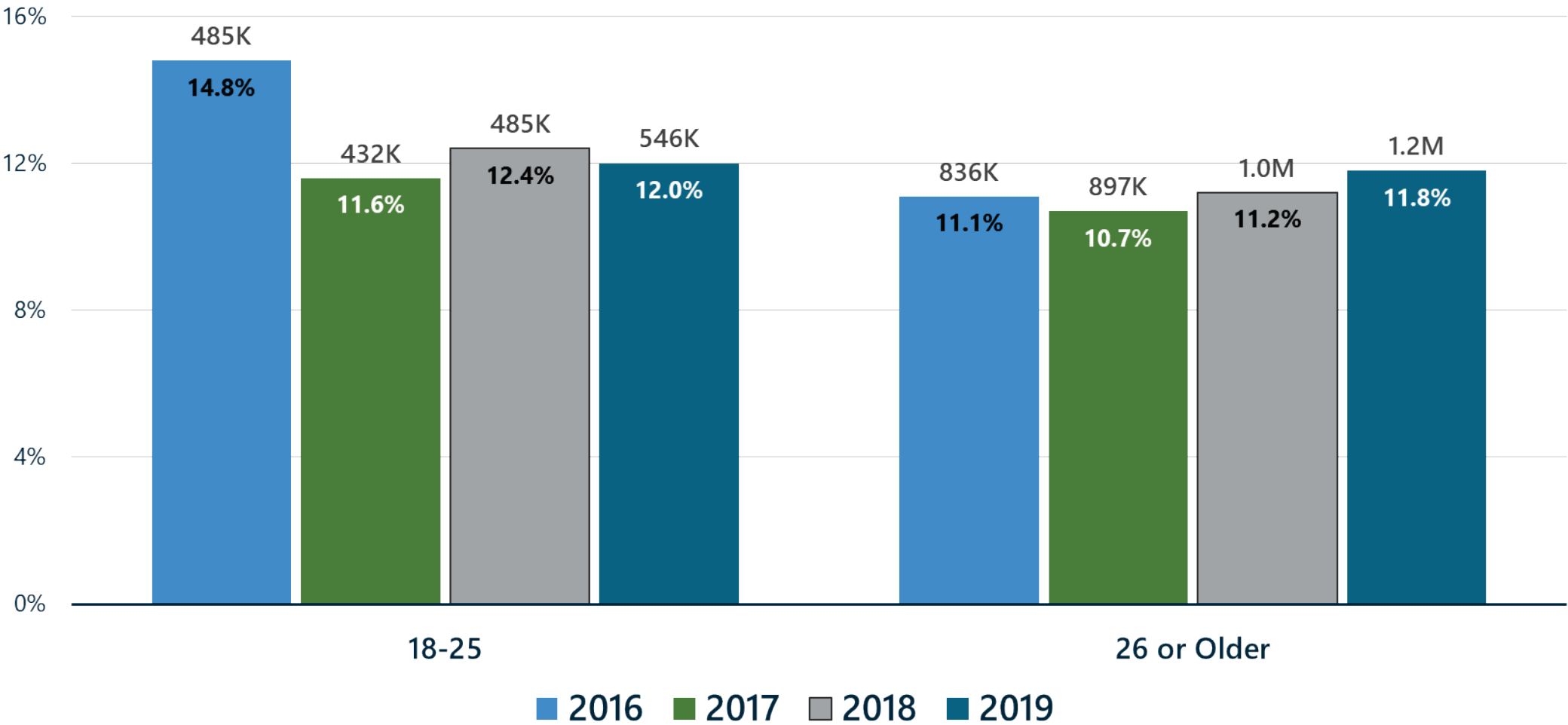
PAST MONTH, 2016-2019 NSDUH, LGB 18+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Alcohol Use Disorder among LGB Adults

PAST YEAR, 2016-2019 NSDUH, LGB 18+



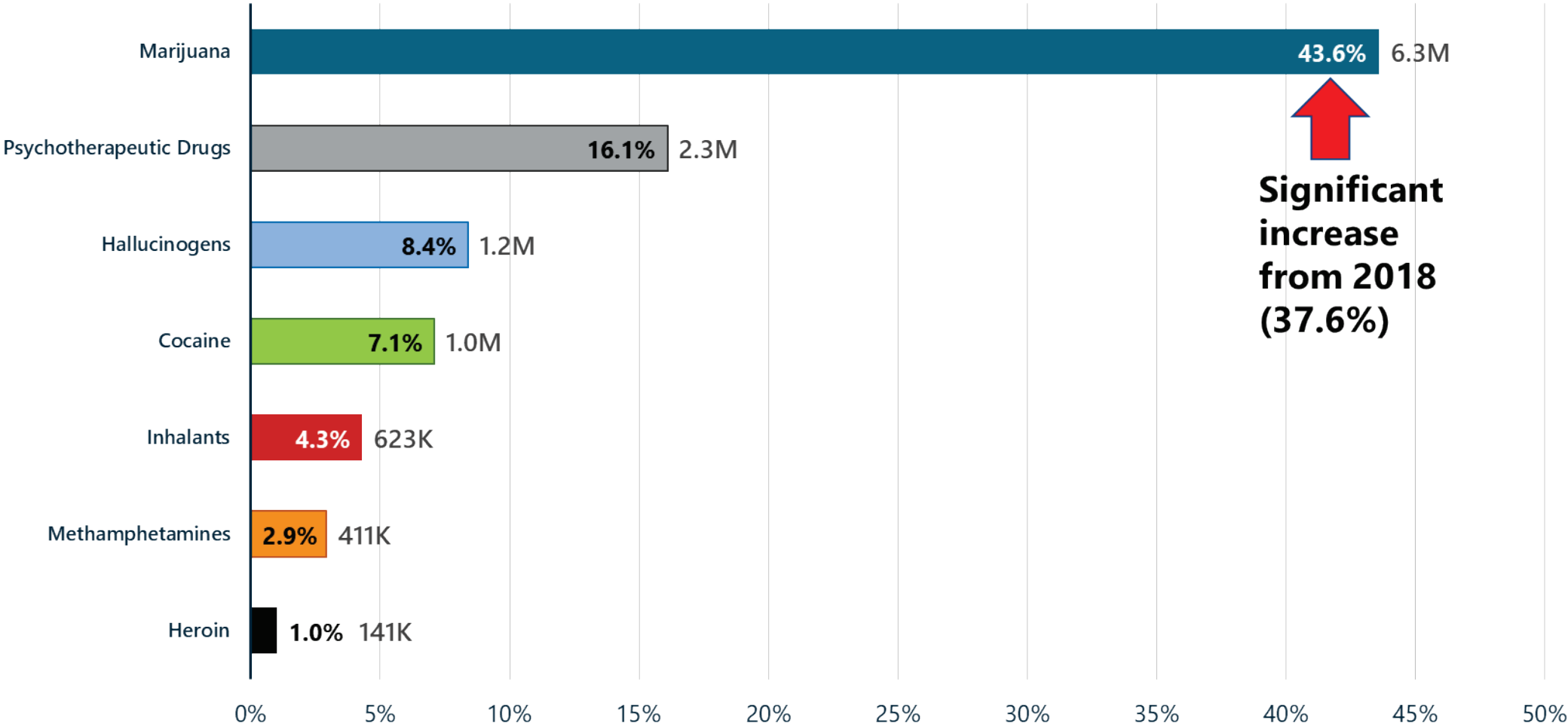
No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Summary: Alcohol Use in 2019

- Past month alcohol use significantly declined for LGB adults ages 18-25 when compared to 2018.
- Alcohol use disorder among LGB adults remained stable in 2019.
- SAMHSA will continue its prevention programs:
 - SAMHSA Prevention Technology Transfer Centers produce resources and materials related to alcohol misuse prevention
 - CSAP 'Talk They Hear You' focuses on underage drinking
 - CSAP requires Partnerships for Success grantees to emphasize underage drinking prevention
 - CSAT has promoted SBIRT for alcohol use in all programs including CJ, PPW, adolescent treatment, HIV and homeless programs
 - CSAT has funded SBIRT training in medical residencies and other healthcare practitioner programs which screen for hazardous alcohol use and use disorders

Illicit Drug Use among LGB Adults: Major Concerns: Opioids, Marijuana, Methamphetamines

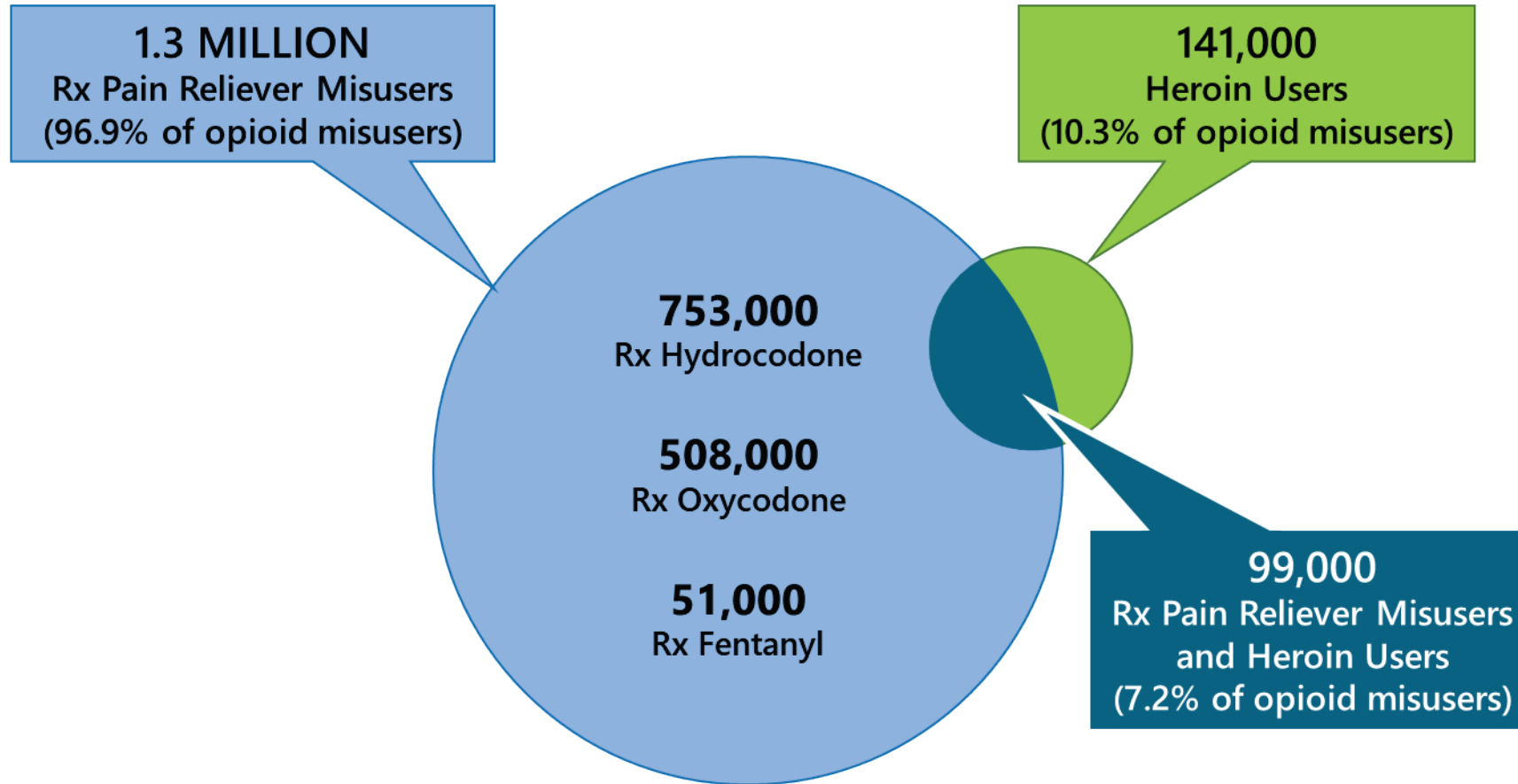
PAST YEAR, 2019 NSDUH, LGB 18+



Progress on the Opioid Epidemic: Prescription Pain Reliever Misuse among LGB Adults

PAST YEAR, 2019 NSDUH, LGB 18+

1.4 MILLION LGB ADULTS WITH OPIOID MISUSE (9.6% OF TOTAL POPULATION)

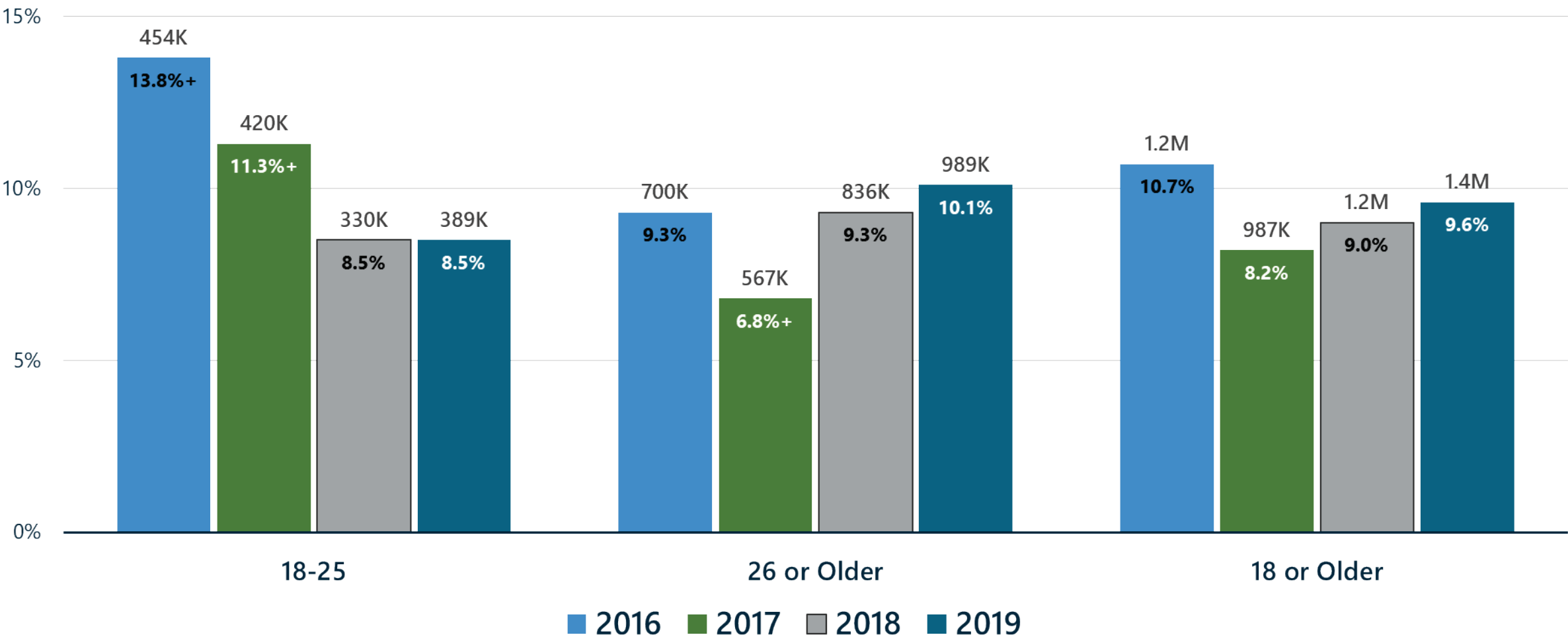


Rx = prescription.

Opioid misuse is defined as heroin use or prescription pain reliever misuse.

Opioid Misuse among LGB Adults

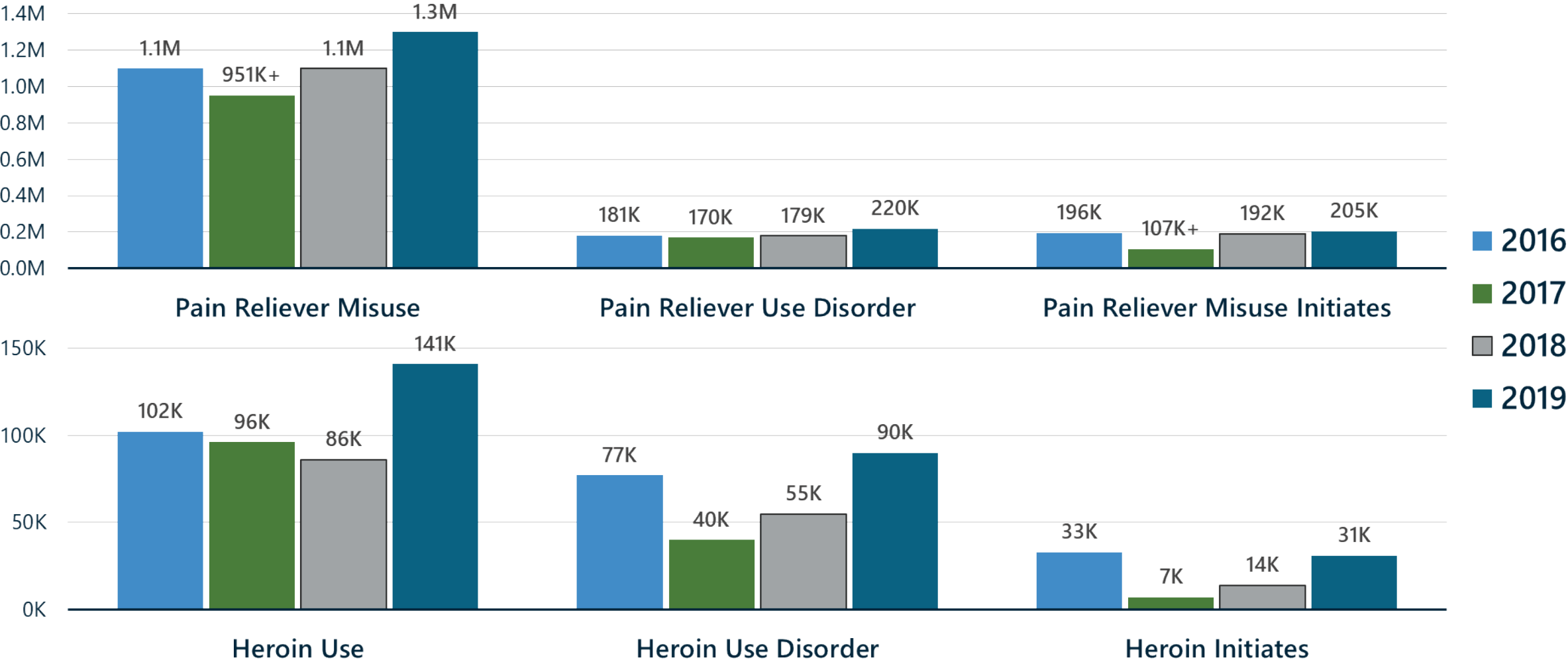
PAST YEAR, 2016-2019 NSDUH, LGB 18+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Prescription Pain Reliever Misuse and Heroin Use among LGB Adults

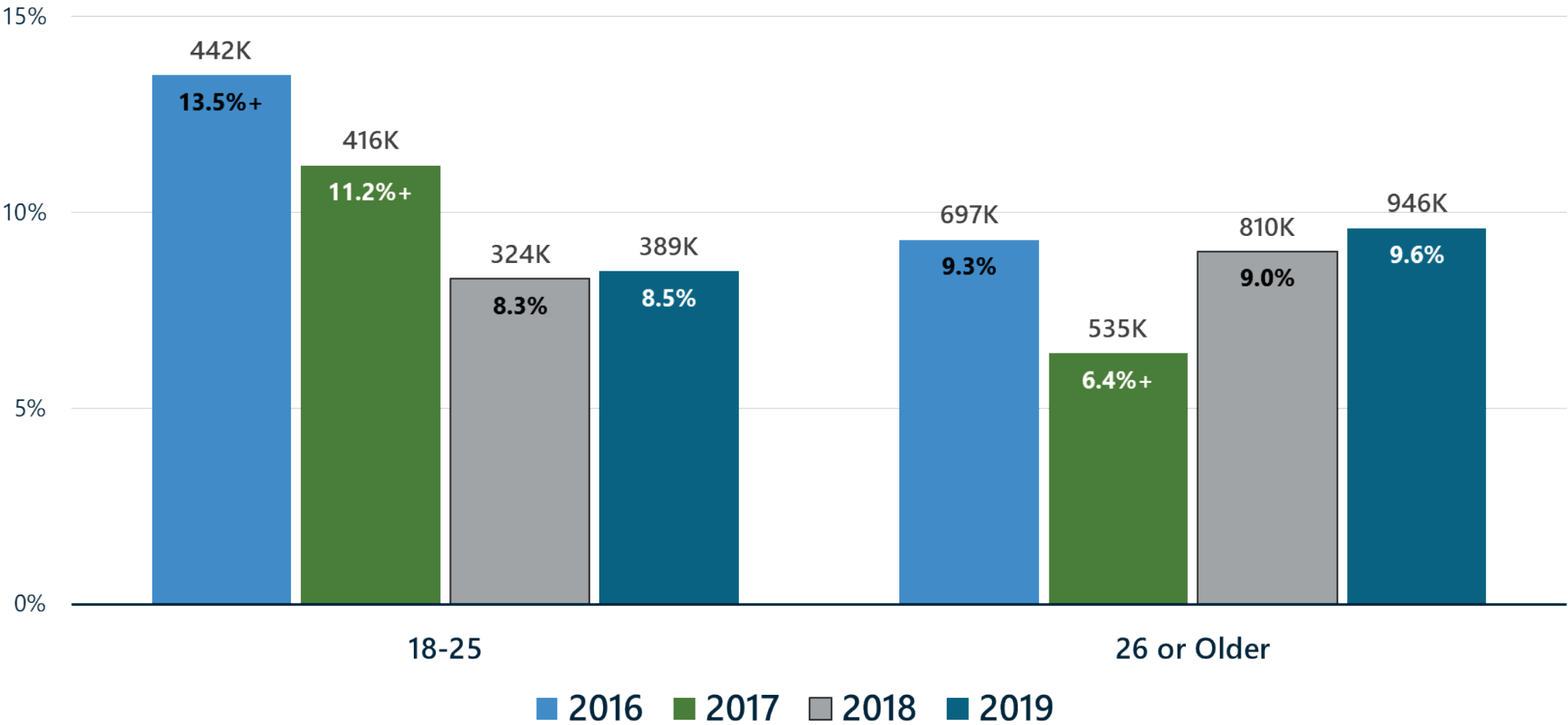
PAST YEAR, 2016-2019 NSDUH, LGB 18+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Prescription Pain Reliever Misuse among LGB Adults

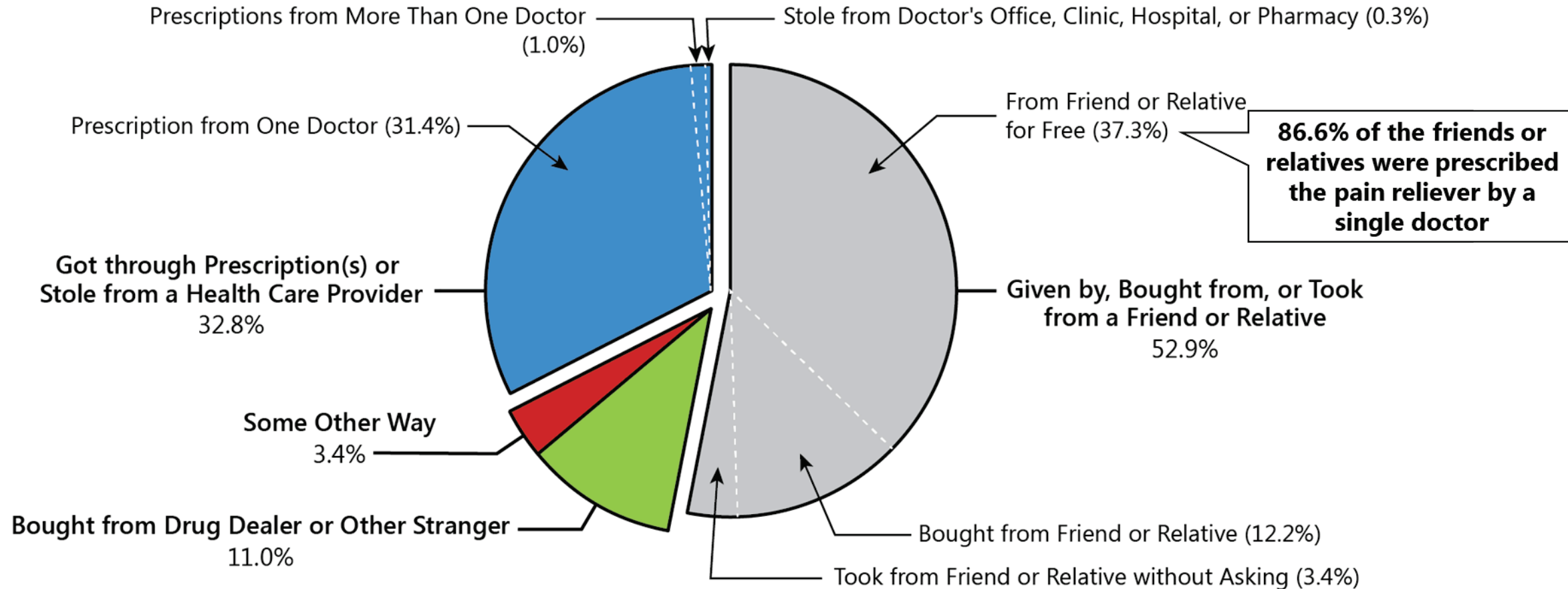
PAST YEAR, 2016-2019 NSDUH, LGB 18+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Sources Where Pain Relievers Were Obtained for Most Recent Misuse among LGB Adults Who Misused Prescription Pain Relievers

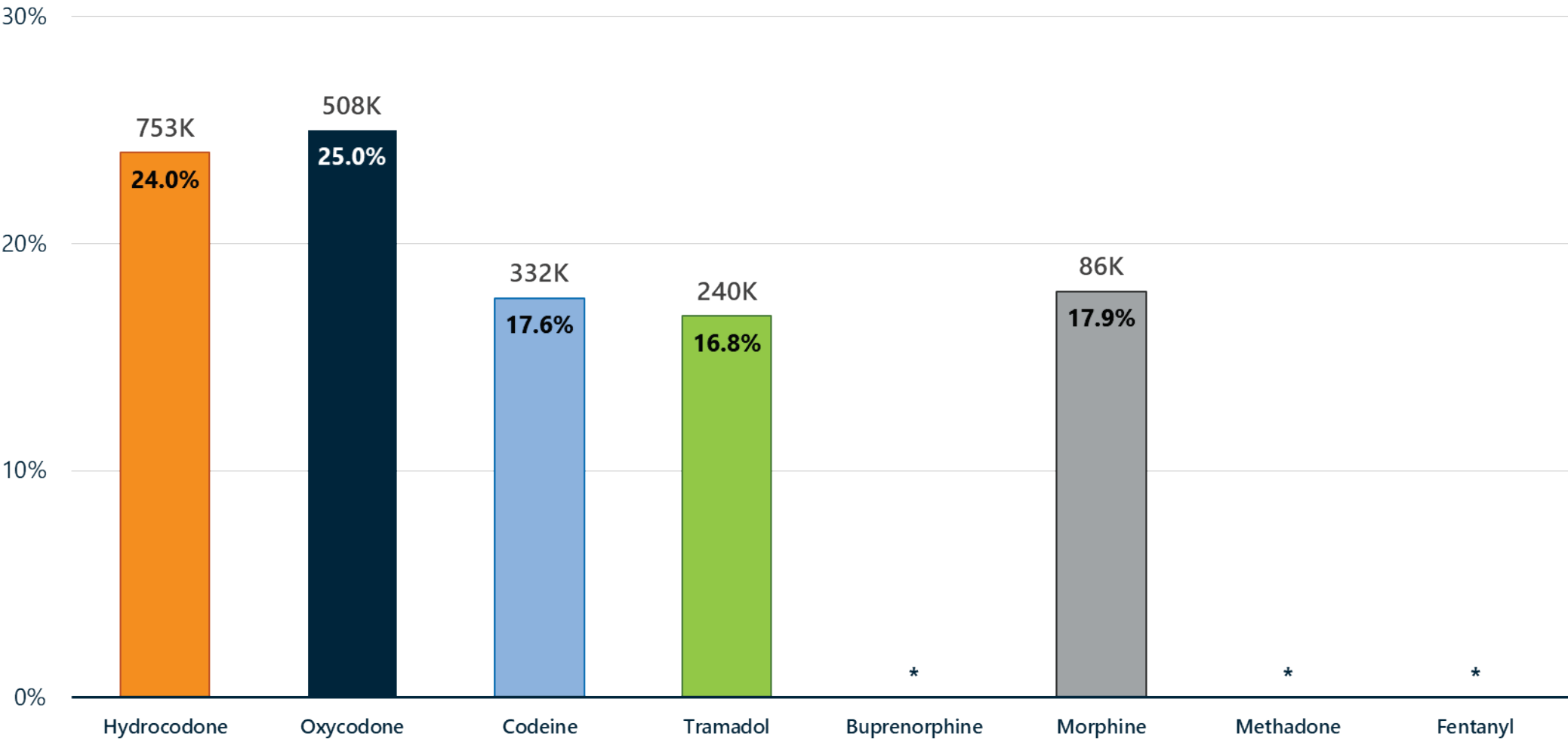
PAST YEAR, 2019 NSDUH, LGB 18+



1.3 Million LGB Adults Aged 18 or Older Who Misused Prescription Pain Relievers in the Past Year

Misuse of Prescription Opioid Subtypes among LGB Adults

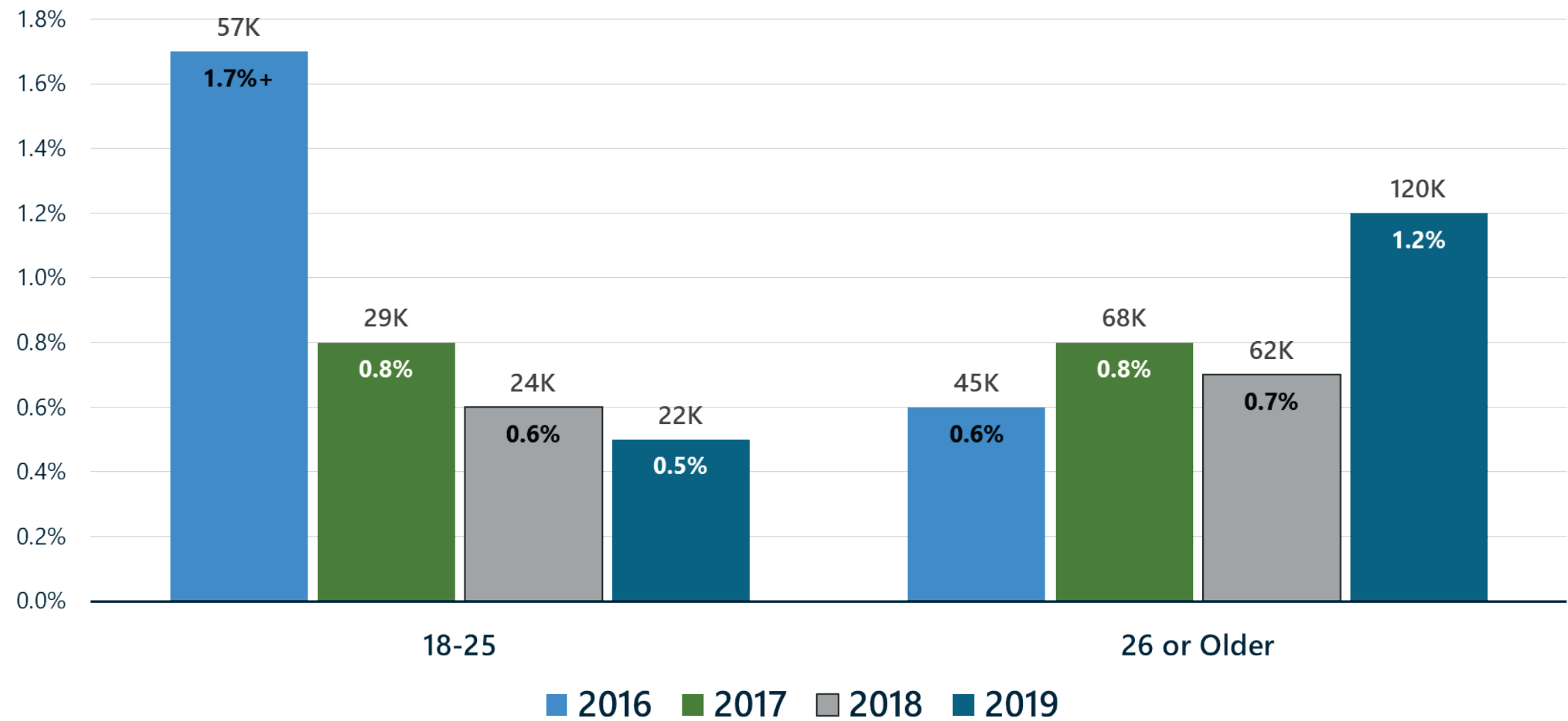
PAST YEAR, 2019 NSDUH, LGB 18+ SUBTYPE USERS



* Estimate not shown due to low precision.

Heroin Use among LGB Adults

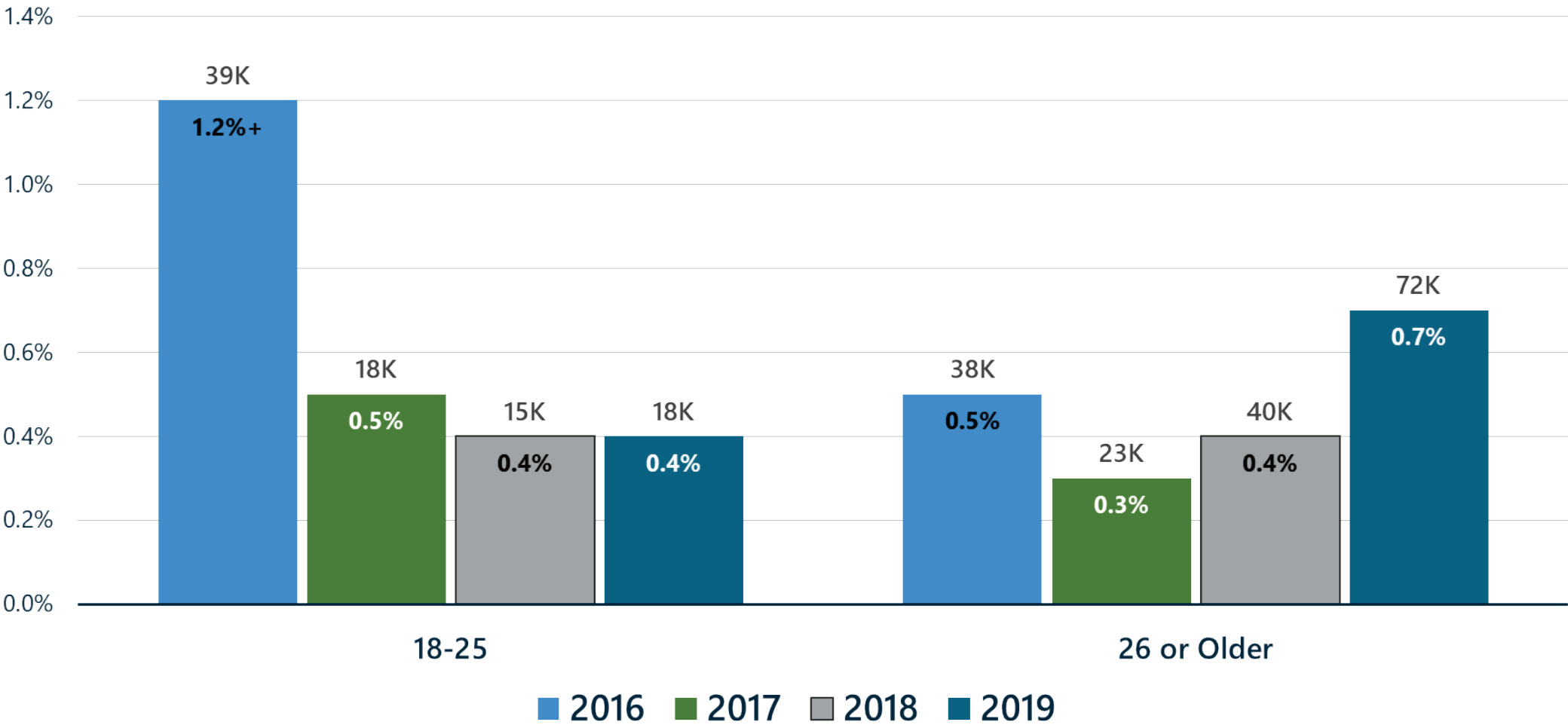
PAST YEAR, 2016-2019 NSDUH, LGB 18+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Heroin-Related Opioid Use Disorder among LGB Adults

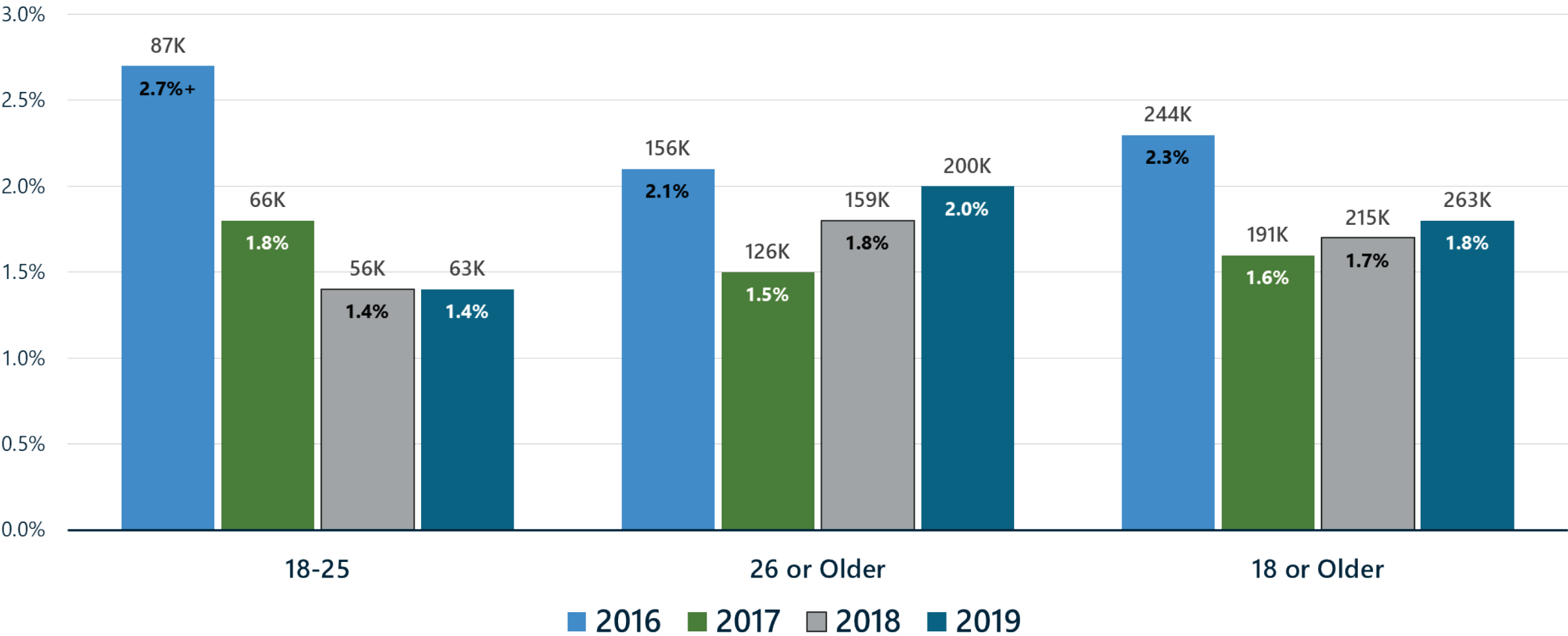
PAST YEAR, 2016-2019 NSDUH, LGB 18+



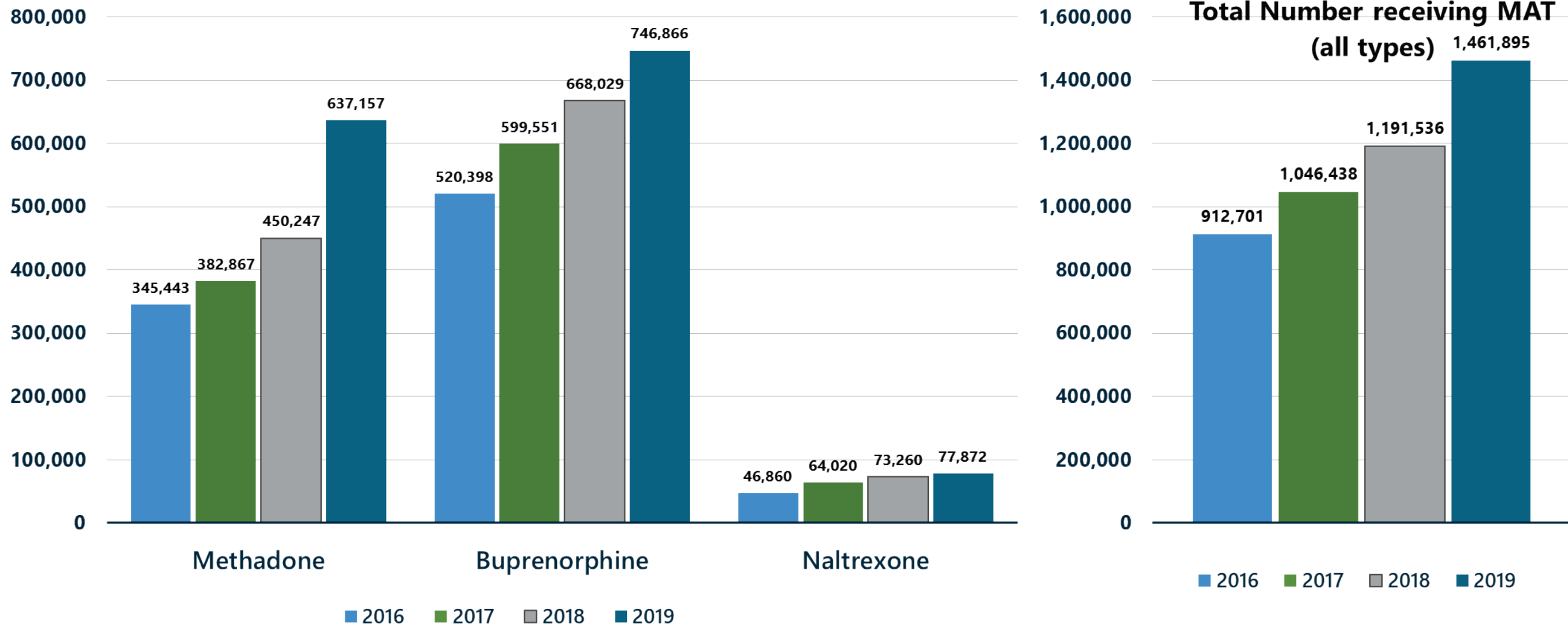
+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Opioid Use Disorder among LGB Adults

PAST YEAR, 2016-2019 NSDUH, LGB 18+



Treatment Gains: Number of Individuals Receiving Pharmacotherapy for Opioid Use Disorder (MAT)



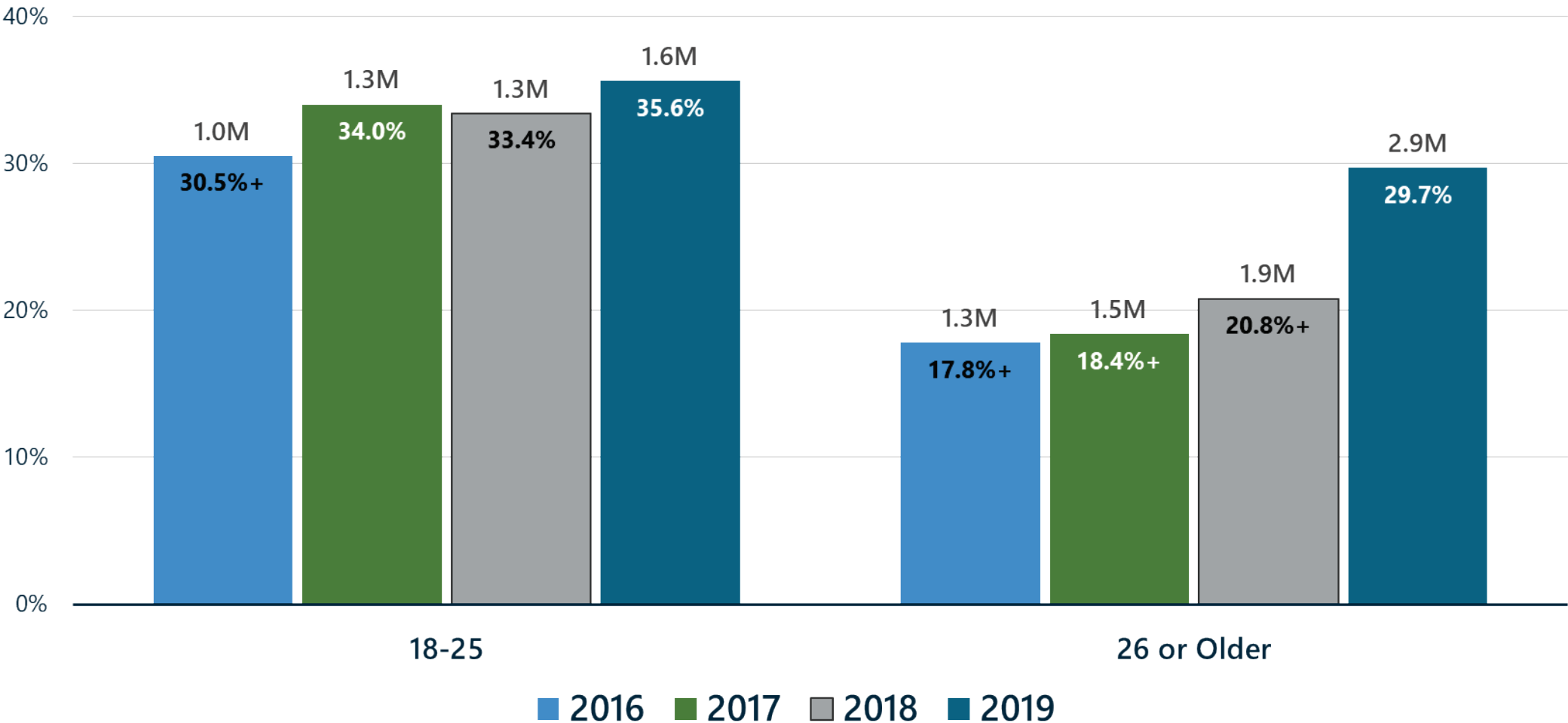
Summary: Opioid Misuse in the United States

- Significant decline in opioid misuse for LGB adults ages 18-25 when compared to 2016-2017, however, opioid misuse has significantly increased for LGB adults ages 26 and older when compared to 2017.
- Prescription pain reliever misuse has significantly decreased in LGB adults ages 18-25 as compared to 2017.
- Opioid use disorder significantly declined in LGB adults ages 18 to 25 as compared to 2016.

Other Illicit Substances

Past Month Marijuana Use for All Age Groups among LGB Adults

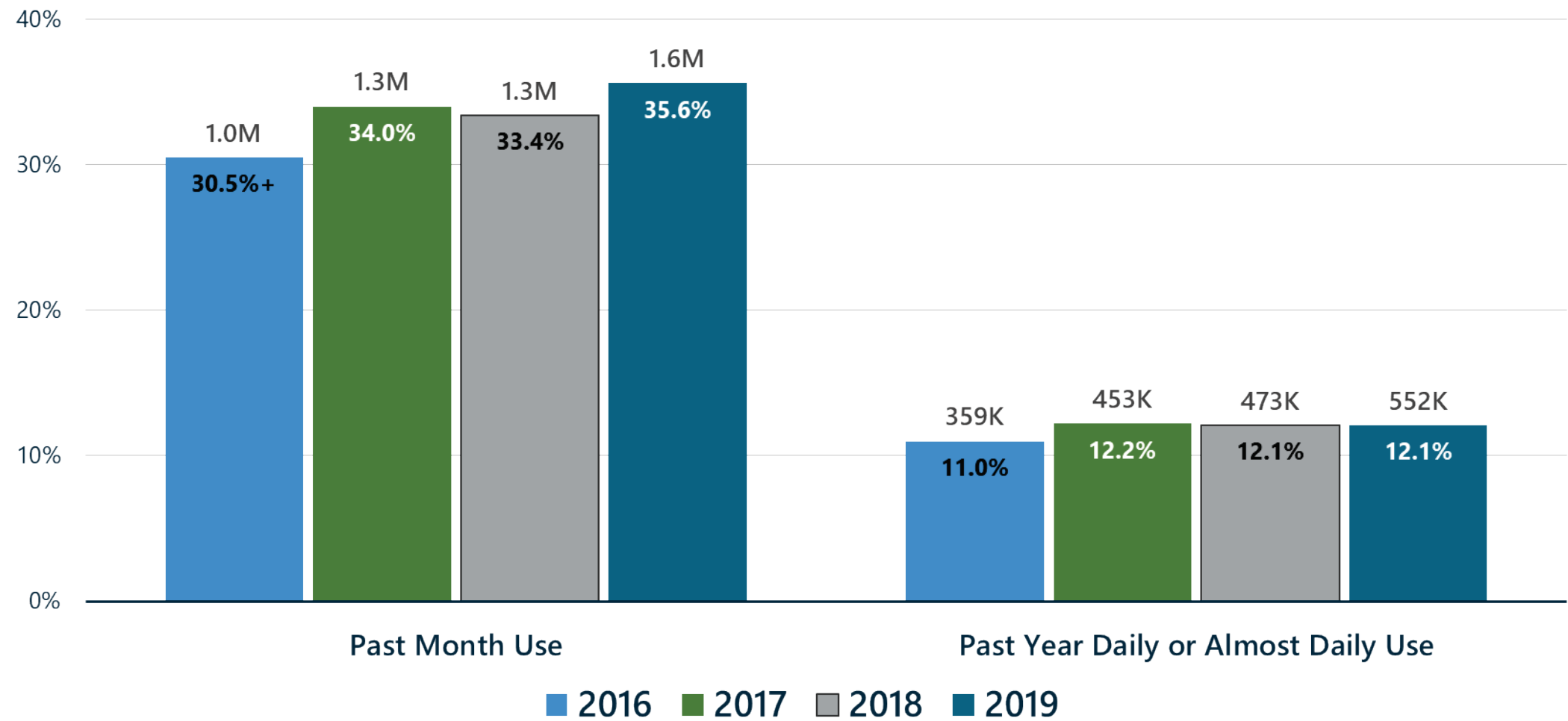
PAST MONTH, 2016-2019 NSDUH, LGB 18+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Marijuana Use among LGB Young Adults (18-25 y.o.)

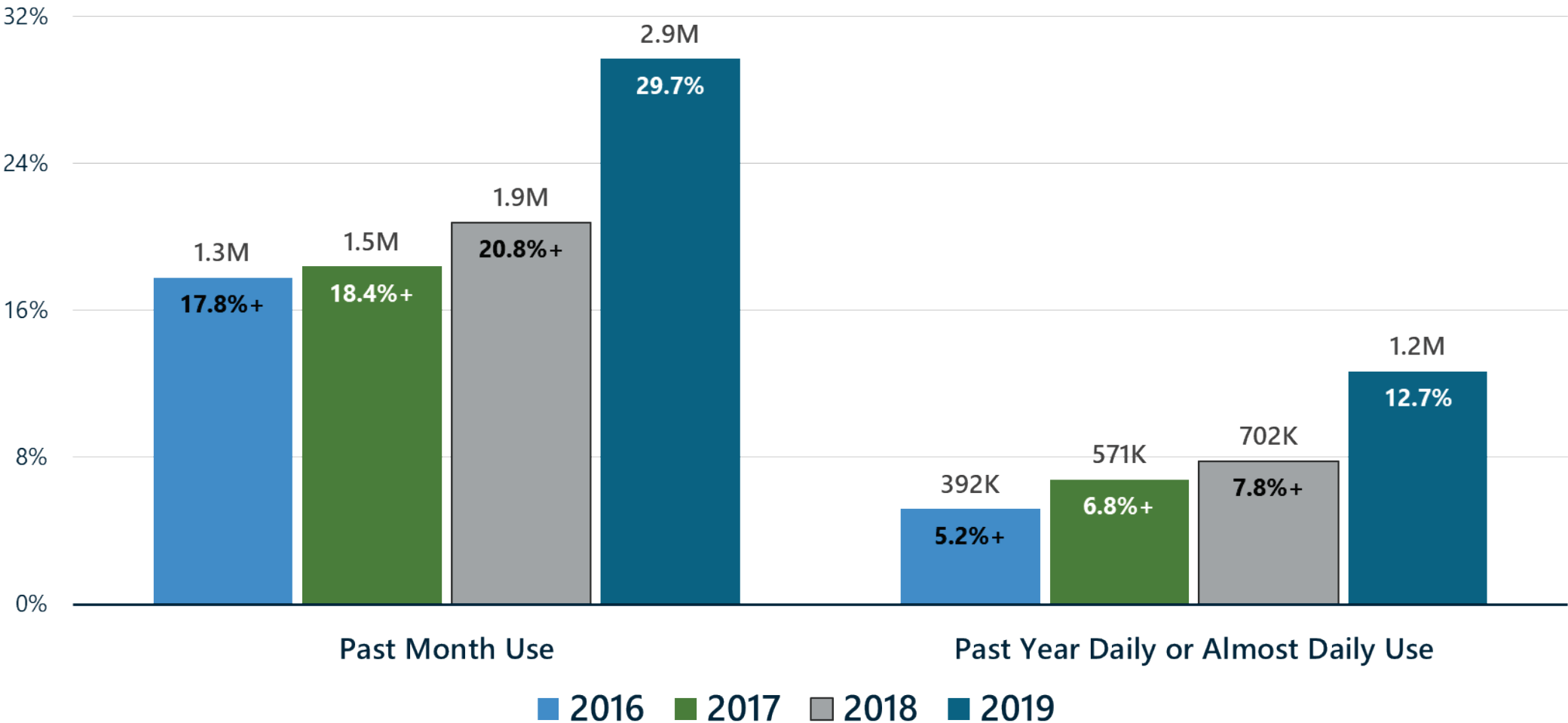
PAST MONTH/YEAR, 2016-2019 NSDUH, LGB 18-25



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Significant Increase in Marijuana Use among LGB Adults 26+

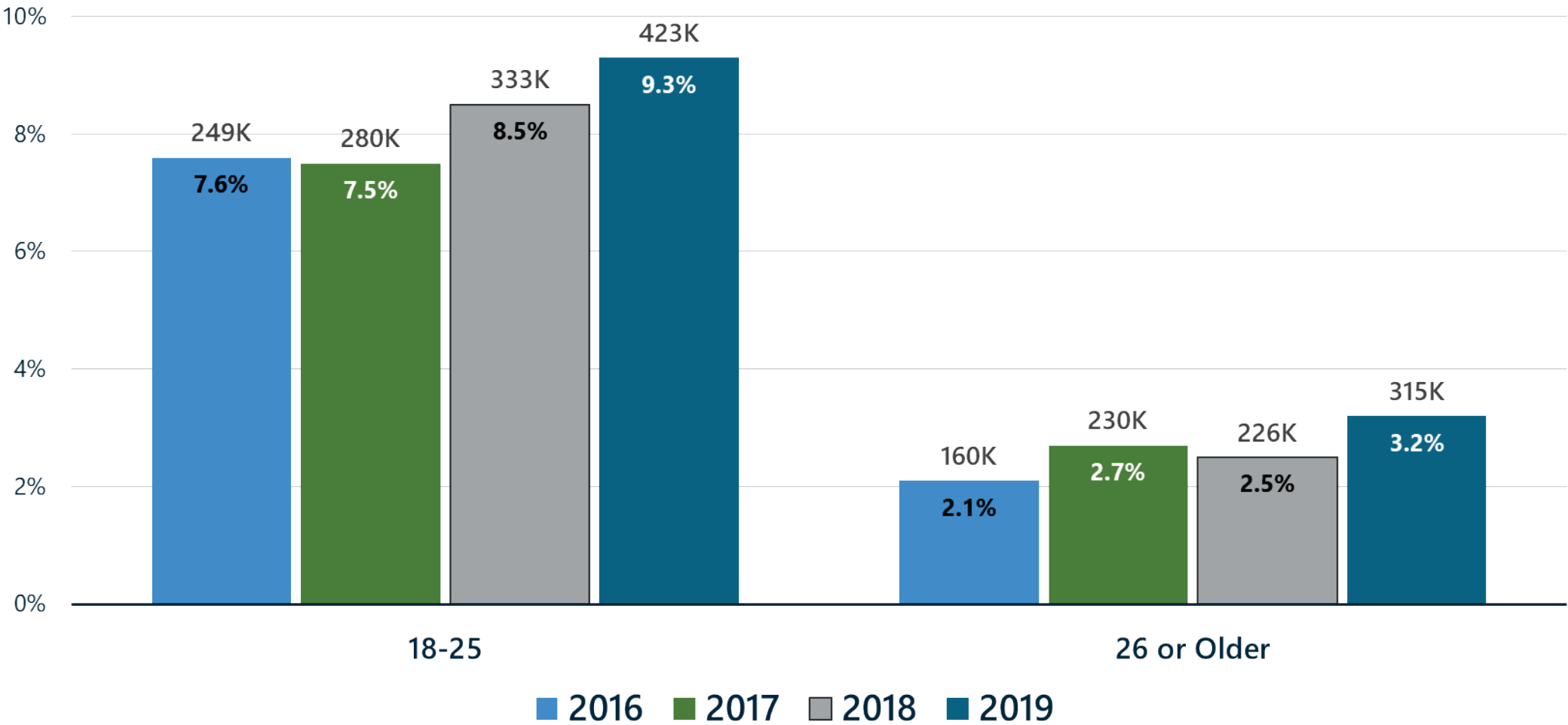
PAST MONTH/YEAR, 2016-2019 NSDUH, LGB 26+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Marijuana Use Disorder among LGB Adults

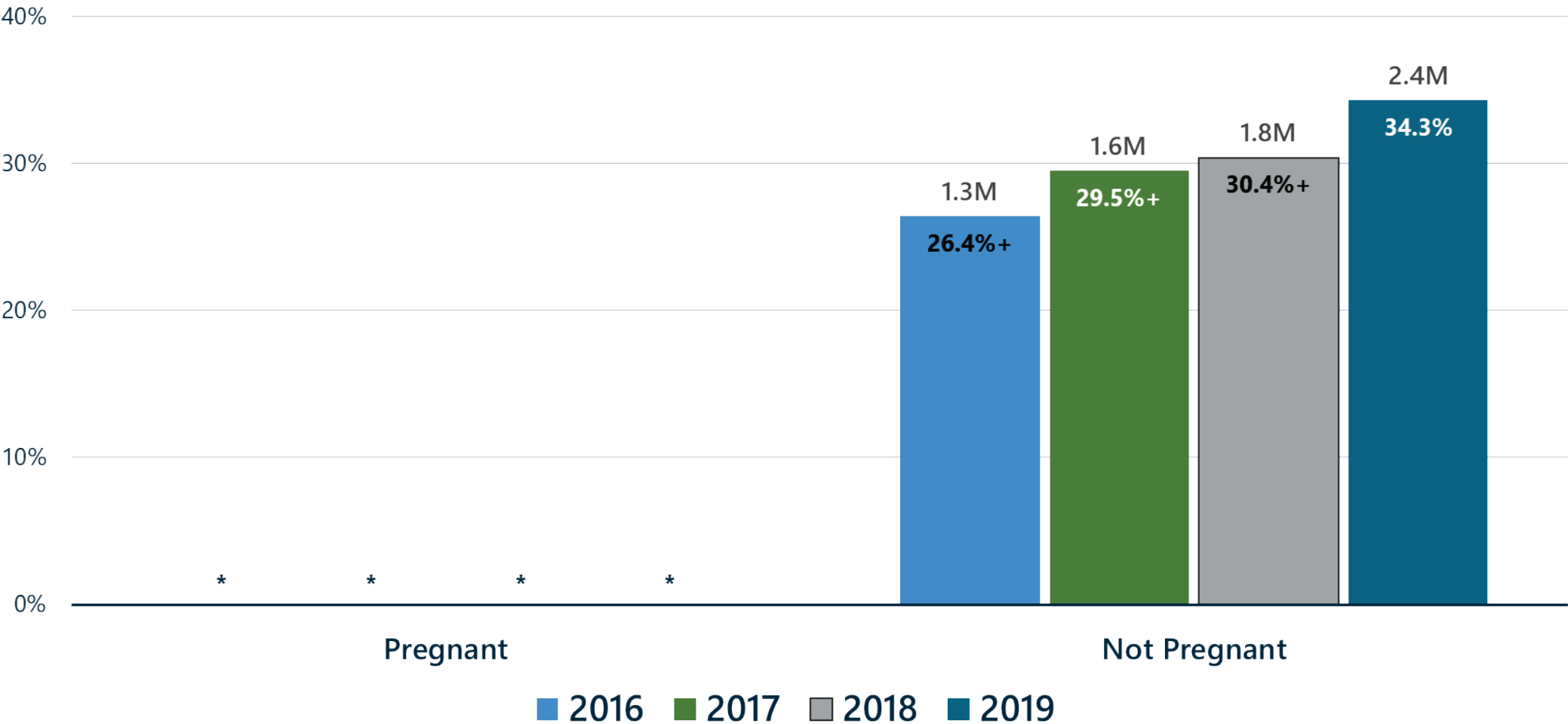
PAST YEAR, 2016-2019 NSDUH, LGB 18+



No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Marijuana Use among LGB Women by Pregnancy Status

PAST MONTH, 2016-2019 NSDUH, LGB 18-44

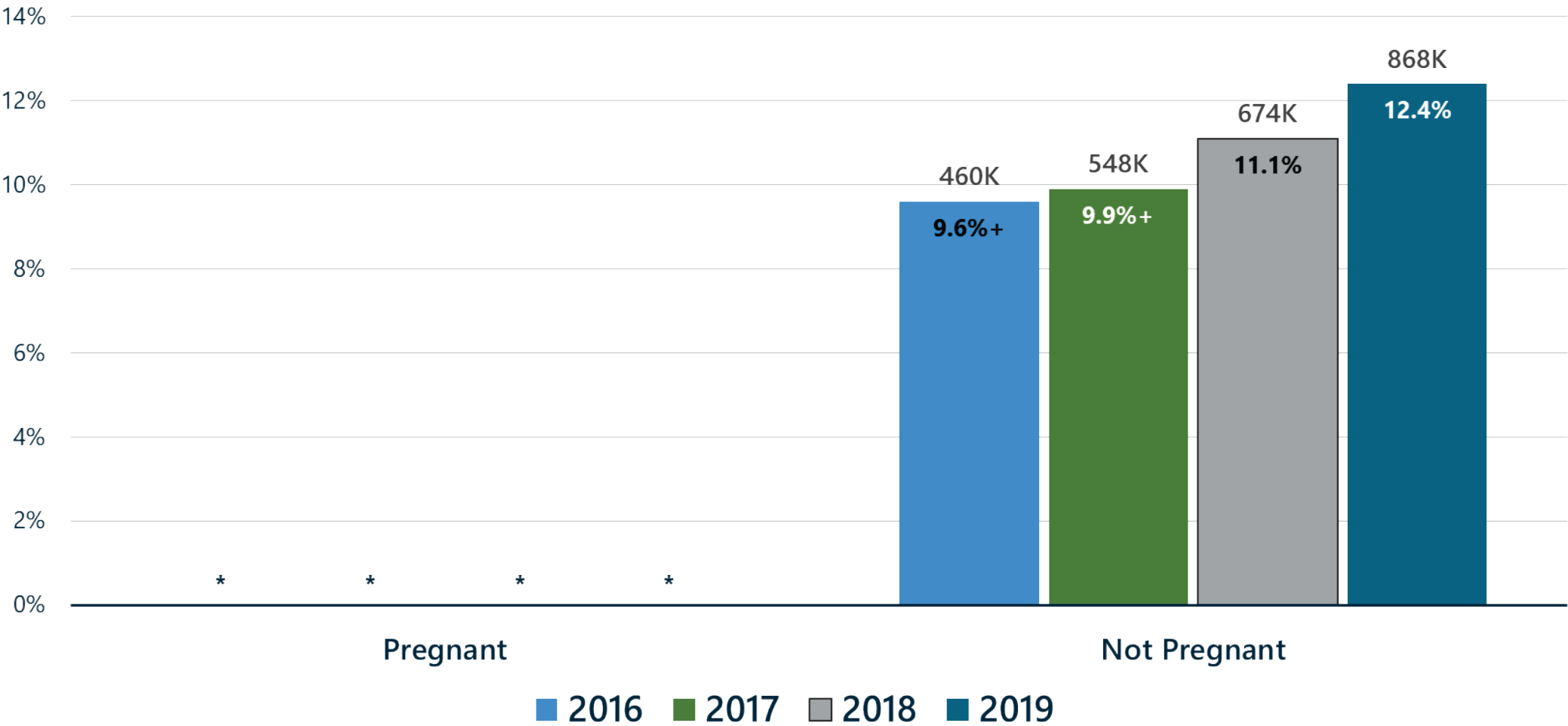


* Estimate not shown due to low precision.

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Daily or Almost Daily Marijuana Use among LGB Women by Pregnancy Status

PAST YEAR, 2016-2019 NSDUH, LGB 18-44



* Estimate not shown due to low precision.

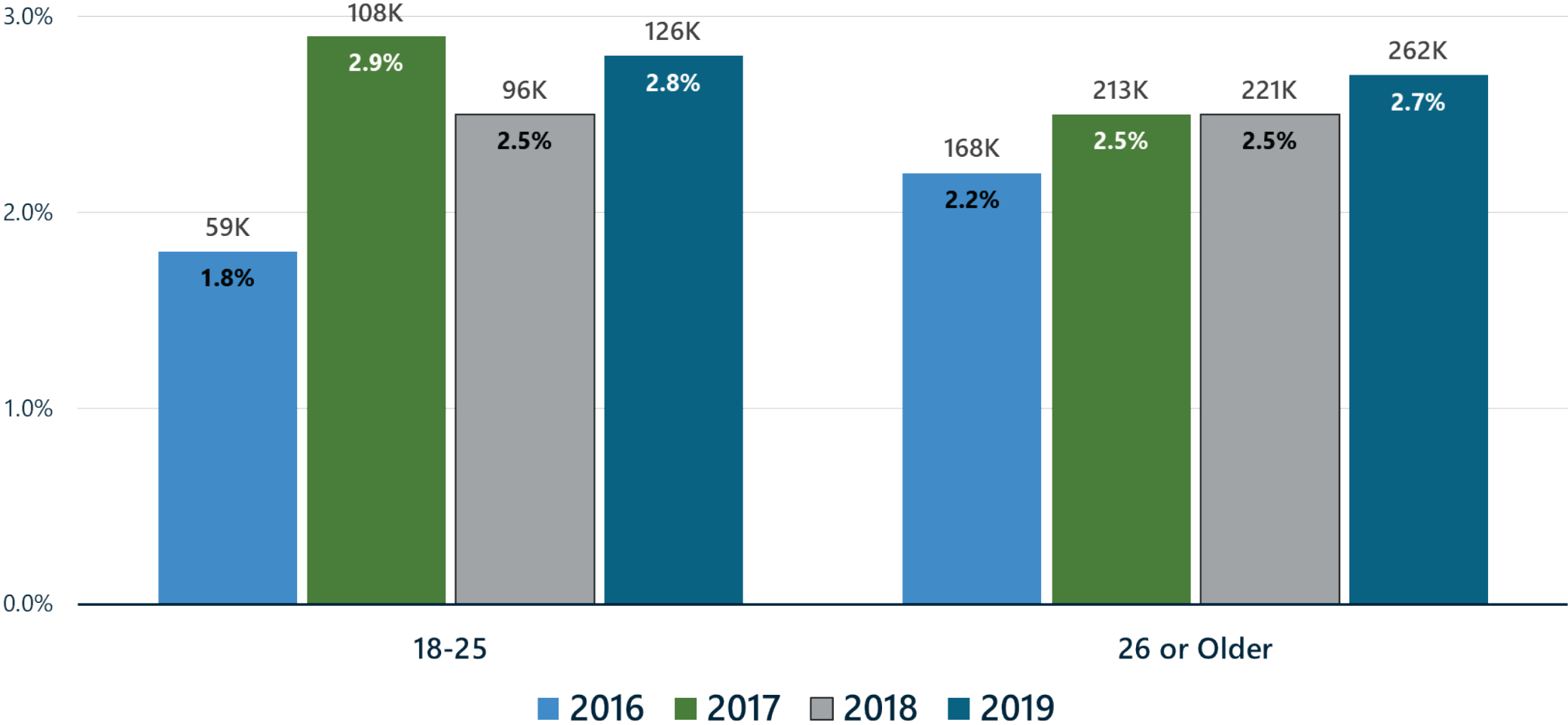
+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Marijuana Use: Health Concerns

- Past month marijuana use for LGB adults ages 18 and older has significantly increased as compared to 2016.
- There were significant increases in past month and past year daily or almost daily marijuana use for LGB adults ages 26 and older.
- There were significant increases in past month and daily or almost daily marijuana use for non-pregnant LGB women ages 18-44.

Cocaine Use among LGB Adults

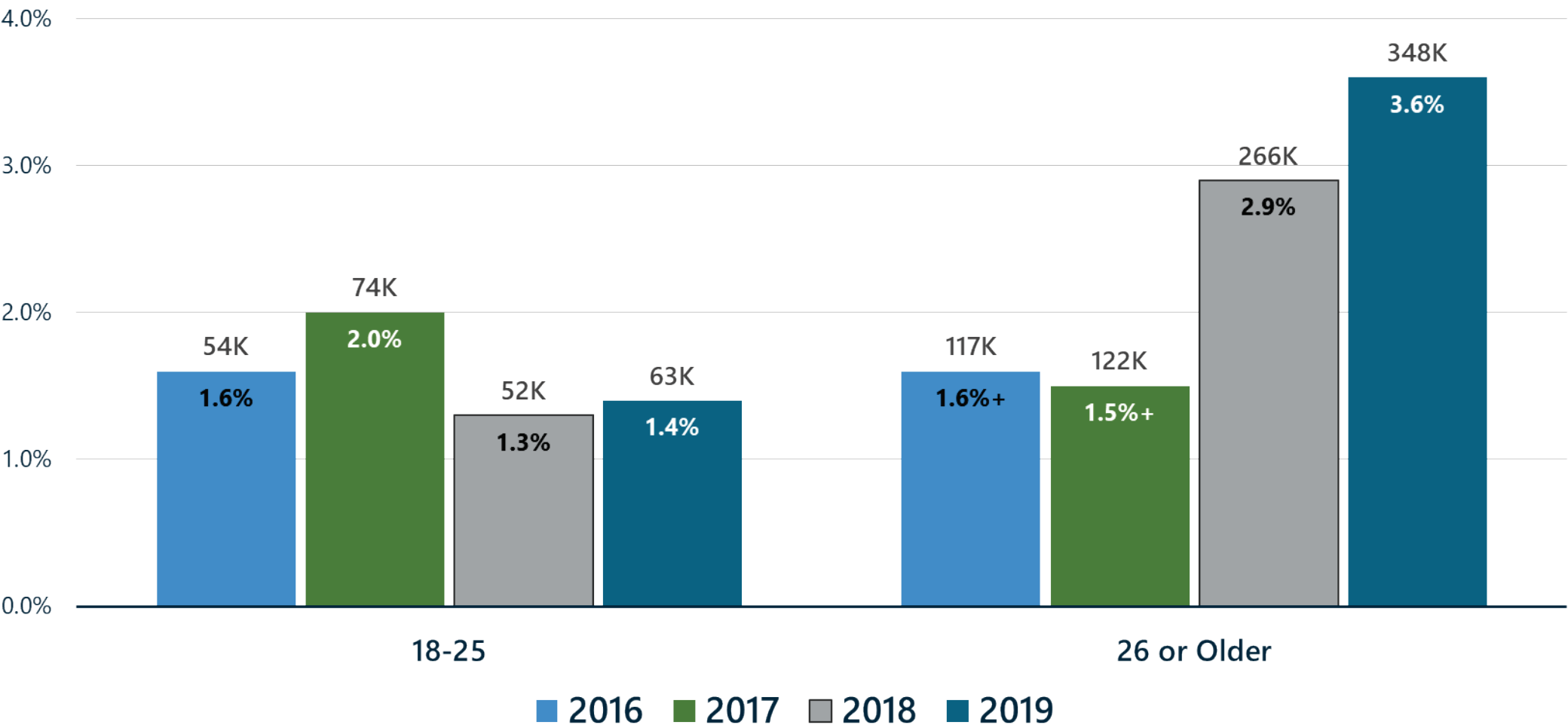
PAST MONTH, 2016-2019 NSDUH, LGB 18+



No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Methamphetamine Use among LGB Adults

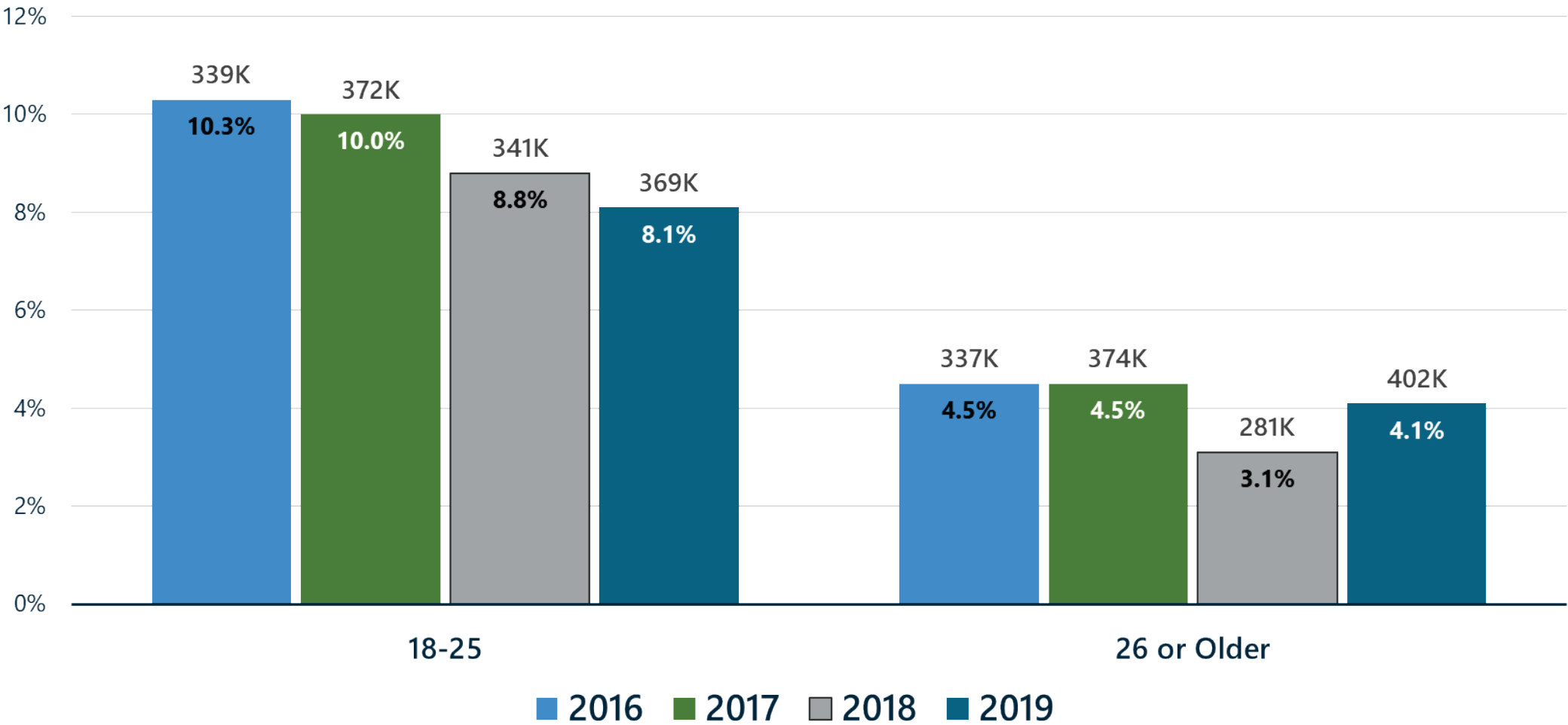
PAST YEAR, 2016-2019 NSDUH, LGB 18+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Misuse of Prescription Stimulants among LGB Adults

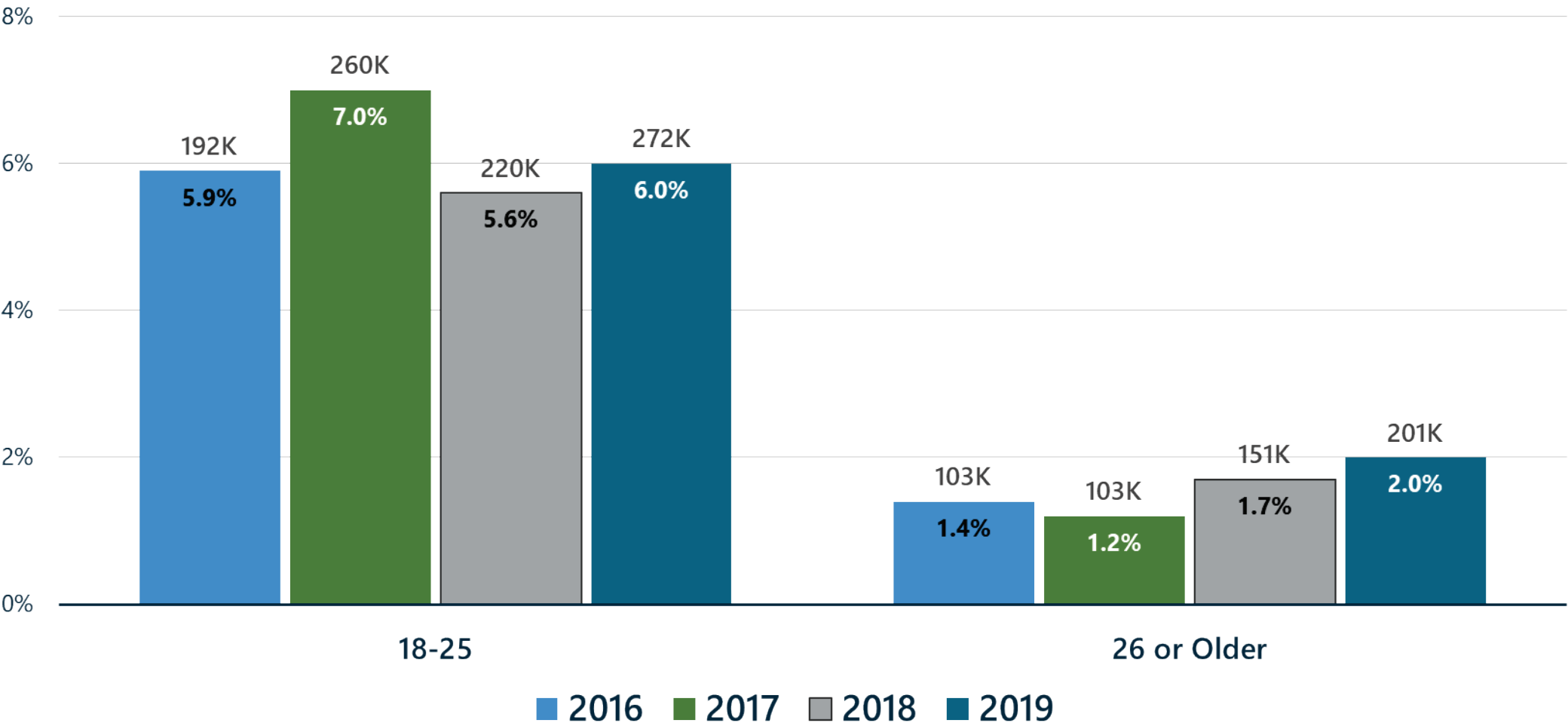
PAST YEAR, 2016-2019 NSDUH, LGB 18+



No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

LSD Use among LGB Adults for All Age Groups

PAST YEAR, 2016-2019 NSDUH, LGB 18+



Estimates represent past year use of LSD (lysergic acid diethylamide), a type of hallucinogen.

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.



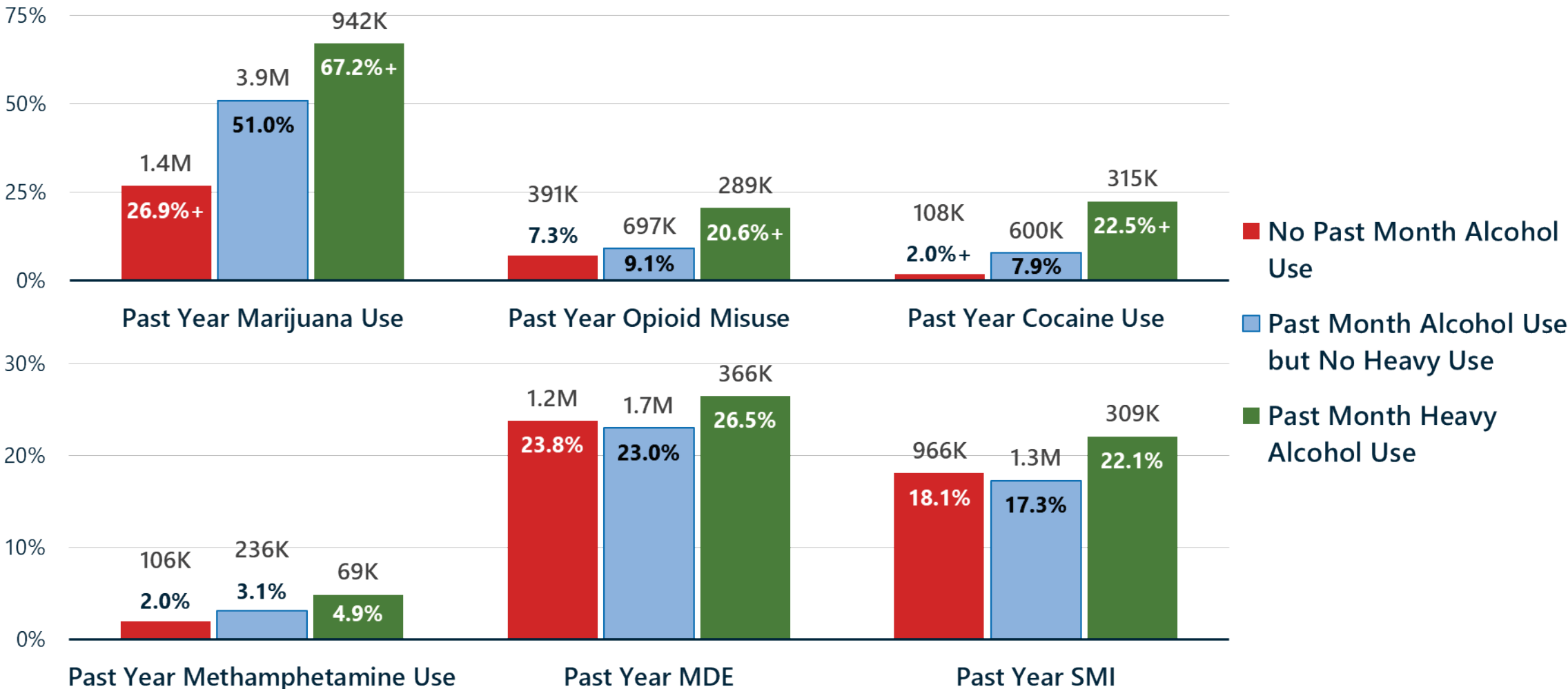
Summary: Other Substance Use in the United States in 2019 Compared to Past Years

- In 2019 there were significant increases in methamphetamine use among LGB adults ages 26 and older as compared to 2016 and 2017.
- There was a slight decrease in misuse of prescription stimulants among LGB adults ages 18-25, but a slight increase for ages 26 and older.
- Past year LSD misuse slightly increased for all ages for LGB adults as compared to 2018.

Polysubstance Use and Mental Illness

Alcohol Use Related to Other Substance Use, MDE and SMI among LGB Adults

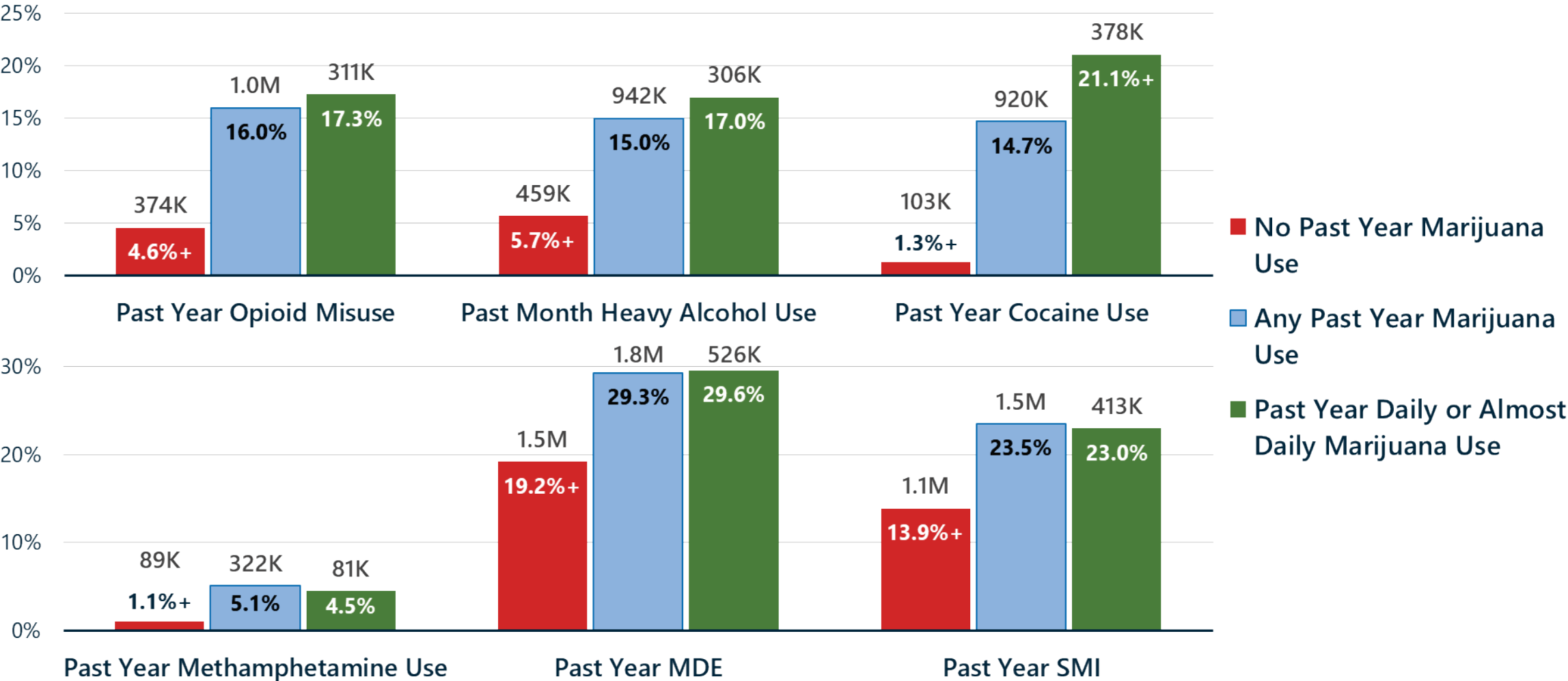
PAST YEAR/MONTH, 2019 NSDUH, LGB 18+



+ Difference between this estimate and the estimate for people with past month use but not heavy alcohol use is statistically significant at the .05 level.

Marijuana Use Related to Other Substance Use, MDE and SMI among LGB Adults

PAST YEAR/MONTH, 2019 NSDUH, LGB 18+



+ Difference between this estimate and the estimate for people with past year marijuana use is statistically significant at the .05 level.

Comparison of Rates of Mental/Substance Use Disorders Associated with Marijuana Use among LGB Adults: National vs. Colorado Data from the National Survey on Drug Use and Health (2019)

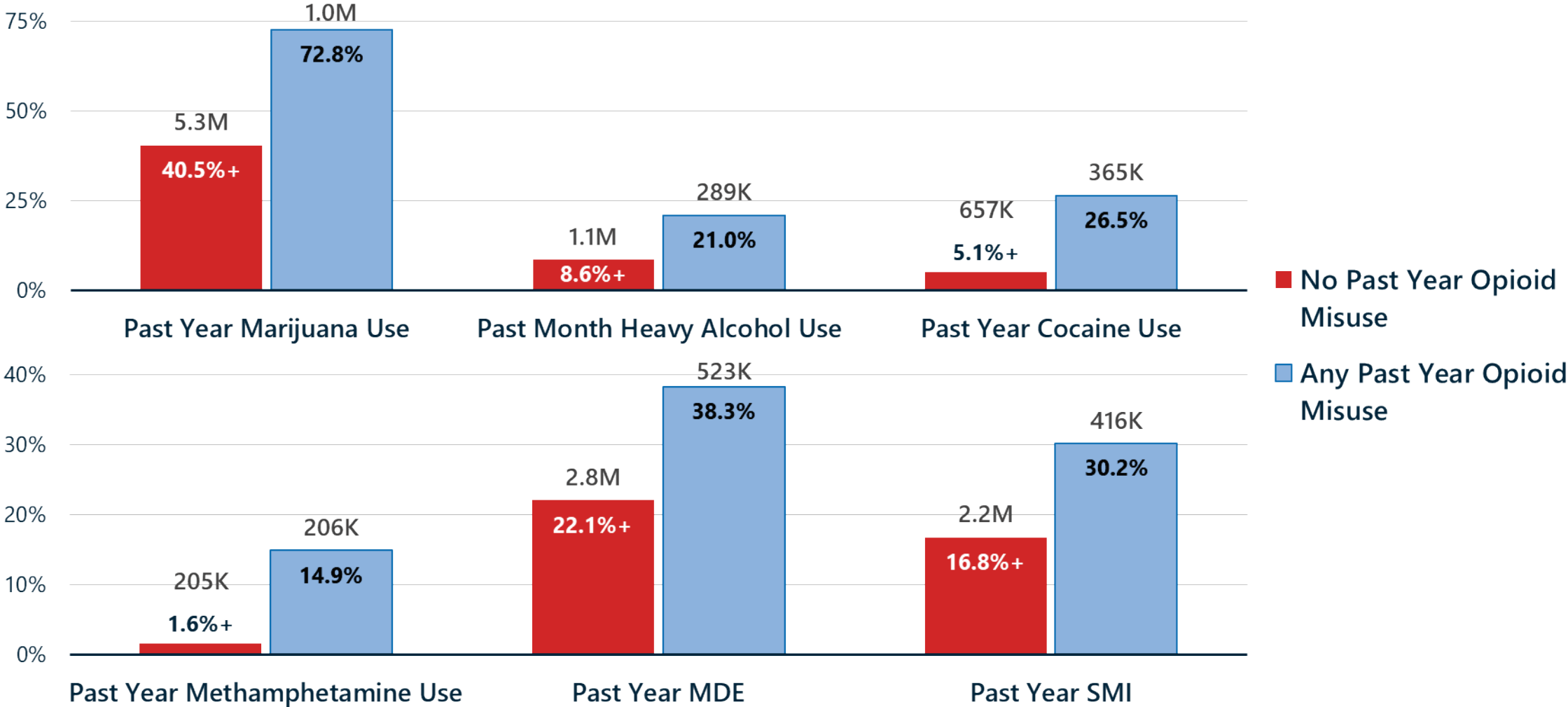
| Measure/Age Group | National (%) | Colorado (%) | National vs. Colorado P-value |
|--|--------------|--------------|-------------------------------|
| Past Month Marijuana Use (18-25 y) | 35.6 | * | * |
| Past Year Daily Marijuana Use (18-25y) | 12.1 | * | * |
| Past Month Marijuana Use (\geq 26y) | 29.7 | * | * |
| Substance Use Disorder (SUD) (18+) | 18.3 | * | * |
| Co-occurring SUD and SMI (18+) | 6.4 | * | * |

* Estimate not shown due to low precision.

Estimates for Colorado are direct single-year estimates for 2019 and will differ from model-based estimates using data from 2018 and 2019.

Opioid Misuse Related to Other Substance Use, MDE and SMI among LGB Adults

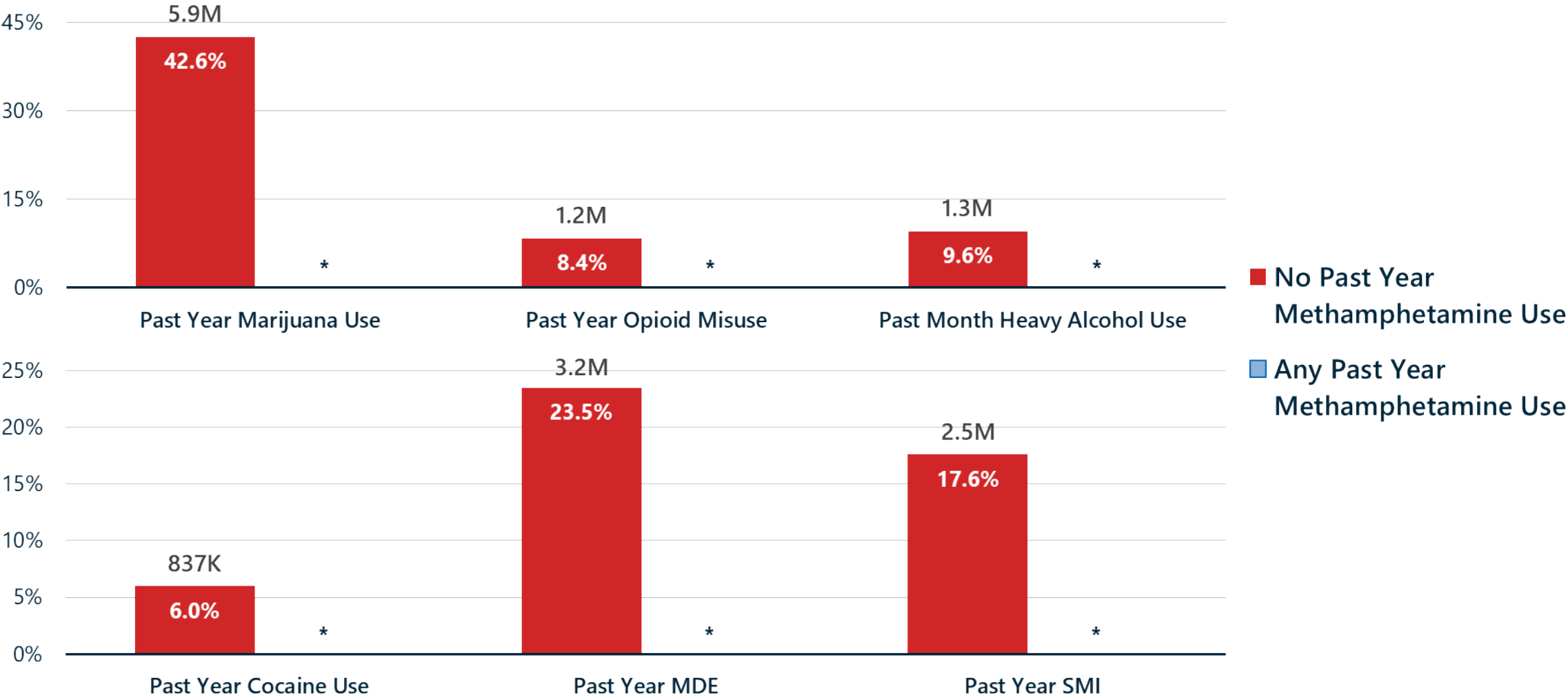
PAST YEAR/MONTH, 2019 NSDUH, LGB 18+



+ Difference between this estimate and the estimate for people with past year opioid misuse is statistically significant at the .05 level.

Methamphetamine Use Related to Other Substance Use, MDE and SMI among LGB Adults

PAST YEAR/MONTH, 2019 NSDUH, LGB 18+



* Estimate not shown due to low precision.

No differences between the estimate for people without past year methamphetamine use and the estimate for people with past year methamphetamine use are statistically significant at the .05 level.

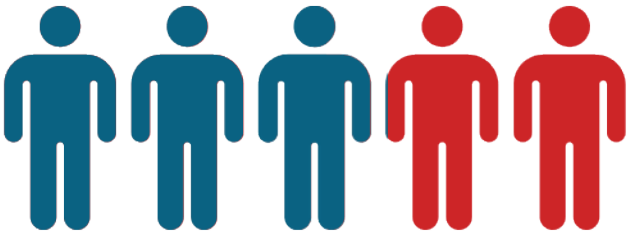
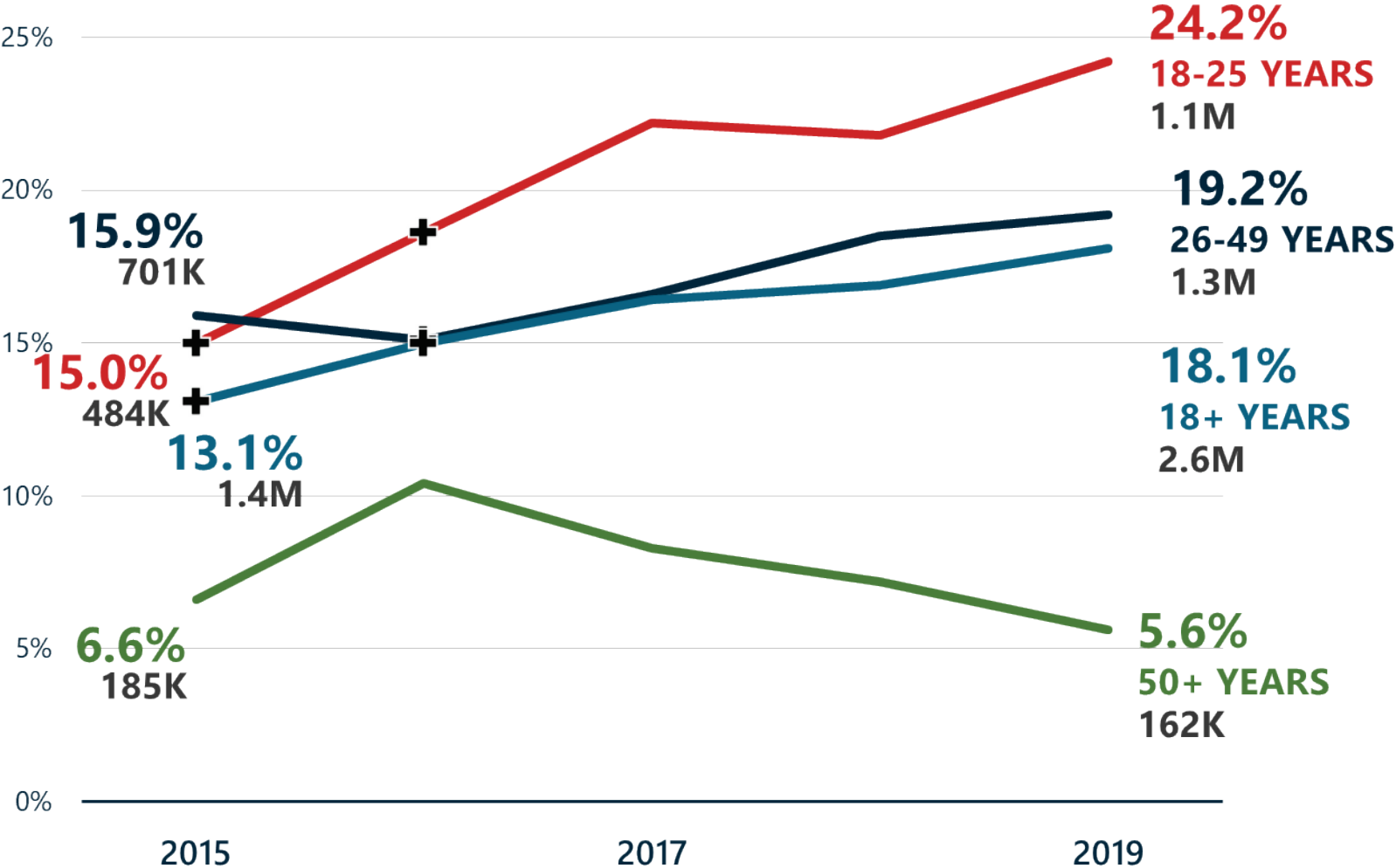
Summary

- Polysubstance use is common—if a person is having problems with one substance, they are likely using and may be having problems with other substances
- Treatment providers must screen for and treat all substance use disorders and problem substance use
- Association of substance misuse and mental illness is clear—we must all do a better job of helping Americans understand these relationships and risks

Mental Health

Serious Mental Illness (SMI) among LGB Adults

PAST YEAR, 2015-2019 NSDUH, LGB 18+



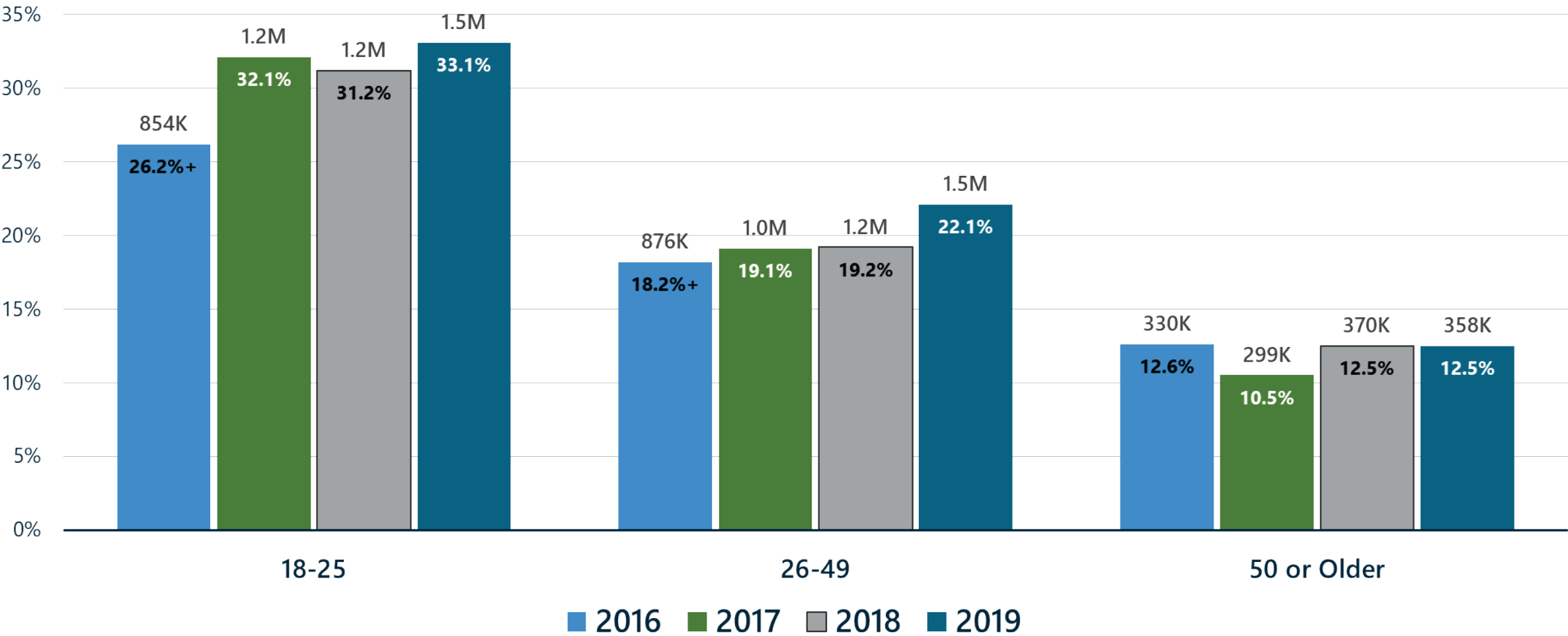
61.8%
677,000 LGB YOUNG ADULTS WITH SMI RECEIVED TREATMENT IN 2019
38.2% got NO treatment

72.1%
961,000 LGB ADULTS AGED 26-49 WITH SMI RECEIVED TREATMENT IN 2019
27.9% got NO treatment

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Major Depressive Episodes among LGB Adults

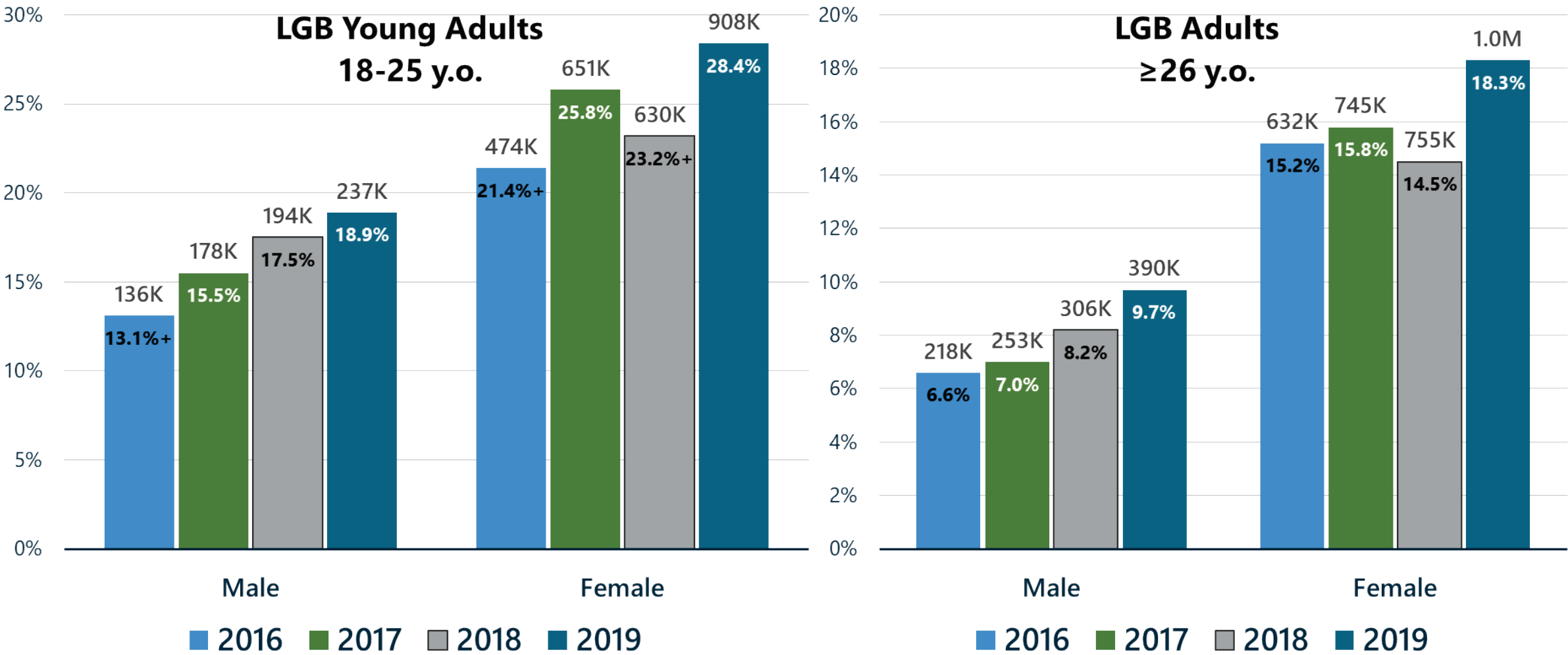
PAST YEAR, 2016-2019 NSDUH, LGB 18+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Major Depressive Episodes with Severe Impairment among LGB Adults

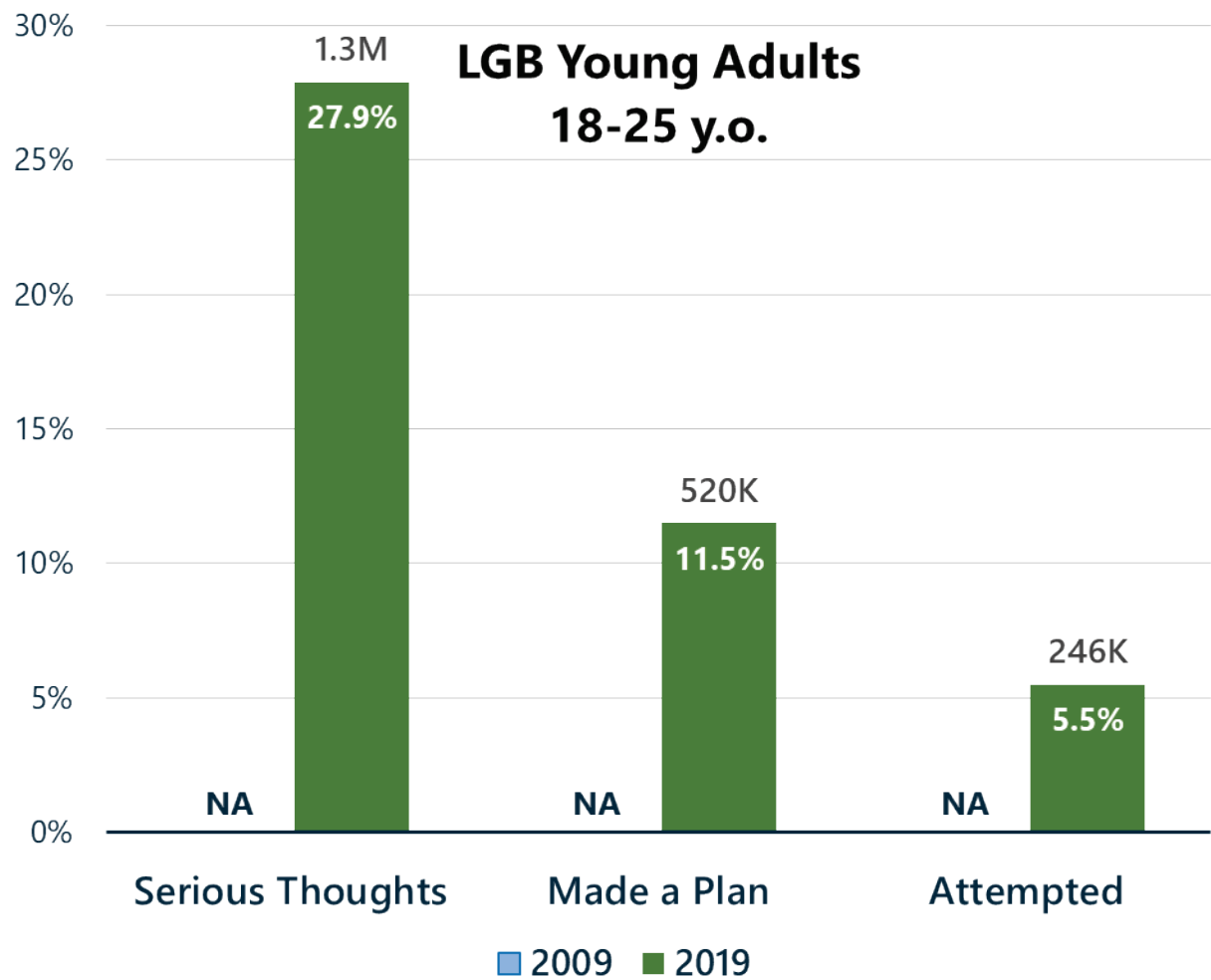
PAST YEAR, 2016-2019 NSDUH, LGB 18+



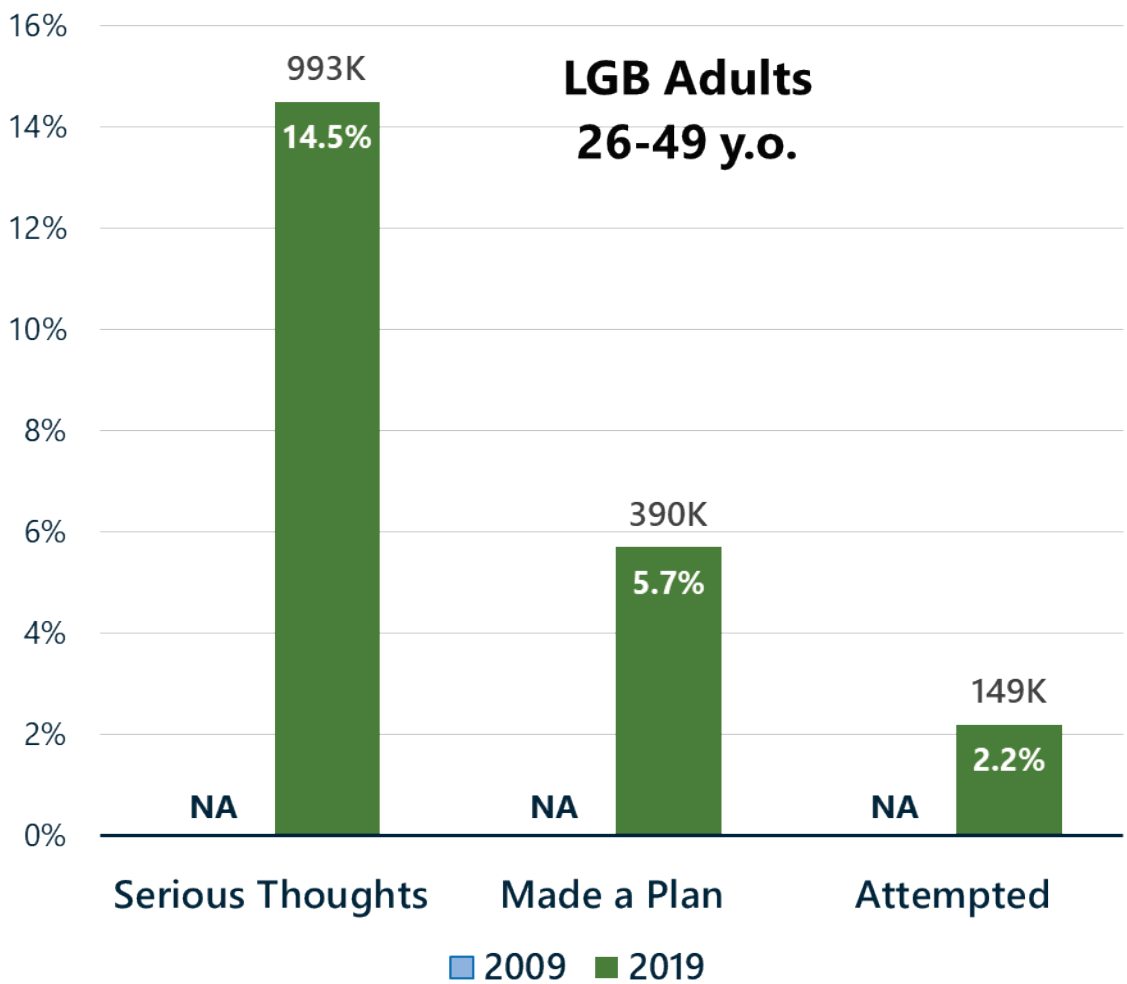
+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Suicidal Thoughts, Plans, and Attempts for LGB Young Adults (18-25 y.o.) and LGB Adults (26-49 y.o.)

PAST YEAR, 2009 and 2019 NSDUH, LGB 18-49



NA: NSDUH did not begin collecting information on sexual orientation until 2015.

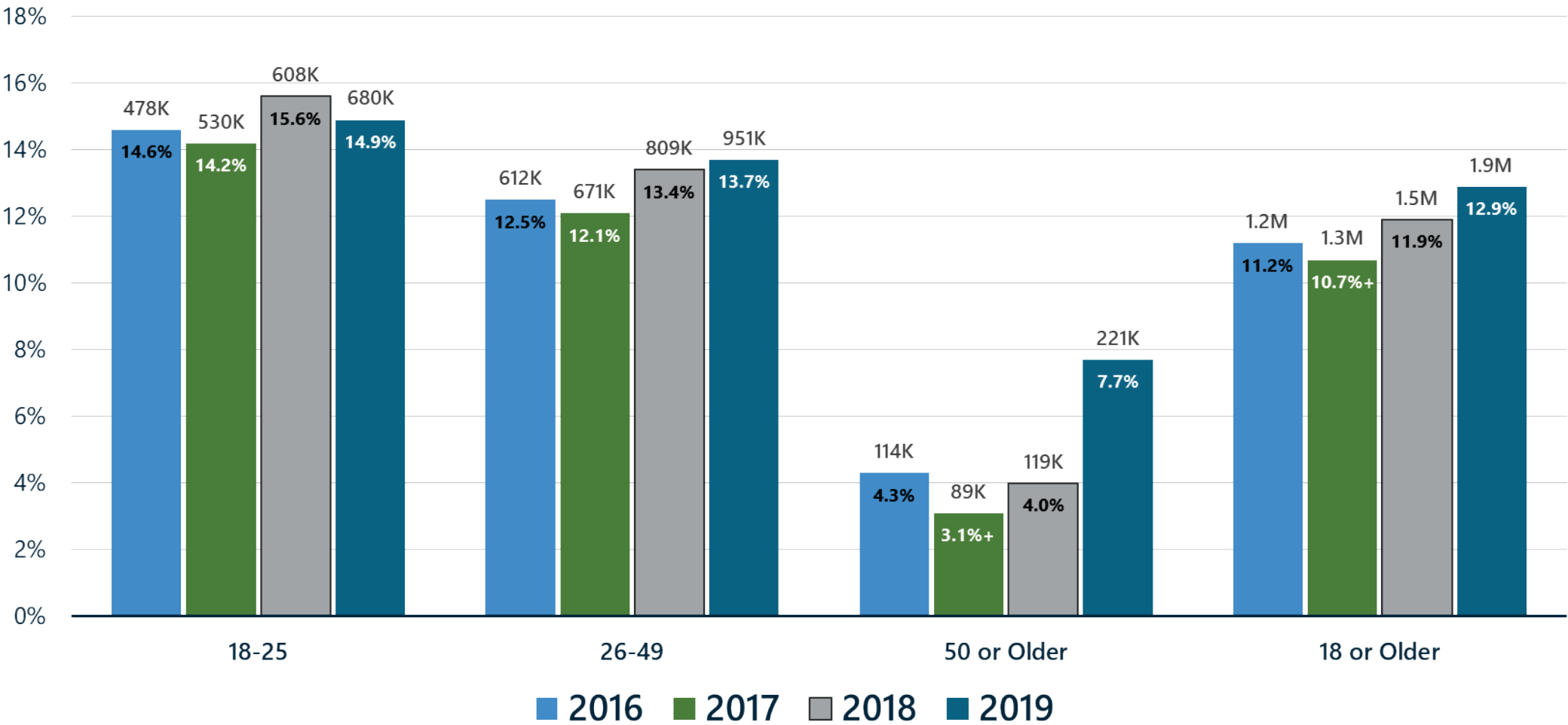


No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Co-Occurring Mental and Substance Use Disorders

Co-Occurring Substance Use Disorder and Any Mental Illness in LGB Adults

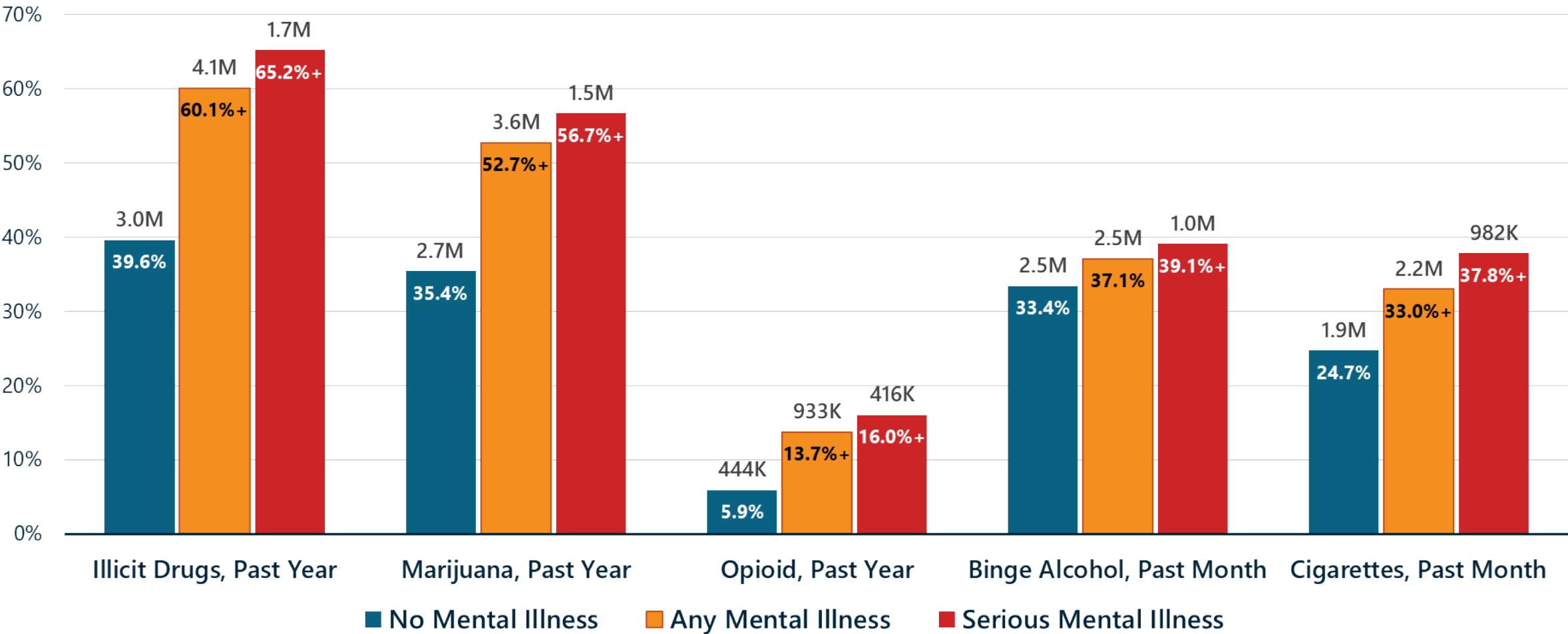
PAST YEAR, 2016-2019 NSDUH, LGB 18+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Co-Occurring Issues: Substance Use and Mental Illness among LGB Adults

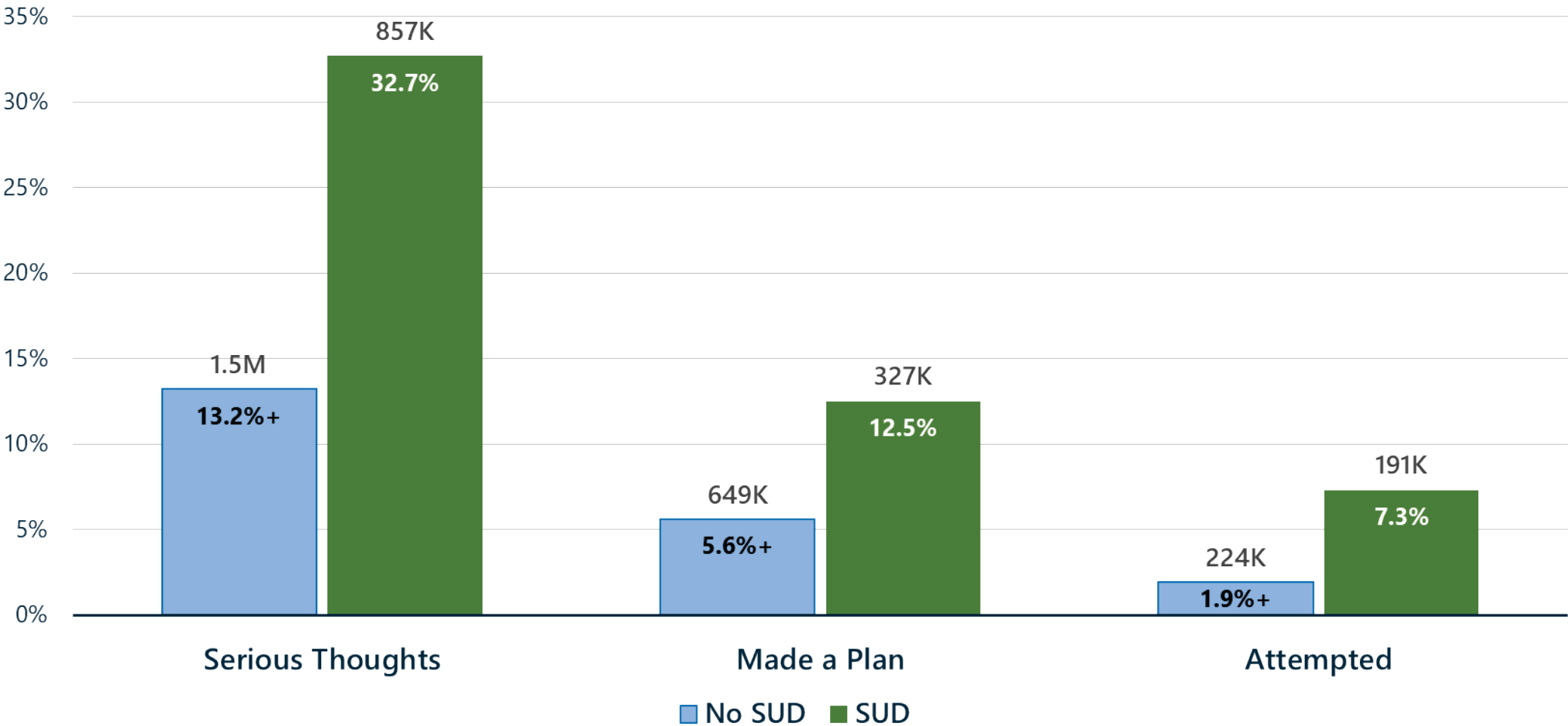
PAST YEAR/MONTH, 2019 NSDUH, LGB 18+



+ Difference between this estimate and the estimate for adults without mental illness is statistically significant at the .05 level.

Substance Use Disorder (SUD) is Associated with Suicidal Thoughts, Plans, and Attempts among LGB Adults ≥18 y.o.

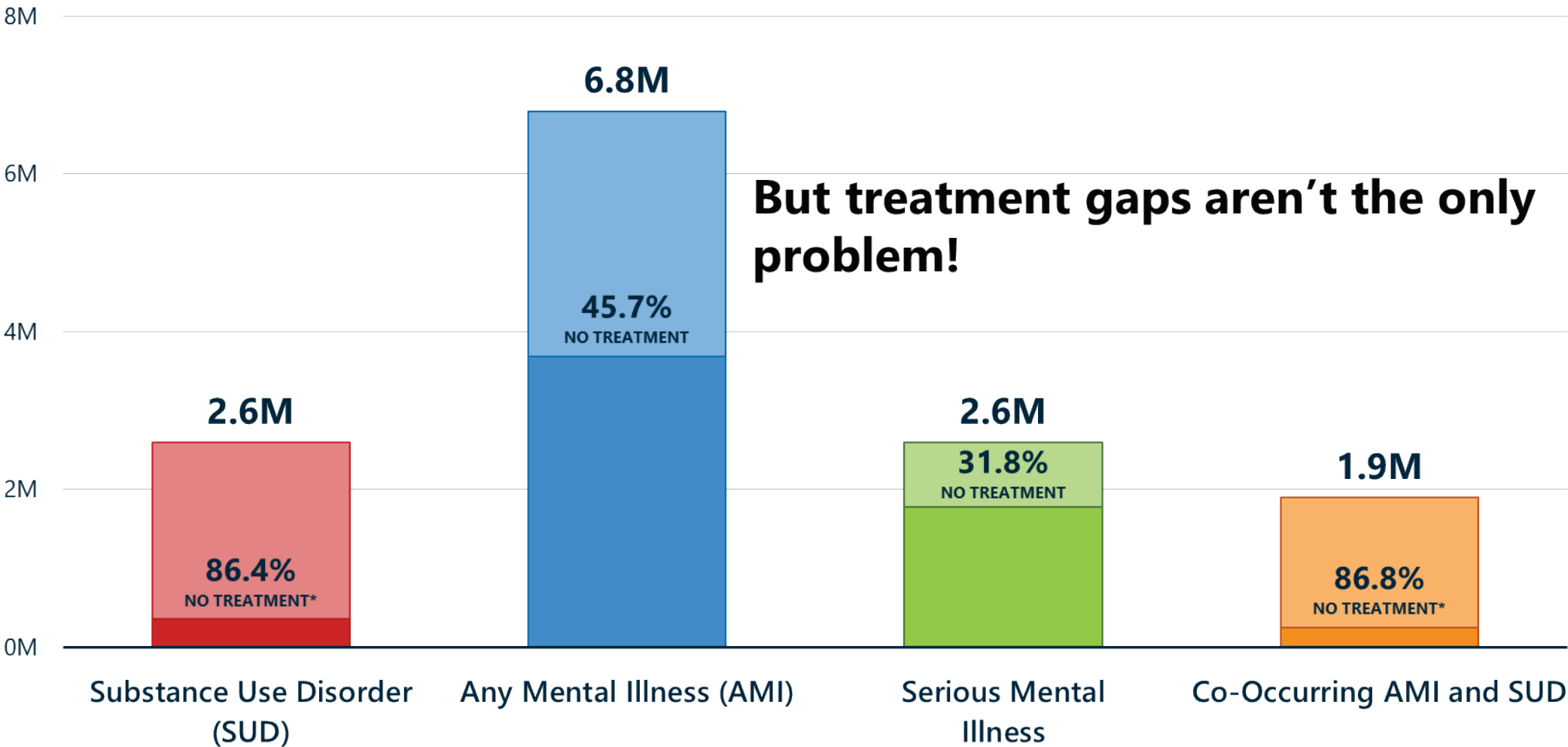
PAST YEAR, 2019 NSDUH, LGB 18+



+ Difference between this estimate and the estimate for adults with SUD is statistically significant at the .05 level.

Mental and Substance Use Disorders among LGB Adults: High Prevalence/Huge Treatment Gaps

PAST YEAR, 2019 NSDUH, LGB 18+

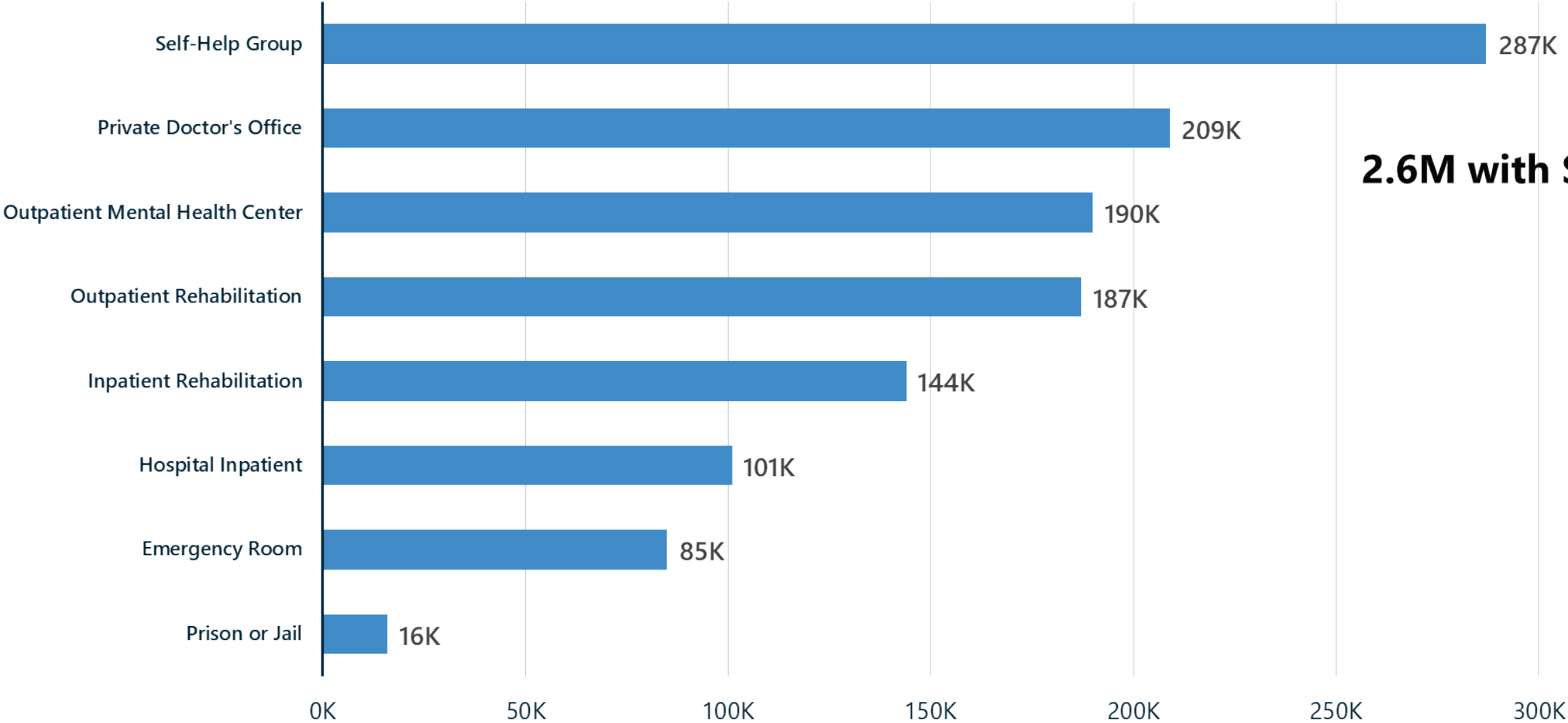


* No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.

Locations Where Substance Use Treatment was Received among LGB Adults

PAST YEAR, 2019 NSDUH, LGB 18+

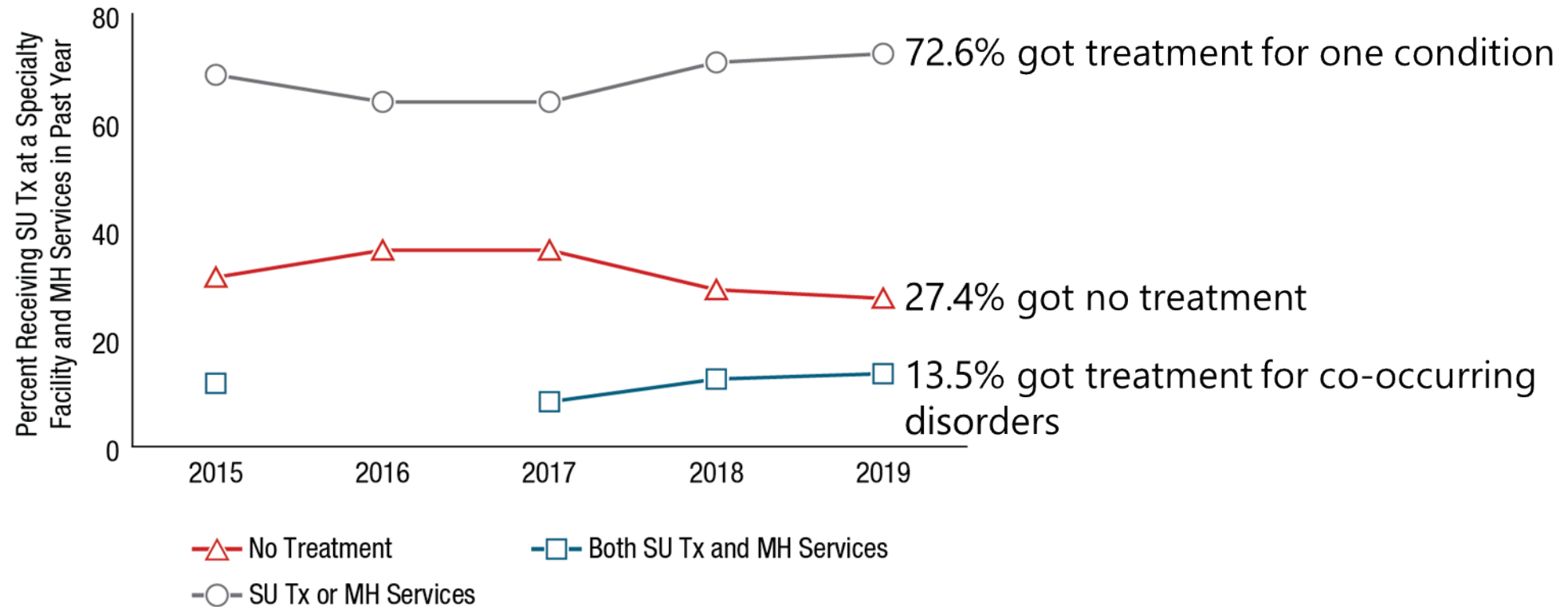
2.6M with SUD



Locations where people received substance use treatment are not mutually exclusive because respondents could report that they received treatment in more than one location in the past year.

Receipt of Substance Use Treatment at a Specialty Facility and Mental Health Services in the Past Year among LGB Adults Aged 18 or Older with Past Year Substance Use Disorder and Serious Mental Illness: 2015-2019

PAST YEAR, 2015-2019 NSDUH, LGB 18+



| Service Type | 2015 | 2016 | 2017 | 2018 | 2019 |
|---|------|------|------|------|------|
| No Treatment | 31.3 | 36.3 | 36.3 | 29.0 | 27.4 |
| Substance Use Treatment at a Specialty Facility or Mental Health Services | 68.7 | 63.7 | 63.7 | 71.0 | 72.6 |
| Both Substance Use Treatment at a Specialty Facility and Mental Health Services | 11.7 | * | 8.3 | 12.5 | 13.5 |

MH = mental health;
SU Tx = substance use treatment.

Summary: Mental Health/Co-Occurring Issues in the United States in 2019

- Serious mental illness among the LGB population ages 18-25 and 26-49 has significantly increased as compared to 2016.
- Major depressive episodes with severe impairment among LGB young adult men ages 18-25 significantly increased as compared to 2016 and major depressive episodes with severe impairment significantly increased among LBG young women ages 18-25 as compared to 2018.
- There were huge treatment gaps for treatment of mental and substance use disorders in the LGB population.
- Substance use disorder significantly increased suicidality among the LGB population ages 18 and older.
- Self-help groups ranked higher than outpatient rehabilitation facilities for the locations where substance use treatment was received.

What Can We Do Now?

- SAMHSA must use its resources to benefit as many as possible:
- Community based treatment and recovery services
- Build on the Certified Community Behavioral Health Clinic model
 - Crisis intervention services/suicide prevention resources
 - Integrated mental health, substance use, general medical services
 - Children's mental health services-linkages with schools
- Keep telemedicine/telehealth in place including use of telephone where audio/visual is not possible and pay for these services at same rate as face-to-face—no reduction in reimbursement because it is telemedicine
- Continue and expand as possible technical assistance and training to behavioral health providers—clinicians and peers

It's Up to Us Now

- Let's work as hard as we can to make decision-makers understand mental health and substance use needs in America—pre and post-COVID-19
- Let's keep the virus in mind in planning and implementing our services so that we can safely deliver care, but we cannot ignore the overall health needs of the American people—that is not an option
- Let's work to meet the mental health/substance use needs of our people:
 - Restore our systems—mental health and substance use disorder services are 'essential services'
 - Expand our treatment and community recovery support systems permanently
 - Every American life is precious and every American death—regardless of the cause is a terrible loss