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Behavioral Health



BEHAVIORAL HEALTH

“Behavioral health” refers to how a person’s mental well-being affects his or her actions and ability to function. Major areas within behavioral health are mental disorders and addictive diseases.

“Behavioral healthcare” refers to a continuum of services for individuals at risk of or suffering from mental, addictive or other behavioral health disorders.

Currently, there is no methodology in place to capture data that would provide an overall picture of the status of behavioral health in Douglas County. For purposes of this report, available national data are applied to county population estimates to show prevalence estimates of certain disorders among adults. Additionally, service data from the Douglas Community Services Board (CSB) are included to give further insight into behavioral health in the county.

The Douglas CSB is the public provider of behavioral healthcare services in the county. Figure 8-1 shows the types of services provided by the agency.

The Douglas CSB is not the sole provider of behavioral health services in the county. Many individuals receive these services from private providers, including personal physicians.

Figure 8-1: Types of Services Provided by Douglas Community Services Board



Source: Douglas Community Services Board

MENTAL DISORDERS

Mental disorders are common in the U.S. and can begin at any age without respect to gender or sex. While there is no specific identifiable cause of mental disorders, they are thought to be caused by a variety of biochemical, genetic, and environmental risk factors. Many people suffer from more than one mental disorder at any given time. In the U.S., mental disorders are diagnosed based on the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

According to the National Institute of Mental Health:

- **26.2%** of the U.S. population ages 18 and older, or about one in four adults, suffer from a diagnosable mental disorder in a given year. This translates to an estimated 57.7 million persons in the U.S.
- **1 in 17** Americans over age 18 suffers from a serious mental illness.



Mental Disorders in Douglas County

(Estimates based on U.S. Census Bureau's 2009 population estimates and NIMH prevalence data translated to Douglas County)

24,229 (26.6%) persons age 18 and older suffer from a mental disorder in a given year.

5,440 (6.0%) persons ages 18 and older suffer from a serious mental illness, such as major depression, bipolar disorder, or schizophrenia.

Sources: National Institute of Mental Health, *The Numbers Count*; U.S. Census Bureau, State and County Quick Facts

BEHAVIORAL HEALTH

Many of the Douglas County residents who receive treatment at the Douglas CSB have severe and persistent mental illnesses (SPMI) of at least two years' duration that impair their daily life functioning. These mental illnesses include disorders such as major depression, schizophrenia, and bipolar disorder. Some persons treated by the Douglas CSB have mental disorders categorized as mood disorders and psychotic disorders.

Table 8-1 shows the prevalence estimates of mental disorder diagnoses for adults ages 18 years and older in the U.S.

Table 8-1: Prevalence Estimates for Mental Disorders in U.S. Adults (18+)	
Type of Disorder	Estimated % of Population
Major Depression	6.7%
Any Mood Disorder	9.5%
Bipolar Disorder	2.6%
Schizophrenia	1.1%
Any Anxiety Disorder	18.1%
Generalized Anxiety Disorder	3.1%



Source: National Institute of Mental Health, "NIMH: The Numbers Count—Mental Disorders in America"

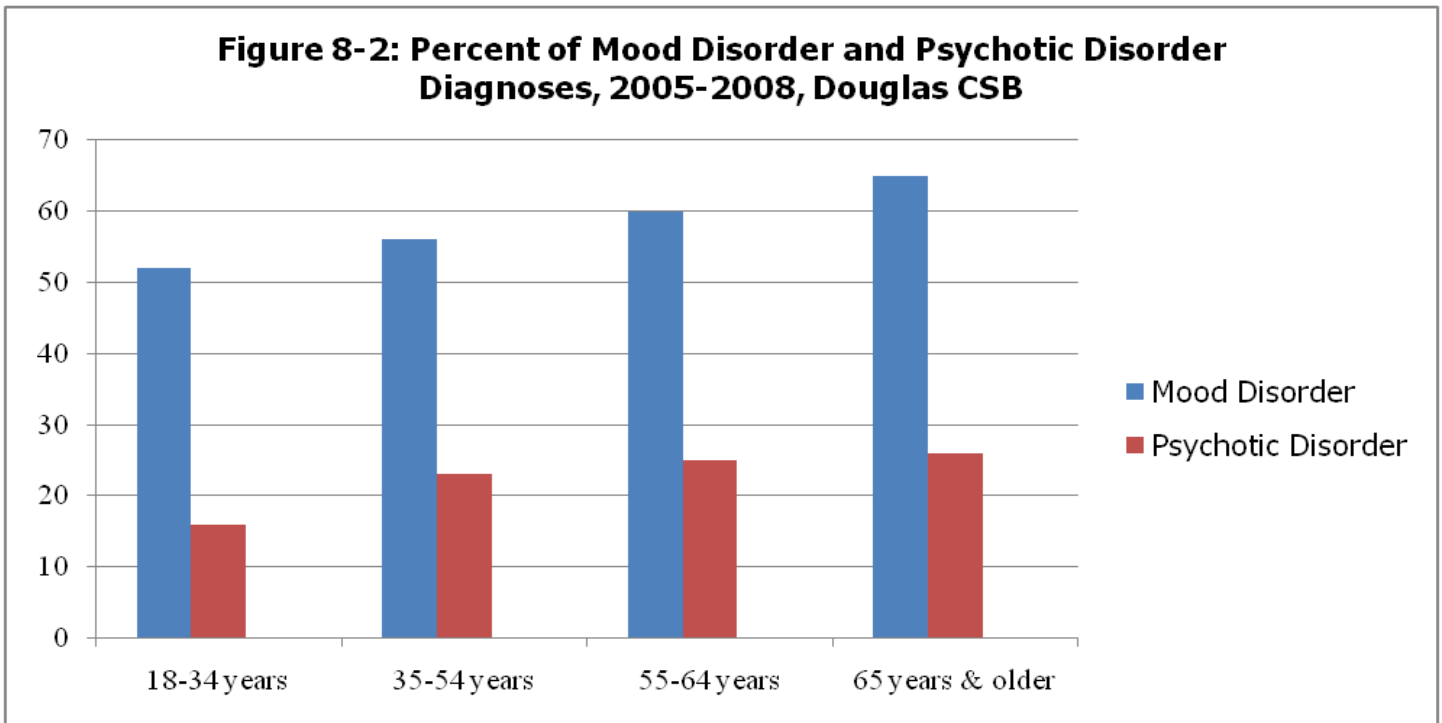
MOOD DISORDERS

These include specific diagnoses such as major depression and bipolar disorder. Among adults treated at the Douglas CSB during the period 2005-2008:

- Mood disorder was the **most frequently** diagnosed disorder among adults ages 18 years and older.
- The frequency of mood disorder diagnosis **increased as age increased**.

PSYCHOTIC DISORDERS

Psychotic disorders include disorders such as schizophrenia and schizoaffective disorder. These can occur in both children and adults. Schizophrenia affects men and women with equal frequency but often first appears in men in their late teens or early twenties, while women are generally affected in their twenties or early thirties. **Figure 8-2** shows the average frequency (by percentage of all diagnoses) of mood or psychotic disorder diagnoses among adults receiving services at the Douglas CSB during the period 2005-2008.



Source: Douglas Community Services Board

The Cobb County CSB Stabilization Unit (SU) is a 16-bed crisis-receiving facility that provides psychiatric stabilization and detoxification services to clients residing in Cobb and Douglas counties.

BEHAVIORAL HEALTH

The CSB Stabilization Unit (SU) is a 16-bed crisis-receiving facility that provides psychiatric stabilization and detoxification services to clients residing in Cobb and Douglas counties.

Data for the Stabilization Unit show that:

- A total of **834 persons** were admitted for treatment during FY 2009. Of these persons, **53%** were treated for addictive diseases, and **47%** were treated for mental disorders.
- **Alcohol dependence** is the most frequent disorder treated at the facility.
- Other drugs of abuse include **prescription drugs and illicit drugs** such as cocaine.
- Mood disorders accounted for **23%** of all admissions to the SU during the period 2005-2008.
- Some individuals are admitted to the unit with **suicidal ideation** (thoughts of suicide) which may result from other problems such as depression or drug use.



MENTAL DISORDERS AMONG CHILDREN AND ADOLESCENTS

Mental disorders commonly seen in children and adolescents are depression, attention-deficit/hyperactivity disorder (ADHD), adjustment disorder, and conduct disorder. **Among children ages 5-17 receiving services from the Douglas CSB (2005-2008), approximately:**

- **38%** had attention deficit disorder
- **23%** had a mood disorder

ADDICTIVE DISEASES

The Douglas CSB provides addictive disease services for youth and adults through its outpatient services and residential programs. Additionally, the agency provides addiction services at the Stabilization Unit and within the criminal justice system.



Data from Douglas CSB show that:

- For the period 2005-2008, substance abuse diagnoses accounted for about 11% of all diagnoses among all age groups served by the Douglas CSB.
- Addictive diseases appear more often among clients ages 18-34 than among other age groups served by the Douglas CSB.
- The majority of clients who receive addictive disease services are seen for alcohol dependence.
- Other drugs of abuse include opiates, cocaine, amphetamines, barbiturates, and marijuana.
- During the period 2005-2008, approximately 15% of all persons treated for substance abuse at the Douglas CSB were poly substance abusers.
- Some persons with addictions also have a co-occurring mental illness which complicates treatment outcomes.



Among children and adolescents ages 5-17 receiving services from the Douglas CSB during the period 2005-2008:

Addictive disease disorders (alcohol and other drugs) accounted for an average of 11% of all diagnoses.

Alcohol dependence/abuse accounted for an average of 9% of all substance abuse diagnoses.

Cannabis (marijuana) abuse/dependence accounted for an average of 82% of all substance abuse diagnoses.

Some Risk Factors for Substance Abuse Among Youth

- Early aggressive behavior
- Poor classroom behavior or social skills
- Academic failure
- A caregiver who abuses drugs
- Association with drug-abusing peers
- Lack of parental supervision
- Drug availability
- Major social transitions (i.e., beginning middle school or college)

Source: National Institute on Drug Abuse (NIDA): Preventing Drug Abuse Among Children and Adolescents

WHY IS BEHAVIORAL HEALTH IMPORTANT?

Behavioral health is an integral part of overall health and well-being, not just for individuals, but for families and the community. Insight into the prevalence and impact of behavioral health issues within the county provides vital information to facilitate service planning and delivery. With proper treatment and support, those persons and families affected by mental or addictive disorders can be more fully integrated into the community and have opportunities to enjoy meaningful, fulfilling lives.

WHAT CAN YOU DO ABOUT IT?

- Seek professional behavioral health services if you feel you need help.
- Develop a support network that includes family, friends, and community resources.
- Take care of your whole self.
- If you know someone who is suffering from a behavioral health issue, inform the individual that treatment services are available and recovery is possible.
- Treat persons who have behavioral health issues with respect and dignity.

TO LEARN MORE....

Georgia Department of Behavioral Health
and Developmental Disabilities:
www.dbhdd.georgia.gov

24 Hour Crisis Line
1-800-715-4225

Douglas County Community Services
Board
www.cobbcbsb.com

Access Line
770-422-0202



Substance Abuse and Mental Health
Services Administration (SAMHSA):
1-877-726-4727, www.samhsa.gov

National Alliance on Mental Illness
Georgia (NAMI): 770-234-0855,
www.namiga.org

National Institute on Drug Abuse
(NIDA): www.nida.nih.gov

