

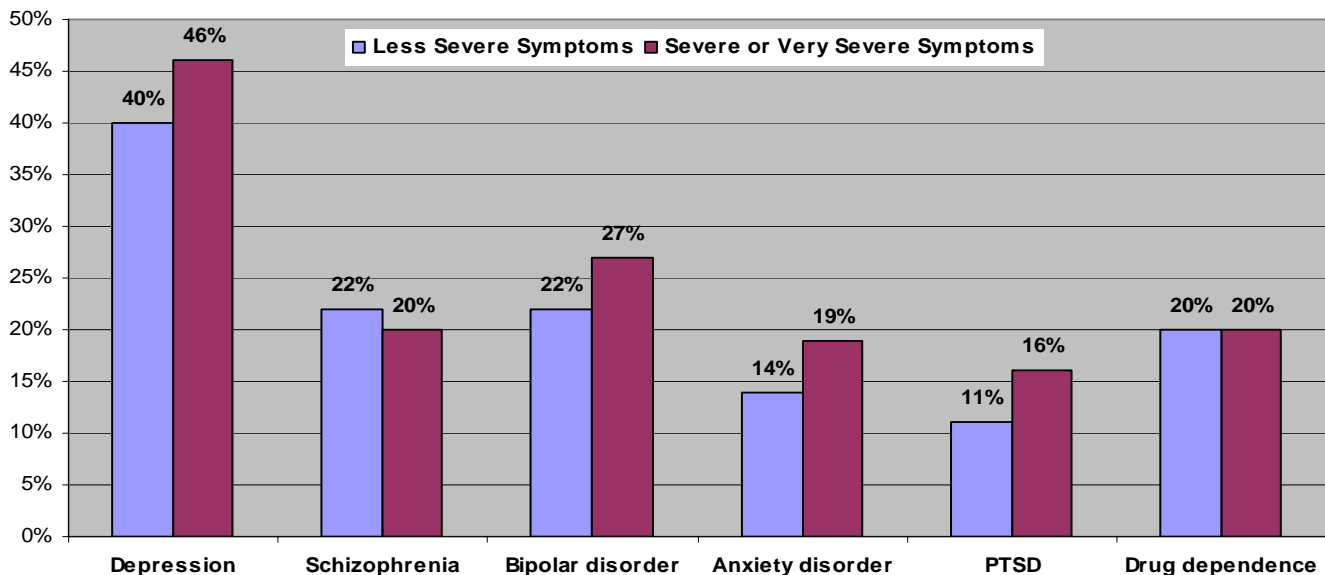


NC-TOPPS SNAPSHOT

Characteristics of Adults Reporting Different Levels of Severity in Mental Health Symptoms in the Month Before Entering Treatment

This Snapshot compares the characteristics of adults entering mental health treatment who reported severe or very severe mental health symptoms in the month before entering treatment to those who reported less severe symptoms. These findings from 2008-2009 data show the same trends as the year before.

- ▶ Statewide 41% of adult consumers had severe or very severe symptoms. Among local management entities, the percentages of adult consumers who reported severe or very severe symptoms ranged from 31% to 53%.
- ▶ Of those with the most severe symptoms about one-third (33%) were Caucasian women while among those with less severe symptoms 27% were Caucasian women.
- ▶ People with the more severe symptoms were less likely to have any health insurance (30% v. 37%) and more likely to be unemployed (78% v. 72%).
- ▶ Among people with the more severe symptoms, diagnoses of depression, anxiety, bipolar disorders, and PTSD were more likely to be reported. There was little or no difference in schizophrenia and drug dependence percentages between the severity levels.



Other findings showed much higher percentages of people with severe or very severe symptoms reporting:

- ▶ ER visits in the 3 months before treatment (37% v. 22%)
- ▶ Need for crisis services (44% v. 9%). *SFY 2008 data; item not asked in SFY 2009.*
- ▶ Problems interfering more than a few times with school, work, or daily activities (78% v. 46%)
- ▶ Suicidal thoughts in the 3 months before treatment (53% v. 26%)

TIME PERIOD: Data shown is from initial interviews conducted SFY 2009 with one exception as noted.

SOURCE: NC-TOPPS Adult Mental Health Consumers (* This report excludes methadone consumers.)