

North Carolina Department of Health and Human Services
Division of Mental Health, Developmental Disabilities and Substance Abuse Services

NC-TOPPS

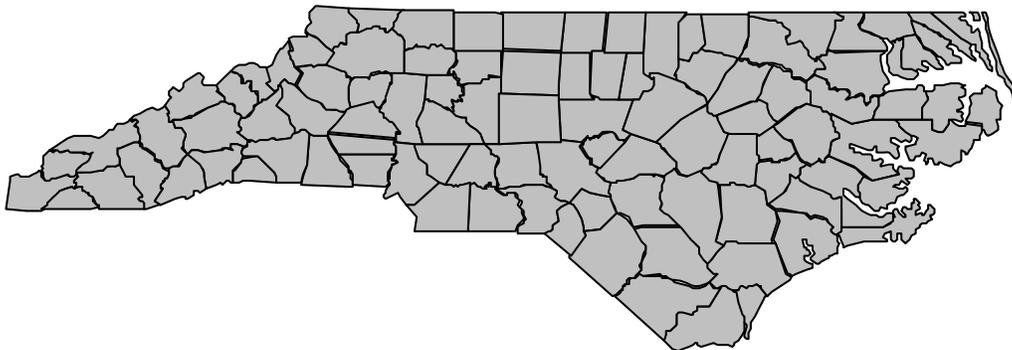
North Carolina Treatment Outcomes and Program Performance System

**Adult Mental Health Consumers:
Statewide**

Initial Interviews

July 1, 2009 through June 30, 2010

This report includes consumers receiving mental health services, and those receiving both mental health and substance abuse services.



Data Collected By: Center for Urban Affairs and Community Services (CUACS)
NC State University

Report Produced By: Institute for Community-Based Research
National Development & Research Institutes, Inc. (NDRI)

Prepared For: Quality Management Team
Community Policy Management Section
DMH/DD/SAS
NC DHHS

July 2010



Introduction

This report is available to Local Management Entities, providers and the NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services on data gathered for mental health consumers through the North Carolina Treatment Outcomes and Program Performance System (NC-TOPPS). It provides information gathered through the online NC-TOPPS Initial Interview and includes charts, tables and text information on mental health consumers' demographic characteristics, symptoms, behaviors and activities, service needs, supports and barriers, family and housing issues and outcome measures collected through an interviews with consumers at the beginning of treatment. It should be noted that not every data element or response category on the NC-TOPPS Initial Interview is displayed in this report.

Please note that the charts and tables may not always match online queries that you may conduct. The data used in these reports will not necessarily reflect the same points in time. In addition, NDRI who produces these reports cleans the data and removes apparent duplicates prior to preparing the tables and charts.

Additional information about NC-TOPPS and printable version of the interviews are available at <http://www.ncdhhs.gov/mhddsas/nc-topps/>

General Information on Interpreting Tables

- Types of Statistics**
- ▶ A count shows the actual number of clients.
 - ▶ A percentage is the number of clients with a characteristic or behavior divided by all the clients in the group of interest multiplied by 100. Percentages will be designated with a % sign next to the number.
 - ▶ An average is the sum of a set of observations divided by the total number of observations. When a number in a cell is an average, the word average will appear in the row descriptor.
 - ▶ A median is the middle number in a set of numbers, arranged from lowest to highest. For example, the median for the following numbers: 9, 12, 12, 15, 17, 20, **22**, 23, 25, 28, 31, 35, 62 is the bolded number, 22. Medians are important measures of central tendency, especially when a mean may be skewed by a very high or very low value. When a number in a cell is a median, the word median will appear in the row descriptor.
- Missing Data** For many of the NC-TOPPS forms received, a particular item or question may have been left blank. In calculating the means, medians, and percentages in cells of questionnaire items, this missing data is excluded from the calculation. For example, program X may have submitted 50 assessments but in 2 of the assessments, gender was left blank. When the percent of males is calculated, the 25 males are shown as 52% (25/48*100).
- Denominator** The denominator for nearly all percentages is the number of cases shown on the bottom left of the page minus item missing data. All exceptions to this general rule are **specifically noted** with appropriate text in the graphic or table. This text will state which group is included or excluded from the denominator, such as "of those in the labor force" or "of those with children."
- Multiple Response** "Multiple response" indicates a "mark all that apply" type question in which more than one response to a question is allowed. The total of responses may add to greater than 100%. Examples are health insurance or diagnoses. This is in contrast to items such as gender where only a single response is allowed.
- Definitions of terms** The appendix at the end of the report gives definitions of acronyms, abbreviations, and other terms used in this report.

Special notes:

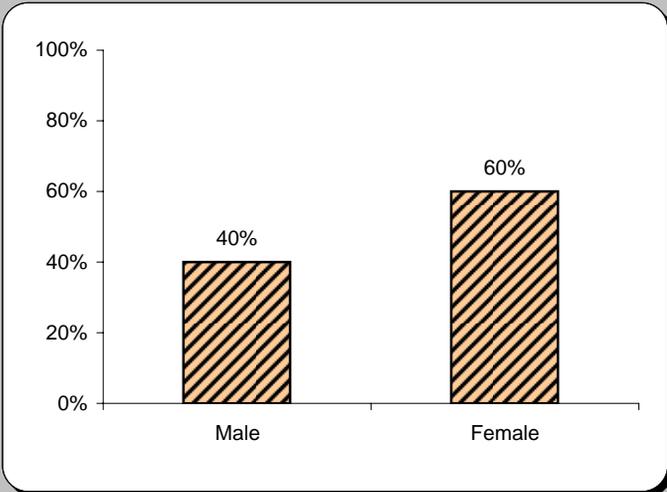


Initial Interviews Received July 1, 2009 through June 30, 2010
Adult Mental Health Consumers
Statewide

This table shows the number of consumers in this report by LME.

LME	Number
Alamance-Caswell	446
Albemarle	528
Beacon Center	609
CenterPoint	747
Crossroads	825
Cumberland	670
Durham Center	1,626
East Carolina Behavioral Health	1,083
Eastpointe	1,225
Five County	575
Guilford	1,090
Johnston	67
Mecklenburg	1,712
Mental Health Partners	165
Onslow-Carteret	377
Orange-Person-Chatham	327
Pathways	1,426
Piedmont (PBH)	819
Sandhills	1,167
Smoky Mountain Center	1,688
Southeastern Center	1,010
Southeastern Regional	1,943
Wake	1,213
Western Highlands	1,433
Total	22,771

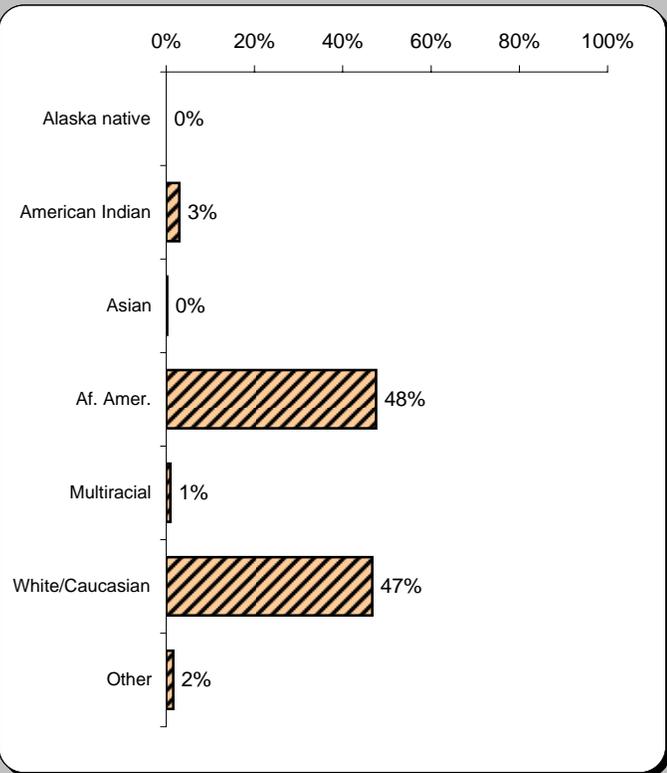
1-1: Gender



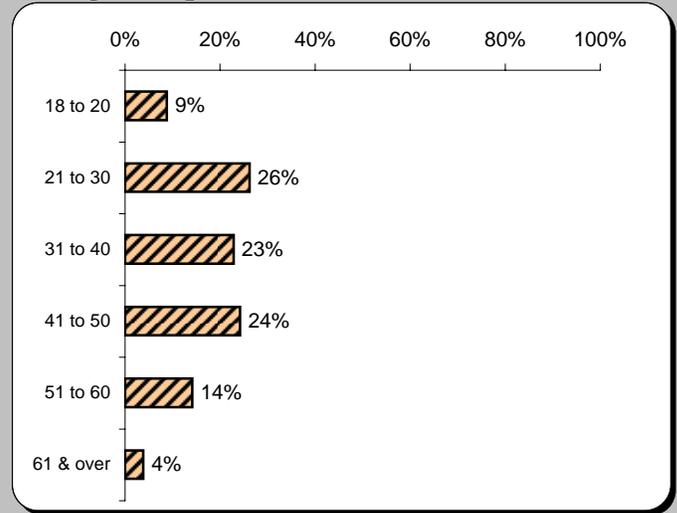
1-2: Hispanic Origin

Of the Statewide consumers, 2% indicate that they are of Hispanic, Latino, or Spanish origin.

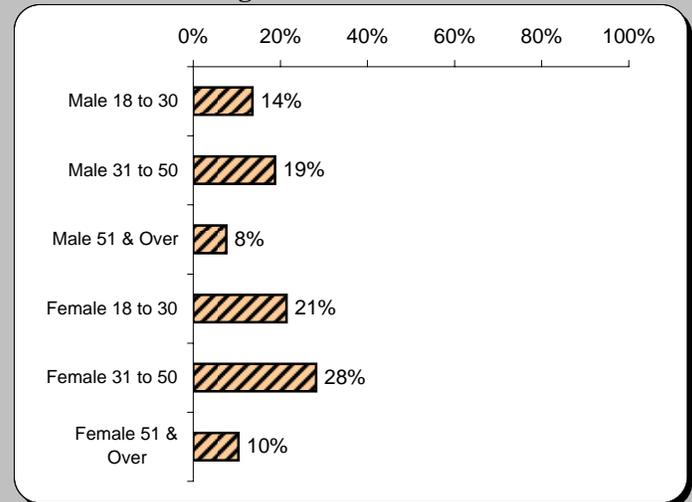
1-3: Race/Ethnicity



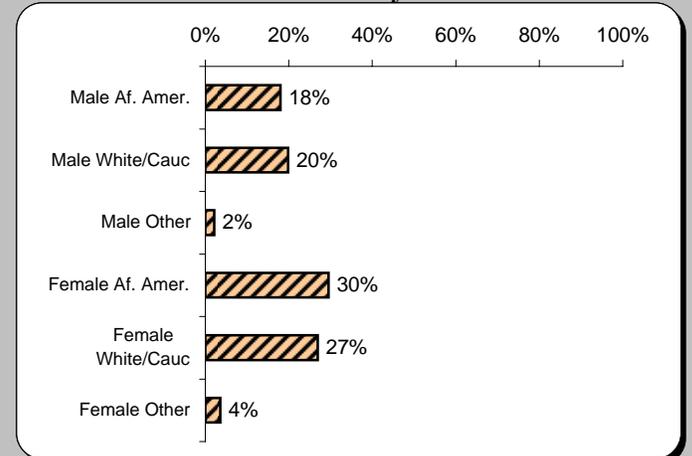
1-4: Age Group



1-5: Gender and Age



1-6: Gender and Race/Ethnicity



2-1: Co-Occurring Status

Services/Supports areas	%
Mental Health only	66%
Mental Health and Substance Abuse	34%

2-2: Among Co-Occurring Consumers, Type of Treatment Professional Providing Services/Supports

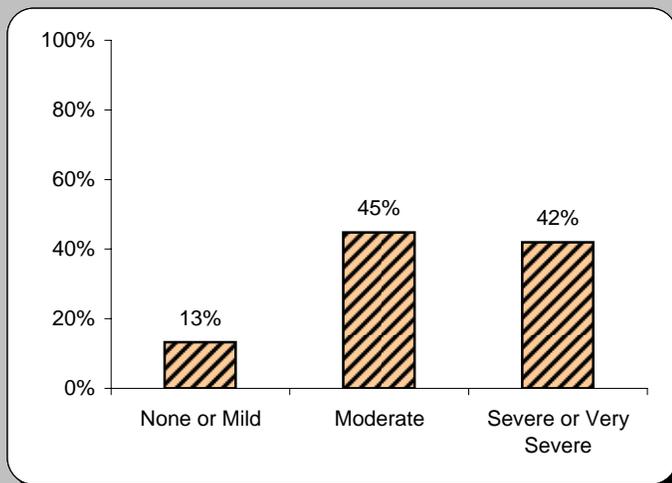
Type of Qualified Professional (QP)	Number
QP in Mental Health	1,685
QP in Substance Abuse	576
QP in both	5,443
Total Co-Occurring Consumers	7,704

2-3: DSM-IV Diagnoses

Diagnostic Category	%
Major Depression	43%
Schizophrenia	19%
Bipolar disorder	24%
Anxiety disorder	17%
Post-traumatic stress disorder	16%
Personality disorder	7%
Alcohol Abuse	9%
Alcohol Dependence	16%
Drug Abuse	12%
Drug Dependence	23%

* Only most commonly diagnosed conditions shown.

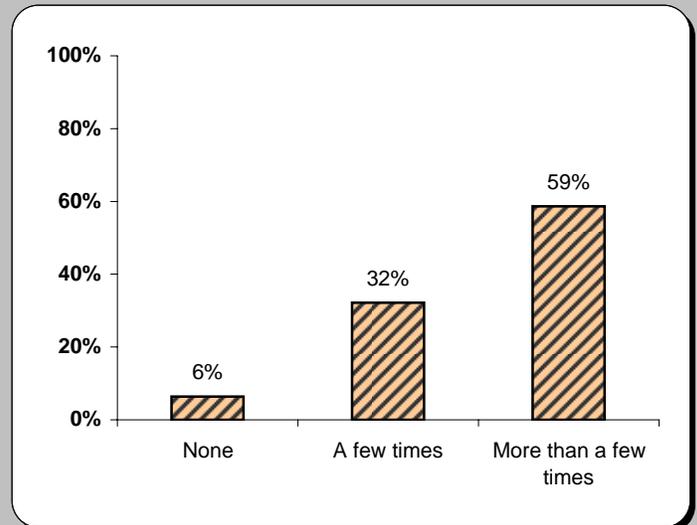
2-4: Severity of Mental Health Symptoms, Past Month



2-5: General Assessment of Functioning (GAF)

Among Statewide consumers, the average GAF score was 44.1 and the median score was 45.

2-6: How Often Problems Interfere with Work, School, or Other Daily Activities, Past 3 Months



2-7: Behavior Problems and Symptoms

	%
Suicidal attempts, ever	35%
Suicidal thoughts	41%
Tried to hurt or cause self pain	12%
Hit/physically hurt another person	16%

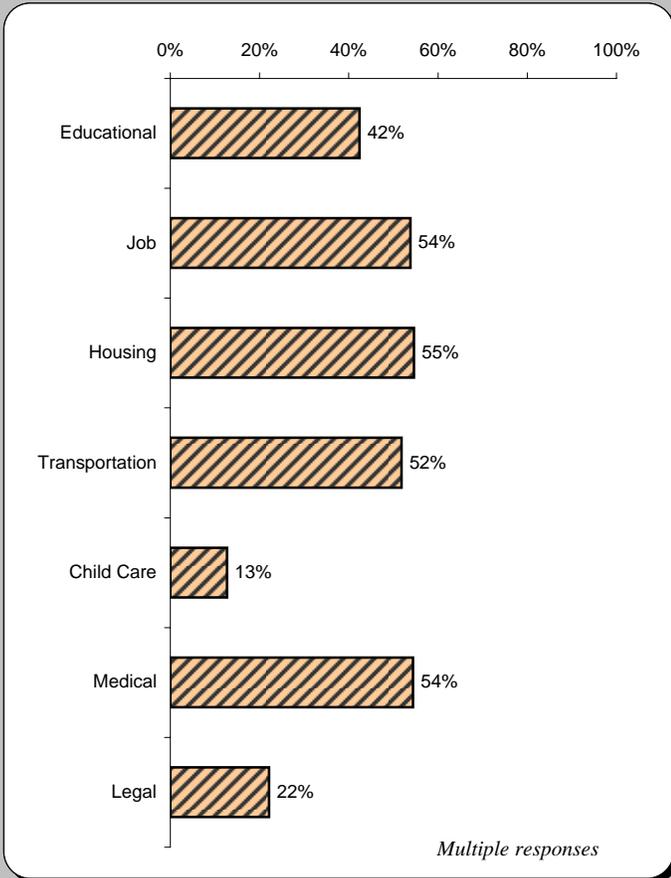
2-8: Experienced Violence

Physical violence, past 3 months	15%
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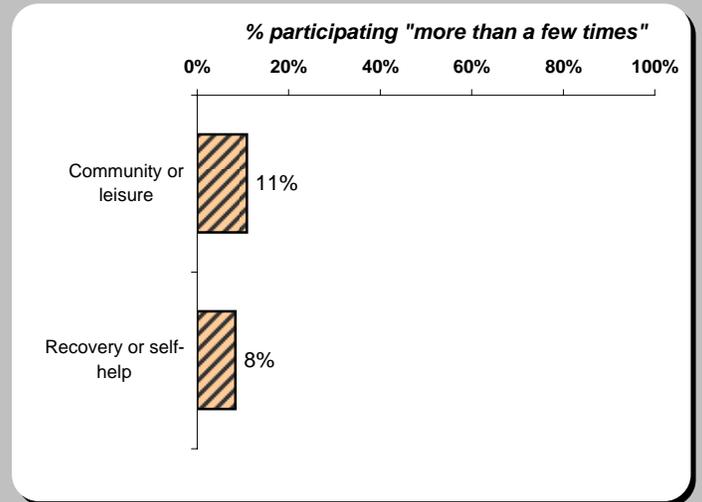
2-9: Arrests and Criminal Justice Involvement

Arrested in past year	23%
Arrested in past month	6%
Current Criminal Justice System supervision	14%
Nights in jail or detention past 3 months	8%

3-1: Service Needs Rated "Very Important"



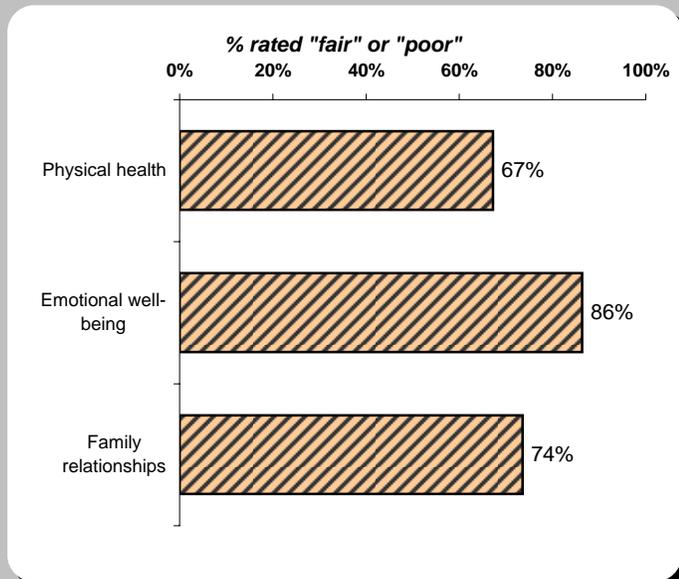
3-3: Consumer Participation in Positive Activities, Past 3 Months



3-4: Support for Recovery

Among those consumers with family or friends, 85% indicate that their family and/or friends will be supportive of their treatment and recovery efforts.

3-2: Consumer Ratings on Quality of Life

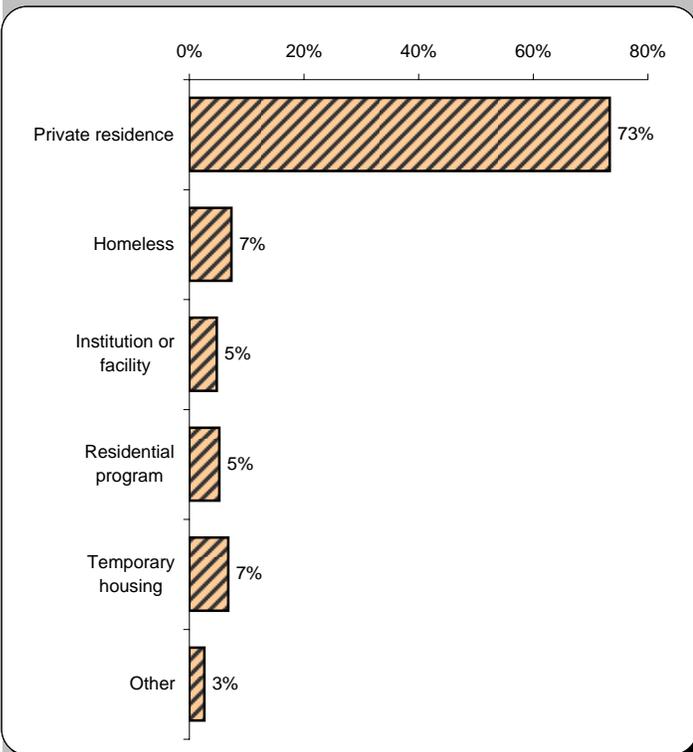


4-1: Employment, Past 3 Months

55% of Statewide consumers are in the labor force. This means that they are working, or unemployed and looking for work.

Of those in the labor force...	
Employed full-time	7%
Employed part-time	13%
Unemployed (seeking work)	80%

4-2: Where Lived in the Past 3 Months



Note: Of Statewide homeless consumers, 1156 were in shelters and 511 were not in shelters.

4-3: Homeless Nights, Past 3 Months

Among Statewide consumers, 14% reported night(s) homeless during the past 3 months.

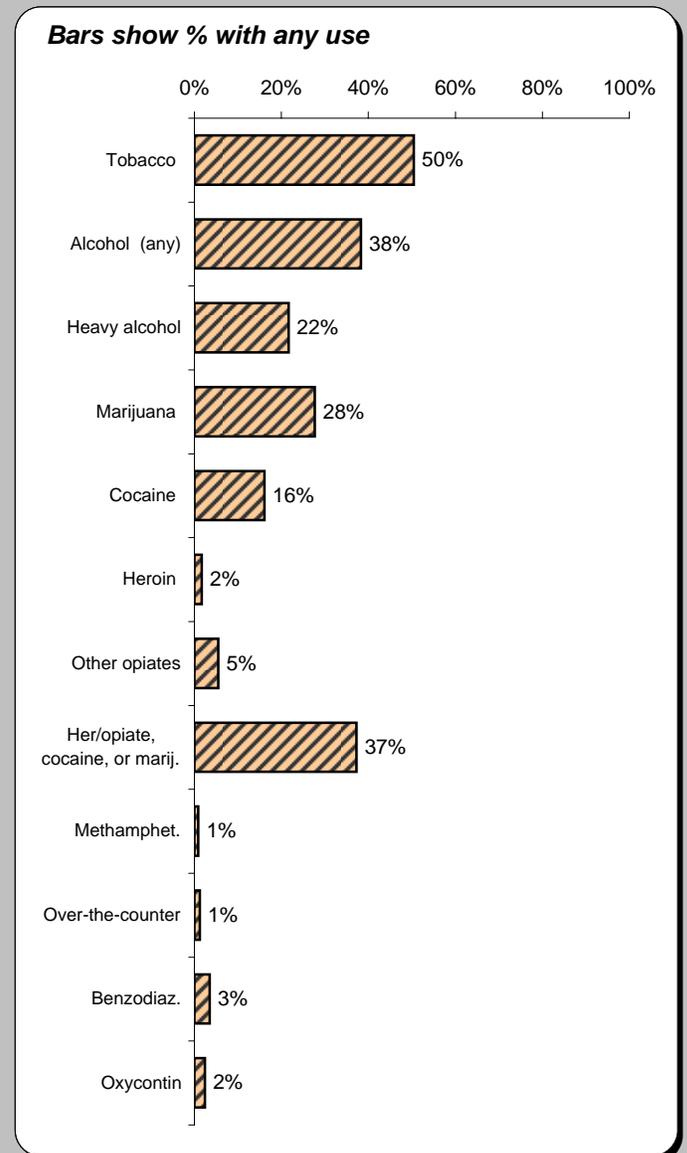
4-4: Times Moved Residences in the Past Year

No moves	51%
Moved once	24%
Moved two or more times	25%

4-5: Type of Substance Use, Past 12 Months

	%
Any alcohol or tobacco use	65%
Any use of illicit drugs or other substances	41%

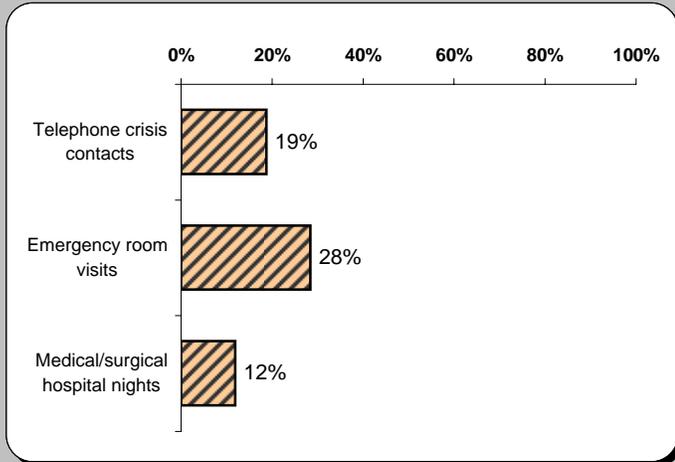
4-6: Self-Report Substance Use, Past 12 Months



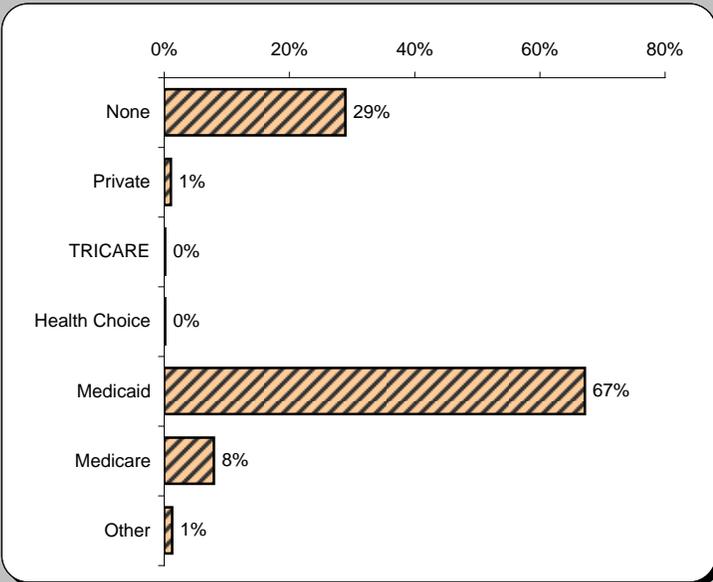
5-1: Routine Health Care

Among Statewide consumers, 78% have seen their provider within the past year for a routine check-up.

5-2: Health Services Utilized in Past 3 Months



5-3: Health Insurance



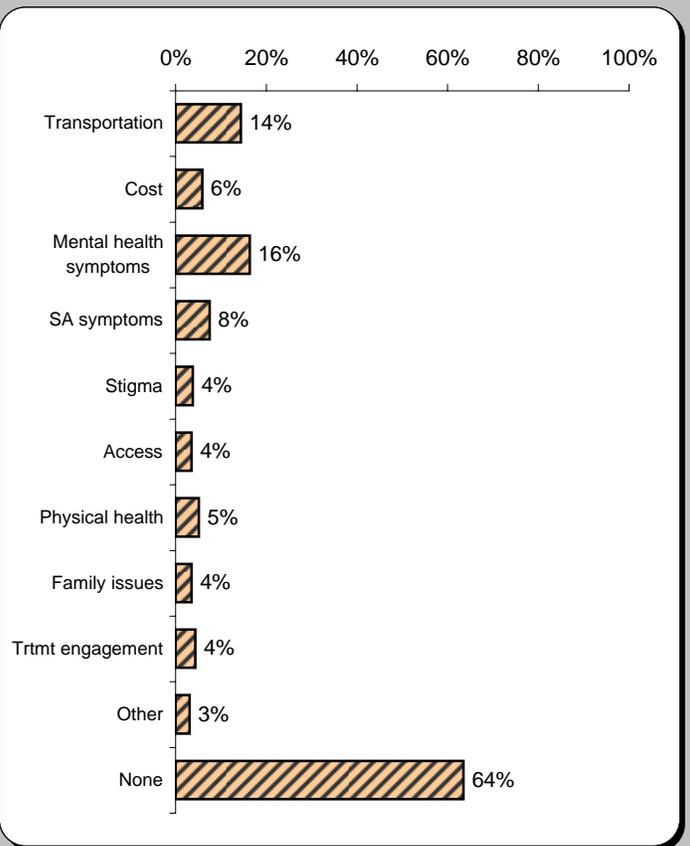
5-4: Pregnancy Status

	Number
Currently pregnant	489
Uncertain about pregnancy status	205
In first trimester	135
In second trimester	183
In third trimester	139

Note: Numbers may not add, due to missing data.

Number of Initial Interviews: Statewide = 22,771

5-5: Barriers to Treatment



5-6: Provider Choice

Received list of options of places to get services	72%
Came here (to this provider) on my own	22%
Did not receive list or options for services	5%

5-7: Timeliness of Services

The first service was in a time frame that met my needs	97%
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Appendix
Adult Mental Health
Acronyms and Abbreviations

Acronym or Term	Definition
Af Amer.	African American
Benzodiaz.	Benzodiazepine(s)
Cauc.	Caucasian
DSM	Diagnostic and Statistical Manual (Edition IV)
Her	Heroin
Marij.	Marijuana
Methamphet.	Methamphetamines
MH	Mental Health
QP	Qualified Professional
Trtmt	Treatment
SA	Substance Abuse