Behavioral health refers to a person's state of being and how their behaviors and choices affect their overall health and wellness. Substance abuse and addictions of all kinds fall into the realm of behavioral health. Mental health refers as a person's psychological, emotional, and social wellbeing. While some mental health issues may be impacted by behavior, many mental health disorders have neurological or biological causes that may not be cured by changing the person's behavior. Behavioral health overlaps with mental health, and although each has its own definitions [27-29], we cover the topic of mental health under the bigger umbrella of behavioral health in this report.

Mental Health

Table 24. Any Mental Illness in the Past Year among Adults Aged 18 or Older, Montgomery County, Maryland, and U.S., 2010-14

	2010-12		2012-14		
	%	95% CI	%	95% CI	P
MoCo	17.89	(14.74-21.55)	16.23	(13.73-19.09)	0.28
MD	17.37	(15.48-19.43)	16.8	(15.02-18.73)	0.55
US	18.13	(17.79-18.48)	18.39	(18.07-18.72)	0.17

* Source: National Survey on Drug Use and Health. Substance Abuse and Mental Health Services Administration (SAMHSA) https://www.samhsa.gov/data/population-data-nsduh/reports?tab=38

- Mental health related ER visit rates in the County increased during 2008-2016, which is consistent with those in Maryland; rates in the County were consistently lower than in Maryland (Fig. 127).
- Among population subgroups, NH-Black had the highest rates, followed by NH-White, Hispanic, and Asian/PI; females had higher rates than males (Fig. 128).
- People aged 18-34 had the highest ER visit rate, followed by ages 5-17, and 5-64 (Fig. 129).

Fig. 127. Mental Health Related ER Visit Age-Adjusted Rates, Montgomery County and Maryland, 2008-16
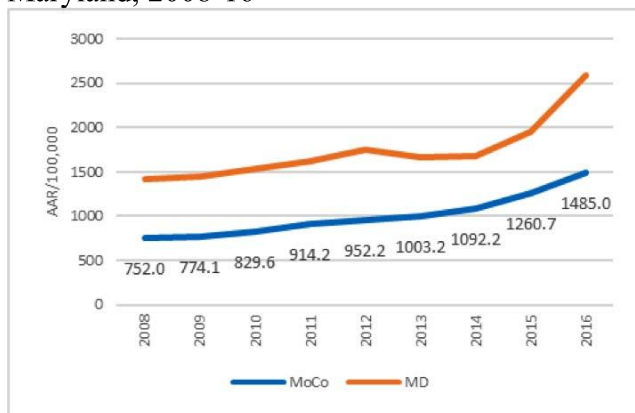

Fig. 128. Mental Health Related ER Visit Age-Adjusted Rates by Sex and Race/Ethnicity, Montgomery County, 2014-16
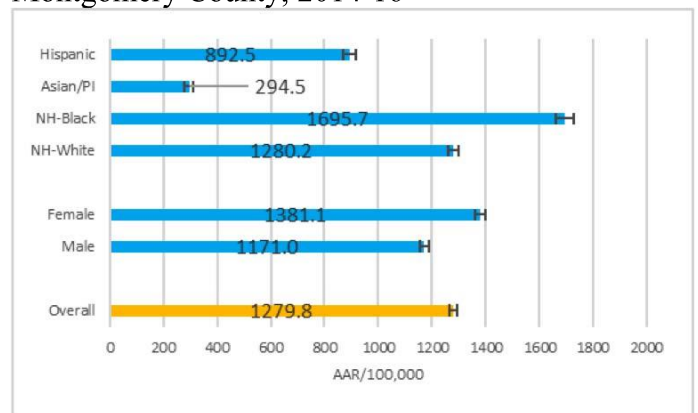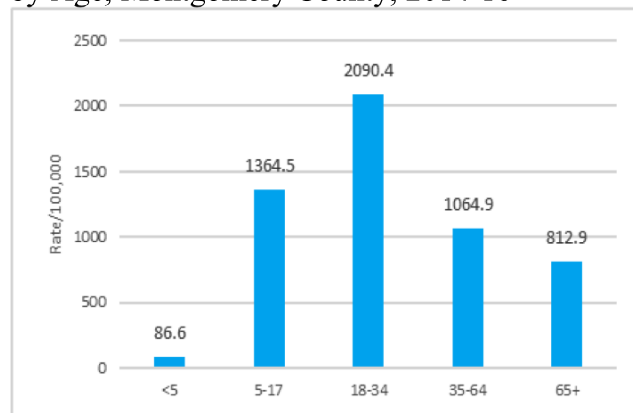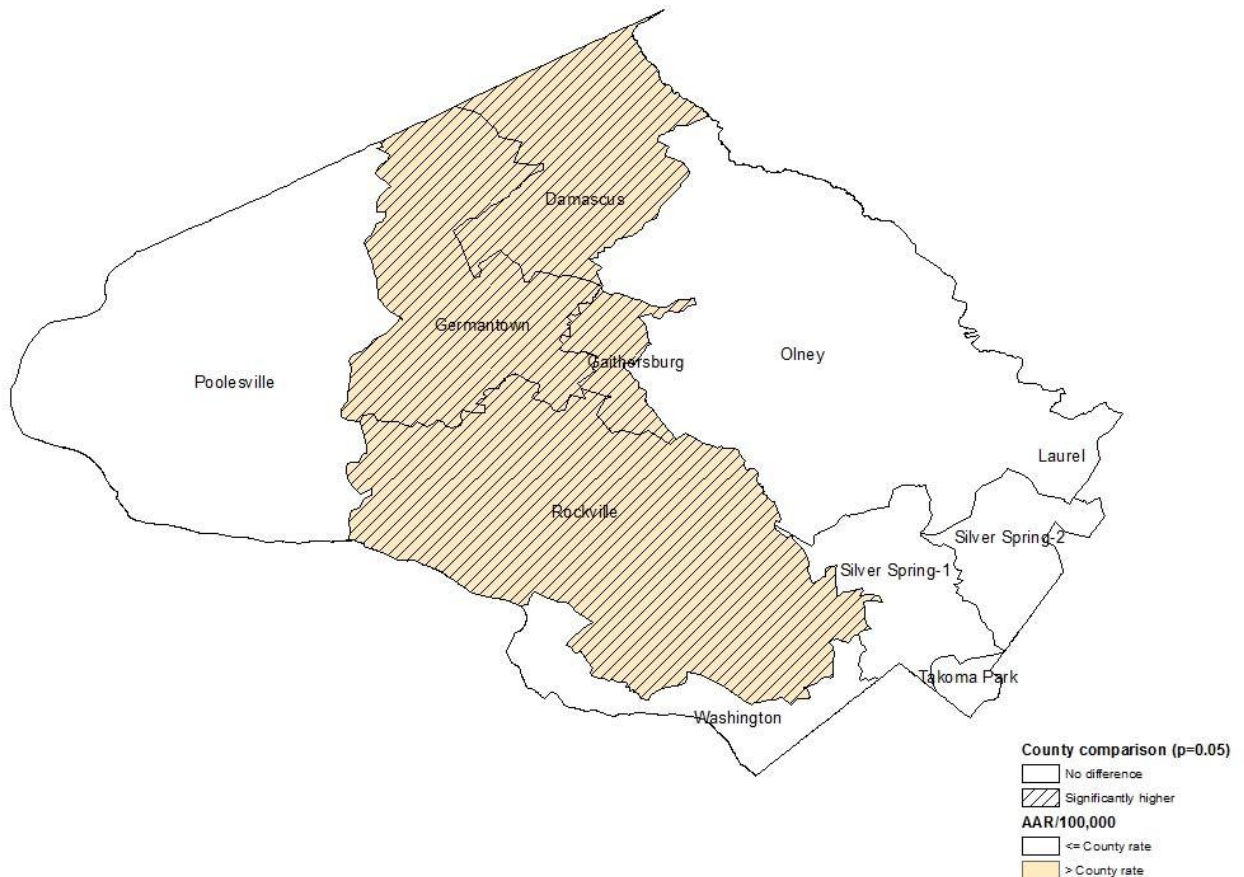

Fig. 129. Mental Health Related ER Visit Rates by Age, Montgomery County, 2014-16

Map 16. Mental Health Related ER Visit Age-Adjusted Rates by PCSA, Montgomery County, 2014-16

16.3% (95% CI: 12.8-19.8) of adults age 18+ had ever been told they have depressive disorder in Montgomery County, as compared to 16.3% (95% CI: 15.0-17.7) in Maryland
12.3% (95% CI: 7.8-16.8) of adults age 18+ had ever been told they had anxiety disorder in Montgomery County, as compared to 13.5% (95% CI: 11.8-15.2) in Maryland
2.8% (95% CI: 1.3-4.4) of adults age 18+ had not had good mental health in at least the previous 30 days in Montgomery County, as compared to 4.5% (95% CI: 3.8-5.3) in Maryland

Substance Abuse

Table 25. Illicit Drug Use in the Past Month among Individuals Aged 12 or Older, Montgomery County, Maryland, and U.S., 2010-14

	2010-12		2012-14		
	%	95% CI	%	95% CI	P
MoCo	7.03	(5.40-9.11)	8.91	(6.86-11.51)	0.02
MD	7.56	(6.53-8.74)	9.69	(8.47-11.05)	<0.01
US	8.9	(8.68-9.12)	9.58	(9.36-9.79)	<0.01

* Source: National Survey on Drug Use and Health. Substance Abuse and Mental Health Services Administration (SAMHSA)
https://www.samhsa.gov/data/population-data-nsduh/reports?tab=38

Table 26. Percent High School Students Ever Taken a Prescription Drug without Prescription, Montgomery County, Maryland, and U.S., 2013-14

	2013		2014	
	%	95% CI	%	95% CI
MoCo	14.1	(12.1-16.1)	12.5	(10.7-14.2)
MD	15.2	(14.6-15.8)	14.2	(13.7-14.8)
US	17.8	(15.8-19.8)	16.8	(15.4-18.2)

Table 27. Percent High School Students Ever Used Needle to Inject Illegal Drug, Montgomery County, Maryland, and U.S., 2013-14

	2013		2014	
	%	95% CI	%	95% CI
MoCo	3.1	(2.5-3.7)	2.9	(2.3-3.4)
MD	3.9	(3.6-4.2)	3.6	(3.3-3.8)
US	1.7	(1.2-2.2)	1.8	(1.3-2.3)

* Source: Maryland Youth Risk Behavior Survey (YRBS)
https://phpa.health.maryland.gov/ccdpc/Reports/Pages/yrbs.aspx

- Drug-induced mortality rates in the County had an increasing trend during 2008-2016 (Fig. 130), which is consistent with that in Maryland and the U.S.
- Among population subgroups, NH-White had the highest rate among all groups; males had higher rates than females (Fig. 131).
- People ages 18-34 had the highest mortality rate, followed by age 35-64 (Fig. 132).

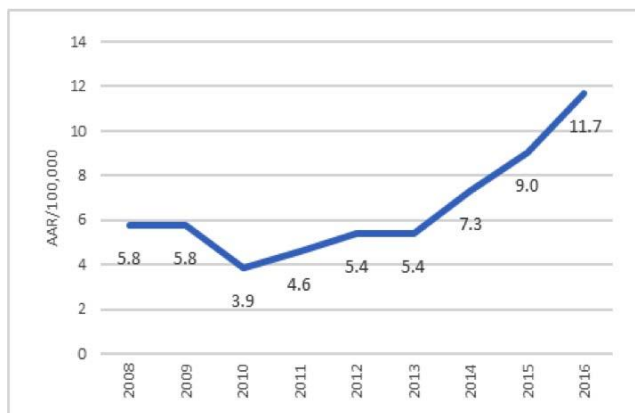Fig. 130. Drug-induced Age-Adjusted Mortality Rates, Montgomery County, 2008-16

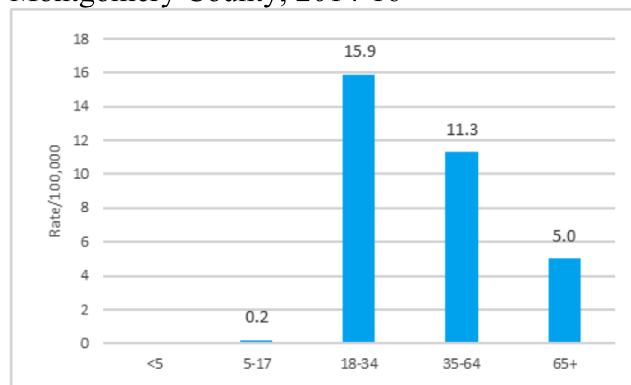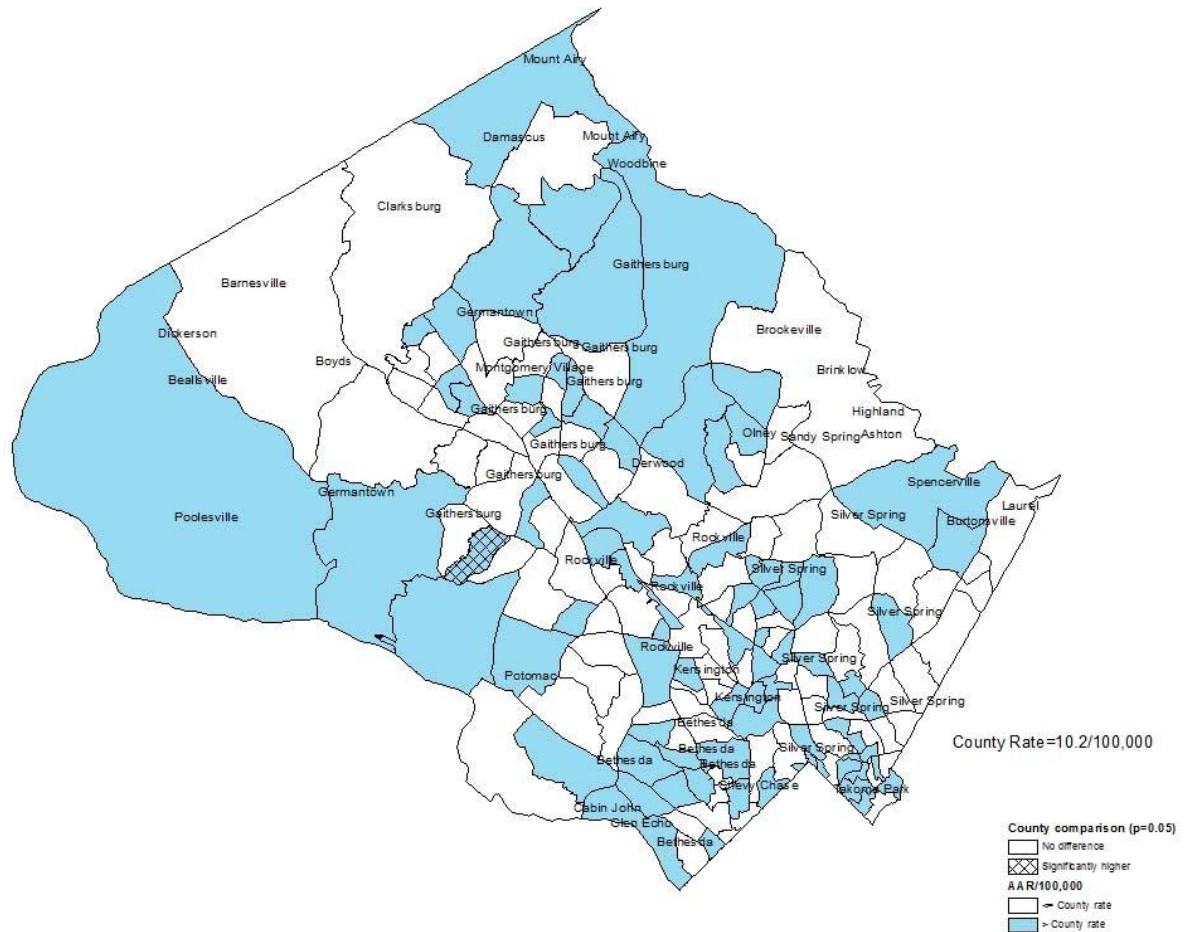Fig. 131. Drug-induced Age-Adjusted Mortality Rates by Sex and Race/Ethnicity, Montgomery County, 2014-16
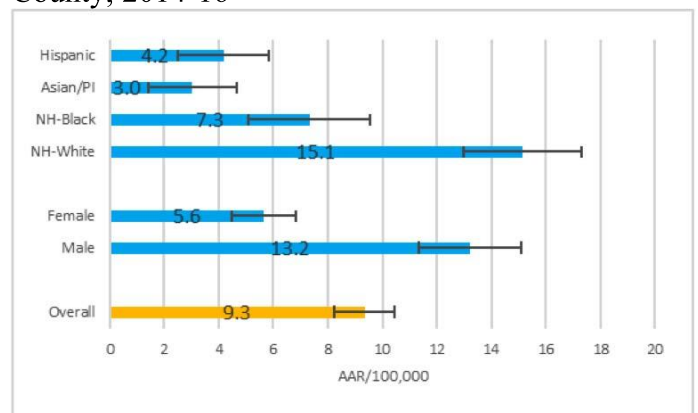
Fig. 132. Drug-induced Mortality Rates by Age, Montgomery County, 2014-16

Map 17. Drug-induced Age-Adjusted Mortality Rates by Census Tract, Montgomery County, 2014-16

County Rate=10.2/100,000

County comparison (p=0.05)
- No difference
- Significantly higher

AAR/100,000
- = County rate
- > County rate

- Substance abuse related ER visit rates increased overall, which is consistent with those in Maryland; the rates in the County were consistently lower than in Maryland (Fig. 133).
- Among population subgroups, NH-Black had the highest rate, followed by NH-White and Hispanic, and Asian/PI; males had higher rates than females (Fig. 134).
- People ages 18-34 had the highest ER visit rate, followed by ages 35-64 (Fig. 135).

Fig. 133. Substance Abuse Related ER Visit Age-Adjusted Rates, Montgomery County and Maryland, 2008-16
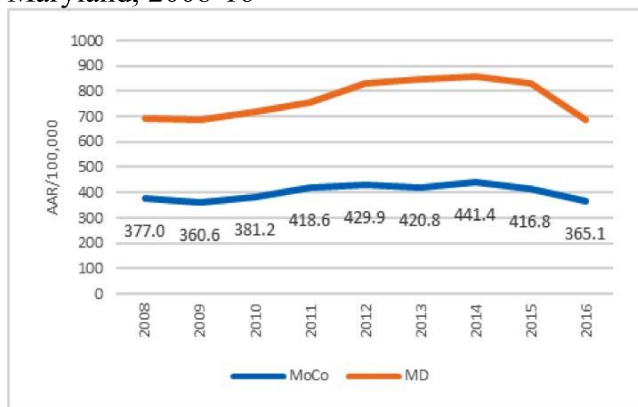

Fig. 134. Substance Abuse Related ER Visit Age-Adjusted Rates by Sex and Race/Ethnicity, Montgomery County, 2014-16
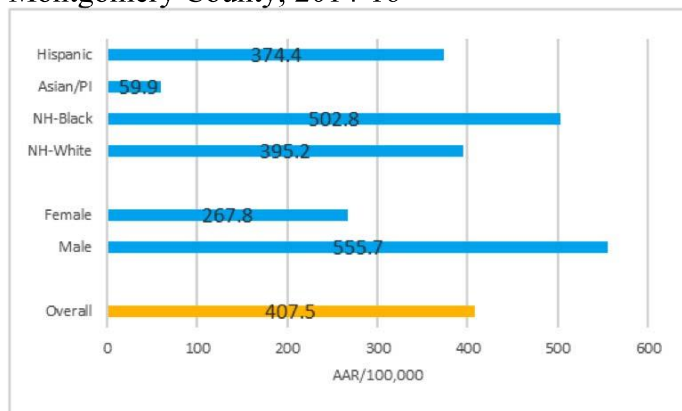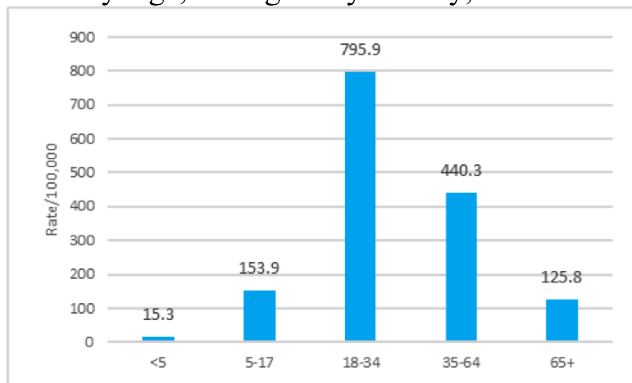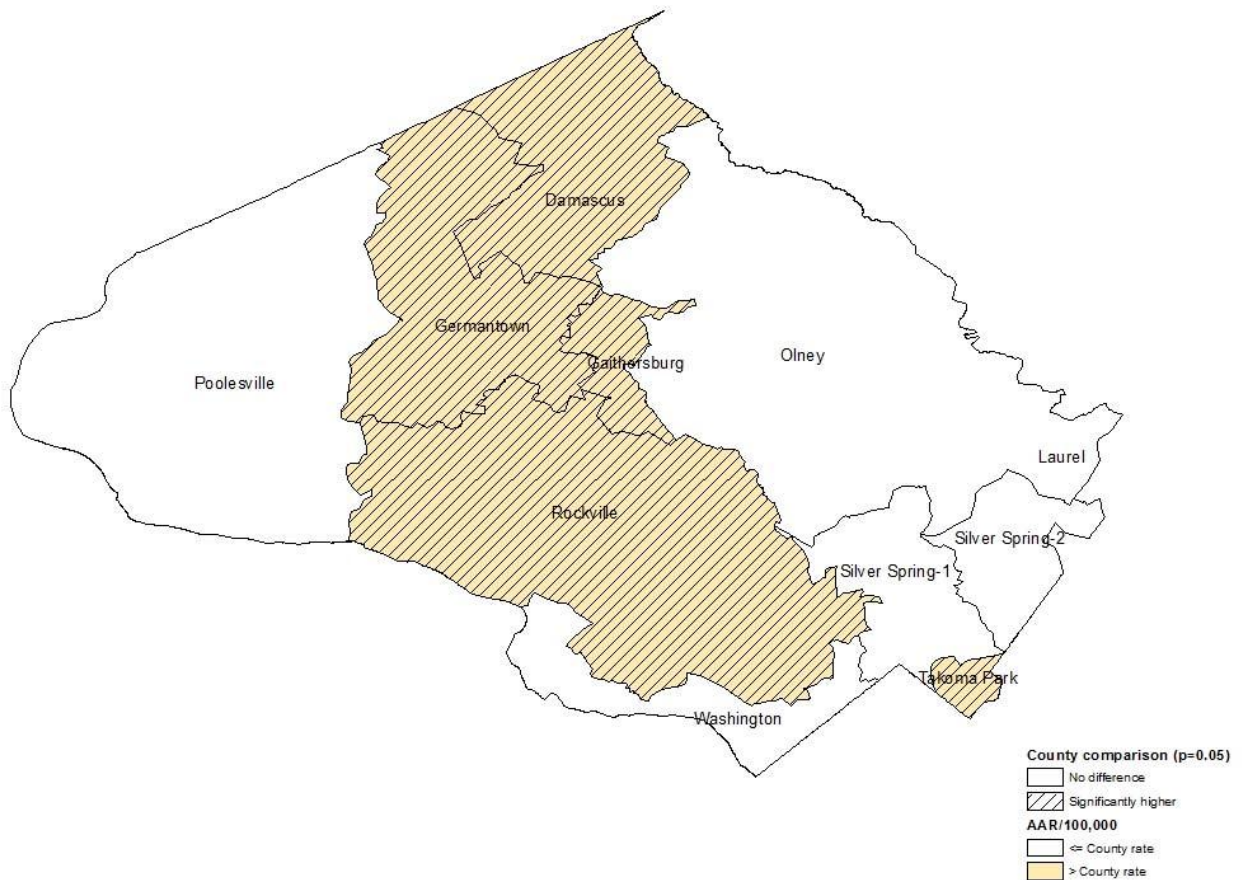

Fig. 135. Substance Abuse Related ER Visit Rates by Age, Montgomery County, 2014-16

Map 18. Substance Abuse Related ER Visit Age-Adjusted Rates by PCSA,
Montgomery County, 2014-16

3.2% (95% CI: 1.8-4.7) of adults age 18+ had chronic drinking
(Men who drink more than 2 alcoholic beverages per day, or women who
drink more than 1 alcoholic beverage per day) in Montgomery County,
as compared to 4.9% (95% CI: 4.0-5.8) in Maryland
12.3% (95% CI: 8.6-16.0) of adults age 18+ engaged in binge
drinking (Men who have 5+ drinks per occasion, or women who have 4+
drinks per occasion) in Montgomery County, as compared to 14.2%
(95% CI: 12.7-15.7) in Maryland

Table 28. Drug and Alcohol Related Intoxication Deaths, Montgomery County, 2012-16

	2012	2013	2014	2015	2016
Total Intoxication	48	52	65	70	102
Heroin	22	28	33	37	48
Opioid (prescription)	18	16	19	23	26
Fentanyl			8	17	43
Cocaine	12	13	10	5	11
Benzodiazepine	4	4	10	7	7
Alcohol	15	13	18	15	22

* Source: Overdose Death Report, Maryland Department of Health
https://bha.health.maryland.gov/OVERDOSE_PREVENTION/Pages/Data-and-Reports.aspx

Suicide

Table 29. Had Serious Thoughts of Suicide in the Past Year among Adults Aged 18 or Older, Montgomery County, Maryland, and U.S., 2010-14

	2010-12		2012-14		
	%	95% CI	%	95% CI	P
MoCo	3.23	(2.37-4.38)	3.41	(2.62-4.42)	0.69
MD	3.38	(2.78-4.10)	3.57	(3.03-4.22)	0.53
US	3.78	(3.63-3.93)	3.91	(3.76-4.06)	0.13

* Source: National Survey on Drug Use and Health. Substance Abuse and Mental Health Services Administration (SAMHSA)
https://www.samhsa.gov/data/population-data-nsduh/reports?tab=38

Table 30. Percent High School Students Report Seriously Considering Suicide Past Year, Montgomery County, Maryland, and U.S., 2013-14

	2013		2014	
	%	95% CI	%	95% CI
MoCo	14.6	(12.4-16.8)	15.6	(14.3-16.9)
MD	16.0	(15.4-16.5)	15.9	(15.4-16.3)
US	17.0	(15.8-18.1)	17.1	(16.7-18.8)

* Source: Maryland Youth Risk Behavior Survey (YRBS)
https://phpa.health.maryland.gov/ccdpc/Reports/Pages/yrbs.aspx

- Suicide mortality rates in the County fluctuated during 2008-2016 (Fig. 136).
- Among population subgroups, NH-White had the highest rate among all groups; males had higher rates than females (Fig. 137).
- People aged 65+ had the highest suicide mortality rates, followed by age 35-46, and age 18-34 (Fig. 138).

Fig. 136. Suicide Related Age-Adjusted Mortality Rates, Montgomery County, 2008-16
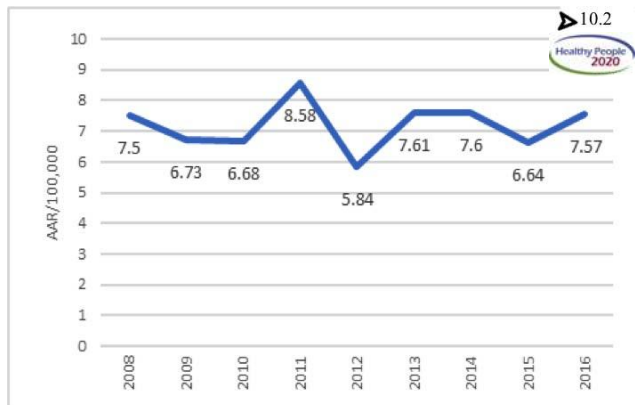

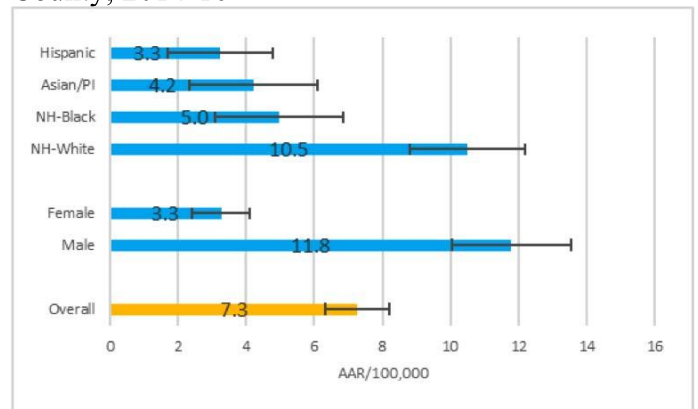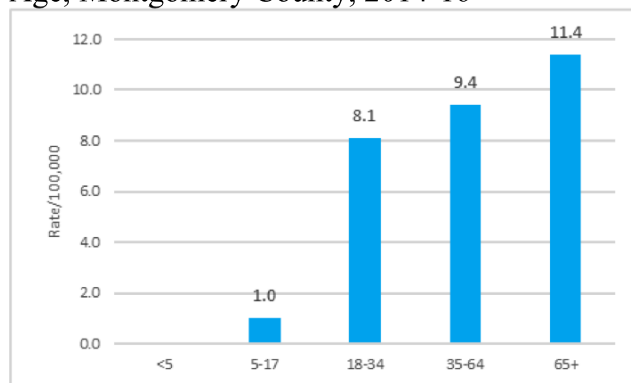Fig. 137. Suicide Related Age-Adjusted Mortality Rates by Sex and Race/Ethnicity, Montgomery County, 2014-16
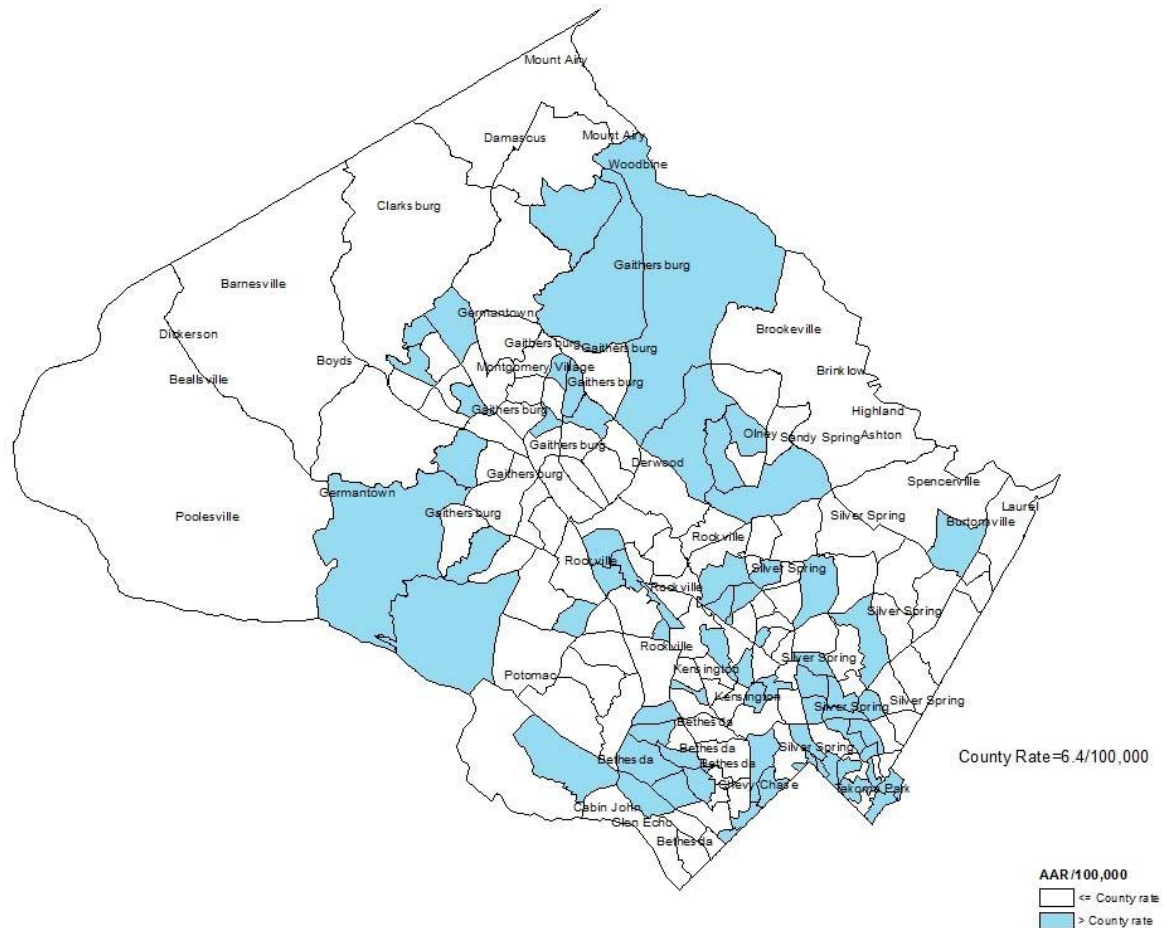

Fig. 138. Suicide Related Mortality Rates by Age, Montgomery County, 2014-16

Map 19. Suicide Related Age-Adjusted Mortality Rates by Census Tract, Montgomery County, 2014-16

County Rate=6.4/100,000

AAR/100,000
☐ <= County rate
☐ > County rate

- Suicide related hospitalization rates decreased during 2008-2016, similar to those in Maryland; rates in the County were consistently lower than in Maryland (Fig. 139).
- Among population subgroups, NH-White had the highest rate, followed by NH-Black and Hispanic; females had higher rates than males (Fig. 140).
- People aged 18-34 had the highest rate, followed by ages 35-44, and 5-17 (Fig. 141).

Fig. 139. Suicide Related Hospitalization Age-Adjusted Rates, Montgomery County and Maryland, 2008-16
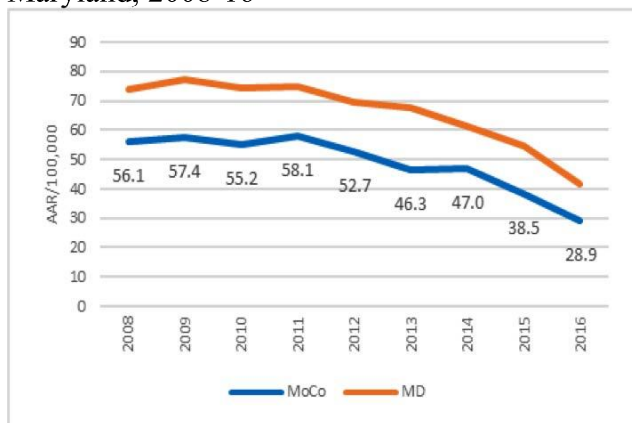
Fig. 140. Suicide Related Hospitalization Age-Adjusted Rates by Sex and Race/Ethnicity, Montgomery County, 2014-16
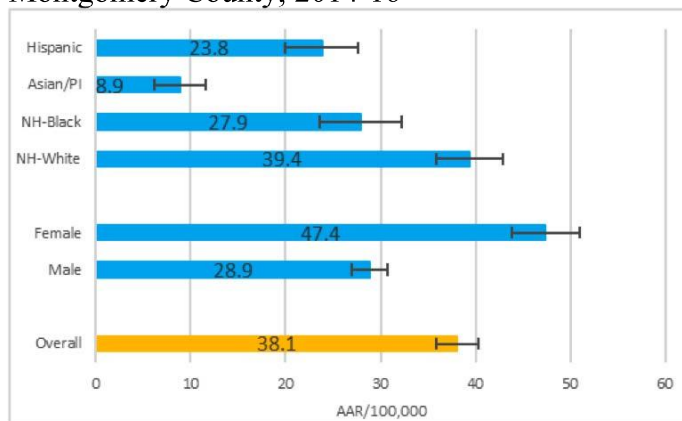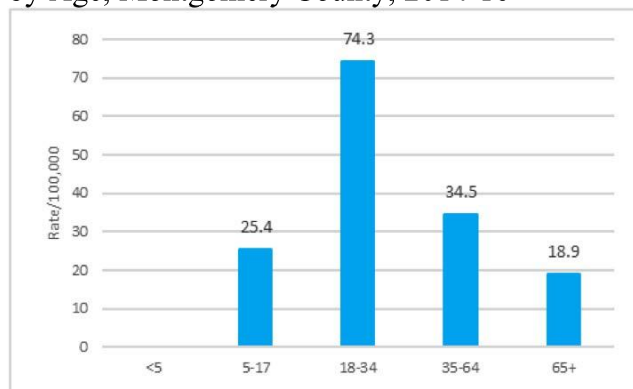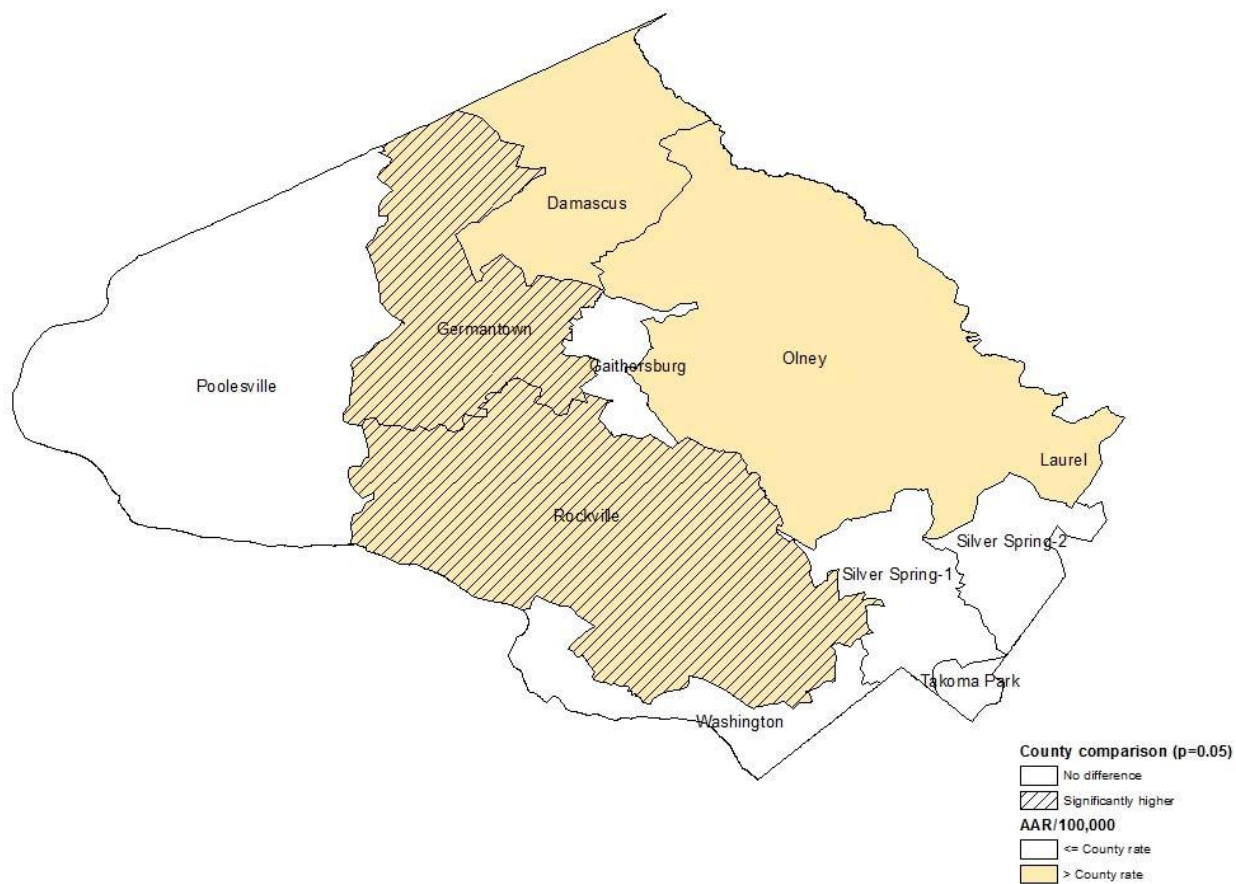

Fig. 141. Suicide Related Hospitalization Rates by Age, Montgomery County, 2014-16

Map 20. Suicide Related Hospitalization Age-Adjusted Rates by PCSA, Montgomery County, 2014-16

- Suicide related ER visit rates increased during 2008-2016, similar to those in Maryland; rates in the County were consistently lower than in Maryland (Fig. 142).
- Among population subgroups, NH-White and NH-Black had higher rates than other groups, Asian/PI had the lowest rate; females had higher rates than males (Fig. 143).
- People aged 5-17 had the highest rates, followed by ages 18-34, and 35-64 (Fig. 144).

Fig. 142. Suicide Related ER Visit Age-Adjusted Rates, Montgomery County and Maryland, 2008-16
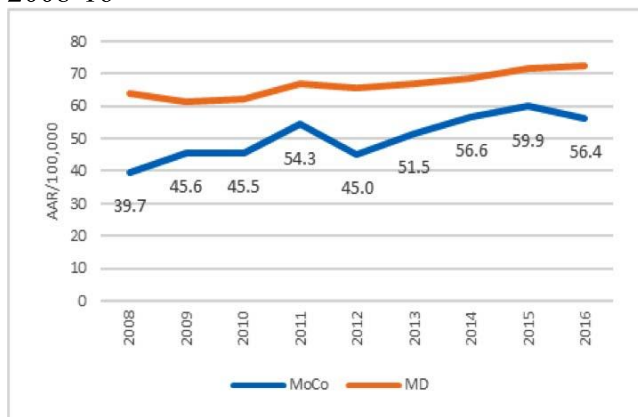

Fig. 143. Suicide Related ER Visit Age-Adjusted Rates by Sex and Race/Ethnicity, Montgomery County, 2014-16
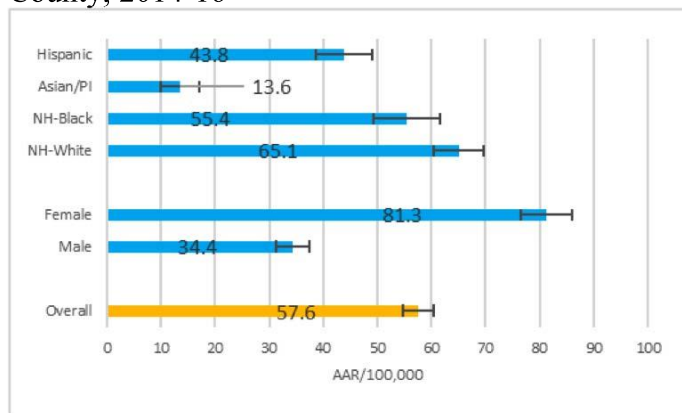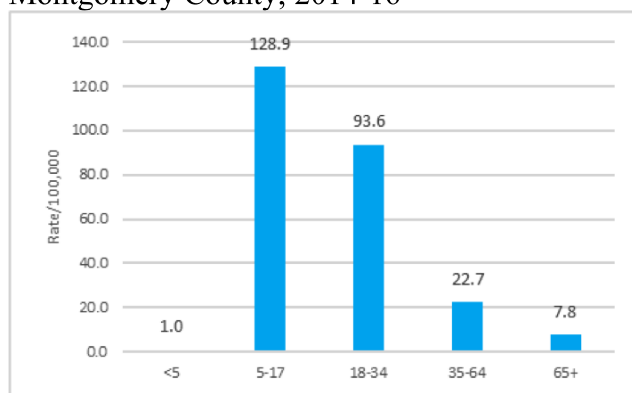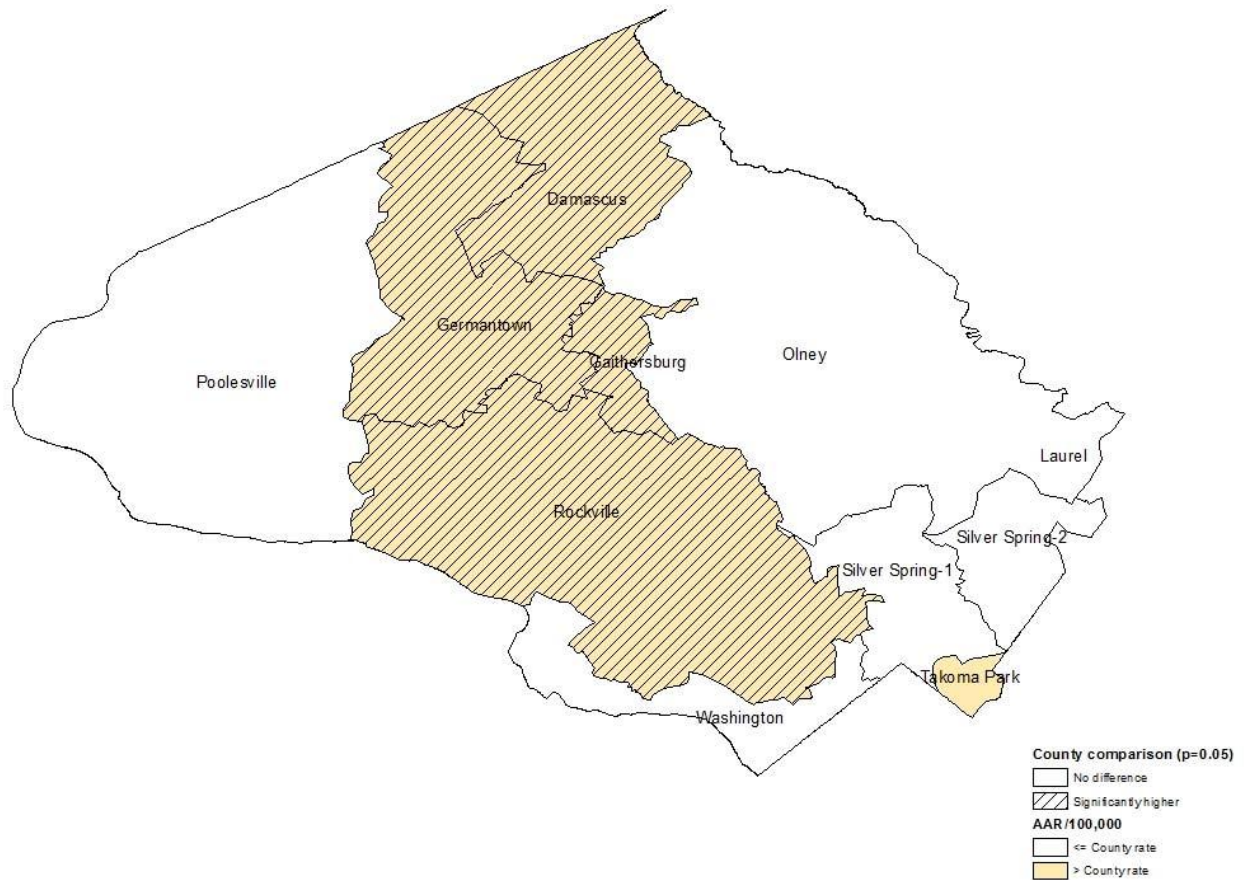

Fig. 144. Suicide Related ER Visit Rates by Age, Montgomery County, 2014-16

Map 21. Suicide Related ER Visit Age-Adjusted Rates by PCSA, Montgomery County, 2014-16

Damascus

Germantown

Gaithersburg

Olney

Poolesville

Laurel

Rockville

Silver Spring-2

Silver Spring-1

Takoma Park

Washington

County comparison (p=0.05)

☐ No difference
▨ Significantly higher

AAR/100,000
☐ <= County rate
☐ > County rate

1.7 suicide attempts per 100 population