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## State University System of Florida

### **Mental Health and Substance Use: Occurrence and Complexity**

November 7, 2018  
Kathryn Kominars, PhD, CAP

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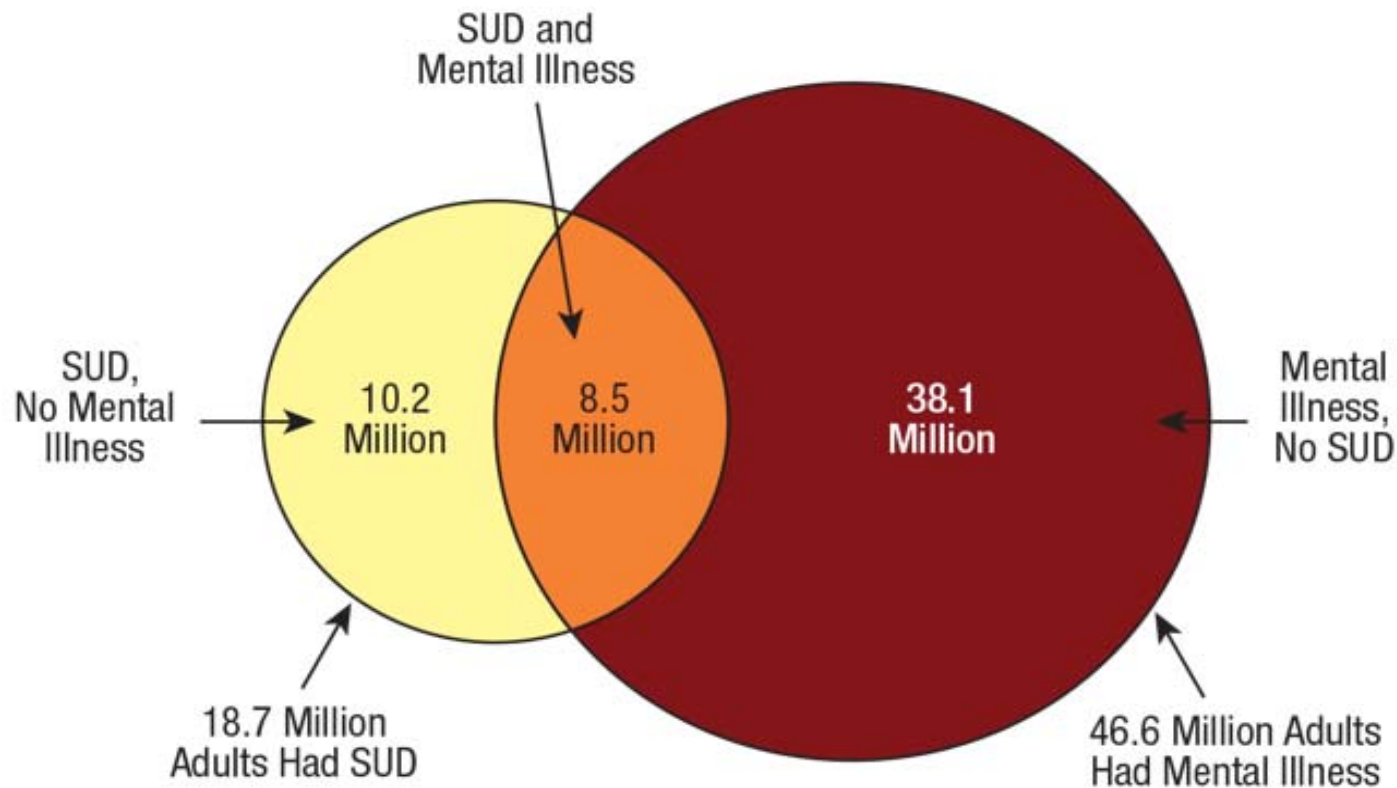


# Overview

- **Mental Health and Substance Use**
- **Occurrence and Complexity**
- **Variables**
- **Summary**



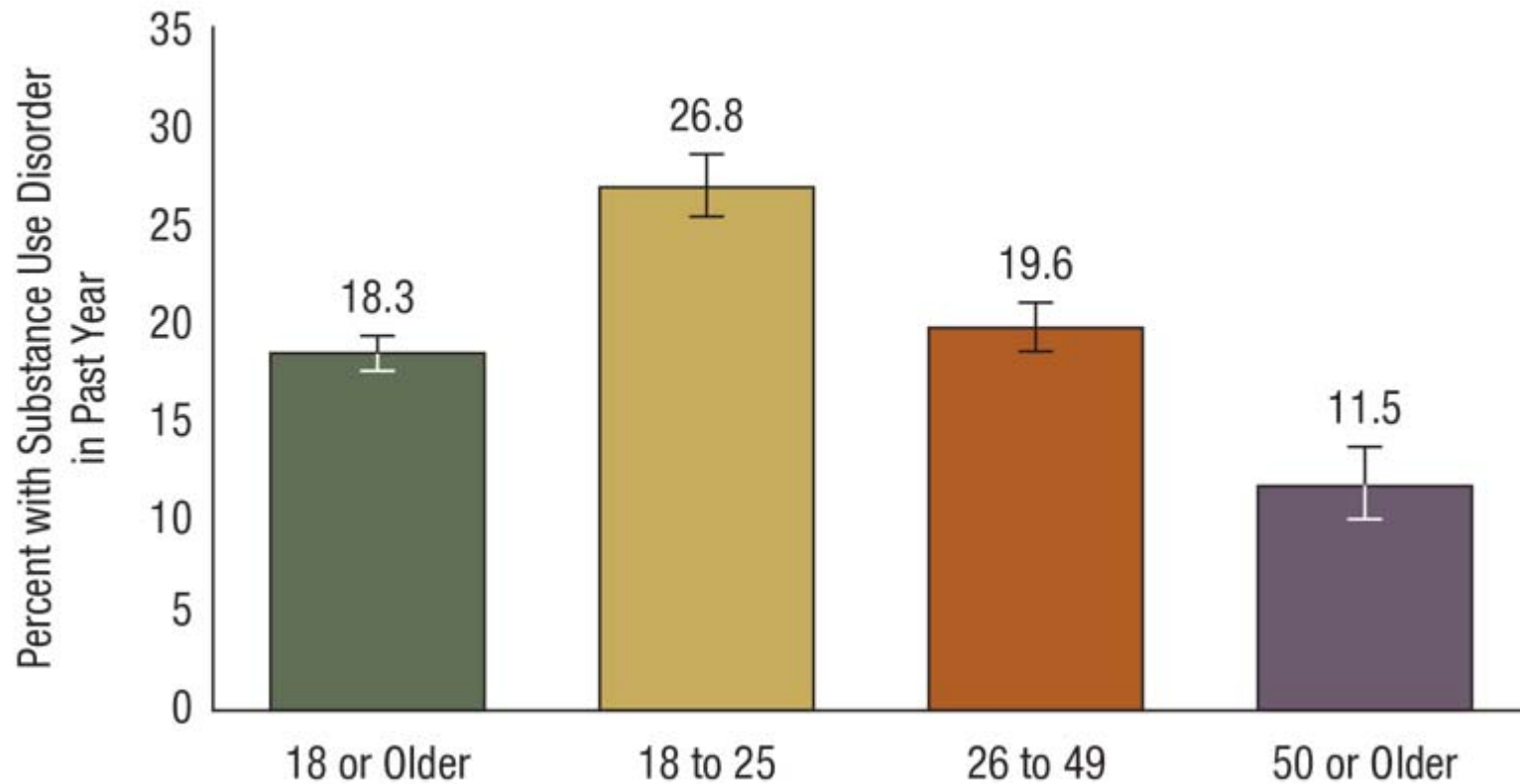
# Mental Illness and Substance Use Disorders (SUD) In America – Past Year 2017, 18+



Source: National Survey on Drug Use and Mental Health - 2017

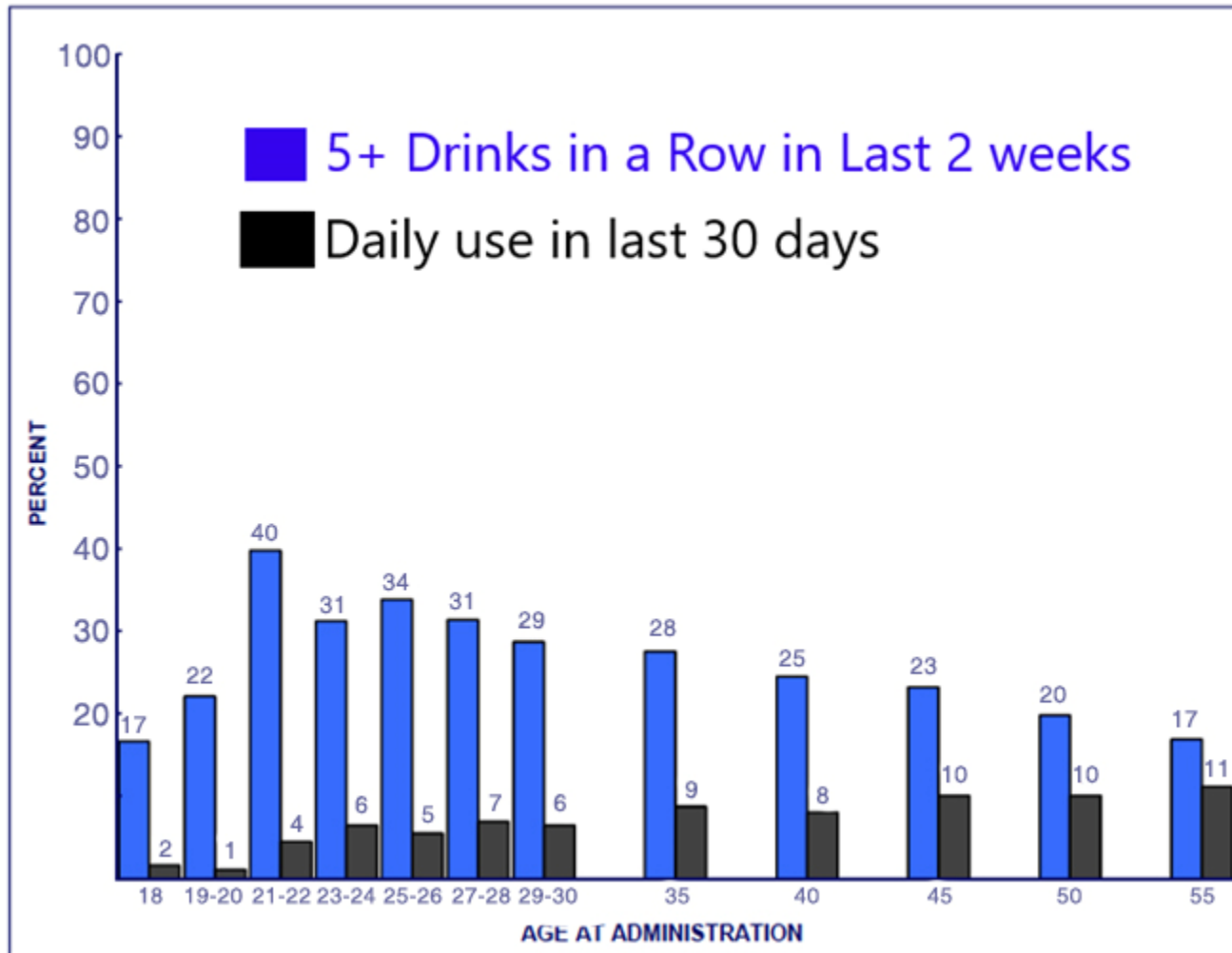


# Past Year Substance Use Disorders with Any Mental Illness, by Age Group: Percentages





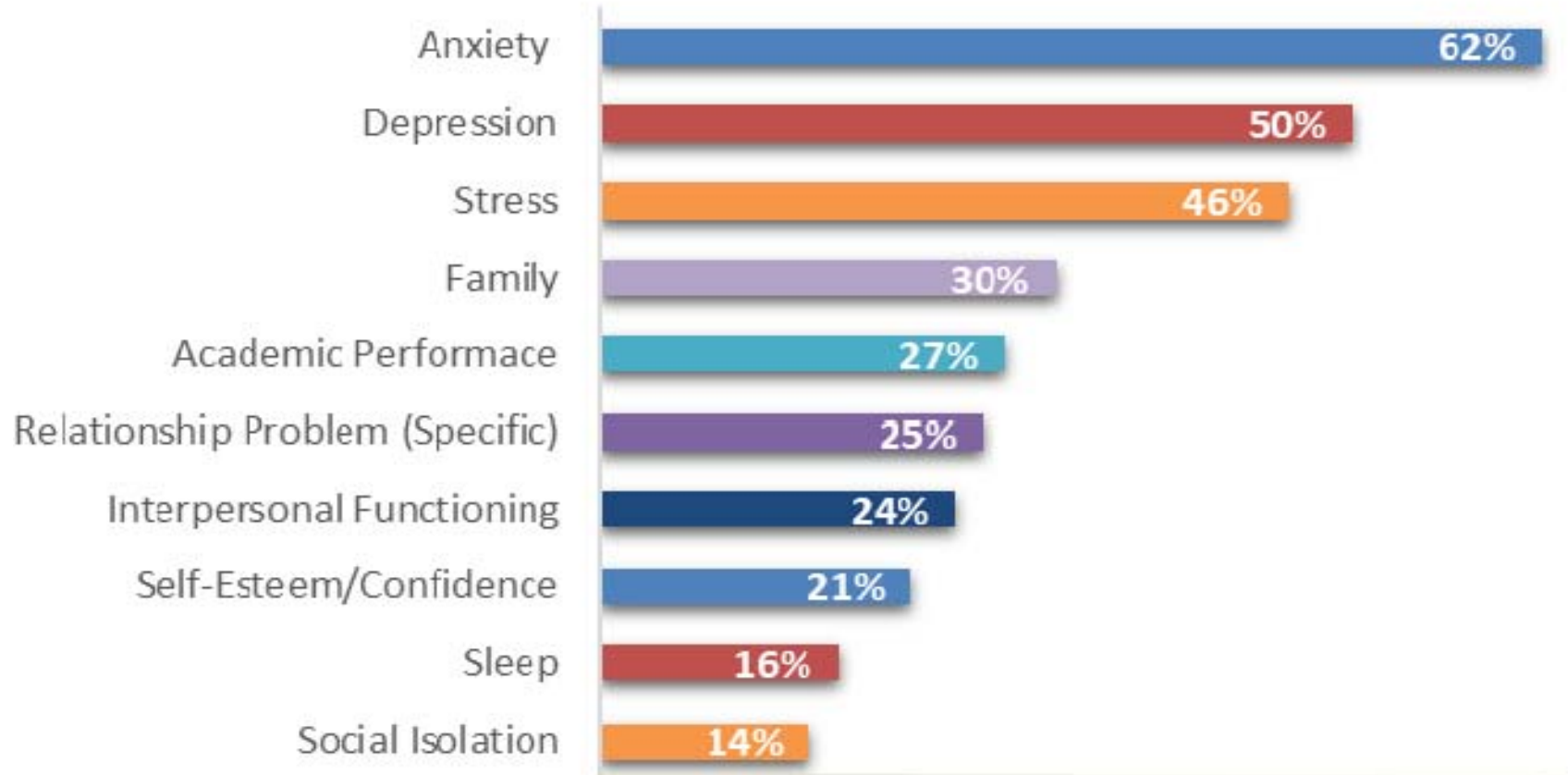
# Alcohol - 2 week prevalence of 5+ Drinks & 30 day prevalence of Daily Use by Age Groups



Source: The Monitoring the Future Study, University of Michigan



# CLINICIAN INDEX OF CLIENT CONCERNS



Source: Center for Collegiate Mental Health 2017 Annual Report



# Variables

- **Adverse childhood incidents**
- **Genetics & Family history – AOD and/or MH**
- **Age of initiation of AOD use**
- **Culture**
- **Trauma**
- **High Degrees of Stress**
- **Access and Barriers to Care**
- **Coping Skills – Resilience – Healthy Behaviors**
- **Social Support**



# Summary

**Stigma  
Reduction**

**Wide  
Spectrum  
of Concerns**

**Common  
Factors**

**Modalities  
of Care**

**Different  
Approaches**





# Sources

- Center for Collegiate Mental Health. (2018, January). *2017 Annual Report* (Publication No. STA 18-166).
- The National Survey on Drug Use and Health: 2017, Substance Abuse and Mental Health Services Administration.
- National Research Council and Institute of Medicine. 2009. *Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/12480>.
- Johnston, L. D., Miech, R. A., O'Malley, P. M., Bachman, J. G., Schulenberg, J. E., & Patrick, M. E. (2018). *Monitoring the Future national survey results on drug use: 1975-2017: Overview, key findings on adolescent drug use*. Ann Arbor: Institute for Social Research, The University of Michigan.



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