

NORTH
Dakota
Be Legendary.

Behavioral Health
HEALTH & HUMAN SERVICES

BEHAVIORAL HEALTH

IN NORTH DAKOTA

DATA BOOK 2023







This booklet tells the story of behavioral health in North Dakota.

What is Behavioral Health? A state of mental/emotional being and/or choices and actions that affect wellness.

Research shows the importance of using data to guide effective and targeted behavioral health efforts. The data presented in this booklet paints a picture to help guide these efforts across the state.



3	North Dakota Demographics Overview	17	Tobacco
4	Behavioral Health	19	Marijuana
5	Suicide	21	Opioids
7	Mental Health	23	Other Illicit Drugs
9	Overview of Substance Use in North Dakota	24	North Dakota Behavioral Health Principles
10	Overview of Addiction Services in North Dakota	25	Public Behavioral Health System
11	Alcohol: Underage Drinking	29	Foundation of Wellbeing
12	Alcohol: Young Adult & College Students	30	Substance Misuse Prevention: What is it, Why it Matters, & What Works
13	Alcohol: Risk Factors	31	Behavioral Health Resource Highlights
15	Alcohol: Adults	33	References
16	Alcohol: Prevention Works		



This is a product of the North Dakota State Epidemiological Outcomes Workgroup (SEOW). For more information and to view the most recent North Dakota Epidemiological Profile, go to hhs.nd.gov/behavioral-health/data.

NORTH DAKOTA Demographics Overview



RACE/ ETHNICITY²



4.4% of North Dakotans identify as Hispanic or Latino.¹³



There are **51,677** veterans in North Dakota, which is 9.25% of the state's adult population.⁸



48.7% of North Dakota residents live in rural areas, compared to **13.9%** nationwide. 11.3 people per square mile in 2020, compared to 9.7 people per square mile in 2010.¹⁴



One in ten (10.2%) North Dakotans are currently living in poverty.¹⁴



There are **five** federally recognized Tribes and one Indian community located at least partially within the state.



24% of North Dakotans are under age 18 and **16.1%** are over age 65.¹³

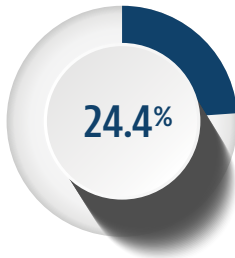


North Dakota has a **3.7%** unemployment rate.¹⁴

Behavioral Health

Behavioral health is broad and inclusive of overall wellness.

GAMBLING



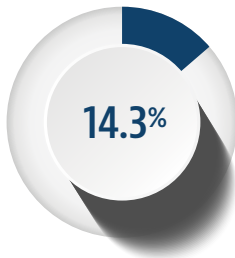
24.4% of ND **high school** students report gambling on sports, the lottery, or the internet in the last year.¹

The Gamblers Choice program helps you overcome your gambling addiction and resolve related emotional, relationship and financial issues. Our counselors work with both you and your family to resolve problems created by a gambling addiction.



Call for a counseling appointment: 1-877-702-7848

BRAIN INJURY



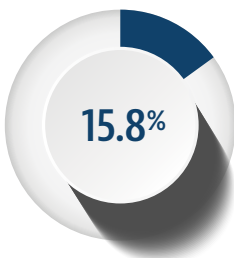
14.3% of ND **high school** students report having a concussion from playing a sport or being physically active at least once in the last year.¹

The North Dakota Brain Injury Network has several programs that can help brain injury survivors, family members, professionals, caregivers, and friends.



Visit www.ndbin.org

BULLYING



15.8% of ND **high school** students report being bullied on school property within the past year.¹

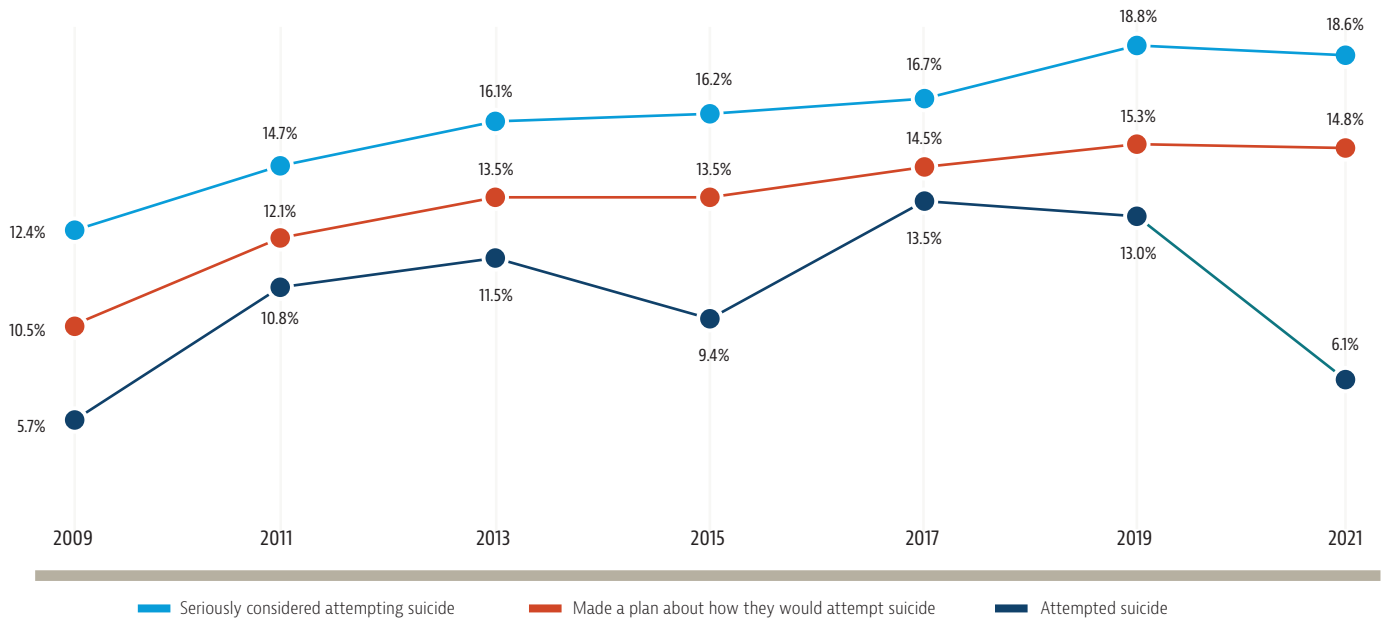


13.6% of ND **high school** students report being electronically bullied within the past year.¹

Suicide

YOUTH

NORTH DAKOTA HIGH SCHOOL STUDENTS¹
(within last 12 months)



ADULT

ND Adults (Age 18 and Older)



had serious thoughts of suicide in the past year.³



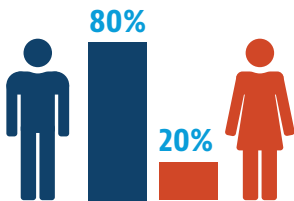
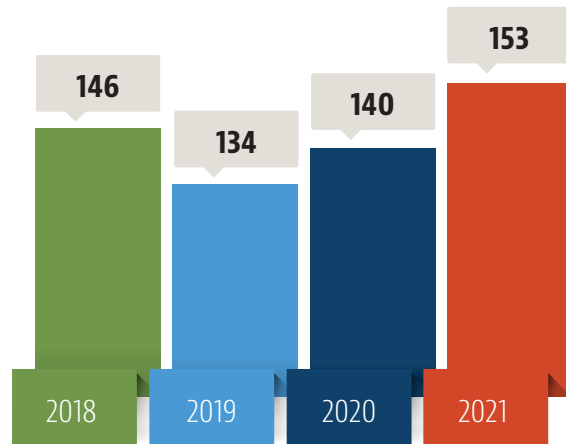
If you or someone you know needs support, call or text 988 or chat [988Lifeline.org](https://www.988lifeline.org).

988 connects you with a trained crisis counselor who can help.

Suicide is preventable. If you or someone you know is struggling with suicidal thoughts, call 988 to access a support line available 24 hours a day, 7 days a week.

153 North Dakotans died by suicide

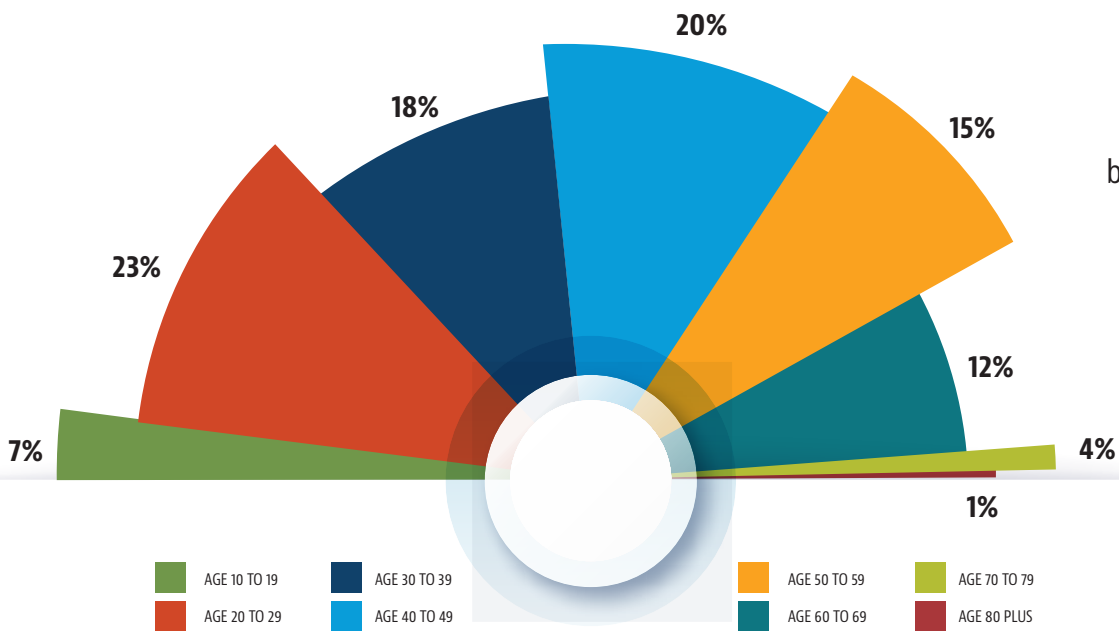
In 2021, 153 North Dakotans died by suicide.¹⁶ In comparison, 134 died by suicide in 2019.



80% of individuals who died by suicide in 2021 were male, 20% female.¹⁶



10% of individuals who died by suicide were in the armed forces.¹⁶



Over half of individuals who died by suicide (61%) were between the ages of 20 and 49. 27% were between the ages of 50 and 69.¹⁶

Mental Health

YOUTH

35.1% of ND **middle school** students report feeling sad or hopeless (almost every day for 2 weeks or more in a row during the past year).¹



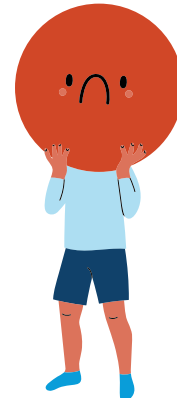
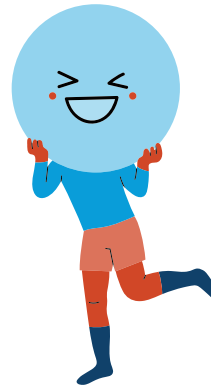
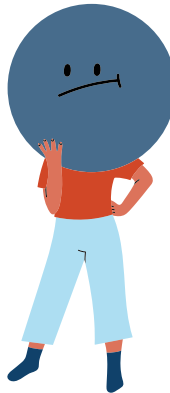
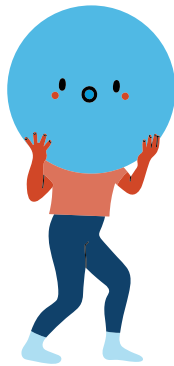
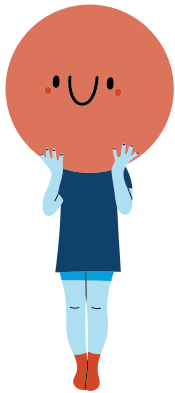
36% of ND **high school** students report feeling sad or hopeless (almost every day for 2 weeks or more in a row during the past year).¹



increase from 23.8% in 2011



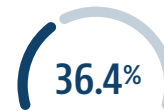
Among those who report feeling sad, hopeless, angry or anxious, **21%** of ND **high school** students report they would most likely talk with their parent or other adult member about their feelings.¹



28.7% of ND **high school** students report their mental health was most of the time or always not good in the last 30 days.¹

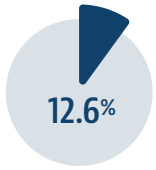


17.8% of ND **youth (ages 12-17)** had major depressive episode in the past year.³

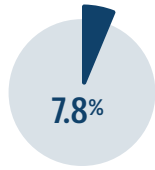


36.4% of ND **high school** students report living with someone who was depressed, mentally ill, or suicidal at some point in their life.¹

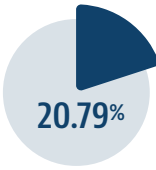
ADULTS



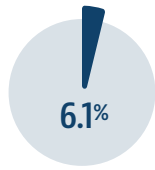
12.6% reported their **mental health was not good** 14 or more days in the last month.⁹



7.8% reported having a **major depressive episode** in the past year.³



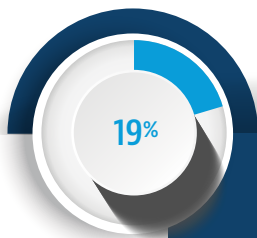
20.79% had any **mental illness** in the past year.³



6.1% reported a **serious mental illness** in the past year.³

Approximately 118,000 ND adults (18+) had any mental illness in the past year.³

Approximately 34,000 ND adults (18+) have serious mental illness in the past year.³



19% of ND adults (18+) received mental health services in the past year.³



MENTAL AND PHYSICAL HEALTH IS FUNDAMENTALLY LINKED.

The average life span for people with serious mental illness is 25-30 years less than the general public. People with depression have a 40% higher risk of developing heart diseases than the general population.

NORTH DAKOTA MENTAL HEALTH PROGRAM DIRECTORY

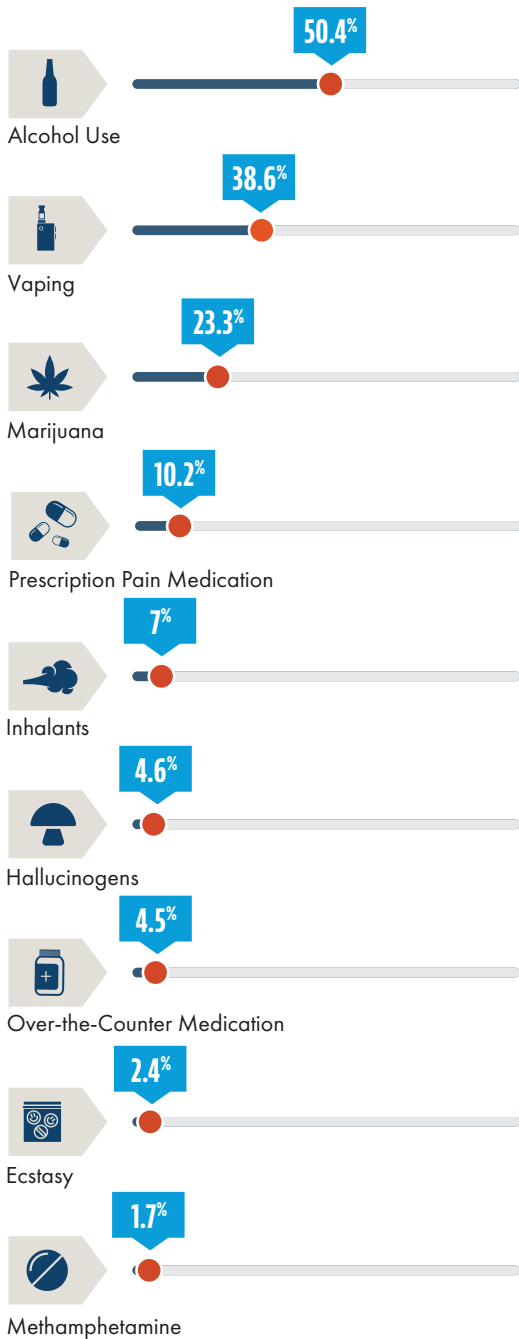
A new tool is here to help

Find mental health services for you or your loved ones through the North Dakota Mental Health Program Directory.

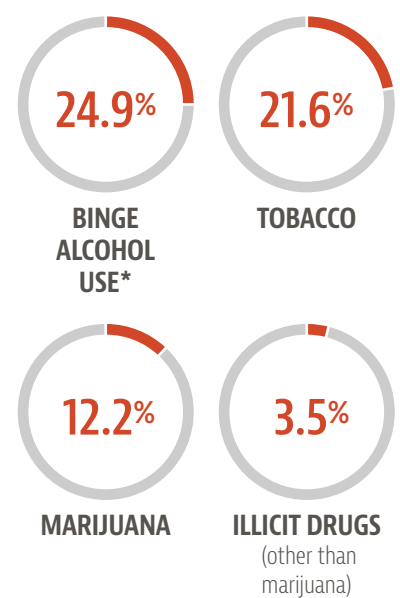
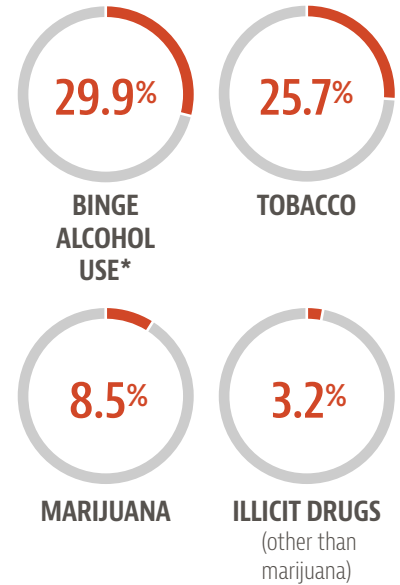
The directory provides a single place for North Dakota citizens to search for mental health services that meet their needs.
hhs.nd.gov/behavioral-health/directory

OVERVIEW OF Substance Use in North Dakota

YOUTH (HIGH SCHOOL STUDENTS)¹ LIFETIME Substance Use

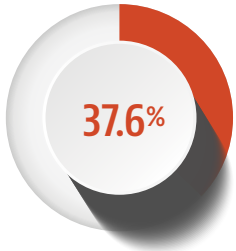


ADULTS (AGES 18+)³ PAST 30-DAY Substance Use

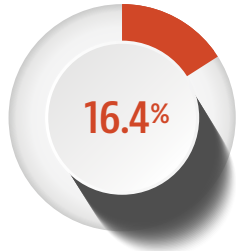


*Binge drinking: 5 or more drinks of alcohol on an occasion or in a row

OVERVIEW OF Addiction Services in North Dakota



37.6% of ND adults (18+) report **knowing someone** who suffers from addiction.⁹



An estimated 16.4% of ND adults (18+) **met the criteria for a Substance Use Disorder** within the last year.³

15.2%

An estimated 15.2% of ND adults (18+) who needed treatment for substance use **did not receive treatment**.³

102

In North Dakota, there are **102** licensed Substance Use Disorder Treatment programs (as of 11/23/2022).



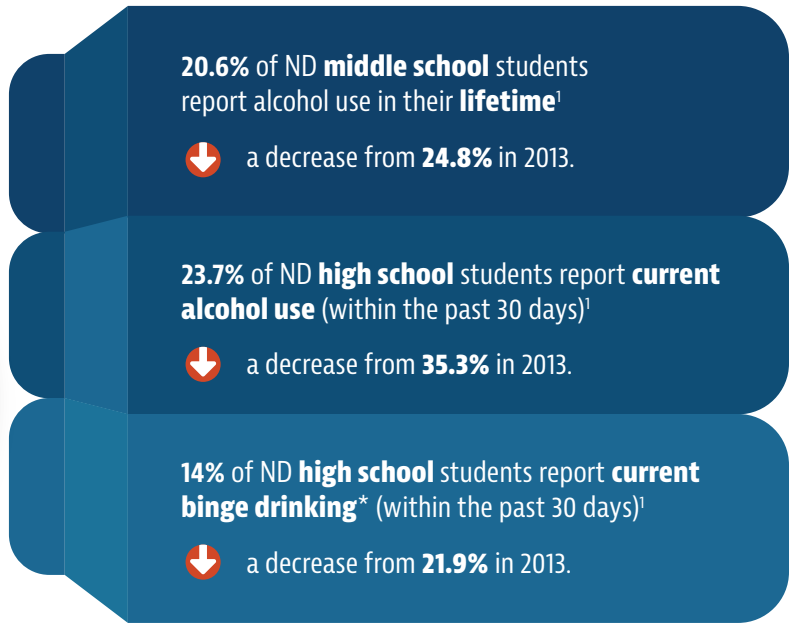
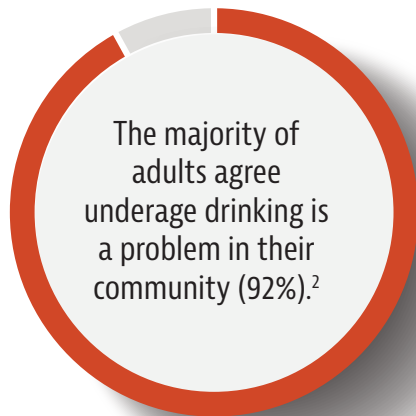
Support is available

Talk with someone
who's been there

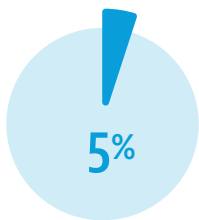
CALL OR TEXT
701.291.7901



Alcohol: Underage Drinking



Not only is underage drinking against the law, but there are also many consequences to underage drinking impacting the health and safety of North Dakota youth.

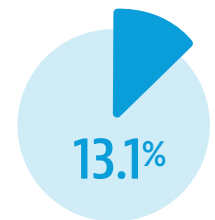


5% of ND high school students report **driving after drinking** alcohol within the past 30 days.¹

↓ a **decrease** from 10.7% in 2013



2.38% of ND youth (ages 12-17) met the criteria for **alcohol use disorder** in the past year.³



13.1% of ND high school students report **riding with a driver who had been drinking** alcohol within the past 30 days.¹

↓ a **decrease** from 21.9% in 2013



Research has shown brain development is not complete until around age 25.

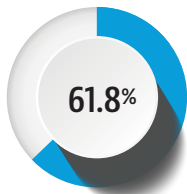
Among the last parts of the brain to be developed are those responsible for impulse control and extended reasoning. Alcohol use among youth and young adults can result in irreversible changes impacting problem-solving skills, performance at school, and potentially their body, mood and mental health.

*Binge drinking: 5 or more drinks of alcohol on an occasion or in a row

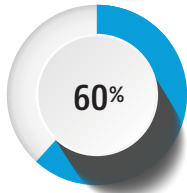
Alcohol: Young Adult & College Students

This age group often overestimates how frequently their peers are binge drinking which can influence personal decisions surrounding alcohol use.

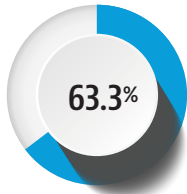
In the past 30 days 



of ND college students report using alcohol.²⁰



of ND young adults (age 18-29) report using alcohol.⁴



of ND young adults (age 18-29) report binge* alcohol use.⁴

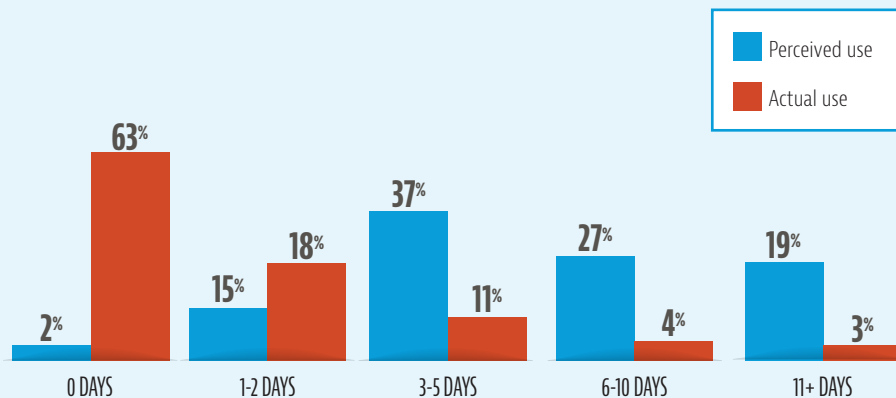


PERCEIVED VERSUS ACTUAL BINGE* DRINKING BEHAVIOR AMONG ND YOUNG ADULTS

(Number of days in past 30 days)

A significant misperception is revealed when perceptions of how frequently peers binge drink are compared to actual binge drinking rates.⁴

Youth drink significantly less alcohol than what is perceived by their peers.



*Binge drinking: 5 or more drinks of alcohol on an occasion or in a row

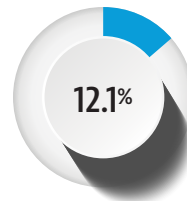
Alcohol: Risk Factors

There are many risk factors that influence a person's likelihood of engaging in illegal or risky substance use. Effective prevention focuses on reducing these risk factors.



4x

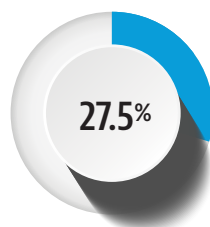
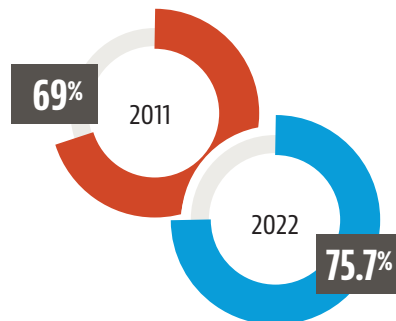
Research shows that individuals who start drinking before the age of 15 are four times more likely than individuals who start drinking at the age of 21 to meet criteria for alcohol use disorder at some point in their lives.²⁷



12.1% of ND high school students report their first use of alcohol before the age of 13.¹

Generally, individuals do NOT believe binge drinking is risky.

The percentage of ND high school students who believe binge drinking one or two times a week does NOT pose a great risk has increased from 69% in 2011 to 75.7% in 2021.¹



27.5% of ND high school students report living with someone who had a problem with alcohol or drug use at some point in their life.¹

Alcohol: Risk Factors



The easier it is to obtain alcohol, the higher the likelihood for use and abuse.



North Dakota ranks highest in the nation for the number of bars per capita, with 49.73 bars per 100,000 people. Compare this to New Hampshire, with 1.54 bars per 100,000 people.¹⁷



There is 1 alcohol beverage license (restaurant serving alcohol, bar or liquor store) in ND for every 546 people.²⁵



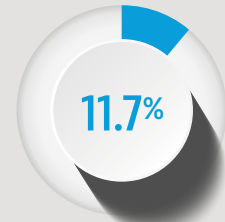
Early intervention is an important piece of the behavioral health continuum of care and helps to reduce the risk of harmful behaviors such as drug and alcohol use.



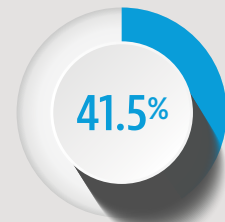
In North Dakota, there are 29 certified Minor in Possession education providers (as of 11/9/2022).



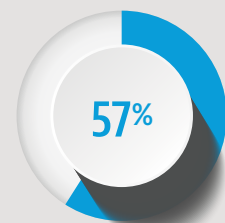
68.3% of ND adults support requiring evidence-based interventions for youth with Minor in Possessions.²



11.7% of ND adults believe it is not at all difficult for youth to **buy alcohol at a store** themselves.²



41.5% of ND adults believe it is not at all difficult for youth to **get an older person to buy** alcohol for them.²



57% of ND adults believe it is not at all difficult for youth to **sneak alcohol from their home** or a friend's home.²

Alcohol: Adult

Adult binge drinking in North Dakota is a serious public health issue, resulting in many consequences impacting individuals, families and communities.



91.4%
of ND adults agree that
ADULT ALCOHOL USE
IS A PROBLEM IN THEIR COMMUNITY.²

Among North Dakota adults age 26 and older:



60% used alcohol in the past month.³



ND ranks 8th in the nation for **binge alcohol use** (past month) (27%).³



The economic costs of excessive alcohol consumption in ND are estimated at **\$487 million**, which is \$725 per person or \$1.40 a drink.¹⁹



One in six (16.3%) adult **arrests** in ND are for driving under the influence.⁵



39% of fatal crashes in ND are alcohol-related.⁶



10.3% of ND adults age 26 or older met the criteria for Alcohol Use Disorder in the past year.³



28% of new domestic violence cases in ND involve alcohol.⁷

Not all drinks are created equal. Some can be the equivalent of three and even four drinks, which is why we say speak in volumes and you'll speak volumes about how much you're drinking.

SPEAK VOLUMES ND.GOV



12-ounce beer (5% ABV) = 1 drink



5-ounce glass of wine (12% ABV) = 1 drink



16-ounce craft beer (7.5% ABV) = 2 drinks



Martini 1.5-2 drinks



Long Island Iced Tea = 3-5 drinks

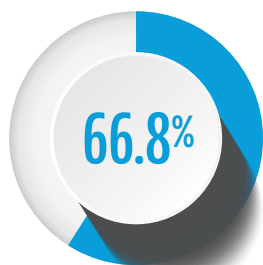


Margarita = 2-3 drinks

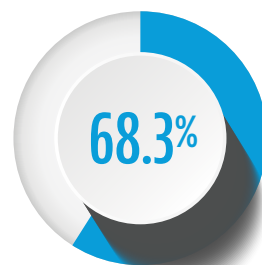
Alcohol: Prevention Works

Prevention is a proactive approach; creating an environment that promotes the health and well-being of individuals, families and communities, which prevents problems before they occur.

NORTH DAKOTA ADULTS



believe it is possible to reduce alcohol and other drug problems through prevention.²



believe prevention programs are a good investment.²

CHANGE COMES FROM

Increased awareness of the risks associated with underage drinking and adult binge drinking.

Enforcement of laws and policies related to alcohol.

Protective parental behaviors such as ongoing conversations, healthy role-modeling, monitoring, support and engagement.

Strengthened policies to reduce access to alcohol.

75.7% of ND adults support the legal drinking age of 21.²

Shifting community norms to be supportive of healthy decisions, and not supportive of excessive alcohol consumption.

21% of ND high school students report they would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry or anxious).¹

65.5% of ND adults believe that alcohol servers and bartenders should be specifically trained.²

64.3% of ND adults support DUI checkpoints.²

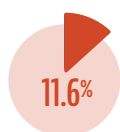
83.4% of ND adults support compliance checks.²

72.3% of ND adults support penalties for adults who provide alcohol to minors.²

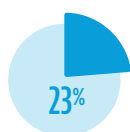
Tobacco

Generally, cigarette use is declining among youth in the state. However, use of other tobacco products has remained steady or increased.

YOUTH



11.6% of ND **middle school** students report cigarette use in their lifetime.¹



23.0% of ND **high school** students report current (past 30-day) use of tobacco.¹



5.9% of ND **high school** students report current (past 30-day) use of cigarettes; compared to 8.3% in 2019.¹

ELECTRONIC VAPOR PRODUCTS

17.4% of ND **middle school** students report using electronic vapor products at one point in their life.¹

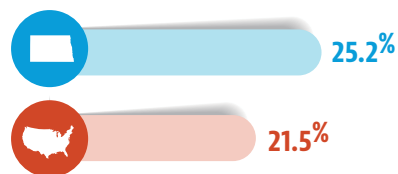
21.2% of ND **high school** students report current use of electronic vapor products.¹

↓ decrease from **33.1%** in 2019.

ADULTS



Among adults age 26 and older, **25.2%** of ND adults report tobacco product use in the past month; compared to **21.5%** of US adults³



Tobacco is the leading preventable cause of death in the United States and takes a tremendous toll on lives in North Dakota. When we prevent tobacco use and exposure to secondhand smoke, we prevent disease, suffering and death, and save money on healthcare expenditures and productivity losses.



The majority
63.8%
of North Dakotans (age 12 or older) believe smoking one or more packs of cigarettes per day poses great risk.³



In the **2021-2022** school year, among 9th through 12th graders, there were **614** suspensions/expulsions related to tobacco. This corresponds to **1,372.35** days removed from school.²¹



Exposure to secondhand smoke causes **more than 41,000** deaths each year among adults in the United States.²¹



The life expectancy for smokers is at least **10 years shorter** than for nonsmokers.



39.4% of ND high school students report it would be very easy to get tobacco products if they wanted some.²⁴



of ND high school students usually obtain their own **cigarettes** by **buying them in a store or gas station**.²⁴



of ND high school students usually obtain their own **electronic vapor products** by **buying them in a store**.²⁴



Tobacco costs us all, even those who do not use tobacco. North Dakota smoking-caused monetary costs include:²³

Annual health care costs directly caused by smoking: **\$326 million**

Medicaid costs caused by smoking: **\$56.9 million**

Residents' state and federal tax burden from smoking-caused government expenditures: **\$724 per household**

Smoking-caused productivity losses: **\$232.6 million**

Marijuana



The majority of ND adults believe YOUTH marijuana use is a problem in their community (84.8%).²

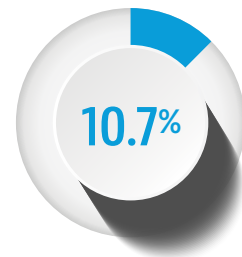


Three out of four ND adults believe it is a problem for ADULTS (73%).²

YOUTH



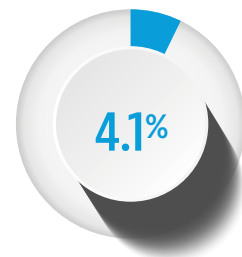
8.1% of ND middle school students have used marijuana one or more times in their lifetime.¹



10.7% of ND high school students have used marijuana one or more times in the last 30 days.¹



a **decrease** from 15.3% in 2011



4.1% of ND high school students tried marijuana for the first time before the age of 13.¹

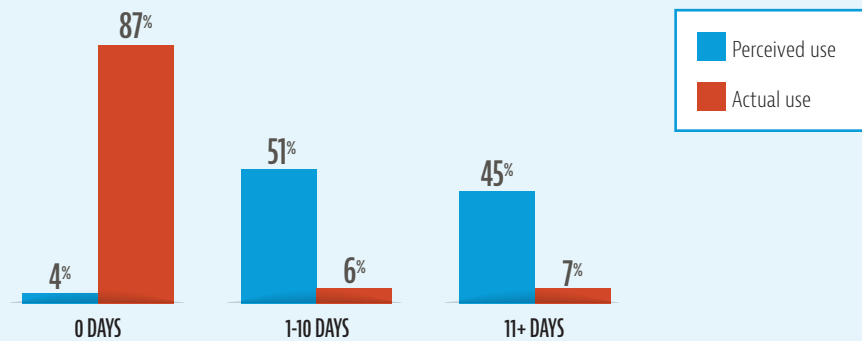
As efforts to legalize marijuana continue, there is an increasing perception marijuana is not harmful or addictive. The reality is marijuana can cause major health, safety, social, and learning problems - especially in adolescents.

YOUNG ADULT

PERCEIVED VERSUS ACTUAL MARIJUANA USE AMONG ND YOUNG ADULTS (Number of days in the past 30 days)

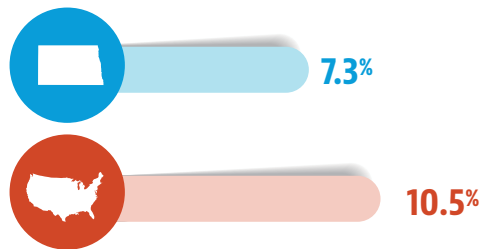
A significant misperception is revealed when perceptions of how frequently peers use marijuana are compared to actual marijuana use rates.⁴

Marijuana use by young adults is significantly less than what is perceived by their peers.

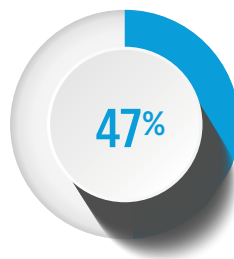


ADULTS

7.3% of ND adults (age 26+) report using marijuana in the past month, compared to 10.5% nationwide.³

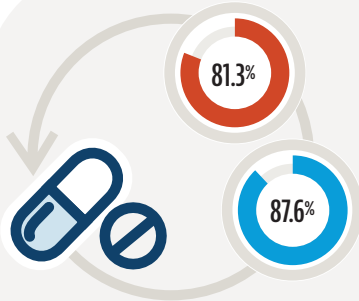


81.4% of North Dakotans (age 12+) do NOT perceive great risk from smoking marijuana once a month.³



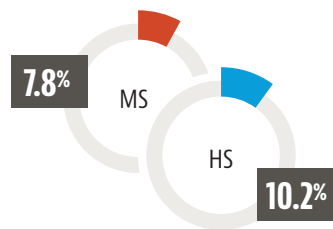
Marijuana/hashish was found in 47% of cases where drugs were seized in 2021.⁵

Opioids



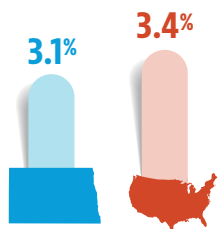
More than three quarters of ND adults believe prescription drug use among both youth (81.3%) and adults (87.6%) is a problem in their community.²

YOUTH



7.8% of ND middle school students and 10.2% of ND high school students report using prescription pain medication without a doctor's prescription one or more times during their lifetime.¹

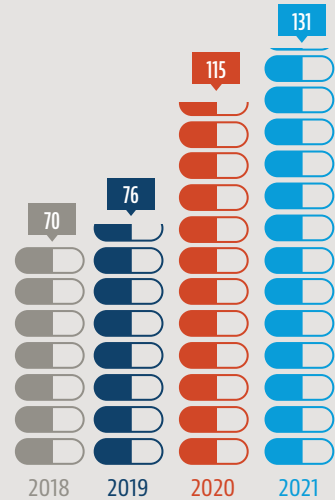
ADULTS



3.1% of ND adults (26+) report past year misuse of prescription pain relievers, compared to 3.4% in the U.S.³



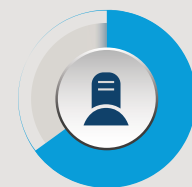
0.38% of ND adults (26+) report past year heroin use.³



Drug Overdose Deaths in North Dakota¹⁶

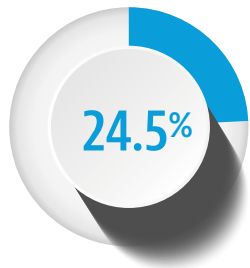


Nearly 75% of drug overdose deaths in 2020 involved an opioid.¹¹

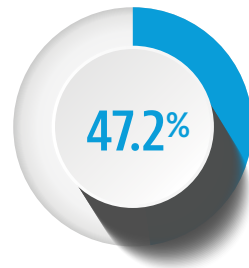


Nationwide, two-thirds of people who died from a drug overdose had an identified opportunity for linkage to care or life-saving actions.¹²

Opioid misuse and overdose is a growing concern across the nation and in North Dakota communities.



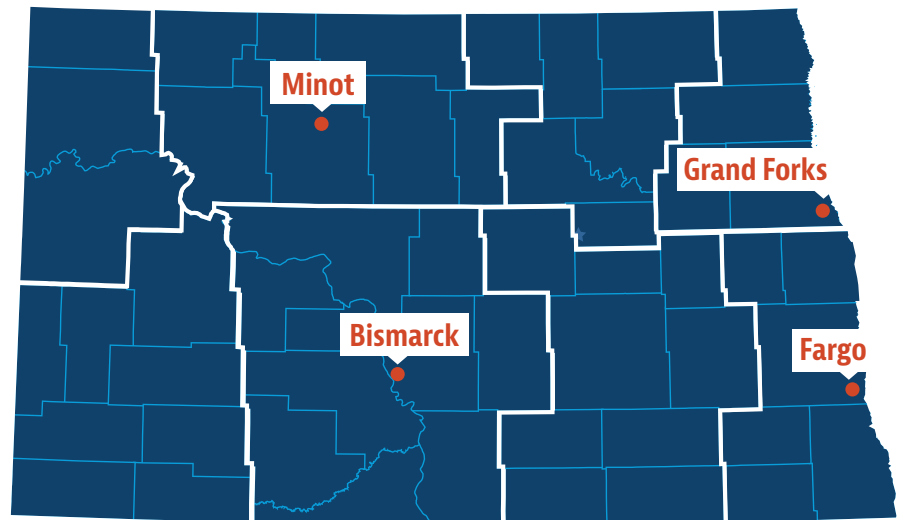
24.5% of ND adults believe it is NOT at all difficult for youth or adults to access prescription drugs in their community.²



47.2% of people (ages 12+) who misuse pain relievers obtain them from a friend or relative.¹⁰

There are four Opioid Treatment Programs in North Dakota.

As of July 1, 2022, **819 individuals** were being served. This is an **increase from 761 individuals** in July of 2020.



Save a loved one.
Know how to respond to an opioid overdose

1

Call 911 and administer naloxone.

2

Do rescue breathing or chest compressions. Follow 911 dispatcher directions.

3

Remain onsite until assistance arrives and cooperate with first responders.

Other Illicit Drugs

Illicit drug use is relatively low in North Dakota.

YOUTH (HIGH SCHOOL STUDENTS)¹ LIFETIME Substance Use



Inhalants | **7%**



Hallucinogens | **4.6%**



Ecstasy | **2.4%**



Methamphetamine | **1.7%**



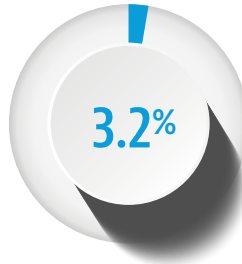
**Drug/
narcotic
violations offenses**

increased by

5.8%

from a total of
6,095 in 2020 to
6,451 in 2021.⁵

ADULT



3.2% of ND adults (age 18 and older) report **using illicit drugs** (other than marijuana) in the past month.³

1,186 individuals

received services at an authorized Syringe Service Program in the state in 2021.

↑ This is an increase from 982 individuals in 2020.



Syringe Service Programs are an important component to both disease prevention and connecting people to services. In 2021, there were 243 referrals to substance use treatment centers as a result of Syringe Service Programs.

NORTH DAKOTA

Behavioral Health Principles



To deliver an effective response to people in need, the following principles should be embraced:

- Behavioral health is health.
- Support the full continuum of care across prevention, early intervention, treatment and recovery.
- Ensure behavioral health services and supports are available in the community: avoid institutionalizing and criminalizing.
- Services and supports are built to be person-centered, trauma-informed and recovery-oriented.

Public Behavioral Health System

Regional Human Service Center Outpatient Clinics

(All data from July 2020 – June 2022)



Access/Assessments

The clinic's goal is to provide timely assessments and connection to services for individuals with behavioral health needs. No appointment is needed, and walk-in assessments are available during all business hours.

- **15,419** new admissions
- **8,122** walk-in assessments were completed



Treatment Services

The practice model was developed to provide an integrated approach to care, prioritizing service to those with the most chronic and persistent behavioral health illnesses.

- **484,807** services to 16,629 adults
- **83,921** services to 2,152 youth & families
- **43%** of services were provided in the home & community settings

Public Behavioral Health System

Regional Human Service Center Outpatient Clinics

(All data from July 2020 – June 2022)



Crisis Services

24-hour Emergency Services are available to all residents of North Dakota to include a crisis phone line, mobile crisis response, and walk-in support and care that can include residential admission (Stabilization Units).

Call Center

63,737 crisis calls to call center

10,107 crisis calls resulted in mobile response

Mobile Crisis

21,018 crisis services provided

Stabilization Units

2,581 admissions to crisis residential facilities



Services for Justice-Involved Individuals

18% of assessments were court ordered

26% of admissions were referred by the judicial system.

Services provided in jail settings **increased 144%** from Year 1 to Year 2 of the biennium:

- 2,179 services July 2020 – June 2021
- 5,322 services from July 2021 – June 2022

Clients served in jail settings **increased 89%** from Year 1 to Year 2 of the biennium:

- 1,157 clients from July 2020 – June 2021
- 2,189 clients from July 2021 – June 2022

Public Behavioral Health System

North Dakota State Hospital

(All data from July 2020 – June 2022)

The North Dakota State Hospital (NDSH) provides acute, intermediate, rehabilitative, and forensic hospital services. The state hospital also provides specialized residential services for individuals with complex behavioral health disorders and for individuals committed as sexually dangerous.

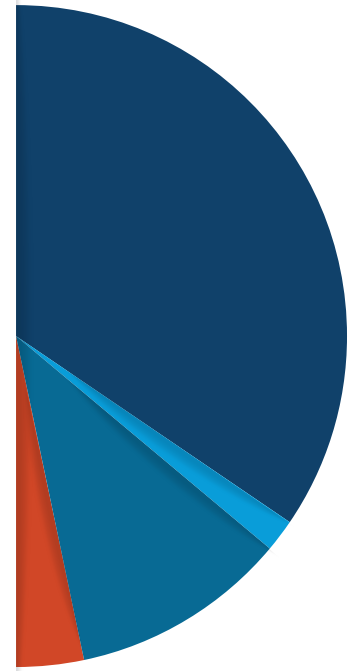
From July 2020 – June 2022, the State Hospital served **956 individuals**.

70% Comorbidity of Substance Use Disorder (SUD) & Mental Health Illness (MH)

3% SUD only

21% Serious Mental Illness (SMI) or Serious Emotional Disorder (SED) only

6% Other Mental Health Illness other than SMI or SED only



Length of stay for NDSH patients varies depending on treatment needs but may range from just a few days to many months for individuals with more complex treatment needs and placement difficulties.

- The average length of stay was **75 days**.
- The average daily census was **129 people**.



FORENSICS

The North Dakota State Hospital serves as the only forensic psychiatric hospital. Forensic services include assessment to determine court competency, dangerousness, and/or criminal responsibility and include treatment to restore court competency and to treat individuals found not guilty by reason of insanity.

- Forensic assessment and treatment have skyrocketed over the last three years, **increasing by more than 500%**.
- Overall admissions for justice-involved individuals **almost tripled**, to a new average of 31%.
- Forensic treatment requires **more days** in hospital and therefore limits other possible admissions.

Public Behavioral Health System

Tompkins Rehabilitation Center

The hospital also provides residential SUD treatment services at the Tompkins Rehabilitation Center (TRC).



336 clients were served.



The average length of treatment is **50 days**.



The average daily census was **20 clients**.

(All data from July 2020 – June 2022)

Sex Offender Treatment and Evaluation Program

The Sex Offender Treatment and Evaluation Program (SOTEP) serves as a specialized residential treatment service for individuals committed as sexually dangerous. Treatment focuses on restoring or establishing healthy social, vocational, and daily living functions. This requires years of intensive rehabilitative services.



The average length of treatment is **1,181 days**.



SOTEP evaluates approximately four new individuals per year and re-assesses all current residents for the purpose of testifying to the court for commitment, or re-commitment, due to ongoing dangerousness.



Foundation of Wellbeing



WE WANT TO SEE

Individuals, families, communities, and businesses with positive behavioral health.

Individuals struggling with behavioral health conditions achieve independence and live a self-directed life in recovery.



WE ACHIEVE THIS BY

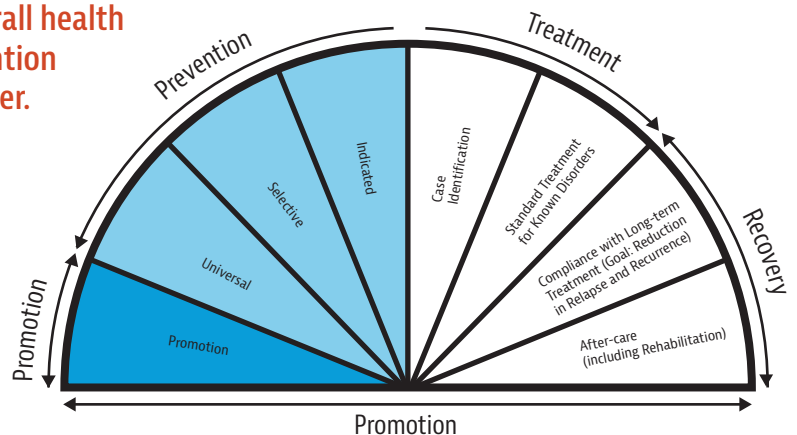
Identifying and addressing the many factors that influence an individual's likelihood to develop a substance misuse or related behavioral health problem.

These can be described as:

- Social determinants of health
- Risk and protective factors
- Building resiliency
- Adverse Childhood Experiences

Behavioral health is an essential part of overall health in which promotion removes barriers, prevention works, treatment is useful, and people recover.

Services throughout this continuum of care should reflect current knowledge, technology and be grounded in evidence-based practice. Throughout all levels of the continuum, there should be a continuous promotion of healthy behaviors and lifestyles, a primary driver of health outcomes.



What it is, Why it Matters, & What Works



What is Prevention?

Prevention is a proactive approach; creating an environment that promotes the health and wellbeing of individuals and communities, which prevents problems before they occur.



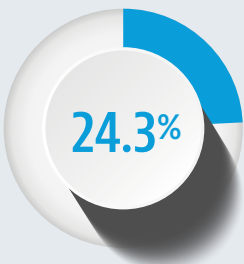
WHY IS IT IMPORTANT?

- Prevention is cost-effective; saving \$64 for every \$1 invested (on average).²⁶
- Prevention improves the health of individuals, families and communities.
- Prevention decreases consequences and saves lives.

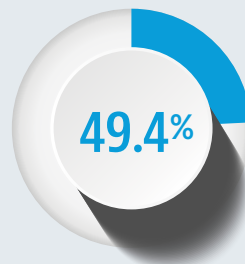


WHAT WORKS?

- Prevention focuses on reducing risk factors, strengthening protective factors and building resiliency of individuals, families and communities.
- Prevention follows the Public Health Model, focusing on population-level change.
- Prevention requires a multi-faceted approach, implementing a variety of evidence-based strategies working toward a common goal.
- It can take time to see the results of prevention.



24.3% of ND adults report their community is taking strong action to prevent the misuse of alcohol and other drugs.²



Half of ND adults (49.4%) are concerned about whether their community has sufficient alcohol and other drug abuse prevention programs.²

Behavioral Health Resource Highlights

Prevention creates an environment that promotes the **health** and **wellbeing** of individuals and communities, which prevents problems before they occur. **Effective prevention** is data-driven and science-based, following a public health approach.



Naloxone is a medication that rapidly reverses an opioid overdose. Having access to naloxone can save a life.

To request a **free** 2-dose Narcan kit, please visit hhs.nd.gov/opioids or call a behavioral health team member at 701-328-8920.



The North Dakota Mental Health Program Directory provides a single place for North Dakota citizens to search for mental health services that meet their needs. This registry allows users to:

- Search by location and other details
- View program information, including program name, address, and phone number

Find a mental health program near you: hhs.nd.gov/behavioral-health-directory.



If you or someone you know needs support, **call** or **text 988** or **chat 988Lifeline.org**. 988 connects you with a trained crisis counselor who can help.

Behavioral Health Resource Highlights



Access community-based behavioral health services

Community Connect

Community Connect is a program intended to provide quality, community-based behavioral health services to meet the needs of each person through care coordination, peer support and other recovery services.

Apply for Community Connect at hhs.nd.gov/community-connect.

ND 1915(i)

The North Dakota Medicaid 1915(i) State Plan Amendment allows North Dakota Medicaid to pay for additional home and community-based services to support individuals with behavioral health conditions.

To apply, contact your local Human Service Zone, or visit hhs.nd.gov/1915i.

The Substance Use Disorder (SUD) Voucher

The program was established to address barriers to treatment and increase the ability of people to access treatment and services for substance use disorders.

Apply for the SUD Voucher and learn more at hhs.nd.gov/sudvoucher.

Recovery Talk

If you don't know where to begin getting help with addiction for yourself or someone you know—start here. **Call or text 701.291.7901** to speak to a trained peer support specialist with lived experience in addiction to chat and receive support.

References

1. North Dakota Youth Risk Behavior Survey (YRBS), 2021
2. North Dakota Community Readiness Survey (CRS), 2022
3. National Survey on Drug Use and Health, 2019–2020 estimates – North Dakota
4. North Dakota Survey of Young Adults, 2020
5. Crime in ND, 2021
6. 2020 North Dakota Department of Transportation Crash Summary
7. North Dakota CAWS Domestic Violence Facts, 2021
8. National Center for Veterans Analysis and Statistics, Veteran Population as of 9/30/2017; www.va.gov/vet-data/docs/SpecialReports/State_Summaries_North_Dakota.pdf
9. 2021 ND Behavioral Risk Factor Surveillance System
10. SAMHSA, Key Substance Use and Mental Health Indicators in the United States, 2020
11. Hedegaard H, Miniño AM, Spencer MR, Warner M. Drug Overdose Deaths in the United States, 1999–2020. National Center for Health Statistics, December 2021.
12. Mattson CL, Kumar S, Tanz LJ, Patel P, Luo Q, Davis NL. Drug Overdose Deaths in 28 States and the District of Columbia: 2020 data from the State Unintentional Drug Overdose Reporting System (SUDORS). SUDORS Data Brief, No 1. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services; 2022.
13. North Dakota Census; estimate July 2021
14. USDA State Data; accessed July 2022
15. www.nimh.nih.gov/health/statistics
16. North Dakota Vital Records
17. vinepair.com/articles/map-states-with-most-bars/, Published: June 2, 2022
18. ND Attorney General Licenses (11/16/22) and Census
19. Excessive Drinking is Draining the U.S. Economy (cdc.gov), Last reviewed April 14, 2022
20. 2018 North Dakota Student Wellness and Perception Survey North Dakota State University Institutional Report. (2018). Available at https://www.ndsu.edu/fileadmin/studenthealthservice/Wellness_Education/NDSU_Institutional_Report.pdf.
21. North Dakota Department of Public Instruction
22. Centers for Disease Control and Prevention. (March 30, 2020). Secondhand Smoke
23. Campaign for Tobacco-Free Kids. (October 20, 2020). The Toll of Tobacco in North Dakota
24. North Dakota Youth Tobacco Survey, 2019
25. North Dakota Attorney General's Office, Alcohol Beverage Licenses (11/16/2022)
26. Washington State Institute for Public Policy Benefit-Cost Results. (2016).
27. National Institute on Alcohol Abuse and Alcoholism (NIAAA)

NORTH
Dakota
Be Legendary.

Behavioral Health
HEALTH & HUMAN SERVICES



hhs.nd.gov/behavioral-health