

# Substance Use & Mental Health Statistics

## National, State, and Healthcare Profession

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Montana Department of  
**LABOR & INDUSTRY**

# National Statistics: Substance Use Disorders

According to the 2024 United States National Survey on Drug Use and Health (NSDUH):

- 48.4 million (16.8%) Americans aged 12 and older battled a substance use disorder in 2024
- 27.9 million Americans 12 and older had an alcohol use disorder in 2024
- Meanwhile, 28.2 million Americans 12 or older reported battling a drug use disorder in the past year
- 1 in 6 (7.7 million) of these people who suffered from SUD in the past year struggled with both alcohol and drug use disorders simultaneously

Type of disorder	Mild	Severe
AUD	80%	20%
Marijuana Use Disorder	80%	20%
CNS* Stimulant Use Disorder	28.5%	48.3%
Opioid Use Disorder	42.4%	37.1%

*\*CNS: central nervous system; i.e., use of cocaine or methamphetamine or misuse of prescription stimulants*

In 2024, 21.2 million adults suffered from both a mental health disorder and a substance use disorder

[Source: Highlights for the 2024 National Survey on Drug Use and Health](#)

# National Statistics: Generalized Anxiety Disorder

According to the 2024 United States National Survey on Drug Use and Health (NSDUH):

- The seven-item generalized anxiety disorder (GAD-7) was included in the questionnaire
- Among adolescents aged 12-17 in 2027, 4.9 million people, or 18.8%, reported moderate or severe symptoms
- Among adults aged 18 or older in 2027, 19.4 million people, or 7.4%, reported moderate or severe symptoms

Generalized Anxiety Disorder	Moderate	Severe
Adolescents	10.6% 2.7 million	8.2% 2.1 million
Adults	4.7% 12.2 million	2.7% 7.1 million

*Source: [Highlights for the 2024 National Survey on Drug Use and Health](#)*

# National Statistics: Mental Illness among Adults

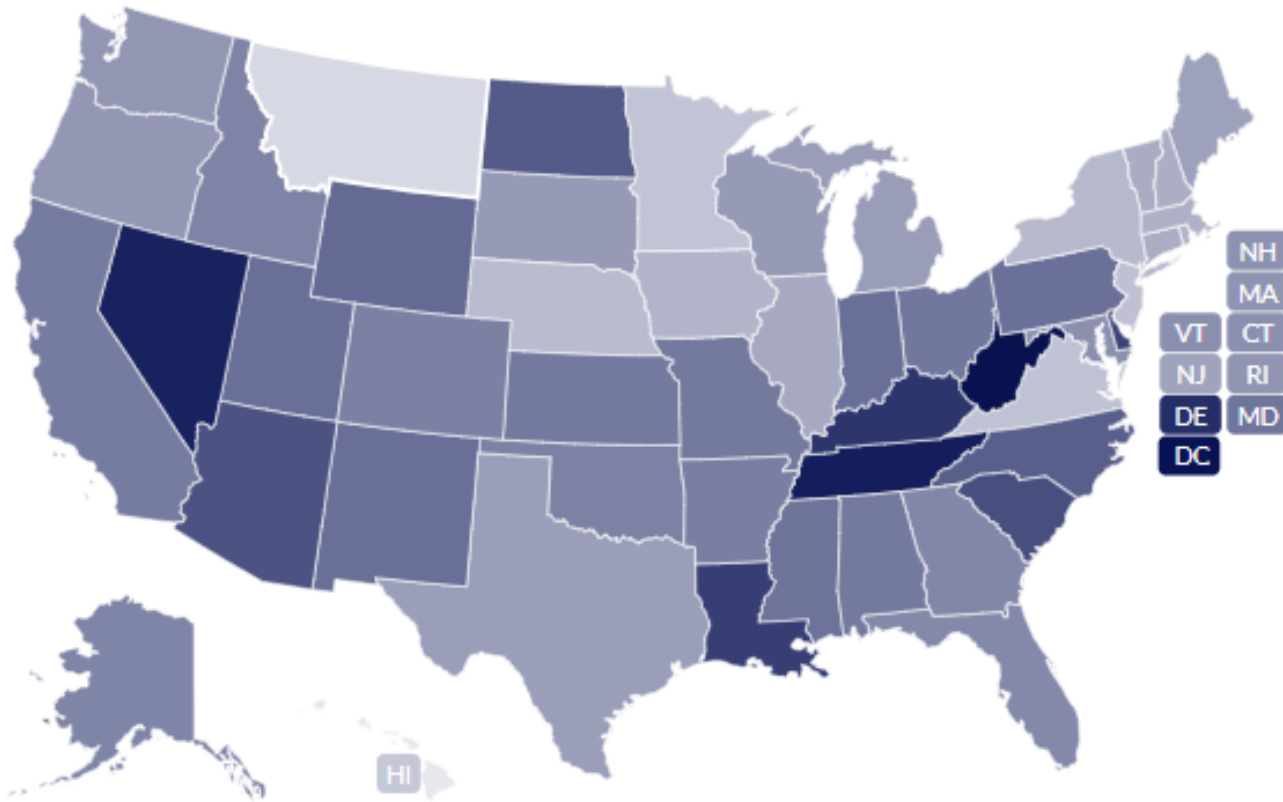
According to the 2024 United States National Survey on Drug Use and Health (NSDUH):

- In 2024, 23.4% of adults (61.5 million people) had any mental illness (AMI) in the past year
  - The study showed no change in AMI in any age group from 2021 to 2024
- In 2024, 5.6% of adults (14.6 million people) had serious mental illness (SMI) in the past year
  - The study showed no change in SMI among adults aged 26 to 49 and adults aged 50 or older from 2021 to 2024
  - The percentage of adults aged 18 to 25 who had SMI in the past year declined from 12% (4 million) in 2021 to 9.4% (3.3 million) in 2024

[Source: Highlights for the 2024 National Survey on Drug Use and Health](#)

# Substance Use Statistics by State

- The following data represent state-based drug and alcohol use statistics key categories, including the number of overdoses and deaths, drug involved crimes, narcotics violations, and illicit drug use statewide.
- The higher the score, the more severely the state is impacted by drug and/or alcohol misuse.
- Montana, along with Hawaii and Minnesota, has the lowest aggregate scores of the states (including DC) across all categories.
  - This means Montana is one of the states with the fewest reported incidents of drug related crime, overdoses, narcotics violations, and opioid emergencies.



- ☒ Total Score
- ☐ Overdoses
- ☐ Narcotics Violations
- ☐ Rehab Admissions
- ☐ Illegal Drug Use

## Montana

Overall Ranking: #50

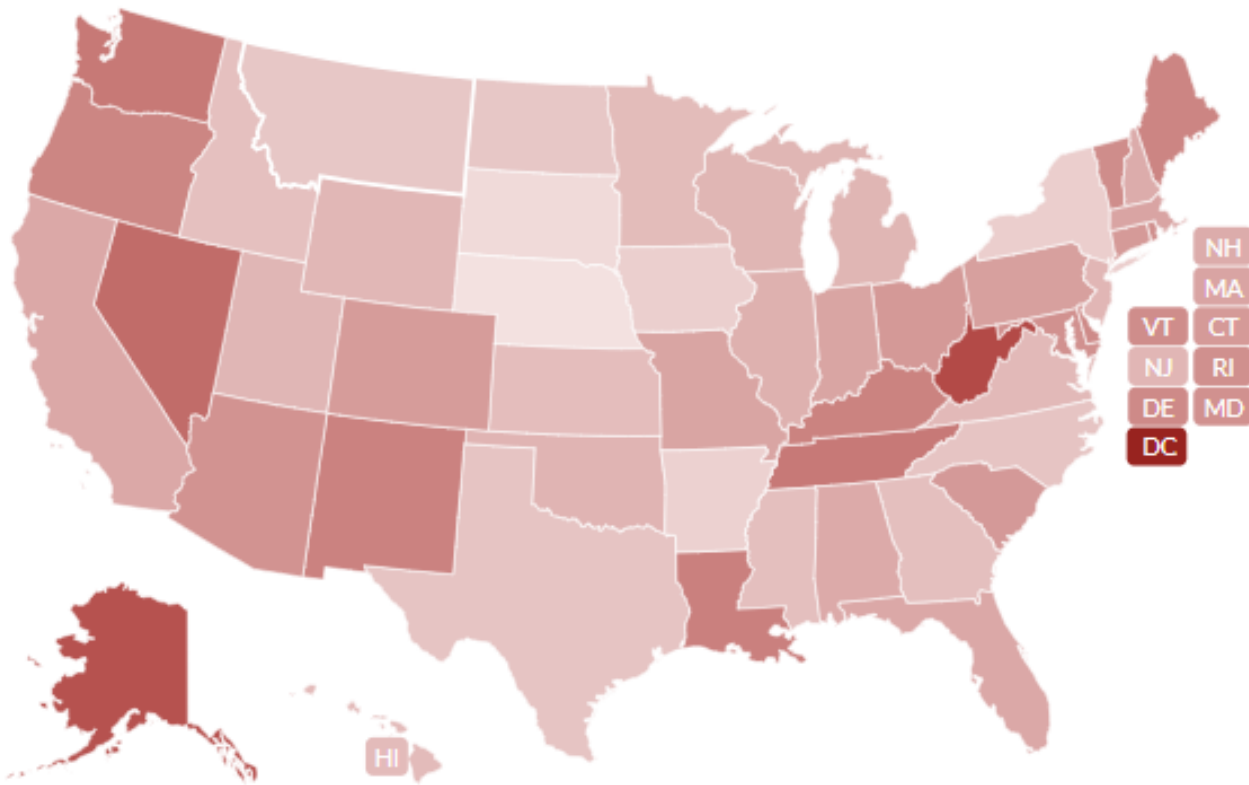
Total Score: 18.0 / 100

Aggregate drug use score. Higher scores indicate worse drug use problems.

# Montana Overall Ranking

50/51 (2<sup>nd</sup> best in country)

Source: [Drug Use Statistics in the United States | June 2025](#)



- ☐ Total Score
- ☒ Overdoses
- ☐ Narcotics Violations
- ☐ Rehab Admissions
- ☐ Illegal Drug Use

## Montana

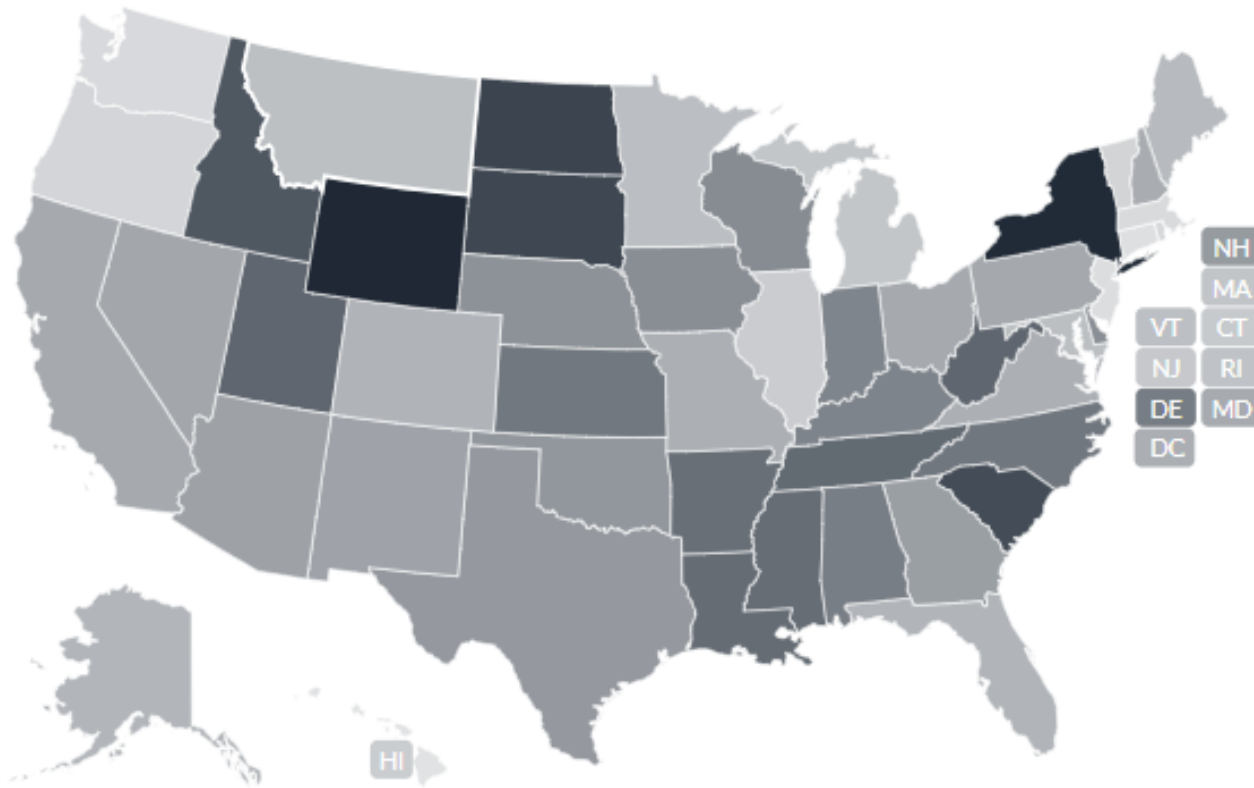
Overdose Ranking: #46

15.8 overdoses per 100,000 individuals.

# Montana Overdose Ranking

46/51

Source: [Drug Use Statistics in the United States | June 2025](#)



- ☐ Total Score
- ☐ Overdoses
- ☒ Narcotics Violations
- ☐ Rehab Admissions
- ☐ Illegal Drug Use

## Montana

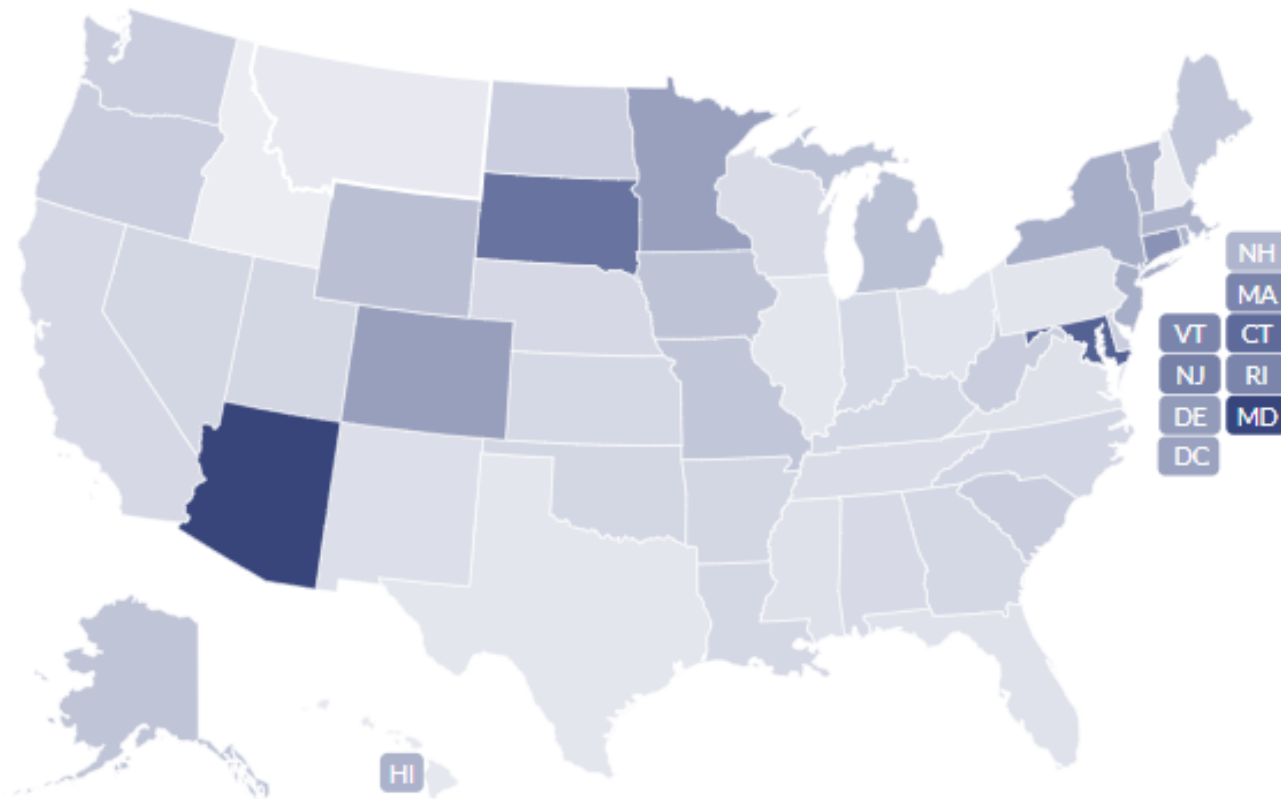
**Narcotics Violations Ranking: #39**

**315** narcotics violations per 100,000 individuals.

# Montana Narcotics Violations

39/51

Source: [Drug Use Statistics in the United States | June 2025](#)



- ☐ Total Score
- ☐ Overdoses
- ☐ Narcotics Violations
- ☒ Rehab Admissions
- ☐ Illegal Drug Use

## Montana

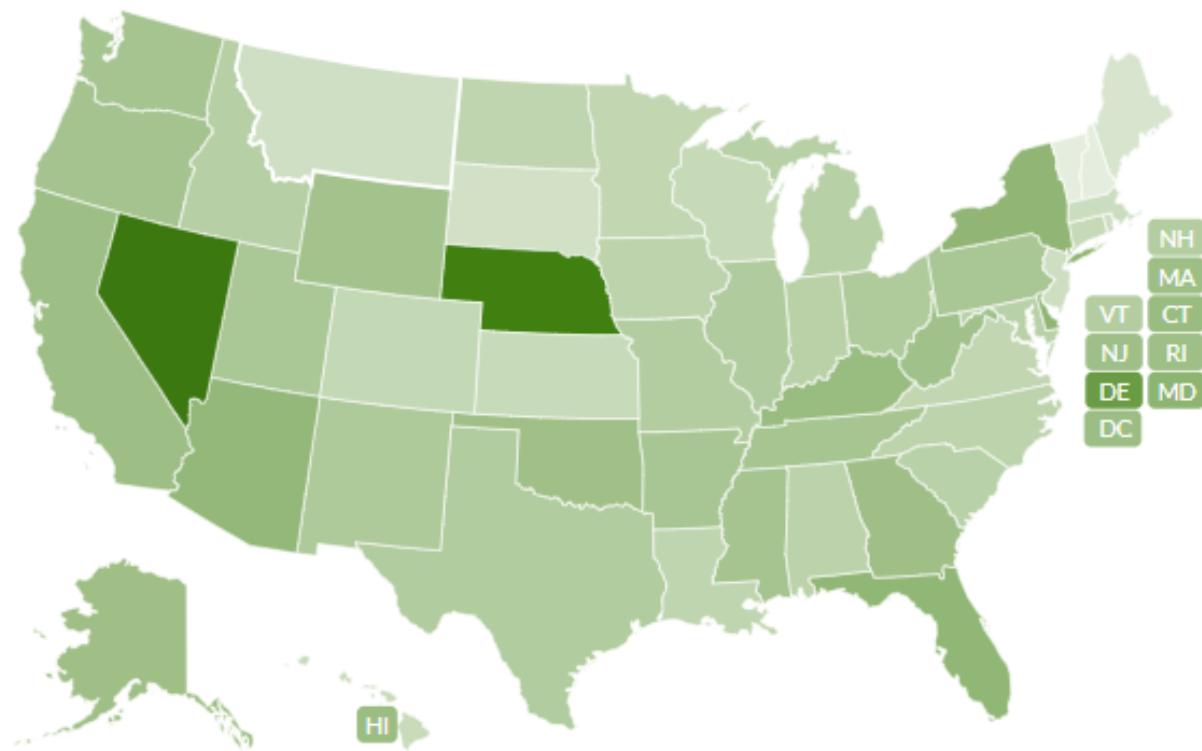
**Rehab Admissions Ranking: #49**

76 rehab admissions per 100,000 individuals.

# Montana Rehab Admissions

49/51

Source: [Drug Use Statistics in the United States | June 2025](#)



- ☐ Total Score
- ☐ Overdoses
- ☐ Narcotics Violations
- ☐ Rehab Admissions
- ☒ Illegal Drug Use

## Montana

**Illegal Drug Use Ranking: #47**

**11.3%** reported illegal drug use  
(excluding cannabis & prescription  
opioids).

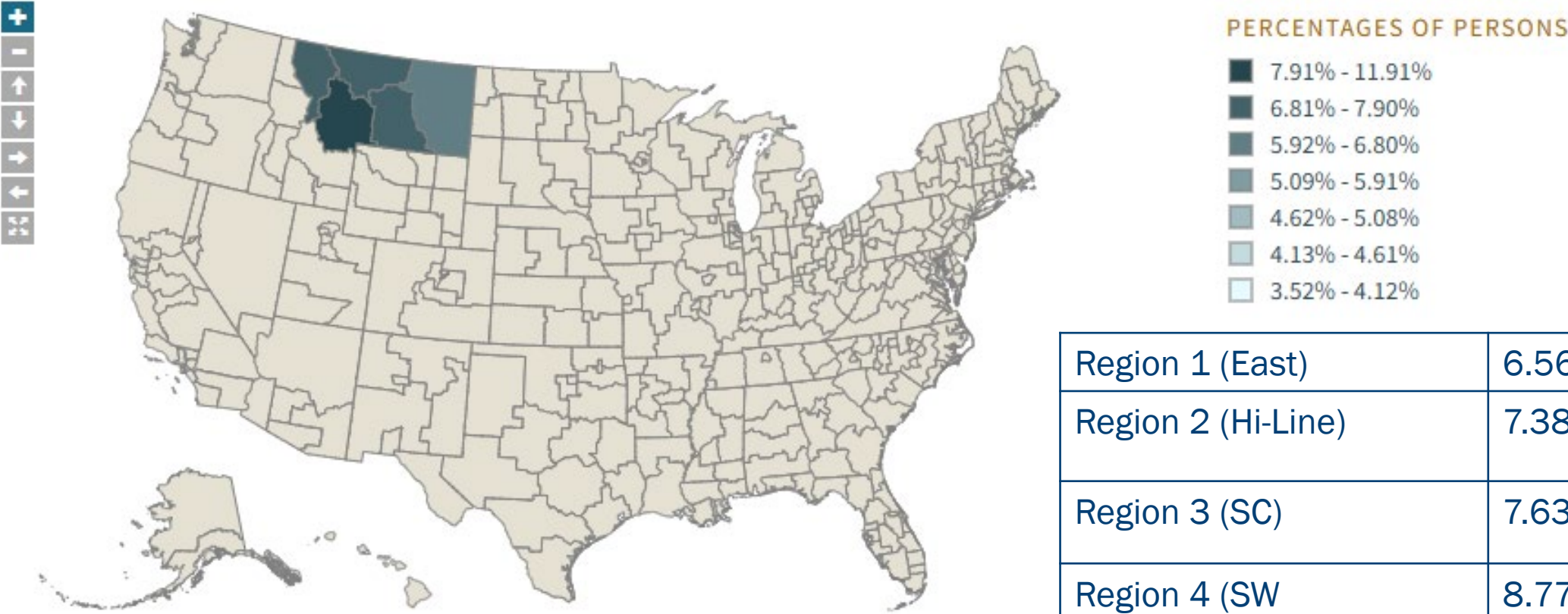
# Montana Illegal Drug Use

47/51

Source: [Drug Use Statistics in the United States | June 2025](#)

# Montana: Alcohol Use Disorder Statistics

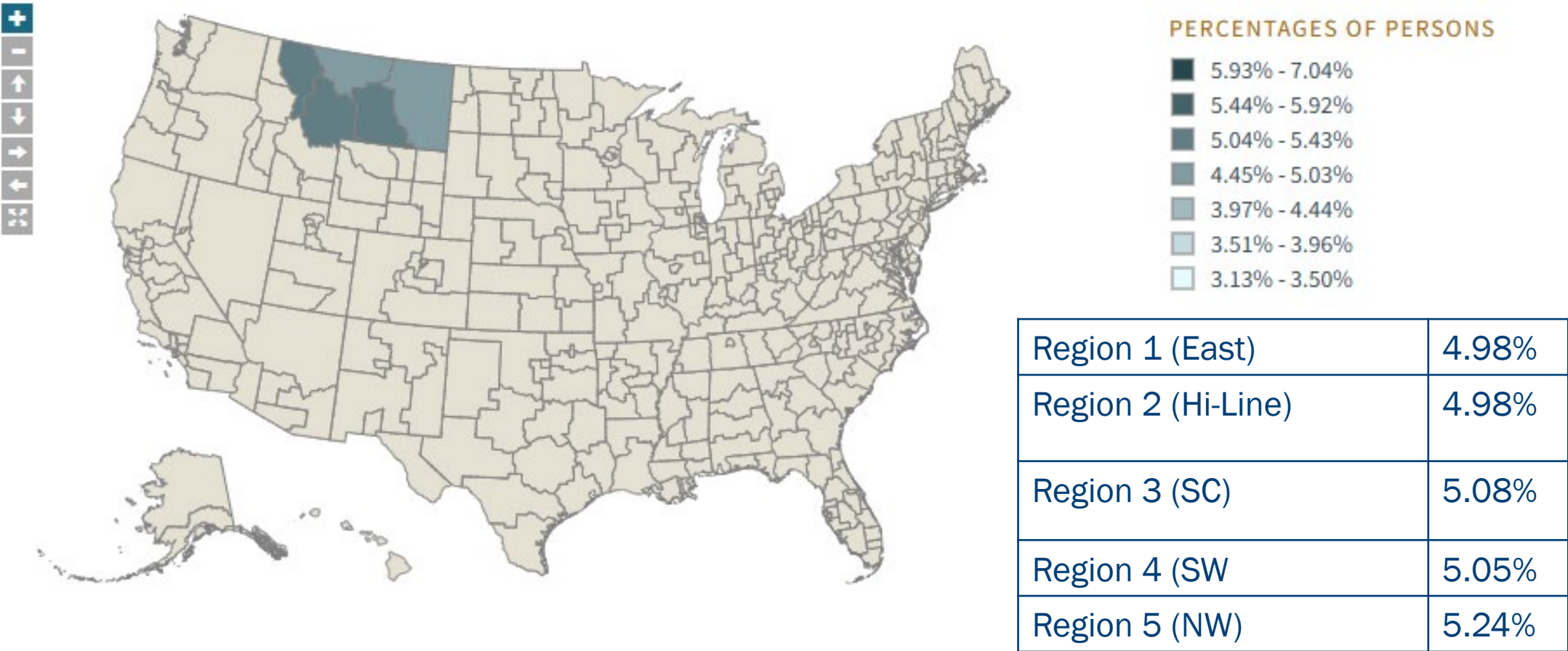
Alcohol Use Disorder in the Past Year Among Individuals Aged 12 or Older, by Substate Region: 2016-2018



Source: [NSDUH Substate Estimates](#)

# Montana: Mental Health Statistics

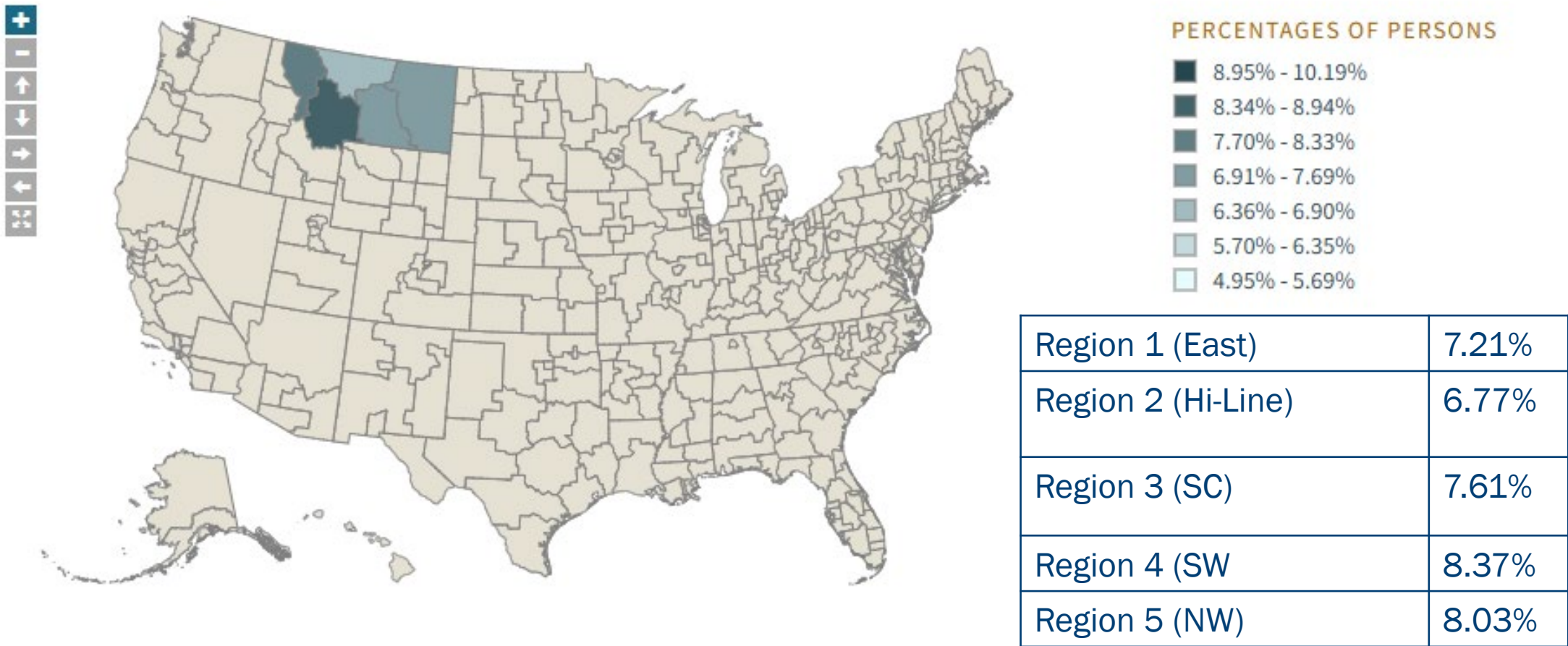
Serious Mental Illness in the Past Year Among Adults Aged 18 or Older, by Substate Region: 2016-2018



Source: [NSDUH Substate Estimates](#)

# Montana: Mental Health Statistics

Major Depressive Episode in the Past Year Among Adults Aged 18 or Older, by Substate Region: 2016-2018



Source: [NSDUH Substate Estimates](#)

# SUD in the Workplace

- The prevalence of American adults with SUDs who are currently employed is 13.5 million (8.7% of the population)
- These employees miss an average of 22 days annually, which equates to twice the number of days that employees without SUDs miss
- Research shows there is a connection between hazardous and/or stressful industries and addiction:
  - Construction
  - Public safety (police, firefighters, correction officers)
  - Accommodation industry (recreation, entertainment, hotel industry, food service)
- Healthcare professionals experience high rates of addiction due to the demanding nature of their work, along with easy access to powerful medications in a high-stress environment
- Many individuals with SUD also experience mental health issues (see previous slides), which complicates treatment

Sources: [\*Workplace Substance Abuse And Addiction\*](#); [\*The Hidden Crisis: How Substance Use Disorder Impacts Workers and Healthcare Providers - The Council For Disability Income Awareness\*](#)

# SUD in Healthcare Industry

- Between 10-15% of U.S. physicians will meet diagnostic criteria for an SUD during their career
- As many as 69% of doctors report having misused a prescription drug at least once.
- Substances most frequently involve:
  - Alcohol – responsible for about 50% of physician SUDs
  - Prescription opioids
  - Benzodiazepines
  - Anesthetic agents (such as propofol)
  - Stimulants
  - Cannabis & cocaine are less common, but are increasing among younger clinicians
- The 2022 Nurse Worklife and Wellness Study reported past-year substance use of 37.8% of registered nurses
  - 6.6% of these met the criteria for SUD

Source: [\*Statistics for Substance Abuse in Medical Professionals\*](#)

# Substance Abuse by Type of Medical Professional

## Anesthesiologists

- According to a 2009 study, over 40% of anesthesiologists in PHPs are there for intravenous drug use, while 10% are there for alcohol abuse

## Surgeons

- In a 2012 study, 25.6% of female surgeons and 13.9% of male surgeons were found to have alcohol abuse or dependence issues, compared to 6.2% of the overall population

## Psychiatrists

- Particularly susceptible to stress, burnout, and even suicide. Also more likely to abuse benzodiazepines compared to other medical professionals.

## Emergency Medicine Physicians

- Comprise only 3% of all physicians yet make up 7-18% of those enrolled in PHPs. Nearly half are treated for alcohol abuse, 38% for opioid addiction, and almost 10% for stimulant abuse. Also face the highest burnout rate (60%) among physician specialties.

## Nursing

- Nurses tend to misuse prescription drugs, such as opioids and benzodiazepines. The American Nurses Association states that between 14-20% of all American nurses may be dependent on drugs or alcohol.



# Mental Health Statistics Among Medical Professionals

Stress, exhaustion, long working hours, poor mental health, and toxic workplace culture are among the primary factors.

- Nearly one in three doctors exhibit symptoms of depression, with approximately 400 physicians dying by suicide annually.
- As compared to individuals in other occupations, healthcare workers exhibit higher rates of mood, anxiety disorders, and sleep disorders.
- In an American survey of over 2,000 female physicians, nearly half were found to meet the criteria for mental illness. Many refrained from seeking treatment due to feelings of self-sufficiency, time constraints, fear of getting reported to a licensing board, perception of mental health diagnoses as being embarrassing or shameful.
- Medical students, younger doctors, and women experience higher rates of psychological stress and mental health issues compared to older doctors and men.
- In the US, the prevalence of depression among doctors is like that of the general population, with lifetime prevalence rates of 12.8% for male doctors and 19.5% for female doctors.

Source: [\*Statistics for Substance Abuse in Medical Professionals\*](#)

# Questions?

...DISCUSSION



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