



*DELAWARE DEPARTMENT OF HEALTH AND SOCIAL SERVICES*  
**DIVISION OF SUBSTANCE ABUSE AND MENTAL HEALTH**

# **Delaware Trends in Substance Misuse & Mental Health**

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DELAWARE HEALTH FUND ADVISORY COMMITTEE (HFAC) MEETING  
SEPTEMBER 19, 2024



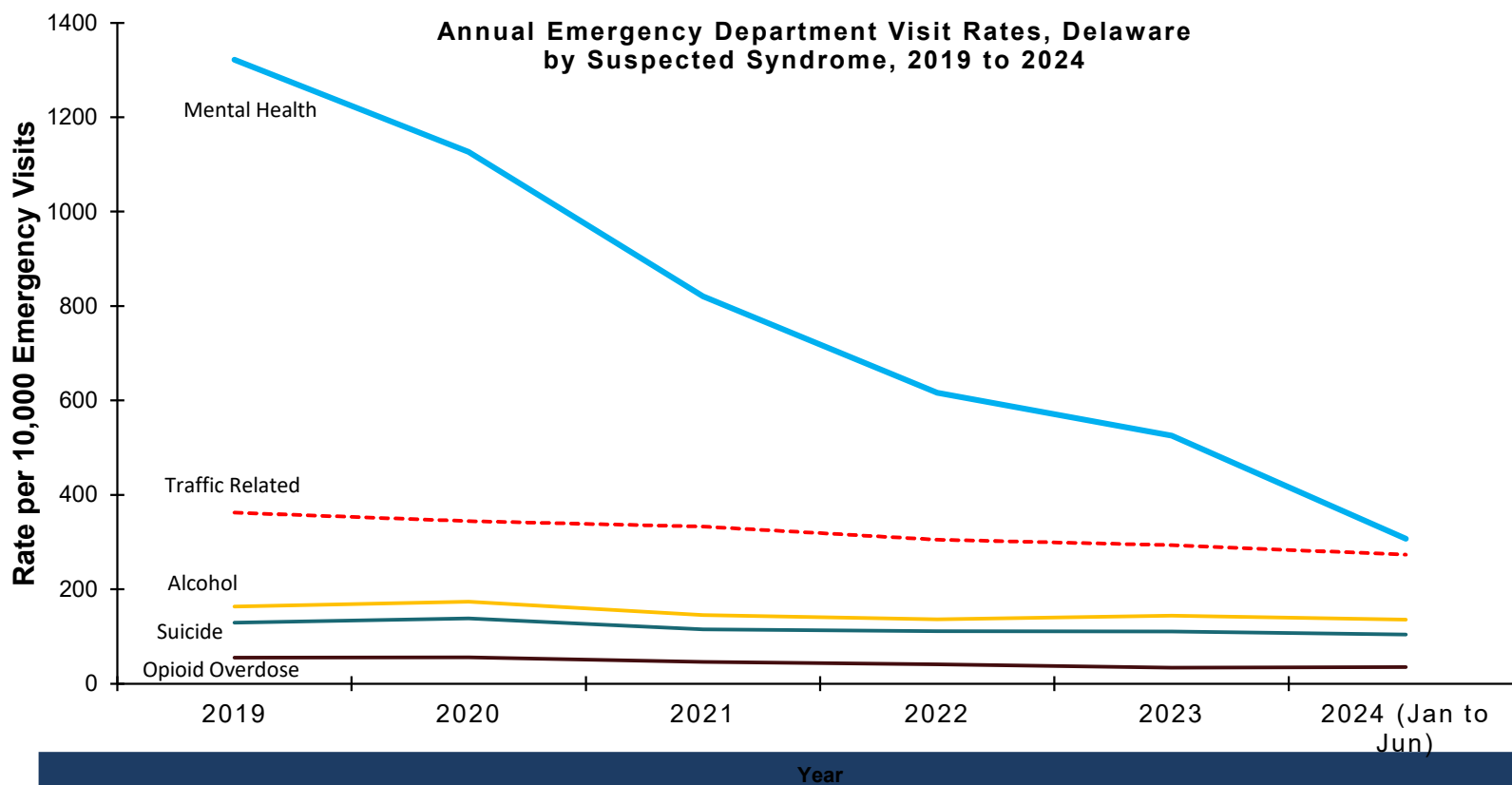
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# Briefing Agenda

- State of the State in Behavioral Health
- Drug Overdose
- Suicide and Mental Health Crisis



# At-a-Glance from Emergency Department Visits



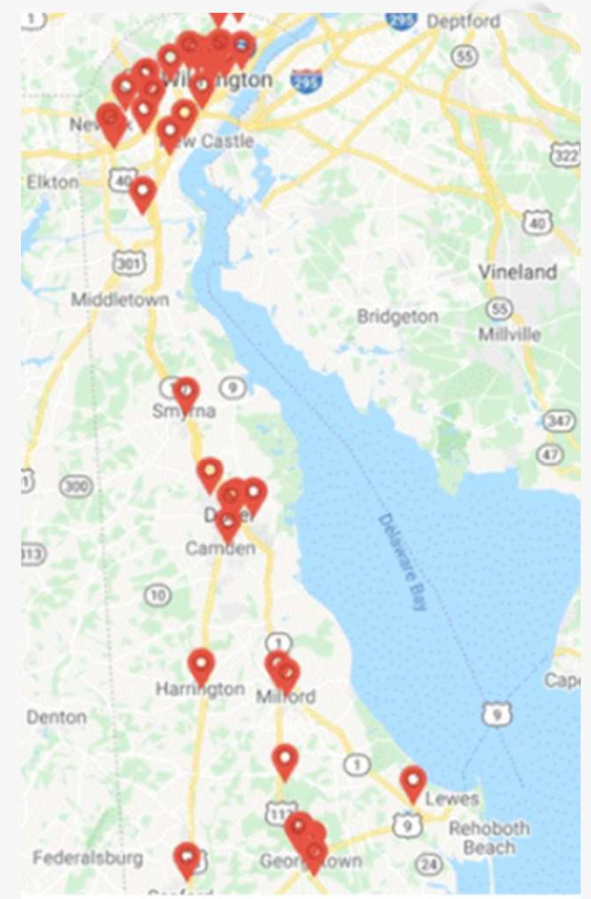
*Data source:* Delaware Department Health and Social Services, Division of Public, Health Statistics Center and Delaware Electronic Surveillance System for the Early Notification of Community-based Epidemics (DE-ESSENCE).

*Notes:* Mental health, traffic-related, alcohol, and opioid overdose categories were defined using syndromic surveillance definitions found in the National Syndromic Surveillance Platform (NSSP) and utilized in the Overdose Data to Action Technical Guidance for the Drug Overdose Surveillance and Epidemiology (DOSE) System, as of September 9, 2024.



## Treatment and Referrals in Delaware

- DSAMH funds SUD and MH services support uninsured/underinsured adults.
- In FY 2024, based on latest data available:
  - 24,414 patients received publicly-funded treatment, with 31,602 treatment episodes.
  - 60% of clients are men.
  - 58% of clients are White; 29% are Black.
- Delaware Treatment & Referral Network (DTRN):
  - 307 Providers on the e-referral platform
  - More than 700 referrals were sent/received each week – nearly 40,000 referrals in 2023.



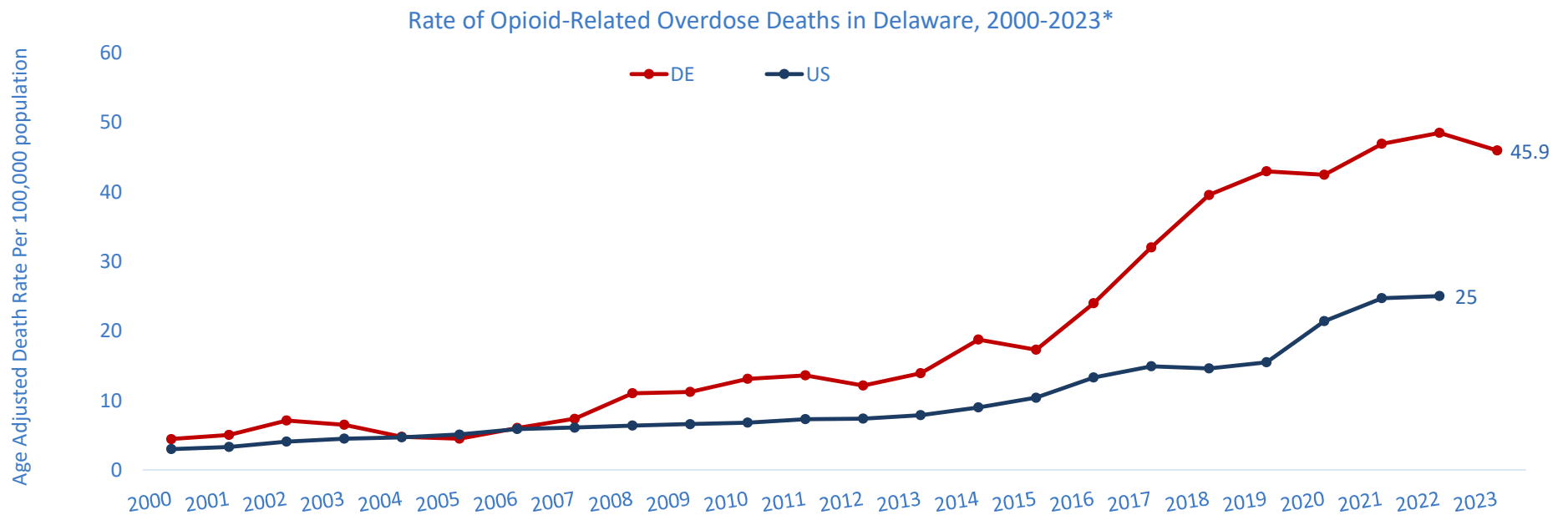
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# Delawareans had 2x higher overdose rates than US Average



Source: Delaware Health and Social Services, Division of Public Health, Delaware Health Statistics Center; National Center for Health Statistics, National Vital Statistics System, mortality data file NCHS Data Brief, no 491.

Note: \*Rate for 2023 is preliminary and subject to change. Age-adjusted rates are based on the 2000 US standard population. Population estimates are from the Delaware Population Consortium.

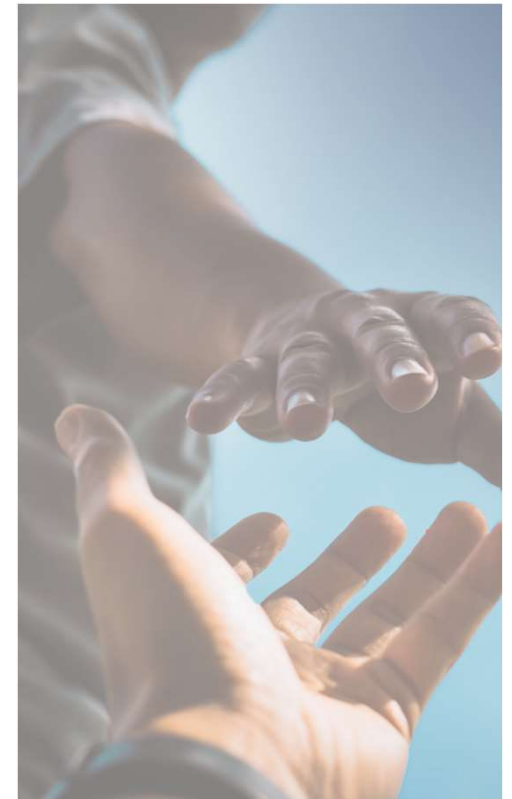


# Delaware Substance Misuse by The Numbers

DE ranked **2nd** in the country in opioid overdose death rates.

**228** Delawareans died of a suspected overdose from Jan-Aug 2024.

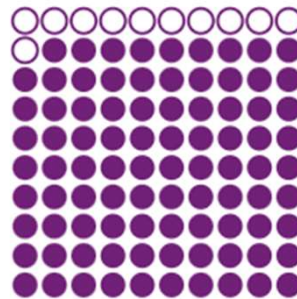
**91.4%** Involved opioids.  
**54.1%** involved stimulants.



## Prescribing Trends



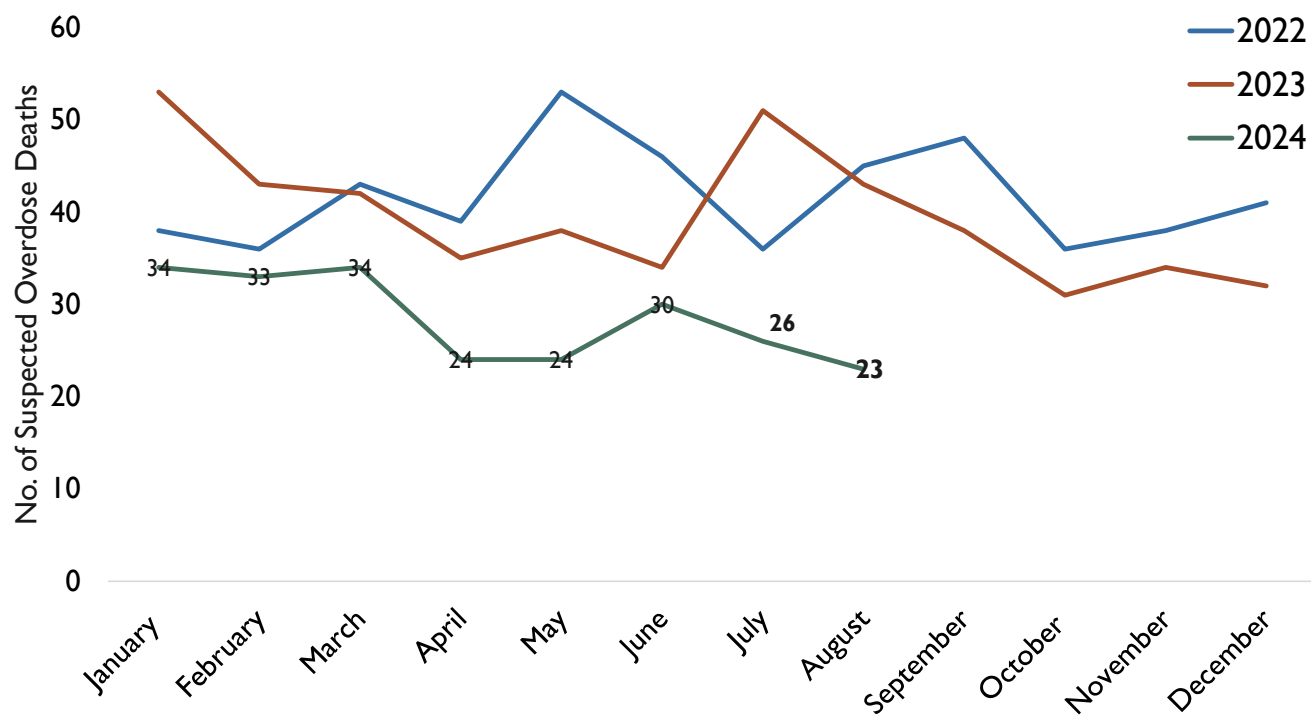
The rate of people in Delaware filling an opioid prescription has declined since 2015, **decreasing from 204 to 124 people** per 1000 residents by 2021.



**89.9%** had at least one potential opportunity for intervention.



## 228 Delawareans Died of Suspected Overdose in 2024 from Jan-Aug

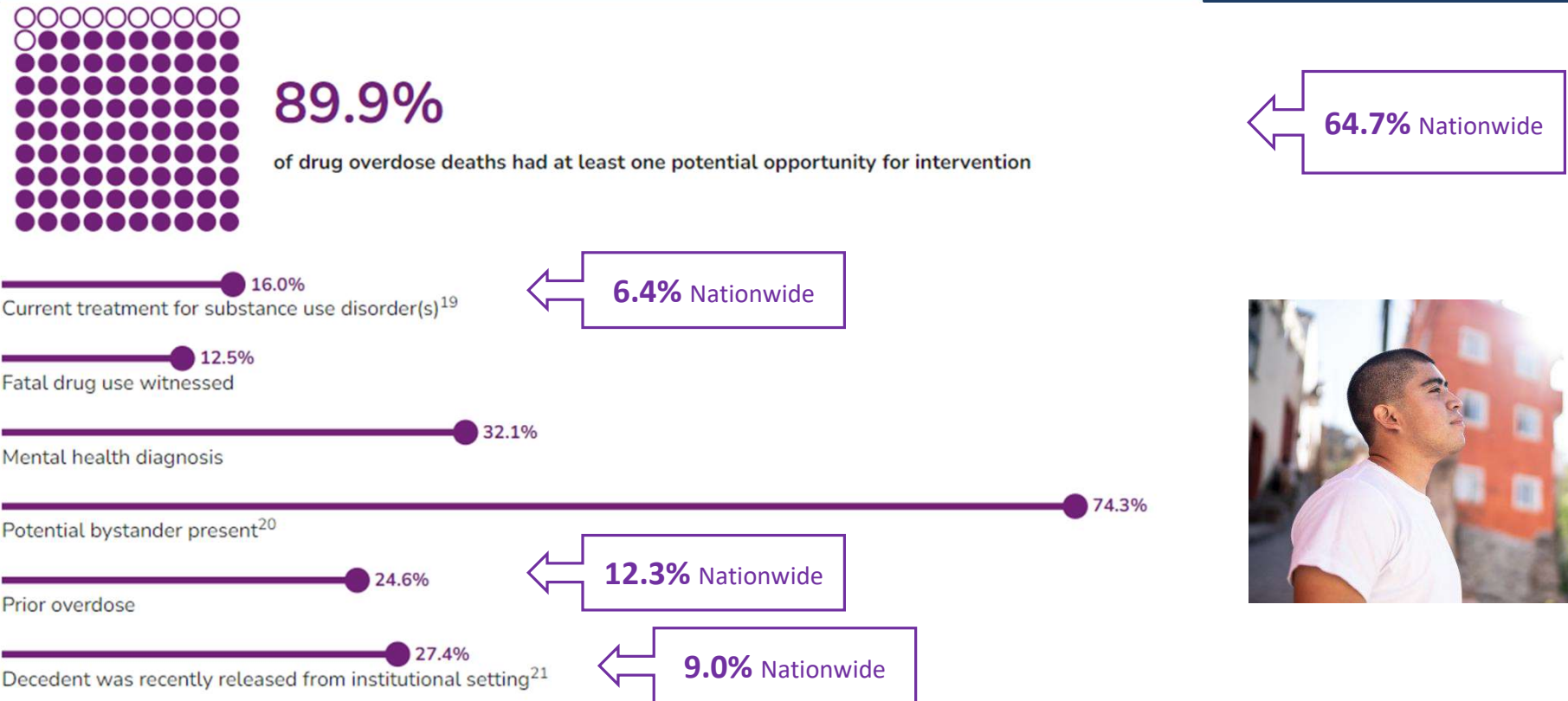


Suspected overdose deaths during the first eight months were **33% lower** than the same period of 2023.



# Circumstances surrounding overdose deaths (CDC, 2022): Delaware

(among decedents with an available medical examiner or coroner report)



Source: CDC's State Unintentional Drug Overdose Reporting System (SUDORS). 2022 Final Data.  
<https://www.cdc.gov/overdose-prevention/data-research/facts-stats/sudors-dashboard-fatal-overdose-data.html>



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# Delaware Suicide & Mental Health by The Numbers

On average, someone dies by suicide in Delaware every **2.5 days**.

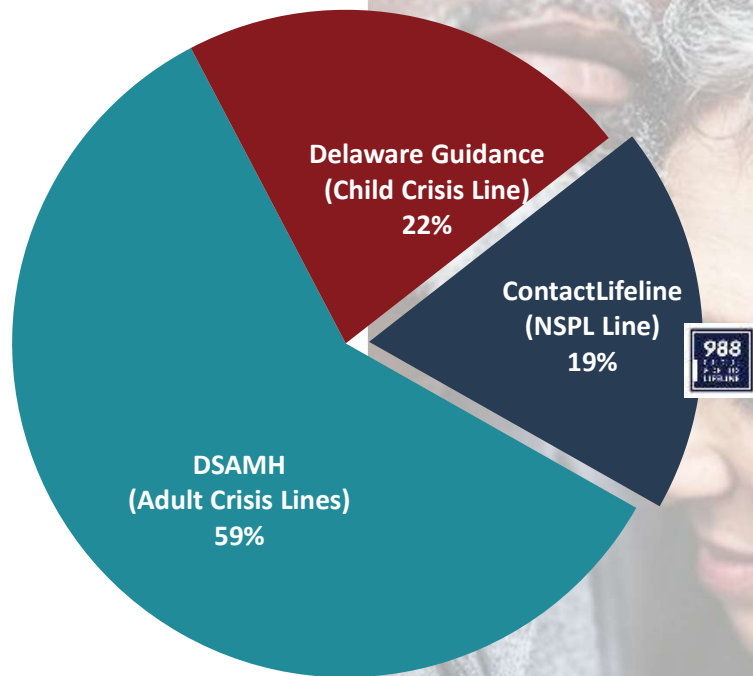
**57%** of all suicides were by firearms. **60%** of firearm deaths were suicides.

For every person died of suicide, **316 people** seriously considered it.

**5,299** adults & youths called the **988** Suicide Lifeline for crisis support in FY24.



# Behavioral Health Criss Call Volume in Delaware, 2023



ENTITY	CALLS in 2023	PER MONTH
ContactLifeline (NSPL/988)	4,440	370
DSAMH Adult Crisis Lines	13,998	1,167
Child Crisis Line	5,241	437
<b>Total</b>	<b>23,679</b>	<b>1,973</b>





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# Thank you

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