

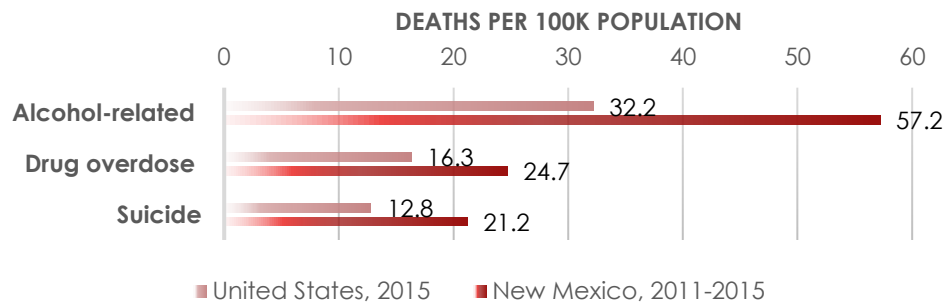
Disparities and Service Gaps in New Mexico

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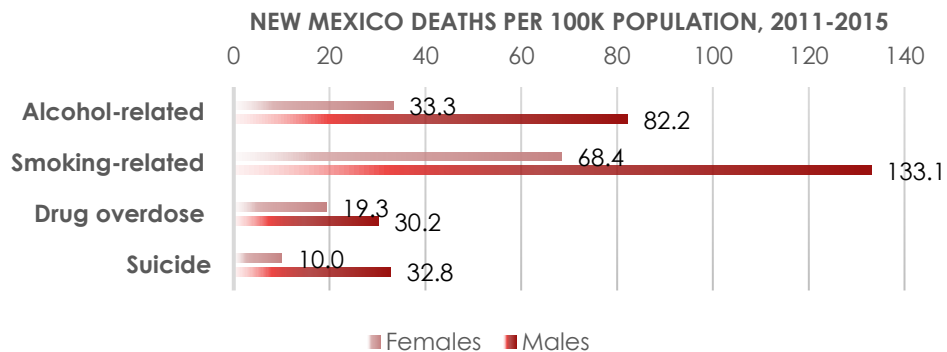


Mortality

i Since 1981, New Mexico has consistently had among the three highest alcohol-related death rates in the United States, and has had a suicide rate 1.5 to 1.9 times the US rate¹. New Mexico currently has the eighth highest drug overdose death rate in the US.



- ❖ Rio Arriba (144.5 per 100K) and McKinley (123.8 per 100K) Counties have the highest **alcohol-related death** rates¹. Rio Arriba's rate is driven by high rates among American Indians, and McKinley's rate is driven by Hispanic male rates.
- ❖ Males have higher rates of **alcohol-related death, smoking-related death, drug overdose death**, and suicide than females in New Mexico¹.

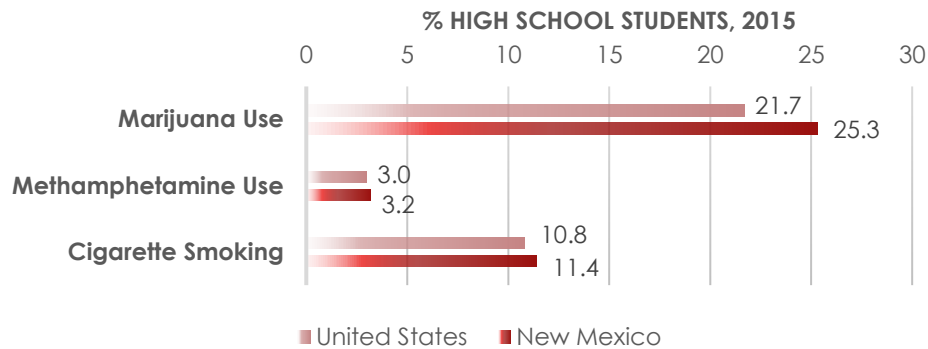


- ❖ American Indians (137.6 per 100K) have the highest **alcohol-related death** rate¹.
- ❖ Sierra County (175.3 per 100K) has the highest **smoking-related death** rate¹.
- ❖ Black males (150.1 per 100K) have the highest **smoking related death** rate¹.
- ❖ Rio Arriba (85.8 per 100K) and Catron (75.6 per 100K) Counties have the highest **drug overdose death** rates¹.
- ❖ Hispanic males (35.9 per 100K) have the highest **drug overdose death** rate in the state¹.

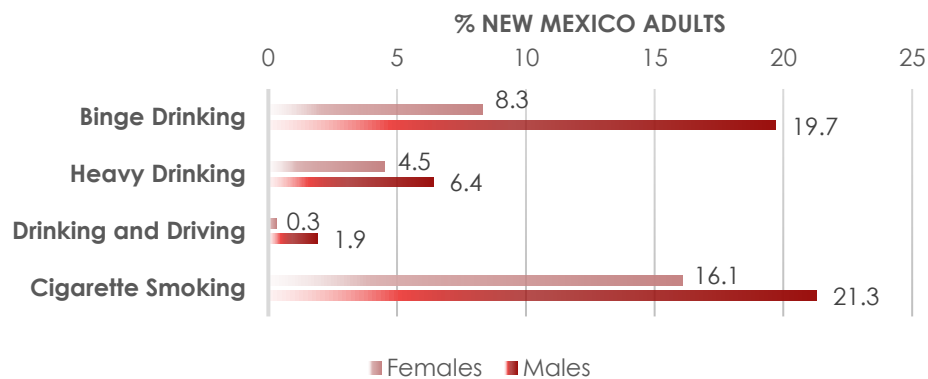
1. New Mexico Department of Health. (2017). *New Mexico Substance Abuse Epidemiology Profile*.
2. Substance Abuse and Mental Health Services Administration. *Behavioral Health Barometer: New Mexico, 2015*. HHS Publication No. SMA-16-Baro-2015-NM. Rockville, MD, 2015.
3. New Mexico Health Care Workforce Committee. (2016). *2016 Annual Report*.
4. University of New Mexico. (2017). *New Mexico Behavioral Health Needs Assessment*.

Substance Use

i New Mexico high school students have higher rates of marijuana, methamphetamine, and cigarette use than US students¹.



- ❖ Rio Arriba County has the highest **opioid overdose** related overdose emergency department visit rate (178.3 vs. 60.3 visits per 100K)¹.
- ❖ Male adults have higher rates of **opioid overdose** related emergency department visits (68.0 vs. 51.4 visits per 100K), **binge drinking**, **heavy drinking**, **drinking and driving**, and **cigarette smoking** than female adults¹.



- ❖ American Indians have the highest occurrence of **marijuana use** among high school students (34.1 vs. 25.3%)¹.
- ❖ Mora County has the highest occurrence of **cocaine use** (10.5 vs. 4.5%), using **painkillers** to get high (14.2 vs. 7.9%), **heroin use** (9.3 vs. 2.8%), **methamphetamine use** (7.4 vs. 3.2%), and **inhalant use** (12.6 vs. 4.2%) among high school students¹.
- ❖ Hispanic males have the highest occurrence of **drinking and driving** among adults (2.4 vs. 1.1%)¹.
- ❖ Hidalgo (10.9%) and Mora (10.3%) Counties have the highest occurrence of **heavy drinking** among adults (average 5.4%)¹.
- ❖ Whites have the highest **opioid overdose** related overdose emergency department visit rate (63.7 vs. 60.3 visits per 100K)¹.

1. New Mexico Department of Health. (2017). New Mexico Substance Abuse Epidemiology Profile.
2. Substance Abuse and Mental Health Services Administration. Behavioral Health Barometer: New Mexico, 2015. HHS Publication No. SMA-16-Baro-2015-NM. Rockville, MD, 2015.
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4. University of New Mexico. (2017). New Mexico Behavioral Health Needs Assessment.

Mental Illness

i The prevalence of depression, serious mental illness, thoughts of suicide, alcohol dependence or abuse, drug dependence or abuse, heavy alcohol use in New Mexico are similar to national prevalence².

- ❖ However, Sierra (24%) and Quay (22%) Counties have the highest prevalence of current depression among adults in New Mexico (average 10%)¹.

Behavioral Health Treatment Services

i The benchmark ratio for psychiatrists to population is 0.15 per 1,000 population. Only seven of New Mexico's counties meet this benchmark locally. Twelve counties have no psychiatrists at all.

- ❖ New Mexico needs 109 additional psychiatrists to meet the benchmark psychiatrist ratio³. However, the number of psychiatrists in New Mexico has decreased by 12 since 2013.
- ❖ De Baca, Harding, and Hidalgo Counties have no independently licensed psychotherapy providers or psychiatrists.
- ❖ Catron, Harding, and Luna Counties have no substance abuse treatment providers.
- ❖ Lea County has the lowest occurrence of provider visits among Medicaid clients with behavioral health diagnoses (37% vs. 62%)⁴.
- ❖ Luna (41%) and Lincoln (39%) Counties have the highest percentage of reducible healthcare costs for Medicaid clients with behavioral health diagnoses (average 30%)⁴.
- ❖ McKinley (26%), De Baca (24%), and Catron (22%) Counties have the highest percentage of uninsured residents under the age of 65 years (average 17%)⁴.
- ❖ Policy Recommendations:
 - Enhance recruitment and retention of behavioral health care workers,
 - Increase participation in community settings, in the publicly funded system, and in rural and frontier communities, and
 - Increase the diversity of the behavioral health workforce.

1. New Mexico Department of Health. (2017). *New Mexico Substance Abuse Epidemiology Profile*.
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