

BRAIN SCAN: A SNAPSHOT OF MENTAL HEALTH AND SUBSTANCE USE IN COLORADO COUNTIES

Data Descriptions

**Rates for these indicators are at the health statistics region (HSR) level. For multi-county HSRs, each county in the region was given the rate for its HSR.*

UNINSURED RATE*

Percentage of county residents who reported that they lacked insurance at the time of the survey. Source: [2017 Colorado Health Access Survey](#).

POOR MENTAL HEALTH (Percentage)*

Percentage of county residents ages five and older who reported eight or more days of poor mental health in the previous 30 days. Poor mental health includes feelings of stress, depression, or problems with emotions. Source: [2017 Colorado Health Access Survey](#).

POOR MENTAL HEALTH (Number)*

Number of county residents ages five and older who reported eight or more days of poor mental health in the previous 30 days. Poor mental health includes feelings of stress, depression, or problems with emotions. The number for each county in a multi-county HSR reflects a calculation that considers a county's population and the sum of respondents in the HSR who reported poor mental health. Source: [2017 Colorado Health Access Survey](#).

SUICIDE RATE

Age-adjusted rate of suicide deaths per 100,000 county residents. Source: [Colorado Department of Public Health and the Environment, Vital Statistics, 2015](#).

CHILDREN'S MENTAL HEALTH*

Percentage of children ages 4-14 whose parent said there was a time in the previous year that they needed mental health care. Source: [2014 Colorado Child Health Survey](#).



HIGH SCHOOL MENTAL HEALTH*

Percentage of high schoolers (grades 9–12) who have seriously considered suicide. Source: the [2015 Healthy Kids Colorado Survey](#). (HSR Region 2 (Weld County), Region 4 (El Paso County), Region 3 (Douglas County) and Region 21 (Jefferson County) did not participate in the 2015 survey.)

ADULT MENTAL HEALTH*

Percentage of adults (ages 18 and over) who have ever been told by doctor that they have a depressive disorder. Source: [2015 Behavioral Risk Factor Surveillance System](#).

ADULT BINGE DRINKING*

Percentage of adults ages 18 and over who reported binge drinking. For males, binge drinking is defined as having five or more drinks on one occasion in the previous 30 days; for females it is defined as having four or more drinks on one occasion in the previous 30 days. Source: [2015 Behavioral Risk Factor Surveillance System](#).

HIGH SCHOOL BINGE DRINKING*

Percentage of high schoolers (grades 9–12) who reported binge drinking. It is defined as having five or more drinks in one day in the previous 30 days. Source: [2015 Healthy Kids Colorado Survey](#). (HSR Region 2 (Weld County), Region 4 (El Paso County), Region 3 (Douglas County) and Region 21 (Jefferson County) did not participate in the 2015 survey.)

OPIOID OVERDOSE RATE

Age-adjusted number of opioid overdose deaths per 100,000 county residents. Overdose deaths caused by any opioid painkiller or heroin. Source: [Colorado Department of Public Health and the Environment, Vital Statistics, 2015](#).

BARRIERS TO CARE*

Percentage of county residents ages five and older who did not receive mental health care when they needed it. Respondents could elaborate on the reasons:

- Concerns about cost or insurance: This includes respondents who were uninsured, concerned about the cost of treatment, or concerned their health insurance wouldn't cover treatment.
- Mental health stigma: Percentage who said they were worried about what would happen if someone found out they had a problem.
- Difficulty getting an appointment



- Uncomfortable discussing personal problems with a health professional.

Source: [2017 Colorado Health Access Survey](#).

BEHAVIORAL HEALTH WORKFORCE

Rates of the following licensed professionals per 1,000 county residents:

- Certified addiction counselors
- Clinical social workers
- Licensed professional counselors
- Marriage and family therapists
- Psychologists

Source: [Colorado Department of Regulatory Agencies](#). Reflects licensed professionals on January 3, 2017.

- Practicing child and adolescent psychiatrists

Source: [American Academy of Child and Adolescent Psychiatry](#). Reflects currently practicing psychiatrists seeing children ages 0-17.

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