

North Carolina Department of Health and Human Services  
Division of Mental Health, Developmental Disabilities and Substance Abuse Services

**NC-TOPPS**

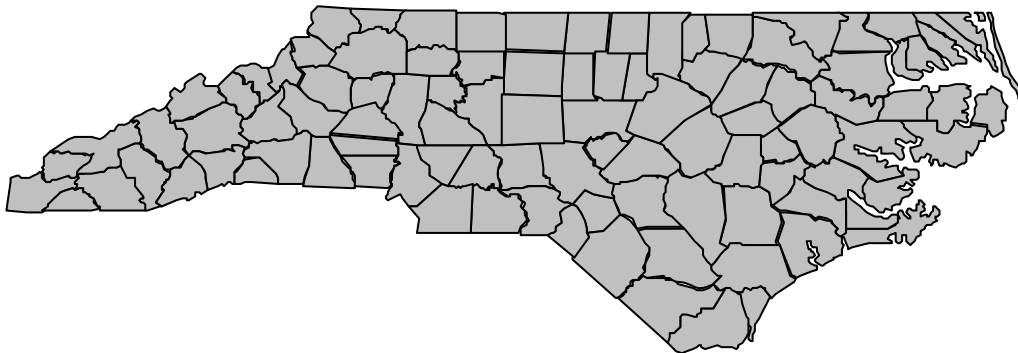
North Carolina Treatment Outcomes and Program Performance System

**Adult Mental Health Consumers:  
Statewide**

**Initial Interviews**

**July 1, 2008 through June 30, 2009**

This report includes consumers receiving mental health services, and those receiving both mental health and substance abuse services.



Data Collected By: Center for Urban Affairs and Community Services (CUACS)  
NC State University

Report Produced By: Institute for Community-Based Research  
National Development & Research Institutes, Inc. (NDRI)

Prepared For: Quality Management Team  
Community Policy Management Section  
DMH/DD/SAS  
NC DHHS

July 2009



## Introduction

This report is available to Local Management Entities, providers and the NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services on data gathered for mental health consumers through the North Carolina Treatment Outcomes and Program Performance System (NC-TOPPS). It provides information gathered through the online NC-TOPPS Initial Interview and includes charts, tables and text information on mental health consumers' demographic characteristics, symptoms, behaviors and activities, service needs, supports and barriers, family and housing issues and outcome measures collected through an interviews with consumers at the beginning of treatment. It should be noted that not every data element or response category on the NC-TOPPS Initial Interview is displayed in this report.

Please note that the charts and tables may not always match online queries that you may conduct. The data used in these reports will not necessarily reflect the same points in time. In addition, NDRI who produces these reports cleans the data and removes apparent duplicates prior to preparing the tables and charts.

Additional information about NC-TOPPS and printable version of the interviews are available at <http://www.ncdhhs.gov/mhddsas/nc-topps/>

## General Information on Interpreting Tables

- Types of Statistics**
- ▶ A count shows the actual number of clients.
  - ▶ A percentage is the number of clients with a characteristic or behavior divided by all the clients in the group of interest multiplied by 100. Percentages will be designated with a % sign next to the number.
  - ▶ An average is the sum of a set of observations divided by the total number of observations. When a number in a cell is an average, the word average will appear in the row descriptor.
  - ▶ A median is the middle number in a set of numbers, arranged from lowest to highest. For example, the median for the following numbers: 9, 12, 12, 15, 17, 20, **22**, 23, 25, 28, 31, 35, 62 is the bolded number, 22. Medians are important measures of central tendency, especially when a mean may be skewed by a very high or very low value. When a number in a cell is a median, the word median will appear in the row descriptor.
- Missing Data** For many of the NC-TOPPS forms received, a particular item or question may have been left blank. In calculating the means, medians, and percentages in cells of questionnaire items, this missing data is excluded from the calculation. For example, program X may have submitted 50 assessments but in 2 of the assessments, gender was left blank. When the percent of males is calculated, the 25 males are shown as 52% (25/48\*100).
- Denominator** The denominator for nearly all percentages is the number of cases shown on the bottom left of the page minus item missing data. All exceptions to this general rule are **specifically noted** with appropriate text in the graphic or table. This text will state which group is included or excluded from the denominator, such as "of those in the labor force" or "of those with children."
- Multiple Response** "Multiple response" indicates a "mark all that apply" type question in which more than one response to a question is allowed. The total of responses may add to greater than 100%. Examples are health insurance or diagnoses. This is in contrast to items such as gender where only a single response is allowed.
- Definitions of terms** The appendix at the end of the report gives definitions of acronyms, abbreviations, and other terms used in this report.

**Special notes:**

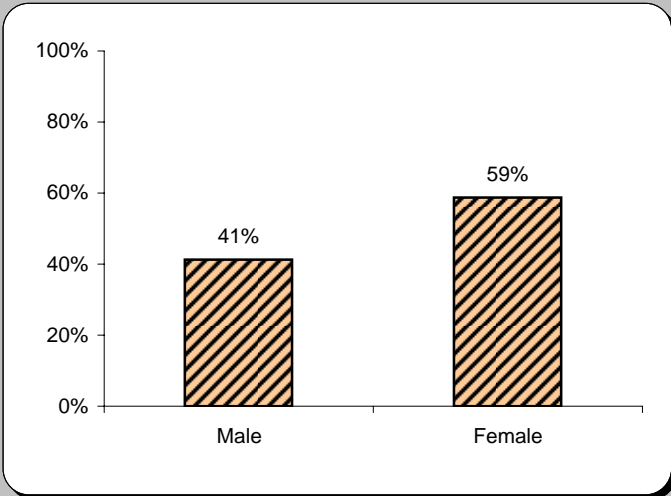


**Initial Interviews Received July 1, 2008 through June 30, 2009  
Adult Mental Health Consumers  
Statewide**

This table shows the number of consumers in this report by LME.

<b>LME</b>	<b>Number</b>
Alamance-Caswell	628
Albemarle	756
Beacon Center	625
CenterPoint	1,124
Crossroads	786
Cumberland	692
Durham Center	1,432
East Carolina Behavioral Health	1,396
Eastpointe	1,036
Five County	1,059
Guilford	903
Johnston	285
Mecklenburg	1,607
Mental Health Partners	397
Onslow-Carteret	632
Orange-Person-Chatham	400
Pathways	1,639
PBH	1,227
Sandhills	1,137
Smoky Mountain Center	1,292
Southeastern Center	1,273
Southeastern Regional	2,452
Wake	1,204
Western Highlands	2,029
<b>Total</b>	<b>26,011</b>

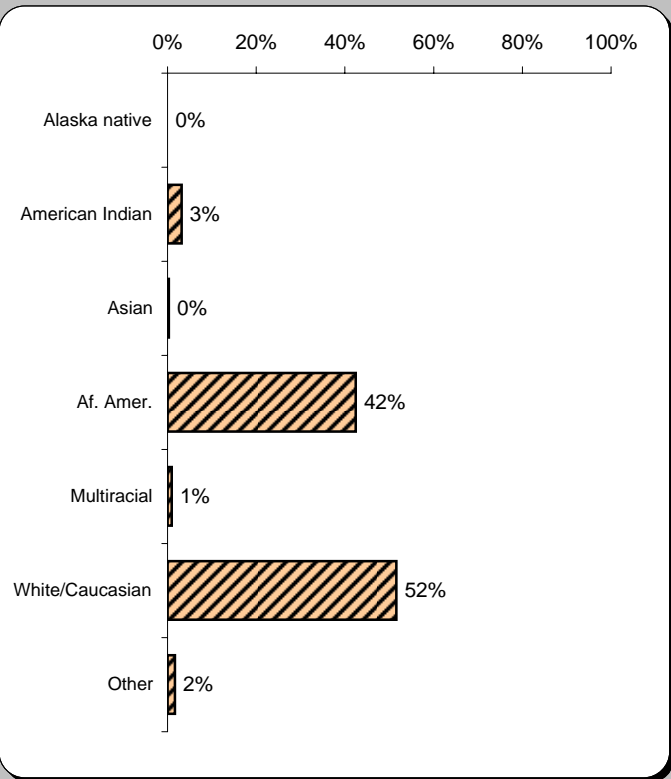
**1-1: Gender**



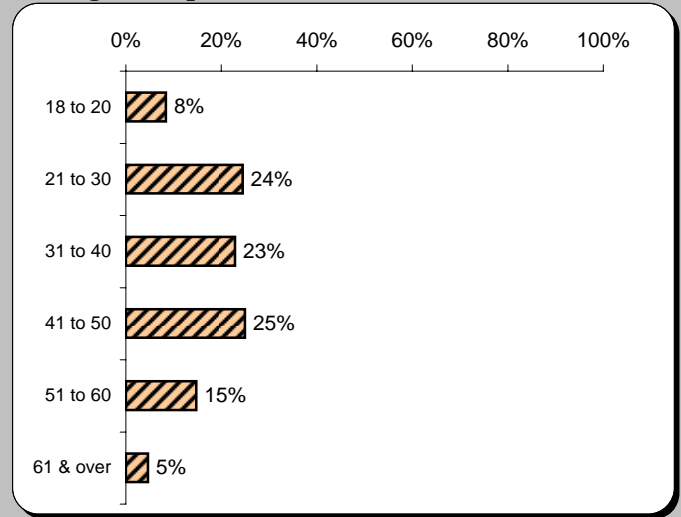
**1-2: Hispanic Origin**

Of the Statewide consumers, 2% indicate that they are of Hispanic, Latino, or Spanish origin.

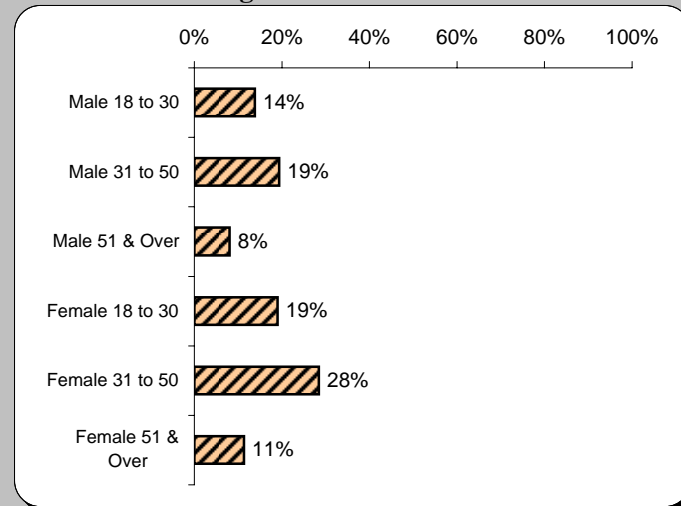
**1-3: Race/Ethnicity**



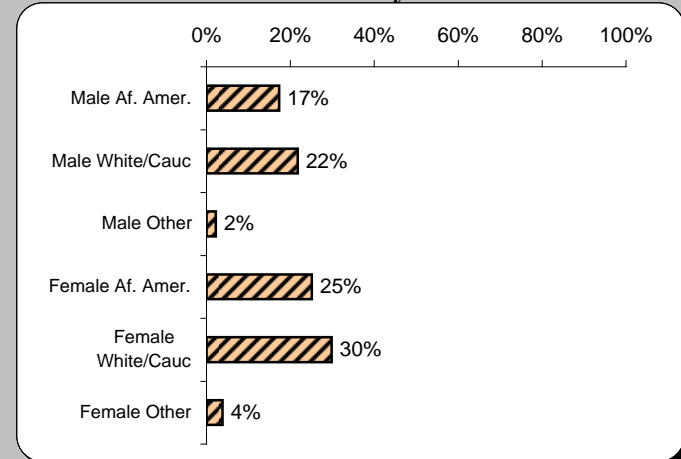
**1-4: Age Group**



**1-5: Gender and Age**



**1-6: Gender and Race/Ethnicity**



**2-1: Co-Occurring Status**

Services/Supports areas	%
Mental Health only	70%
Mental Health and Substance Abuse	30%

**2-2: Among Co-Occurring Consumers, Type of Treatment Professional Providing Services/Supports**

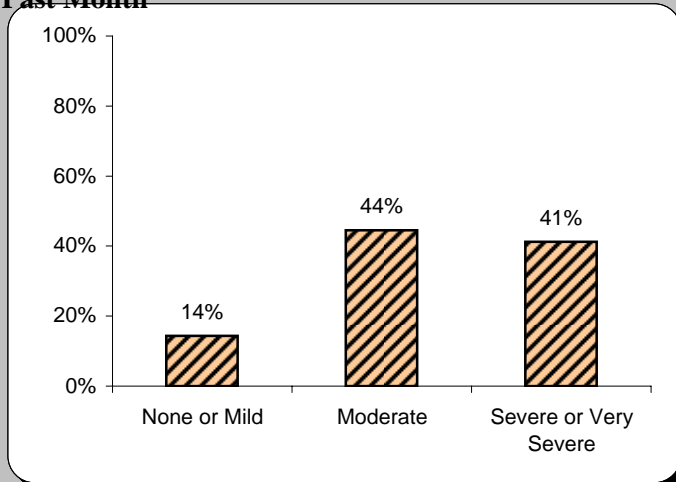
Type of Qualified Professional (QP)	Number
QP in Mental Health	1,728
QP in Substance Abuse	562
QP in both	5,371
Total Co-Occurring Consumers	7,661

**2-3: DSM-IV Diagnoses**

Diagnostic Category	%
Major Depression	42%
Schizophrenia	21%
Bipolar disorder	24%
Anxiety disorder	16%
Post-traumatic stress disorder	13%
Personality disorder	7%
Alcohol Abuse	7%
Alcohol Dependence	13%
Drug Abuse	9%
Drug Dependence	20%

\* Multiple responses possible. Only most commonly diagnosed conditions are shown.

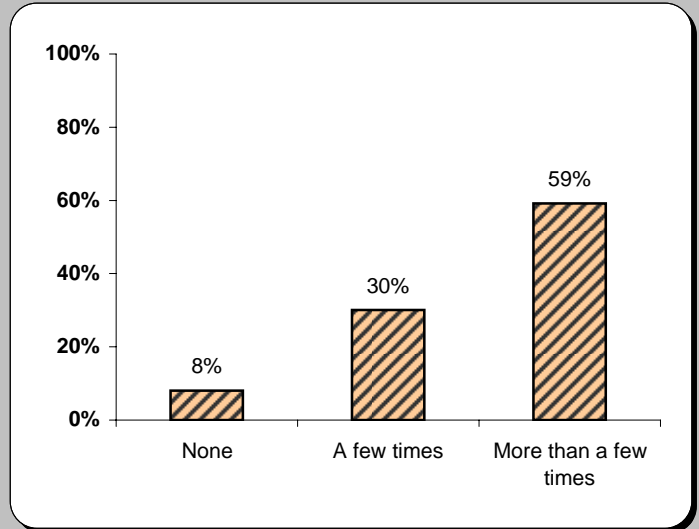
**2-4: Severity of Mental Health Symptoms, Past Month**



**2-5: General Assessment of Functioning (GAF)**

Among Statewide consumers, the average GAF score was 43.8 and the median score was 45.

**2-6: How Often Problems Interfere with Work, School, or Other Daily Activities, Past 3 Months**



**2-7: Behavior Problems and Symptoms**

	%
Suicidal attempts, ever	35%
Suicidal thoughts	37%
Tried to hurt or cause self pain	12%
Hit/physically hurt another person	13%

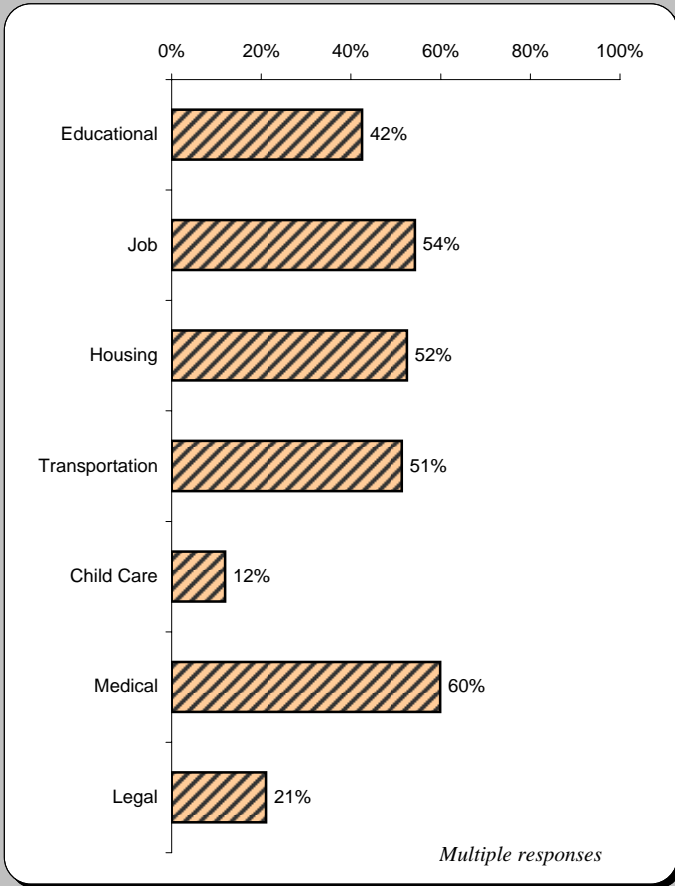
**2-8: Experienced Violence**

Physical violence, past 3 months	12%
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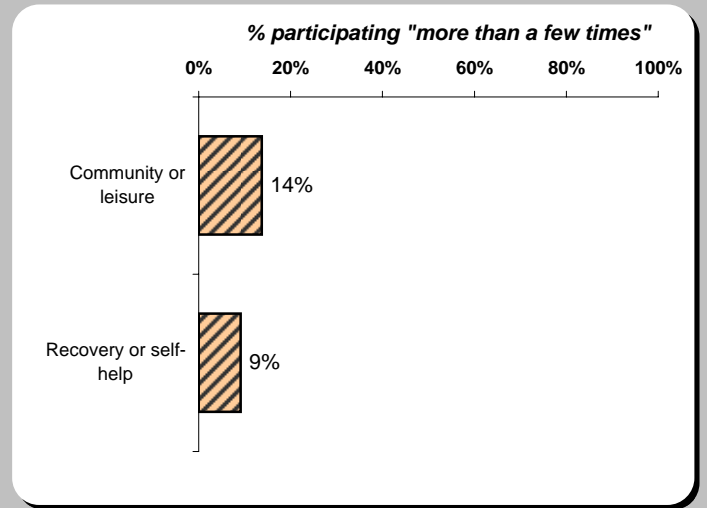
**2-9: Arrests and Criminal Justice Involvement**

Arrested in past year	21%
Arrested in past month	5%
Current Criminal Justice System supervision	11%
Nights in jail or detention past 3 months	8%

**3-1: Service Needs Rated "Very Important"**



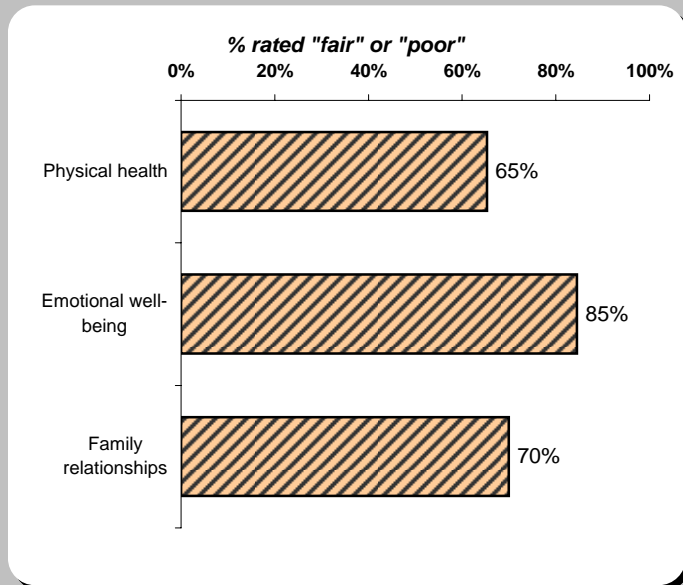
**3-3: Consumer Participation in Positive Activities, Past 3 Months**



**3-4: Support for Recovery**

Among those consumers with family or friends, 86% indicate that their family and/or friends will be supportive of their treatment and recovery efforts.

**3-2: Consumer Ratings on Quality of Life**

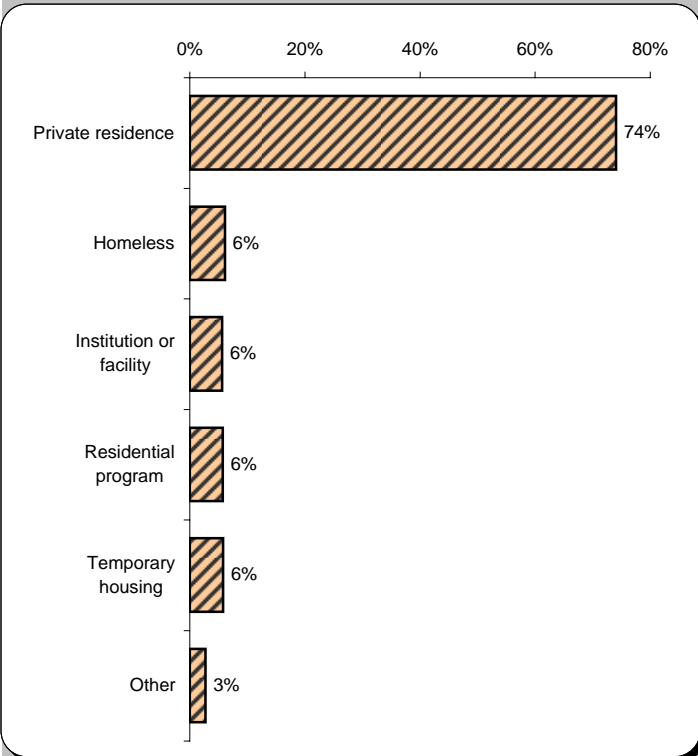


**4-1: Employment, Past 3 Months**

52% of Statewide consumers are in the labor force. This means that they are working, or unemployed and looking for work.

Of those in the labor force...	
Employed full-time	10%
Employed part-time	16%
Unemployed (seeking work)	74%

**4-2: Where Lived in the Past 3 Months**



Note: Of Statewide homeless consumers, 1049 were in shelters and 512 were not in shelters.

**4-3: Homeless Nights, Past 3 Months**

Among Statewide consumers, 11% reported night(s) homeless during the past 3 months.

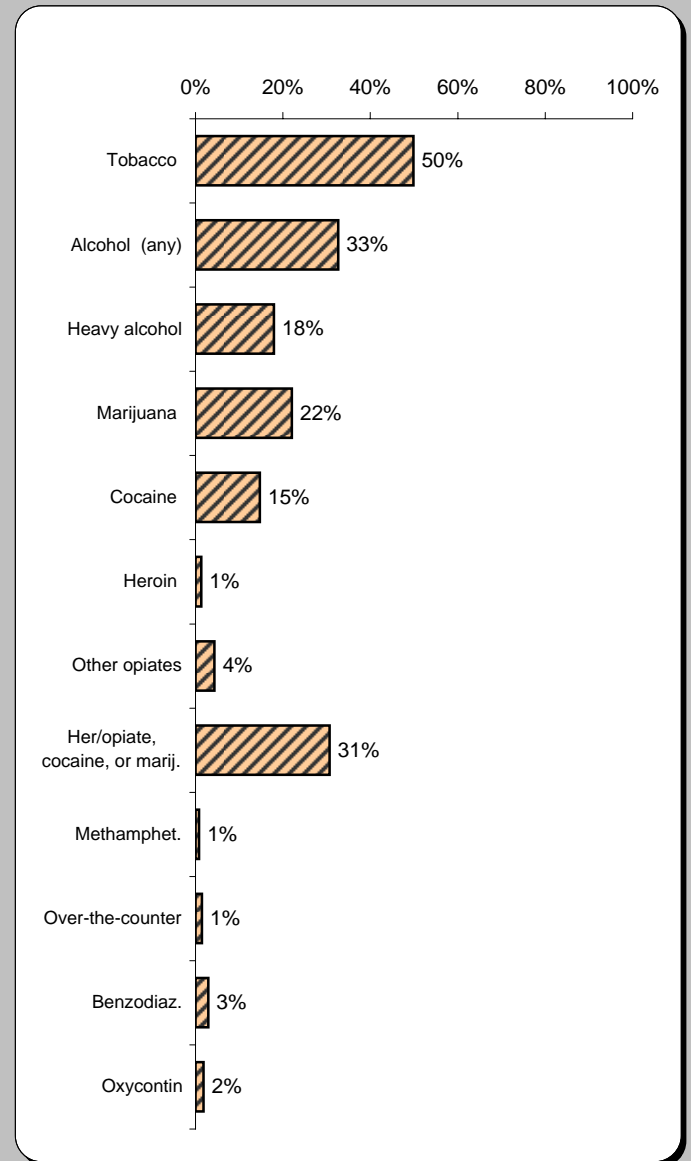
**4-4: Times Moved Residences in the Past Year**

No moves	53%
Moved once	23%
Moved two or more times	24%

**4-5: Type of Substance Use, Past 12 Months**

	%
Any alcohol or tobacco use	62%
Any use of illicit drugs or other substances	34%

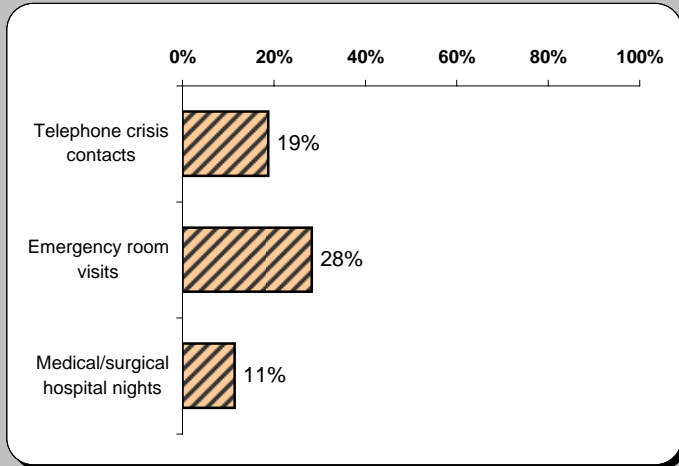
**4-6: Self-Report Substance Use, Past 12 Months**



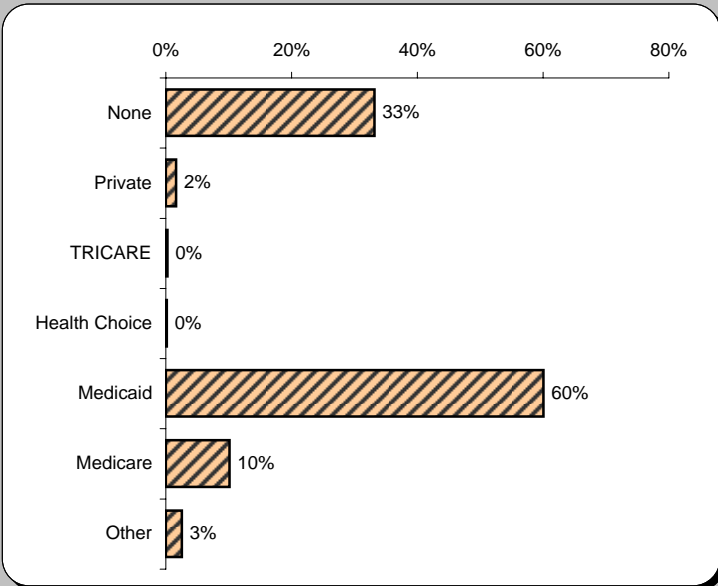
**5-1: Routine Health Care**

Among Statewide consumers, 79% have seen their provider within the past year for a routine check-up.

**5-2: Health Services Utilized in Past 3 Months**



**5-3: Health Insurance**



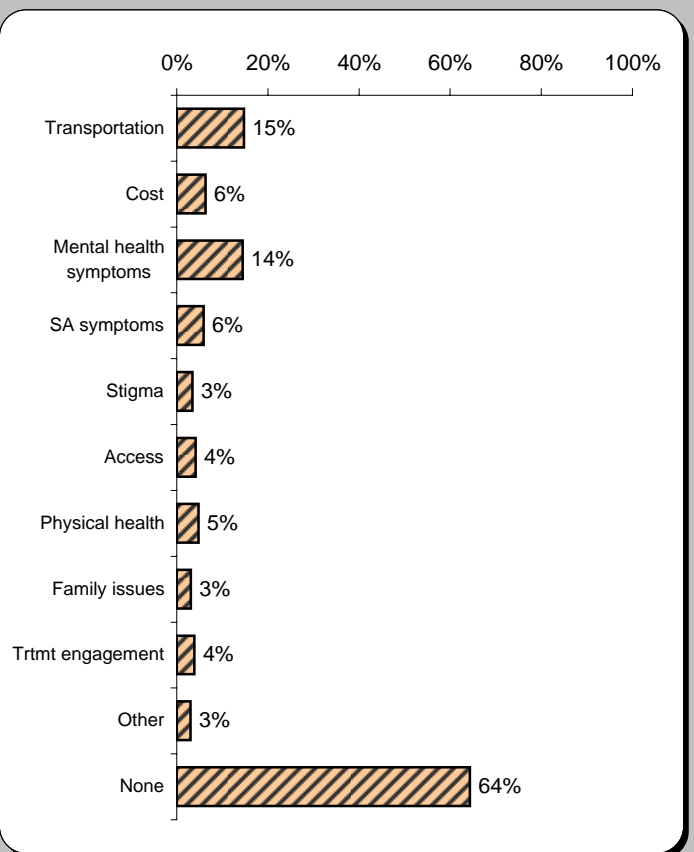
**5-4: Pregnancy Status**

	<b>Number</b>
Currently pregnant	437
Uncertain about pregnancy status	245
In first trimester	120
In second trimester	165
In third trimester	126

Note: Numbers may not add, due to missing data.

**Number of Initial Interviews: Statewide = 26,011**

**5-5: Barriers to Treatment**



**5-6: Provider Choice**

Received list of options of places to get services	73%
Came here (to this provider) on my own	19%
Did not receive list or options for services	7%

**5-7: Timeliness of Services**

The first service was in a time frame that met my needs	97%
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**Appendix  
Adult Mental Health  
Acronyms and Abbreviations**

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<b>Acronym or Term</b>	<b>Definition</b>
Af Amer.	African American
Benzodiaz.	Benzodiazepine(s)
Cauc.	Caucasian
DSM	Diagnostic and Statistical Manual (Edition IV)
DSS	Division of Social Services
Her	Heroin
Marij.	Marijuana
MH	Mental Health
QP	Qualified Professional
Trtmt	Treatment
SA	Substance Abuse