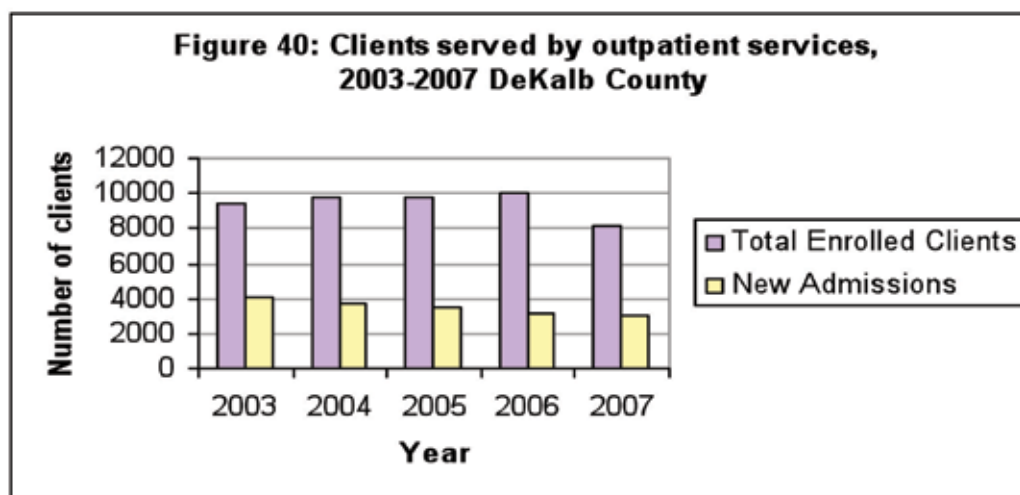


# Behavioral Health

The concept “behavioral health” refers to how one’s mental well-being affects his or her actions and ability to function. Major areas within behavioral health are mental illness, addictive disease, mental illness coexisting with addictive disease, and developmental disabilities.

DeKalb County’s status of behavioral health is unknown. There is no survey that assesses behavioral health issues among DeKalb County residents. Therefore, it is not possible to report the impact of mental illnesses, addictive diseases and developmental disabilities for the entire county.

However, to provide some insight into this important aspect of health, this section presents data on clients of the DeKalb Community Service Board (CSB). The DeKalb Community Service Board is the public provider of behavioral health and developmental disability services for DeKalb County. Figure 40 describes the number of clients and new admissions to CSB.



*Note: Graph displays all clients receiving mental health and addictive disease services.  
Source: DeKalb Community Service Board.*

## MENTAL ILLNESS

Many of the individuals treated by the DeKalb CSB suffer from a severe mental illness. Severe mental illness is defined as a prolonged illness requiring long-term treatment, where the person has been mentally ill for at least two years and their daily functioning is significantly impaired.

According to a recent report by the National Association of State Mental Health Program Directors, individuals with a severe mental illness die 25 years earlier than the general population. The high rates of illness and early death in this population are due to preventable medical conditions caused by risk factors that are modifiable, like obesity, access to health care, smoking and substance abuse.

Some individuals treated by the DeKalb CSB suffer from the following types of disorders:

- Mood disorders, such as major depression and bipolar disorder. In fact:
  - 36 percent of all new adult outpatient admissions between 2003 and 2007 were due to mood disorders.
  - The CSB treats approximately 1,200 new cases of mood disorders per year.
  - 49 percent of all female admissions were diagnosed with a mood disorder compared to only 21 percent of all male admissions.
- Schizophrenic disorders, such as schizophrenia and schizoaffective disorder. These account for:
  - Approximately 12 percent of all adult admissions since 2003.
  - An average of 400 new cases per year.
  - 33 percent of the diagnoses among men and 21 percent among women.
- Child and adolescent disorders among clients age 5 to 17 years, which:
  - Include conduct disorder, oppositional defiant disorder, disruptive behavior disorder NOS (not otherwise specified) and separation anxiety disorder.

## **ADDICTIVE DISEASE**

The DeKalb CSB:

- On average treats 1,900 new cases of substance abuse and other dependence disorders per year.
- Clients most commonly have cocaine dependence and alcohol dependence diagnoses. Cocaine dependence accounts for 38 percent and alcohol dependence accounts for 25 percent of all primary substance abuse diagnoses.

### **What may put you at risk**

- Significant social transitions (graduating to high school or college, getting a driver's license, losing a job).
- A history of conduct problems.
- Depression and other serious emotional problems.
- A family history of alcoholism.
- Contact with peers involved in deviant activities.

Table 43 shows mental illness disorders by age category.

<b>Table 43: Mental illness disorder category * by age group, 2003-2007 DeKalb Community Service Board</b>		<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>
<b>All Ages</b>	Attention Deficit Hyperactivity Disorder (ADHD)	8%	7%	8%	6%	5%
	Adjustment Disorder	9%	8%	7%	9%	6%
	Anxiety Disorder	5%	5%	5%	4%	5%
	Child and Adolescent Disorders	8%	6%	6%	7%	6%
	Mood Disorder	34%	36%	35%	37%	38%
	Schizophrenia	12%	11%	11%	14%	13%
	Substance Abuse and Dependence	20%	21%	18%	16%	21%
	Other	5%	6%	9%	8%	6%
<b>5-17 Years</b>	ADHD	26%	26%	31%	26%	28%
	Adjustment Disorder	18%	19%	15%	19%	14%
	Child and Adolescent Disorders	26%	24%	24%	27%	34%
	Mood Disorder	12%	11%	15%	11%	10%
	Substance Abuse and Dependence	10%	9%	6%	7%	2%
	Other	8%	11%	9%	10%	12%
<b>18-34 Years</b>	Adjustment Disorder	7%	7%	6%	8%	6%
	Anxiety Disorder	6%	6%	7%	4%	7%
	Mood Disorder	41%	44%	40%	43%	39%
	Psychotic Disorder	16%	12%	14%	17%	18%
	Substance Abuse and Dependence	22%	22%	19%	16%	21%
	Other	8%	9%	14%	12%	10%
<b>35-54 Years</b>	Adjustment Disorder	4%	4%	4%	5%	3%
	Anxiety Disorder	5%	4%	5%	4%	5%
	Mood Disorder	43%	41%	40%	43%	43%
	Psychotic Disorder	15%	14%	14%	17%	13%
	Substance Abuse and Dependence	27%	29%	26%	22%	30%
	Other	6%	7%	10%	9%	7%
<b>55-64 Years</b>	Anxiety Disorder	6%	8%	4%	5%	4%
	Mood Disorder	60%	53%	56%	53%	59%
	Psychotic Disorder	16%	15%	13%	20%	12%
	Substance Abuse and Dependence	13%	13%	11%	9%	13%
	Other	5%	10%	16%	14%	12%
<b>65 years and older</b>	Anxiety Disorder	4%	9%	10%	14%	5%
	Mood Disorder	43%	50%	46%	56%	44%
	Psychotic Disorder	31%	23%	17%	9%	23%
	Substance Abuse and Dependence	4%	7%	10%	9%	5%
	Other	12%	4%	7%	12%	12%

*\*Primary Diagnosis on Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) Axis I.  
Source: DeKalb Community Service Board (new cases using outpatient services).*

## MENTAL ILLNESS AND ADDICTIVE DISEASE

People with a mental illness are also likely to have an addictive disease. A co-occurring diagnosis is associated with increased health risks, medication noncompliance and poor treatment outcomes when compared to cases with only a mental illness.

These cases require extensive treatment to address both mental illness and substance abuse. Out of the total 1,900 new cases of substance abuse or other dependence disorders, 1,460 cases (77%) also have a mental illness.

The DeKalb Crisis Center provides crisis stabilization services to clients with severe mental illness and/or a substance abuse disorder. It is a 42-bed unit that handles approximately 1,200 admissions a year.

The center:

- Receives a majority of cases with a diagnosis of alcohol dependence, schizophrenia or cocaine dependence.
- Experienced an increase in the number of cases admitted with a substance abuse/dependence disorder, increasing from 18 percent of all admissions in 2003 to 48 percent in 2007 (Table 44).
- Found that in 2007, 38 percent of all admissions to the center had both a substance abuse disorder and a severe mental illness.

Table 44 below presents the categories of disorders seen at the DeKalb Crisis Center.

	2003	2004	2005	2006	2007
Adjustment Disorder	3%	5%	3%	2%	3%
Anxiety Disorder	1%	1%	1%	1%	1%
Mood Disorder	25%	34%	21%	21%	23%
Psychotic Disorder	53%	45%	26%	27%	23%
Substance Abuse/Dependence Disorder	18%	14%	47%	48%	48%
Other	0%	1%	1%	2%	3%

*\*Primary Diagnosis on DSM-IV Axis I.  
Source: DeKalb Community Service Board.*

### What you can do

- Seek treatment from a licensed professional.
- Maintain treatment. Continue treatment regimens.
- Find a support group.
- Take care of your mind, body and soul.
- Notice behavior changes in friends and loved ones. Talk to them, be empathetic and ask if they want help.

Experiencing symptoms of a mental health problem is not uncommon. Susceptibility to mental health problems is not specific to age, race or gender. Recovery is possible.

## DEVELOPMENTAL DISABILITY

Developmental disabilities include mental retardation, autism and other disabilities caused naturally or from a genetic disorder.

Between 2003 and 2007 the DeKalb CSB served, on average, 490 DeKalb residents diagnosed with mild to profound mental retardation per year. See Table 45 for the percentages and types of developmental disabilities diagnosed by the CSB.

	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>
Mild Mental Retardation	25%	25%	24%	25%	25%
Moderate Mental Retardation	25%	26%	28%	28%	28%
Severe Mental Retardation	24%	23%	24%	24%	22%
Profound Mental Retardation	17%	17%	17%	16%	19%
Other	9%	10%	7%	7%	5%

*\*Primary Diagnosis on DSM-IV Axis II.*

*Source: DeKalb Community Service Board (New cases using outpatient services).*

*Note: The degree of retardation is based partly on IQ score. An IQ score between 50 and 69 is considered mild, 35 to 49 moderate, 20 to 34 severe and below 20 profound. However, the mental retardation diagnosis is not based only on IQ scores. A person's adaptive functioning is also taken into account.*

### For more information

- American Association on Intellectual and Developmental Disabilities: [www.aamr.org](http://www.aamr.org).
- Substance Abuse and Mental Health Services Administration: 1-877-726-4727, [www.samhsa.gov](http://www.samhsa.gov).
- National Alliance on Mental Illness Georgia: 770-234-0855, [www.namiga.org](http://www.namiga.org).
- Georgia Department of Behavioral Health and Developmental Disabilities: [www.dbhdd.georgia.gov](http://www.dbhdd.georgia.gov) or 24-hour Crisis and Access Line 1-800-715-4225.
- DeKalb Community Service Board: 404-892-4646, [www.dekcsb.org](http://www.dekcsb.org).