



Comorbid substance use disorders and mental health disorders among New Zealand prisoners

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14 June 2017

4,000
OFFENDERS ON
**ELECTRONIC
MONITORING**



39,200
MOVEMENTS
to court/medical
appointments each year



NEARLY
2.0
Million
community hours
worked each year



29,000
COMMUNITY-BASED OFFENDERS

9,600
PRISONERS*
7% Female



OVER
100,000
Consultations
by healthcare staff
each year



300
OFFENDERS
returned to
New Zealand



Comorbid substance use disorders and mental health disorders among New Zealand prisoners

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National Research Bureau

June 2016

Published by the New Zealand Department of Corrections

What we did

- between March and July 2015, 1200 newly-received (mainly sentenced) prisoners across 13 prisons were assessed
- assessment via widely-validated computer-based interview protocol (“Composite International Diagnostic Interview” or CIDI 3.0)
- focus on experiences in “last 12 months”, and “ever during lifetime”
- project financed via Government “Proceeds of Crime Fund”





What we did

- assessment of whether experiences met criteria for diagnosis of mental disorders:
 - anxiety
 - mood
 - substance use
 - eating disorder
 - personality disorder
- also, experience of psychotic symptoms, “psychological distress”, and suicidal thoughts & behaviour



Headline findings

In the last 12 months...

- a small minority (7%) reported experiencing psychotic symptoms (e.g., hearing voices, seeing things that weren't real, delusions)
- almost a quarter (24%) had some form of mood disorder (i.e., depression)
- a similar percentage (23%) met criteria for an anxiety disorder (e.g., panic, post-traumatic stress)



Headline findings

- Personality disorders observed in one third (33%) of prisoners
- Most common forms of personality disorder were:
 - paranoid
 - antisocial
 - obsessive-compulsive
 - borderline





Headline findings

In the last 12 months...

- just under half (47%) met criteria for a substance use disorder (alcohol, drugs or both; lifetime = 87%)
- drug dependence slightly more common than alcohol dependence (21% vs 18%)
- eating disorders relative rare (3%), though more common amongst females (7%)



Headline Findings

In the last 12 months

- almost two-thirds (62%) meet diagnosis for *either* a mental health disorder *or* substance use disorder (lifetime = 91%)
-
- prevalence of “comorbidity” (co-existing mental disorder + substance use) was 20 percent
- those with anxiety or mood disorders most likely (60%) also to display current “psychological distress”





Headline findings

In the last 12 months

- suicidality relatively common:
 - 14% had had suicidal ideas
 - 7% had had a suicide plan
 - 6% had attempted suicide
- less than half (46%) with mental health or substance use disorders had received any form of treatment



Other significant findings

Females more likely than males to have:

- any mental disorder (75% compared to 61%)
 - major depressive disorder (23% cf 14%)
 - alcohol and drug dependence
 - post-traumatic stress disorder
 - eating disorder
 - co-morbidity (mental health + substance abuse)
 - psychological distress
 - been suicidal
- ... but also more likely to have received mental health treatment

Other significant findings

Males have higher prevalence of:

- alcohol and drug abuse disorder
- personality disorder (incl. borderline PD)





Other significant findings

NZ European:

- higher prevalence (compared to Maori or Pacific) of mood and anxiety disorders (esp. PTSD)
- more likely to have personality disorder
- higher prevalence of psychological distress and suicidal ideas/behaviour

Maori:

- more likely than NZE to display “no disorder”
- lower rates of mood disorder

Pacific peoples:

- highest prevalence of alcohol disorders, but lowest for drug disorders
- least likely to access mental health treatment



Other significant findings

- Anxiety disorder peaked in 45-64 age group
- Mood disorders peak in the 25-44 age group
- Substance use disorders highest between 17-24 years
- Prevalence of most disorders decrease with age
- Highest prevalence of ever attempting suicide for 17-24 year olds ...
but
- prevalence of all suicidality remained high across all age groups
relative to NZ general population



The National Study of Psychiatric Morbidity in New Zealand Prisons

An Investigation of the Prevalence of
Psychiatric Disorders among New Zealand Inmates

An Epidemiology Study commissioned by the
Department of Corrections and co-sponsored by the
Ministries of Health and Justice

Published
1999



Comparison study

1999 Prison Study

- anxiety disorder rates now somewhat lower
- similar rates in relation to mood disorder
- substance use disorders broadly similar, although “stimulant” abuse (i.e., methamphetamine) much higher (was 4%, now 38%)
- personality disorders now only half as common (measurement issue?)
- proportion with co-morbidity (substance abuse + mental disorder) significantly lower now





Comparison: General Population

Te Rau Hingengaro: New Zealand Mental Health Survey (2006)

Compared with the NZ general population, prisoners were:

- 3 x more likely to have any disorder (mental or substance use/abuse)
- 2 x more likely to have an anxiety disorder
- 3 x more likely to have a mood disorder
- 13 x more likely to have a substance use disorder
- 30 x more likely to have specifically a drug dependence disorder

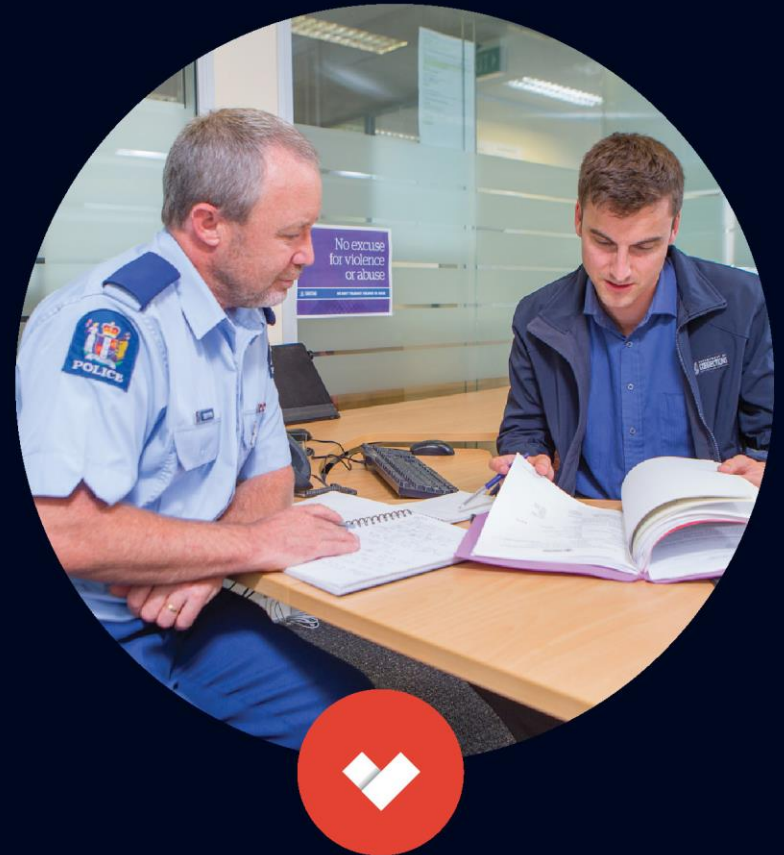


Implications

Mental health and substance disorders are a significant issue amongst offenders received into prison

Further research planned, initially on relationship between mental disorders and re-offending

Currently improving scope and availability of mental health and reintegration services





Mental health & reintegration services

\$14M 2-year pilot





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