

**Table 6.36A Perceived Recovery from a Substance Use Problem or Mental Health Issue: Among People Aged 18 or Older; by Demographic Characteristics, Numbers in Thousands, 2019 and 2020**

Demographic Characteristic	In Recovery from a Substance Use Problem <sup>1</sup> (2019)	In Recovery from a Substance Use Problem <sup>1</sup> (2020)	In Recovery from a Mental Health Issue <sup>2</sup> (2019)	In Recovery from a Mental Health Issue <sup>2</sup> (2020)
<b>TOTAL</b>	21,233	21,047	33,971	35,834
<b>AGE GROUP</b>				
18-25	1,720	1,582	6,791	7,053
26 or Older	19,512	19,465	27,181	28,781
26-49	9,602	10,008	15,677	16,985
50 or Older	9,911	9,457	11,503	11,796
<b>GENDER</b>				
Male	13,207	12,481	13,201	13,301
Female	8,026	8,567	20,770	22,533
<b>HISPANIC ORIGIN AND RACE</b>				
Not Hispanic or Latino	18,875	18,556	30,111	31,713
White	16,400	15,654	25,450	26,923
Black or African American	1,382	1,698	2,344	2,379
AIAN	153	198	187	98
NHOPI	62	13	69	*
Asian	335	346	1,176	1,241
Two or More Races	544	647	885	1,034
Hispanic or Latino	2,358	2,491	3,860	4,122
<b>EDUCATION LEVEL</b>				
< High School	2,166	1,914	2,526	2,211
High School Graduate	4,849	6,134	5,642	7,129
Some College/Associate's Degree	7,878	7,358	12,012	12,381
College Graduate	6,340	5,641	13,792	14,113
<b>EMPLOYMENT STATUS</b>				
Full-Time	10,884	9,496	17,130	17,516
Part-Time	2,908	3,039	5,971	5,934
Unemployed	1,105	1,242	1,502	1,884
Other <sup>3</sup>	6,336	7,271	9,369	10,501

\* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

<sup>1</sup> Respondents were asked if they perceived themselves to be in recovery or recovered from a substance use problem only if they reported ever having a drug or alcohol use problem. Respondents who perceived themselves never having had a substance use problem were classified in this analysis as not being in recovery or having recovered from a substance use problem. Excluded were respondents with unknown information for ever having a substance use problem or for perceived recovery from their substance use problem.

<sup>2</sup> Respondents were asked if they perceived themselves to be in recovery or recovered from a mental health issue only if they reported ever having a mental health issue. Respondents who perceived themselves never having had a mental health issue were classified in this analysis as not being in recovery or having recovered from a mental health issue. Excluded were respondents with unknown information for ever having a mental health issue or for perceived recovery from their mental health issue.

<sup>3</sup> Other Employment includes students, people keeping house or caring for children full time, retired or disabled people, or other people not in the labor force.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2019 and Quarters 1 and 4, 2020.

**Table 6.36B Perceived Recovery from a Substance Use Problem or Mental Health Issue: Among People Aged 18 or Older; by Demographic Characteristics, Percentages, 2019 and 2020**

Demographic Characteristic	In Recovery from a Substance Use Problem <sup>1</sup> (2019)	In Recovery from a Substance Use Problem <sup>1</sup> (2020)	In Recovery from a Mental Health Issue <sup>2</sup> (2019)	In Recovery from a Mental Health Issue <sup>2</sup> (2020)
<b>TOTAL</b>	8.6	8.4	13.7	14.4
<b>AGE GROUP</b>				
18-25	5.2	4.8	20.4	21.3
26 or Older	9.1	9.0	12.7	13.3
26-49	9.6	9.9	15.6	16.9
50 or Older	8.7	8.1	10.1	10.2
<b>GENDER</b>				
Male	11.0	10.3	11.0	11.0
Female	6.2	6.6	16.2	17.5
<b>HISPANIC ORIGIN AND RACE</b>				
Not Hispanic or Latino	9.1	8.9	14.5	15.2
White	10.4	9.9	16.3	17.2
Black or African American	4.7	5.6	8.0	7.9
AIAN	11.1	14.0	13.6	7.0
NHOPI	6.3	1.4	7.0	*
Asian	2.3	2.4	8.2	8.7
Two or More Races	12.5	13.8	20.3	22.3
Hispanic or Latino	5.8	6.0	9.5	10.0
<b>EDUCATION LEVEL</b>				
< High School	7.3	6.7	8.5	7.8
High School Graduate	8.1	8.9	9.4	10.3
Some College/Associate's Degree	10.3	9.7	15.7	16.3
College Graduate	7.7	7.4	16.8	18.4
<b>EMPLOYMENT STATUS</b>				
Full-Time	8.8	8.2	13.9	15.2
Part-Time	9.0	9.8	18.5	19.2
Unemployed	11.3	9.6	15.3	14.7
Other <sup>3</sup>	7.7	8.0	11.4	11.6

\* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

<sup>1</sup> Respondents were asked if they perceived themselves to be in recovery or recovered from a substance use problem only if they reported ever having a drug or alcohol use problem. Respondents who perceived themselves never having had a substance use problem were classified in this analysis as not being in recovery or having recovered from a substance use problem. Excluded were respondents with unknown information for ever having a substance use problem or for perceived recovery from their substance use problem.

<sup>2</sup> Respondents were asked if they perceived themselves to be in recovery or recovered from a mental health issue only if they reported ever having a mental health issue. Respondents who perceived themselves never having had a mental health issue were classified in this analysis as not being in recovery or having recovered from a mental health issue. Excluded were respondents with unknown information for ever having a mental health issue or for perceived recovery from their mental health issue.

<sup>3</sup> Other Employment includes students, people keeping house or caring for children full time, retired or disabled people, or other people not in the labor force.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2019 and Quarters 1 and 4, 2020.

**Table 6.37A Perceived Recovery from a Substance Use Problem: Among People Aged 18 or Older Who Perceived Ever Having a Substance Use Problem; Perceived Recovery from a Mental Health Issue: Among People Aged 18 or Older Who Perceived Ever Having a Mental Health Issue; by Demographic Characteristics, Numbers in Thousands, 2019 and 2020**

Demographic Characteristic	In Recovery from a Substance Use Problem <sup>1</sup> (2019)	In Recovery from a Substance Use Problem <sup>1</sup> (2020)	In Recovery from a Mental Health Issue <sup>2</sup> (2019)	In Recovery from a Mental Health Issue <sup>2</sup> (2020)
<b>TOTAL</b>	21,233	21,047	33,971	35,834
<b>AGE GROUP</b>				
18-25	1,720	1,582	6,791	7,053
26 or Older	19,512	19,465	27,181	28,781
26-49	9,602	10,008	15,677	16,985
50 or Older	9,911	9,457	11,503	11,796
<b>GENDER</b>				
Male	13,207	12,481	13,201	13,301
Female	8,026	8,567	20,770	22,533
<b>HISPANIC ORIGIN AND RACE</b>				
Not Hispanic or Latino	18,875	18,556	30,111	31,713
White	16,400	15,654	25,450	26,923
Black or African American	1,382	1,698	2,344	2,379
AIAN	*	*	*	*
NHOPI	*	*	*	*
Asian	*	*	1,176	1,241
Two or More Races	544	*	885	1,034
Hispanic or Latino	2,358	2,491	3,860	4,122
<b>EDUCATION LEVEL</b>				
< High School	2,166	1,914	2,526	2,211
High School Graduate	4,849	6,134	5,642	7,129
Some College/Associate's Degree	7,878	7,358	12,012	12,381
College Graduate	6,340	5,641	13,792	14,113
<b>EMPLOYMENT STATUS</b>				
Full-Time	10,884	9,496	17,130	17,516
Part-Time	2,908	3,039	5,971	5,934
Unemployed	1,105	1,242	1,502	1,884
Other <sup>3</sup>	6,336	7,271	9,369	10,501

\* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

<sup>1</sup> Respondents were asked if they perceived themselves to be in recovery or recovered from a substance use problem only if they reported ever having a drug or alcohol use problem. Excluded were respondents with unknown information for ever having a substance use problem or for perceived recovery from their substance use problem.

<sup>2</sup> Respondents were asked if they perceived themselves to be in recovery or recovered from a mental health issue only if they reported ever having a mental health issue. Excluded were respondents with unknown information for ever having a mental health issue or for perceived recovery from their mental health issue.

<sup>3</sup> Other Employment includes students, people keeping house or caring for children full time, retired or disabled people, or other people not in the labor force.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2019 and Quarters 1 and 4, 2020.

**Table 6.37B Perceived Recovery from a Substance Use Problem: Among People Aged 18 or Older Who Perceived Ever Having a Substance Use Problem; Perceived Recovery from a Mental Health Issue: Among People Aged 18 or Older Who Perceived Ever Having a Mental Health Issue; by Demographic Characteristics, Percentages, 2019 and 2020**

Demographic Characteristic	In Recovery from a Substance Use Problem <sup>1</sup> (2019)	In Recovery from a Substance Use Problem <sup>1</sup> (2020)	In Recovery from a Mental Health Issue <sup>2</sup> (2019)	In Recovery from a Mental Health Issue <sup>2</sup> (2020)
<b>TOTAL</b>	75.5	72.5	70.7	65.9
<b>AGE GROUP</b>				
18-25	69.0	63.4	65.9	61.8
26 or Older	76.2	73.4	72.0	66.9
26-49	73.3	70.0	69.2	64.9
50 or Older	79.2	77.3	76.4	70.2
<b>GENDER</b>				
Male	76.1	71.8	70.7	64.3
Female	74.6	73.6	70.7	66.8
<b>HISPANIC ORIGIN AND RACE</b>				
Not Hispanic or Latino	75.4	72.8	70.9	66.3
White	76.2	72.4	71.9	66.7
Black or African American	71.9	76.3	61.4	58.1
AIAN	*	*	*	*
NHOPI	*	*	*	*
Asian	*	*	73.9	75.3
Two or More Races	73.5	*	68.4	68.7
Hispanic or Latino	76.4	70.8	69.4	63.0
<b>EDUCATION LEVEL</b>				
< High School	78.1	82.4	65.1	57.2
High School Graduate	76.9	76.1	65.4	61.1
Some College/Associate's Degree	79.6	71.8	69.5	66.0
College Graduate	69.5	67.3	75.5	70.2
<b>EMPLOYMENT STATUS</b>				
Full-Time	73.1	66.7	72.3	68.5
Part-Time	75.4	76.8	71.1	66.3
Unemployed	76.3	71.1	63.6	57.4
Other <sup>3</sup>	80.1	80.1	69.0	63.3

\* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

<sup>1</sup> Respondents were asked if they perceived themselves to be in recovery or recovered from a substance use problem only if they reported ever having a drug or alcohol use problem. Excluded were respondents with unknown information for ever having a substance use problem or for perceived recovery from their substance use problem.

<sup>2</sup> Respondents were asked if they perceived themselves to be in recovery or recovered from a mental health issue only if they reported ever having a mental health issue. Excluded were respondents with unknown information for ever having a mental health issue or for perceived recovery from their mental health issue.

<sup>3</sup> Other Employment includes students, people keeping house or caring for children full time, retired or disabled people, or other people not in the labor force.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2019 and Quarters 1 and 4, 2020.