

Mental and Behavioral Health Data Resources

Overview

Vision for Children at Risk (VCR) believes quantitative and qualitative data should provide the foundation for informed, strategic, collaborative community engagement, action, and advocacy. VCR has several mechanisms to assess data gaps and data needs in the community. Through direct feedback from our data users, various collaborative community meetings, and individual meetings with key data partners, one data gap that we have identified is around mental and behavioral health data. In an effort to further assess the availability and accessibility of mental and behavioral health data in our region we dove deeper into this topic to gain a clearer picture of the landscape. In doing this we came across many sources that contain mental and behavioral health data.

We have compiled those mental and behavioral resources below and wanted to share them with anyone in the community who might find them useful. We know this is not an exhaustive list. We also acknowledge that some of these resources are more user-friendly than others and that some only provide data at certain geographic levels or for certain population groups, etc. but we wanted to make these resources available to the broader community as we continue to strategize about how we further respond to this data gap and help support the community with user-friendly, accessible mental and behavioral health data.

Please feel free to email VCR’s data and research coordinator, Liz Hoester (ehoester@visionforchildren.org), if you have questions or sources to add to this document.

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Data Resources

Addiction Science Team
University of Missouri - Saint Louis

Available Data	Reports on statewide drug overdose mortality and behavioral health trends including overdose deaths, substances involved (opioids, fentanyl, stimulants), and demographic patterns (age, sex, and race). Reports often include trend analyses over time and regional comparisons.
Geographic Level	State, Region

All Things Missouri, University of Missouri Extension

Available Data	Dozens of indicators available (juvenile arrest rate, poor mental health days, access to mental health providers, etc.) Some data categories of note: Health Behaviors, Health Care Access, Health Outcomes, Social Factors.
Geographic Level	State, County
Additional Notes	Interactive maps; ability to build reports

America's Health Rankings

Available Data	Provides data on various mental health indicators along with demographic breakdowns and trends over time. Some of the indicators include depression, mental distress, access to mental healthcare providers, and suicide. Also releases an annual report at the national and state level which highlights access to mental health providers and behavioral health indicators.
Geographic Level	State

Becker Medical Library and the Center for Community Health Partnership and Research

Available Data	A collection of resources, including many community assessments, which provide data and research on community engagement. Some indicators include mental illness prevalence, rates of treatment/service use, access to mental health services, etc.
Geographic Level	City, County

Chiron Community Giving Foundation

Available Data	Includes a database with 27 different indicators with data from the years 2016-2023. These mental health related indicators are broken down into demographics, needs, access, and social determinants of health.
Geographic Level	ZIP Code
Additional Notes	Includes locations of SAMHSA facilities

Congressional District Health Dashboards

NYU Grossman School of Medicine and Robert Wood Johnson Foundation

Available Data	Created as a tool for policy makers and advocates to understand the health of congressional districts. Includes some mental and behavioral health indicators including firearm suicides, binge drinking, frequent mental distress, and smoking. Can also view typical demographics of the state/district.
Geographic Level	State, Congressional District
Additional Notes	Can customize to view only certain indicators; map and list view

County Health Rankings & Roadmaps

Available Data	Raw data files gathered from counties, nationally. Includes mental health indicators such as poor mental health days, access to providers, and social determinants impacting mental health.
Geographic Level	County

Explore MO Health

Available Data	Can explore pre-made reports or generate your own from a wide variety of indicators. Some of the indicators include typical demographics, substance use disorder, mental health conditions, poor mental health days, frequent mental distress, etc.
Geographic Level	County, ZIP Code
Additional Notes	Ability to generate reports

Mental Health America

Available Data	An interactive dashboard viewable at the national, state, or county level. Some indicators include depression, suicide, PTSD, trauma, and psychosis.
Geographic Level	State, County
Additional Notes	Ability to view map by age and ethnicity

Missouri Behavioral Health System Asset Mapping Project

Missouri Foundation for Health, Health Forward Foundation, TriWest Group and Zia Partners

Available Data	Provides an assessment of Missouri's behavioral health system (including provider capacity, service availability, gaps in care, and regional distribution of mental health and substance use services). Focuses on infrastructure rather than individual indicators.
Geographic Level	State, Region

Missouri Department of Health & Senior Services – Drug Overdose Dashboard

Available Data	A data dashboard which visualizes various data points in drug overdose deaths in the state of Missouri. Data can be disaggregated by race, county, gender, and drug used over time
Geographic Level	State, County

Missouri Department of Health and Senior Services – Missouri Violent Death Reporting System

Available Data	A collection of data surrounding the violent deaths (suicide or homicide) which have occurred in the state of Missouri over time. Data is broken down by occupation, location of death, age, race, and sex. In addition, there are details surrounding the suicide or homicide including method, mental health/substance use problems, life stressors, relationship of suspect to victim, etc..
Geographic Level	State, County

Missouri Department of Health and Senior Services – Pregnancy-Associated Mortality Review Dashboard

Available Data	This dashboard outlines the details surrounding pregnancy-associated mortality in the state of Missouri. Some indicators it focuses on includes cause of death (including mental health), if substance use disorder or mental health were contributing factors, race, age, BMI, education, insurance, marital status, etc.
Geographic Level	State, BRFSS Regions

Missouri Department of Mental Health – Behavioral Health Barometer Reports

Available Data	Summarizes key behavioral health indicators such as prevalence of mental illness, substance use disorders, treatment rates, and access to care. Includes comparisons over time and across populations.
Geographic Level	State

Missouri Department of Mental Health – Behavioral Health Data

Available Data	Includes 21 different mental health indicators (depression, suicide, bullying, stress, etc. are covered) in an organized database with a high level of interactivity. Other categories include youth, illicit drugs, school-based behaviors, alcohol, and tobacco.
Geographic Level	State, County
Additional Notes	Ability to generate maps and charts by indicator

Missouri Department of Mental Health – Community Profiles

Available Data	Includes a report on each county within the state of Missouri. The reports include data and an analysis of substance use and mental health of adults in the county. The substances analyzed are alcohol, binge alcohol, cigarettes, marijuana, and Rx misuse. In the mental health section, treatment, mental illness, major depressive episodes, and suicide are discussed.
Geographic Level	County

Missouri Department of Mental Health – Student Survey Reports

Available Data	Provides data at the county level for various mental and behavioral indicators for the youth population. Additionally shows comparisons from 2022 to 2024. The indicators focus on substance use, bullying, suicide, depression, and relationships with family and friends
Geographic Level	State, County
Additional Notes	Focuses on 6 th through 12 th grade populations

Missouri Safety Net Opioid Treatment Dashboard

Available Data	An interactive dashboard which focuses on highlighting Missouri's publicly funded treatment services for opioid use disorder over the last 10 years. Data includes information on those enrolled in the program including gender, race, type of payment, treatment/medication received, and retention in the program/treatment.
Geographic Level	State

Missouri State Highway Patrol – Crime Report Dashboard

Available Data	A dashboard which is viewable by state or police department, year, and type of crimes (drug/alcohol, firearm related, etc.) The drug and alcohol crime data is broken down by type of drug, type of activity, age, sex, race. Firearm crimes are broken down by age, sex, race (of victim and offender), firearm type, and location.
Geographic Level	State
Additional Notes	Viewable by police departments

Missouri State Unintentional Drug Overdose Reporting System (SUDORS) Dashboard

Available Data	Displays data on unintentional drug overdose deaths from participating counties in Missouri. Can view data by age, educational level, housing circumstances, location of the overdose, mental health factors, bystander factors, and details about the drug involved.
Geographic Level	County
Additional Notes	Only available from participating counties in Missouri (22 participating in 2024)

National Emergency Medical Services Information System (NEMSIS) Drug Overdose Surveillance Dashboard

Available Data	An interactive dashboard viewable at the national, state, or county level. Some metrics include the number of non-fatal overdoses, average EMS time to patient, number of patients receiving Naloxone, and patients not transported to a medical facility. Can be disaggregated by stimulant/opioid.
Geographic Level	State, County

St. Louis City Department of Health

Available Data	Provides an overview and snapshot on the state of behavioral health in the City of St. Louis. Includes key data points on substance use (substance use disorder, drug overdoses) and mental illness (prevalence, treatment services). Highlights the differences in the indicators by city/county/state, age, and race.
Geographic Level	City

Think Health St. Louis

Available Data	Many indicators and dashboards available on such topics as community safety, overdose data, disparities, mental health, and alcohol and drug use.
Geographic Level	County, region
Additional Notes	Ability to build a custom dashboard comparing indicators by location, topics, population, classification, or subgroup.

University of Missouri Extension – Map Room

Available Data	An interactive GIS tool which allows users to explore and visualize statewide data through customizable maps. It includes a wide range of datasets, including mental and behavioral health indicators such as access to care, substance use trends, and population-level health outcomes as well as typical demographics.
Geographic Level	State, County, City, ZIP Code
Additional Notes	Ability to save and export generated maps

Youth Mental Health Needs Assessment – St. Louis County Children’s Service Fund and Saint Louis Mental Health Board

Available Data	Includes a quantitative data report that includes data on youth population and demographics, population trends and forecasting, socioeconomic status of youth, youth education, juvenile justice indicators, youth mental and behavioral health indicators and adult mental health. Also includes a qualitative report that includes feedback from those most impacted by mental and behavioral health: youth, parents and caregivers, educators, and service providers.
Geographic Level	County, sub-region, school district, ZIP Code
Additional Notes	Includes data disaggregated by race/ethnicity