

# 2023 National GAIN Youth Summary

*Effective, cost-efficient planning depends on accurately identifying the right level of care and prioritizing by problem severity across co-occurring disorders.*

## What is the GAIN?

The Global Appraisal of Individual Needs (GAIN) is a family of evidence-based, biopsychosocial instruments providing agencies a variety of options, from screening to comprehensive assessment, supporting early detection of major clinical problems, co-occurring disorders, risk of re-offending and more. Used across a wide range of institutional settings, GAIN supports decisions on diagnosis, placement, and treatment planning, and provides data for program evaluation and research.

## GAIN Instruments

The GAIN-Short Screener (GAIN-SS)	The GAIN-Quick Version 3 (GAIN-Q3)	The GAIN-Initial (GAIN-I)
<ul style="list-style-type: none"> <li>Identifies behavioral health disorders with 90%+ accuracy</li> <li>Quick completion: 5–15 minutes</li> <li><b>Covers key domains:</b> Mental Health, Substance Use, Crime and Violence</li> </ul>	<ul style="list-style-type: none"> <li>Identifies a broad range of issues</li> <li>Takes 25–35 minutes</li> <li><b>Covers domains:</b> Background, Substance Use, Physical Health, Risk Behaviors, Stress, Mental Health, School &amp; Work, Crime and Violence, Quality of Life</li> </ul>	<ul style="list-style-type: none"> <li>Comprehensive assessment for diagnosis, placement, planning, monitoring, and evaluation</li> <li><b>Completion time:</b> 1–2 hours</li> <li><b>Domains:</b> Background, Substance Use, Physical Health, Risk Behaviors, Mental and Emotional Health, Environment, Legal, Vocation</li> </ul>

## Youth in the National GAIN Data Set

The GAIN Coordinating Center has compiled more than 20 years of interviews to highlight common traits in individuals entering treatment, using data from 357,782 youth (up to age 25) in the 2023 GAIN National Data Set, which are available for secondary analysis.

### Demographic Characteristics

Figure 1 shows gender, race/ethnicity, and age. About two-thirds were male, over half were under 18. "Other/Mixed" includes Alaskan Native, Asian, Native American, Pacific Islander, mixed, and unlisted groups.

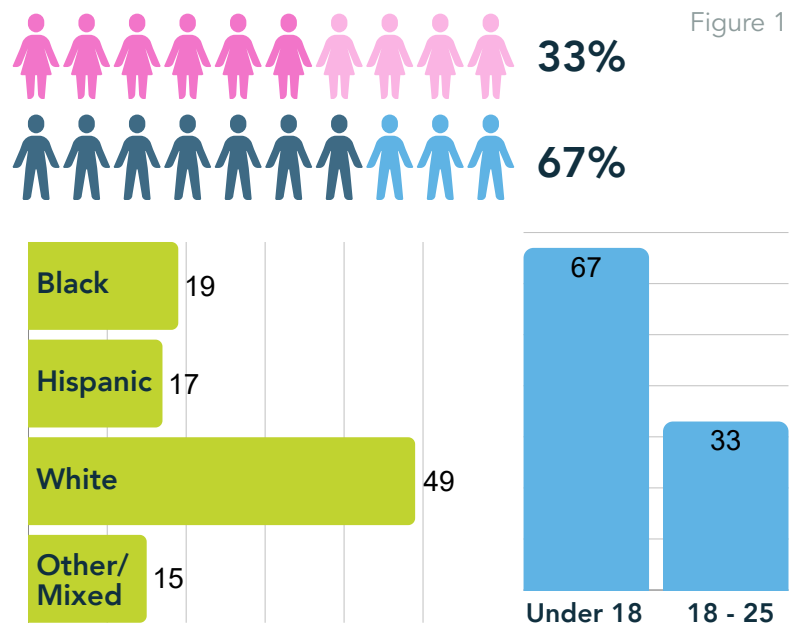
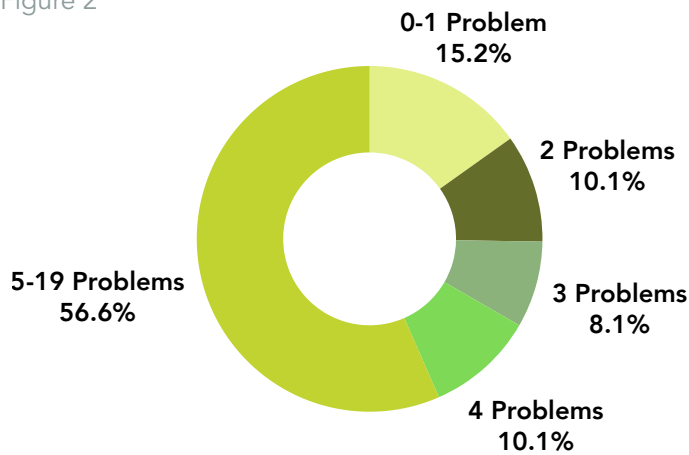


Figure 2

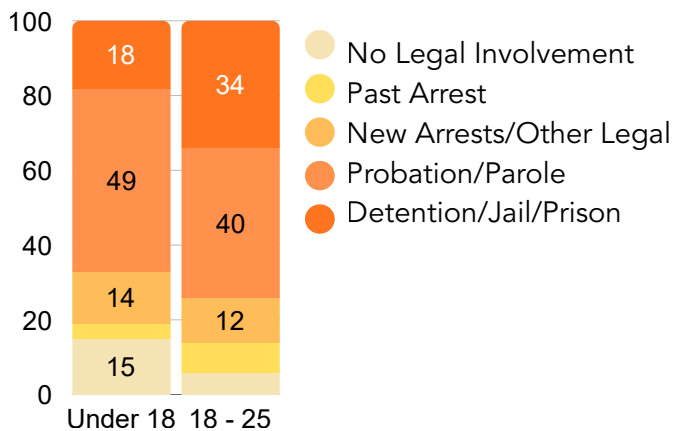


### Major Clinical Problems

Figure 2 shows co-occurring concerns from 19 major clinical problems in the year before intake; **over half** had 5 or more issues.

- **Substance Use Disorders:** Cannabis, Alcohol, Tobacco, Stimulant, Opioid, Other drugs
- **Mental Health Disorders:** Mood, Anxiety, Trauma, Suicide, ADHD, Conduct, Gambling, Early psychosis
- **Other Major Problems:** Illegal activity, Physical violence, Lifetime victimization, Physical health problems, Disability

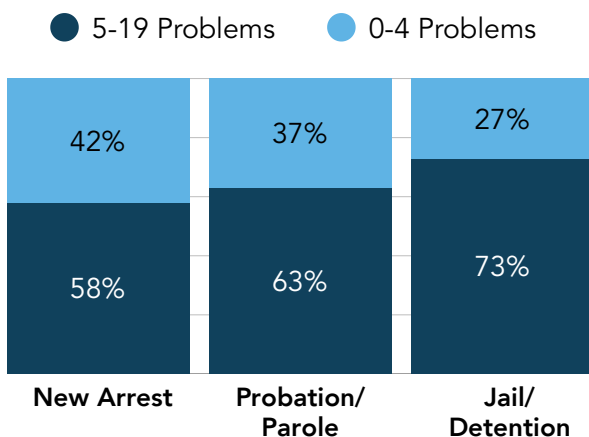
Figure 3



### Prevalence Rates of Major Clinical Problems

- **90%** have any alcohol/ other drug use disorder
- **52%** have any mental health disorder
- **53%** have any crime or violence problem
- **58%** have any history of physical, sexual or emotional victimization
- **66%** have any mod/severe physical health problems

Figure 4



### Legal System Involvement

Figure 3 shows legal system involvement. Although this is primarily a treatment sample, 81% of participants under 18 reported some level of legal system involvement.

### Co-Occurring Problems and Legal System Involvement

Figure 4 shows problem count by intensity of legal system involvement. The number of clinical problems increases as legal involvement intensifies.

Source: This National GAIN Youth Data Set consists of GAIN interviews collected by 8,694 staff, at 972 agencies, across all 50 US States, between 2002 and 2023. Comprised of 357,782 intake interviews (GAIN-I=210,185; GAIN-Q3=37,714; and GAIN-SS=109,883), this GAIN data set contains the largest, most inclusive behavioral health data resource to date. To respect the privacy concerns of our clients, all identifying information has been removed. We would like to thank the individuals who shared their knowledge and gave their time when participating in the assessment process. Additionally, we would like to thank the clinics, agencies, county, state and federal projects that contributed their data to this report.