

**New Jersey Department of Human Services
Division of Mental Health and Addiction Services
Substance Abuse Treatment
State Performance Report**

July 1, 2018 - June 30, 2019

**Prepared by:
Office of Planning, Research, Evaluation and Prevention**

March 2021

**New Jersey Substance Abuse Monitoring System (NJSAMS)
Substance Abuse Treatment Admissions
State of New Jersey Totals**

Admissions: 07/01/2018 - 06/30/2019

Primary Drug**

Alcohol	28,248	30%
Heroin	41,359	43%
Other Opiates	5,669	6%
Cocaine	5,075	5%
Marijuana	11,018	12%
Other Drugs	3,855	4%

Intravenous Drug Users

	29,069	30%
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Level of Care

Outpatient Care (OP)	24,935	26%
Intensive Outpatient (IOP)	24,128	25%
Partial Hospitalization	3,163	3%
Opioid Maintenance OP	9,910	10%
Opioid Maintenance IOP	2,326	2%
Extended Care	3	0%
Halfway House	2,194	2%
Long-Term Residential	5,179	5%
Short-Term Residential	11,167	12%
Hospital-Based Residential	21	0%
Detox Residential	10,613	11%
Detox Hospital	148	0%
Detox Outpatient Non-Methadone	1,105	1%
Detox Outpatient Methadone	6	0%
Non-Traditional Program	0	0%
Early Intervention	450	0%

Meth./Subox. Planned in Treatment

	21,438	22%
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Referral Source

Self-Referral	36,988	39%
Family/Friend	2,533	3%
Addiction Services Program	10,984	12%
Workforce NJ SAI	2,525	3%
DCPP/CPSAI	4,237	4%
Mental Health	1,189	1%
Criminal Justice	23,715	25%
IDRC	6,443	7%
Other	6,734	7%

Any Prior Treatment

	70,405	74%
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Race/Ethnicity

White (non-Hispanic)	57,318	60%
Black (non-Hispanic)	21,844	23%
Hispanic Origin	14,831	16%
Other	1,355	1%

County of Residence

Atlantic	7,042	7%	Gloucester	4,319	5%
Bergen	4,092	4%	Hudson	4,953	5%
Burlington	4,141	4%	Hunterdon	1,089	1%
Camden	8,395	9%	Mercer	3,954	4%
Cape May	2,679	3%	Middlesex	6,480	7%
Cumberland	2,740	3%	Monmouth	6,972	7%
Essex	8,689	9%	Morris	3,045	3%

Month of Admission

January	8,427	9%	May	8,660	9%
February	7,378	8%	June	7,875	8%
March	8,548	9%	July	7,757	8%
April	9,144	10%	August	8,119	9%

Sex

Male	64,296	67%
Female	30,982	32%

Age

Under 18	1,332	1%
18-21	4,173	4%
22-24	6,795	7%
25-29	16,868	18%
30-34	16,363	17%
35-44	22,524	24%
45-54	17,039	18%
55 and over	10,254	11%

Employment Status

Unemployed	18,741	20%
Student	1,794	2%
Not in Labor Force	43,755	46%
Employed Full/Part Time	30,964	32%

Highest School Grade Completed

Completed High School	58,316	61%
Some College	16,809	18%

Living Arrangement

Homeless	7,094	7%
Dependent Living/Institution	16,763	18%
Independent Living	71,381	75%

Smoke Tobacco (Yes)**

	57,811	61%
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Legal Problem*

None	42,917	45%
Probation/Parole	18,934	20%
DWI License Suspension	8,364	9%
Drug Court	11,380	12%

Health Insurance*

No Insurance	22,495	24%
Medicaid	60,802	64%
Medicare	1,606	2%
Private Insurance	17,824	19%
Other Insurance	1,427	1%

Treated in County of Residence

	56,316	59%
Ocean	8,188	9%
Passaic	5,961	6%
Salem	721	1%
Somerset	2,220	2%
Sussex	1,475	2%
Union	3,855	4%
Warren	1,388	1%
Other	2,950	3%

*Totals may be greater than 100% because of multiple responses.

**Percentage calculation excluded missing values

Source: NJSAMS 2020 January download

Unduplicated Clients Admitted = 56,194 Total Admissions = 95,348

**New Jersey Substance Abuse Monitoring System (NJSAMS)
Substance Abuse Treatment Discharges
State of New Jersey Totals**

Discharge 07/01/2018 - 06/30/2019

Level of Care

Outpatient Care (OP)	24,914	27%
Intensive Outpatient (IOP)	23,797	26%
Partial Hospitalization	3,093	3%
Opioid Maintenance OP	8,441	9%
Opioid Maintenance IOP	2,396	3%
Extended Care	4	0%
Halfway House	2,148	2%
Long-Term Residential	5,167	6%
Short-Term Residential	10,539	11%
Hospital-Based Residential	15	0%
Detox Residential	10,824	12%
Detox Hospital	154	0%
Detox Outpatient Non-Methadone	1,087	1%
Detox Outpatient Methadone	20	0%
Non-Traditional Program	30	0%
Early Intervention	454	0%

Sex

Male	62,875	68%
Female	30,158	32%

Race/Ethnicity

White	55,680	60%
Black	21,617	23%
Hispanic	14,472	16%
Other	1,282	1%

Age

Under 18	1,128	1%
18-21	4,035	4%
22-24	6,682	7%
25-29	16,654	18%
30-34	16,029	17%
35-44	21,968	24%
45-54	16,509	18%
55 and Over	10,077	11%

Reason for Discharge at Level of Care

Treatment Plan Completed	48,382	52%
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County of Residence

Atlantic	6,892	7%
Bergen	3,867	4%
Burlington	4,033	4%
Camden	8,371	9%
Cape May	2,789	3%
Cumberland	2,681	3%
Essex	8,892	10%

Month of Discharge

January	8,044	9%
February	7,338	8%
March	8,035	9%
April	8,434	9%

Significant Problems or Conditions

Mental Health Problem	24,221	26%
Compulsive Gambling	259	0%
Physical Disability or Handicap	1,277	1%
Victim of Physical Abuse or Neglect	3,958	4%
Victim of Sexual Abuse	3,077	3%
Pregnancy	592	1%
Suicide Attempt	1,069	1%
Runaway Behavior	2,279	2%
Neglect or Abuse of Own Children	2,120	2%
Child of Substance Abuser	3,507	4%
Batterer	291	0%
Criminal Activity	13,780	15%
Other	2,977	3%

Client Goal Achieved/Partially Achieved*

Alcohol or Drug Problem	56,276	63%
Educational	20,644	62%
Employment or Vocational	22,788	56%
Family Situation	34,928	64%
Psychological or Mental Health	35,364	65%
Physical Health	28,642	68%
Legal	27,019	58%

Drug and Alcohol Use

Not Using Alcohol or Drugs	54,653	59%
Using Alcohol	4,889	5%
Using Drugs	15,252	16%
Unknown	18,465	20%

Arrested in the last 30 days (Yes)

	3,413	4%
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Living Arrangement

Homeless	3,727	4%
Dependent Living/Institution	16,226	17%
Independent Living	70,832	76%

Employment Status

Unemployed	18,315	20%
Student	1,621	2%
Not in Labor Force	35,750	38%
Employed Full/Part Time	35,099	38%

* Percentage for goal achievement based on total clients for whom goal was applicable.

All other percentages are based on total discharges.

Unduplicated Clients Discharged = 55,642 Total Discharges = 93,083

Division of Mental Health and Addiction Services
Information Systems Management
State Performance Report
General Population

Level of Care: **Outpatient Care (OP)**

<i>Discharges</i> <i>State</i> 24,914	<i>Admissions</i> <i>State</i> 24,935	<i>State</i> Number of active clients on roster: 12,452
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	19.8%	71.2%	91.0%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	15.7%	67.3%	83.0%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	8.6%	53.9%	62.5%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	-0.2%	9.1%	8.9%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	0.1%	3.1%	3.2%
6. Absolute percent change of clients homeless at admission vs. discharge:	-1.0%	2.5%	1.6%

	State
7. Average length of stay in days:	144
8. Unduplicated number of clients discharged in the time period covered by this review:	22,883
9. Percentage of clients completed treatment plan at this level of care:	53.3%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

Division of Mental Health and Addiction Services
Information Systems Management
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General Population

Level of Care: **Intensive Outpatient (IOP)**

<i>Discharges</i> <i>State</i> 23,797	<i>Admissions</i> <i>State</i> 24,128	<i>State</i> Number of active clients on roster: 8,507
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	17.6%	71.1%	88.7%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	26.0%	45.5%	71.5%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	12.2%	31.1%	43.4%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	0.6%	4.6%	5.2%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-1.2%	5.5%	4.3%
6. Absolute percent change of clients homeless at admission vs. discharge:	-2.0%	5.4%	3.4%

	State
7. Average length of stay in days:	95
8. Unduplicated number of clients discharged in the time period covered by this review:	19,719
9. Percentage of clients completed treatment plan at this level of care:	38.8%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

Division of Mental Health and Addiction Services
Information Systems Management
State Performance Report
General Population

Level of Care: **Partial Hospitalization**

<i>Discharges</i> <i>State</i> 3,093	<i>Admissions</i> <i>State</i> 3,163	<i>State</i> Number of active clients on roster: 1,224
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	30.7%	61.3%	92.0%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	41.6%	38.5%	80.1%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	4.7%	28.2%	33.0%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	0.6%	4.9%	5.5%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-2.9%	6.2%	3.4%
6. Absolute percent change of clients homeless at admission vs. discharge:	-3.0%	7.4%	4.4%

	State
7. Average length of stay in days:	88
8. Unduplicated number of clients discharged in the time period covered by this review:	2,819
9. Percentage of clients completed treatment plan at this level of care:	49.9%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

Division of Mental Health and Addiction Services
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General Population

Level of Care: **Halfway House**

<i>Discharges</i> <i>State</i> 2,148	<i>Admissions</i> <i>State</i> 2,194	<i>State</i> Number of active clients on roster: 890
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	8.3%	89.4%	97.7%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	28.3%	61.7%	90.0%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	47.6%	4.2%	51.8%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	6.8%	1.4%	8.2%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-1.4%	6.2%	4.8%
6. Absolute percent change of clients homeless at admission vs. discharge:	1.5%	10.2%	11.6%

	State
7. Average length of stay in days:	125
8. Unduplicated number of clients discharged in the time period covered by this review:	2,004
9. Percentage of clients completed treatment plan at this level of care:	52.4%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

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Level of Care: **Long-Term Residential**

<i>Discharges</i> <i>State</i> 5,167	<i>Admissions</i> <i>State</i> 5,179	<i>State</i> Number of active clients on roster: 1,617
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	27.9%	72.0%	99.8%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	58.6%	39.6%	98.2%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	-0.4%	16.7%	16.3%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	3.8%	0.9%	4.7%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-6.2%	10.8%	4.6%
6. Absolute percent change of clients homeless at admission vs. discharge:	-2.0%	10.7%	8.7%

	State
7. Average length of stay in days:	92
8. Unduplicated number of clients discharged in the time period covered by this review:	4,623
9. Percentage of clients completed treatment plan at this level of care:	58.2%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

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Level of Care: **Short-Term Residential**

<i>Discharges</i> <i>State</i> 10,539	<i>Admissions</i> <i>State</i> 11,167	<i>State</i> Number of active clients on roster: 1,237
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	40.8%	58.9%	99.8%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	73.8%	25.5%	99.3%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	-2.4%	21.6%	19.2%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	-0.4%	1.3%	0.9%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-7.5%	9.9%	2.3%
6. Absolute percent change of clients homeless at admission vs. discharge:	-9.6%	15.2%	5.6%

	State
7. Average length of stay in days:	22
8. Unduplicated number of clients discharged in the time period covered by this review:	9,087
9. Percentage of clients completed treatment plan at this level of care:	77.4%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

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Level of Care: **Detox Residential**

<i>Discharges</i> <i>State</i> 10,824	<i>Admissions</i> <i>State</i> 10,613	<i>State</i> Number of active clients on roster: 839
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	38.1%	61.6%	99.7%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	80.2%	18.6%	98.8%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	-4.7%	20.7%	16.0%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	-0.2%	0.5%	0.3%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-3.4%	7.0%	3.6%
6. Absolute percent change of clients homeless at admission vs. discharge:	-9.8%	15.9%	6.1%

	State
7. Average length of stay in days:	19
8. Unduplicated number of clients discharged in the time period covered by this review:	8,522
9. Percentage of clients completed treatment plan at this level of care:	78.4%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

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Level of Care: **Detox Hospital**

<i>Discharges</i> <u>State</u> 154	<i>Admissions</i> <u>State</u> 148	<i>State</i> Number of active clients on roster: 152
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State Outcome Measures (SOMs)

	State		
	<u>Difference</u>	<u>Admission</u>	<u>Discharge</u>
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	41.2%	58.8%	100.0%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	74.5%	24.8%	99.3%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	-2.5%	21.6%	19.0%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	0.1%	1.3%	1.4%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-0.3%	8.5%	8.2%
6. Absolute percent change of clients homeless at admission vs. discharge:	-3.9%	20.3%	16.3%

	<u>State</u>
7. Average length of stay in days:	137
8. Unduplicated number of clients discharged in the time period covered by this review:	152
9. Percentage of clients completed treatment plan at this level of care:	87.7%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

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Level of Care: **Detox Outpatient Non-Methadone**

<i>Discharges</i> <i>State</i> 1,087	<i>Admissions</i> <i>State</i> 1,105	<i>State</i> Number of active clients on roster: 93
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	34.1%	62.2%	96.3%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	72.1%	18.6%	90.7%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	-6.5%	22.9%	16.4%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	0.0%	1.5%	1.5%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-3.4%	4.7%	1.3%
6. Absolute percent change of clients homeless at admission vs. discharge:	-8.2%	10.1%	2.0%

	State
7. Average length of stay in days:	19
8. Unduplicated number of clients discharged in the time period covered by this review:	959
9. Percentage of clients completed treatment plan at this level of care:	73.0%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

Division of Mental Health and Addiction Services
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General Population

Level of Care: **Opioid Maintenance OP**

<i>Discharges</i> <i>State</i> 8,441	<i>Admissions</i> <i>State</i> 9,910	<i>State</i> Number of active clients on roster: 18,414
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	-0.5%	95.5%	95.0%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	19.4%	9.8%	29.2%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	5.8%	23.5%	29.3%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	0.3%	2.2%	2.6%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-1.1%	6.6%	5.5%
6. Absolute percent change of clients homeless at admission vs. discharge:	-1.7%	5.6%	3.8%

	State
7. Average length of stay in days:	505
8. Unduplicated number of clients discharged in the time period covered by this review:	7,283
9. Percentage of clients completed treatment plan at this level of care:	17.7%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

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Level of Care: **Opioid Maintenance IOP**

<i>Discharges</i> <u>State</u> 2,396	<i>Admissions</i> <u>State</u> 2,326	<u>State</u> Number of active clients on roster: 873
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	1.1%	96.3%	97.4%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	23.1%	4.3%	27.4%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	8.5%	12.6%	21.1%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	1.3%	0.9%	2.2%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-0.5%	4.7%	4.2%
6. Absolute percent change of clients homeless at admission vs. discharge:	0.2%	6.8%	7.0%

	State
7. Average length of stay in days:	259
8. Unduplicated number of clients discharged in the time period covered by this review:	2,170
9. Percentage of clients completed treatment plan at this level of care:	34.5%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.

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Level of Care: **Early Intervention**

<i>Discharges</i> <u>State</u> 454	<i>Admissions</i> <u>State</u> 450	Number of active clients on roster: <i>State</i> 547
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State Outcome Measures (SOMs)

	State		
	Difference	Admission	Discharge
1. Absolute percent change of clients abstinent from alcohol at admission vs. discharge:	18.4%	77.3%	95.7%
2. Absolute percent change of clients abstinent from other drugs at admission vs. discharge:	25.7%	59.5%	85.1%
3. Absolute percent change of clients employed (FT/PT) at admission vs. discharge:	3.9%	36.7%	40.6%
4. Absolute percent change of clients enrolled (FT/PT) in school or job training program at admission vs. discharge:	4.1%	50.9%	55.0%
5. Absolute percent change of clients arrested in prior 30 days at admission vs. discharge:	-1.7%	3.8%	2.1%
6. Absolute percent change of clients homeless at admission vs. discharge:	-0.4%	0.9%	0.5%

	State
7. Average length of stay in days:	181
8. Unduplicated number of clients discharged in the time period covered by this review:	451
9. Percentage of clients completed treatment plan at this level of care:	62.8%

Additional informative notes

Based on NJSAMS discharge from 07/01/2018-06/30/2019. Admissions are linked to discharges that occurred during this time period. For outcome measures #1, #2, #3, #4 and #9, higher discharge percentages are best. For outcome measures #5 and #6, lower discharge percentages are best.