



New Directions in Preventing Substance Abuse and Mental Illness

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New Strategic Initiatives



1. Prevention of Substance Abuse and Mental Illness
2. Health Care and Health Systems Integration
3. Trauma and Justice
4. Recovery Support
5. Health Information Technology
6. Workforce Development

Strategic Initiative #1 - Prevention of Substance Abuse and Mental Illness



Promote emotional health and wellness, prevent or delay the onset of and complications from substance abuse and mental illness, and identify and respond to emerging behavioral health issues.



Reduce underage drinking and young adult problem drinking.



Prevent and reduce attempted suicides and deaths by suicide among populations at high risk.



Prevent and reduce prescription drug and illicit opioid misuse and abuse.



Prevention of Substance Abuse and Mental Illness—Focus Areas

Focus on several populations at high risk, including:

- College students
- Transition age youth, especially those at risk of first episodes of mental illness or substance abuse
- American Indian/Alaska Natives
- Ethnic minorities experiencing health and behavioral health disparities
- Service members, veterans, and their families
- Lesbian, gay, bisexual, and transgender individuals

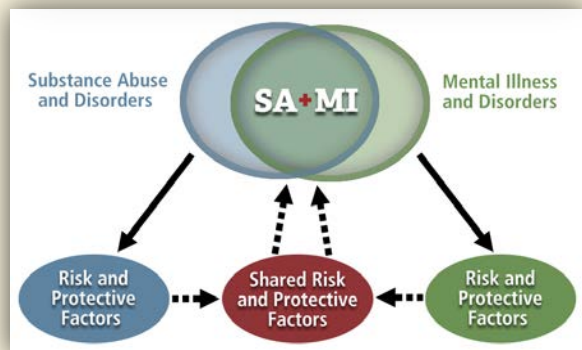


Substance Abuse and Mental Illness Are Linked



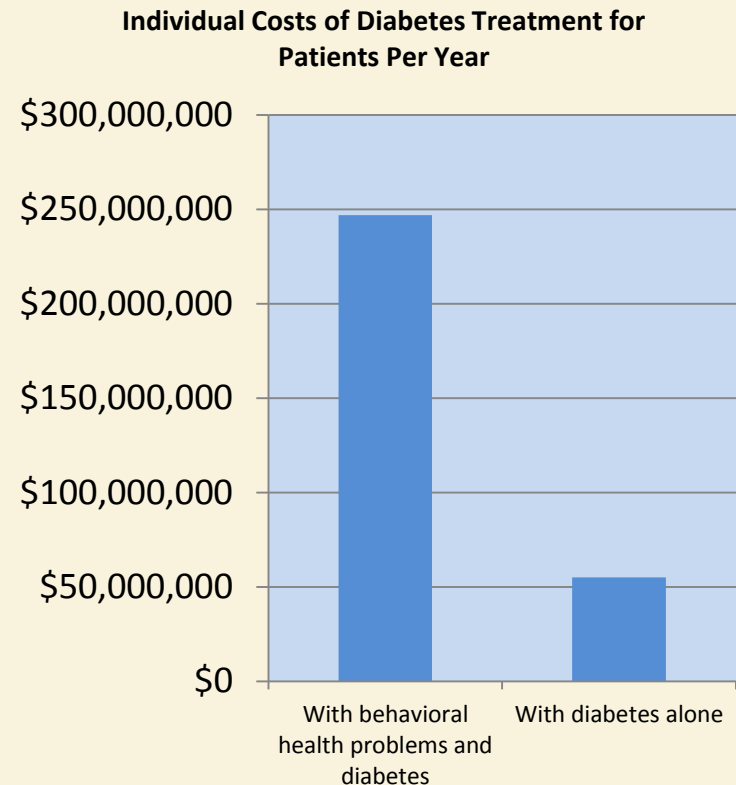
Substance abuse and mental illness *share risk and protective factors.*

- Up to *half of people* with a serious mental illness will develop a substance use disorder at some time in their lives.
- Alcohol dependence is *four times more likely* to occur among adults with mental illness than among adults with no mental illness.
- Many health care systems to treat substance abuse and mental illness are disconnected: *a missed opportunity.*



Impact of Behavioral Health on Physical Health

- Mental health problems increase risk for *physical health problems*.
- Substance use disorders increase risks for *chronic diseases, HIV/AIDS, STDs*.
- *Cost of treating common diseases higher* with untreated behavioral health problems
 - Hypertension – 2X the cost
 - Coronary heart disease – 3X the cost
 - *Diabetes – 4X the cost*

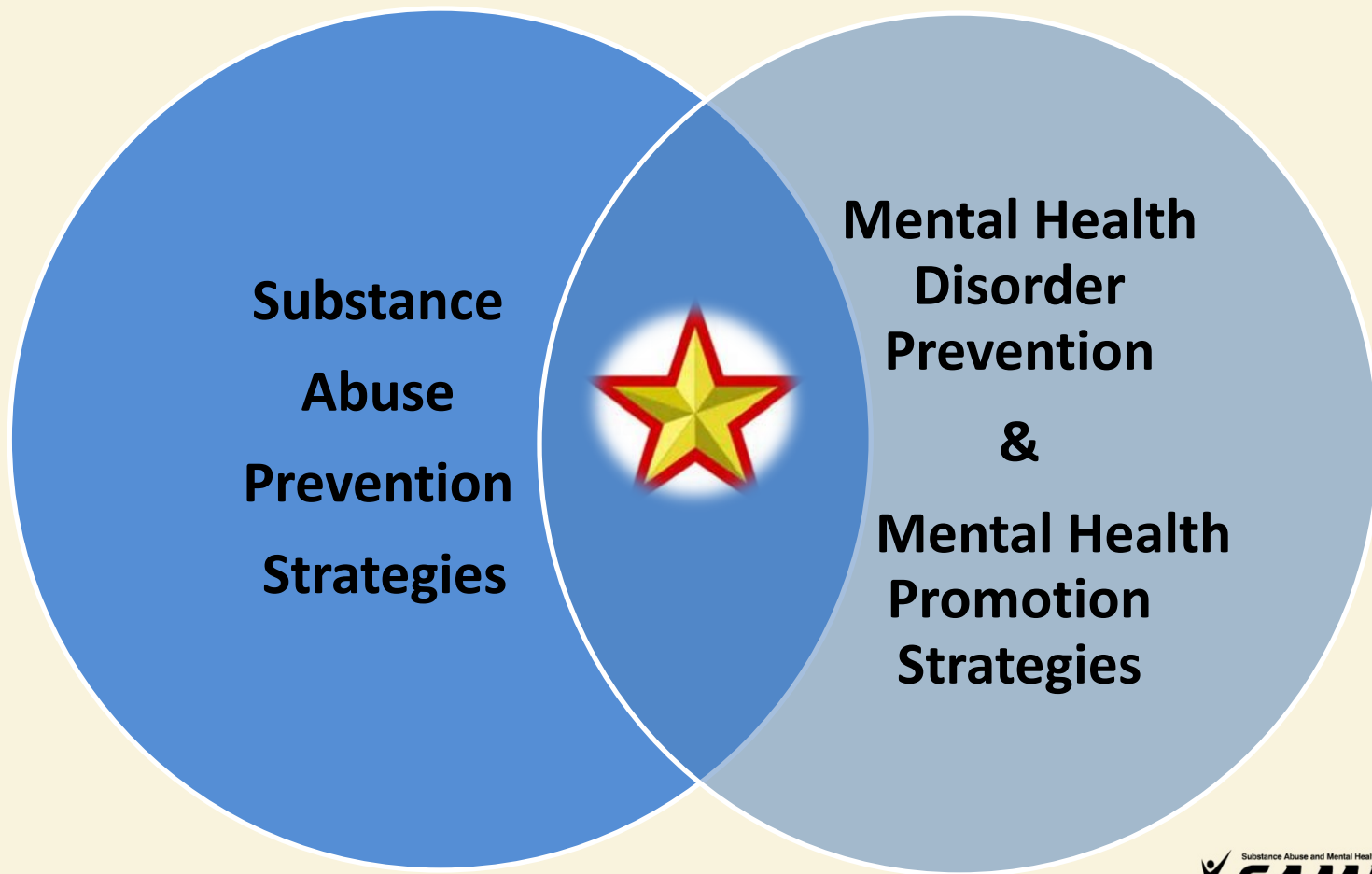


Prevention of Substance Abuse and Mental Illness

Maximizing opportunities to create environments where individuals, families, communities, and systems are motivated and empowered to manage their overall emotional, behavioral, and physical health.



Shared Strategies for SA/MH Prevention and Promotion



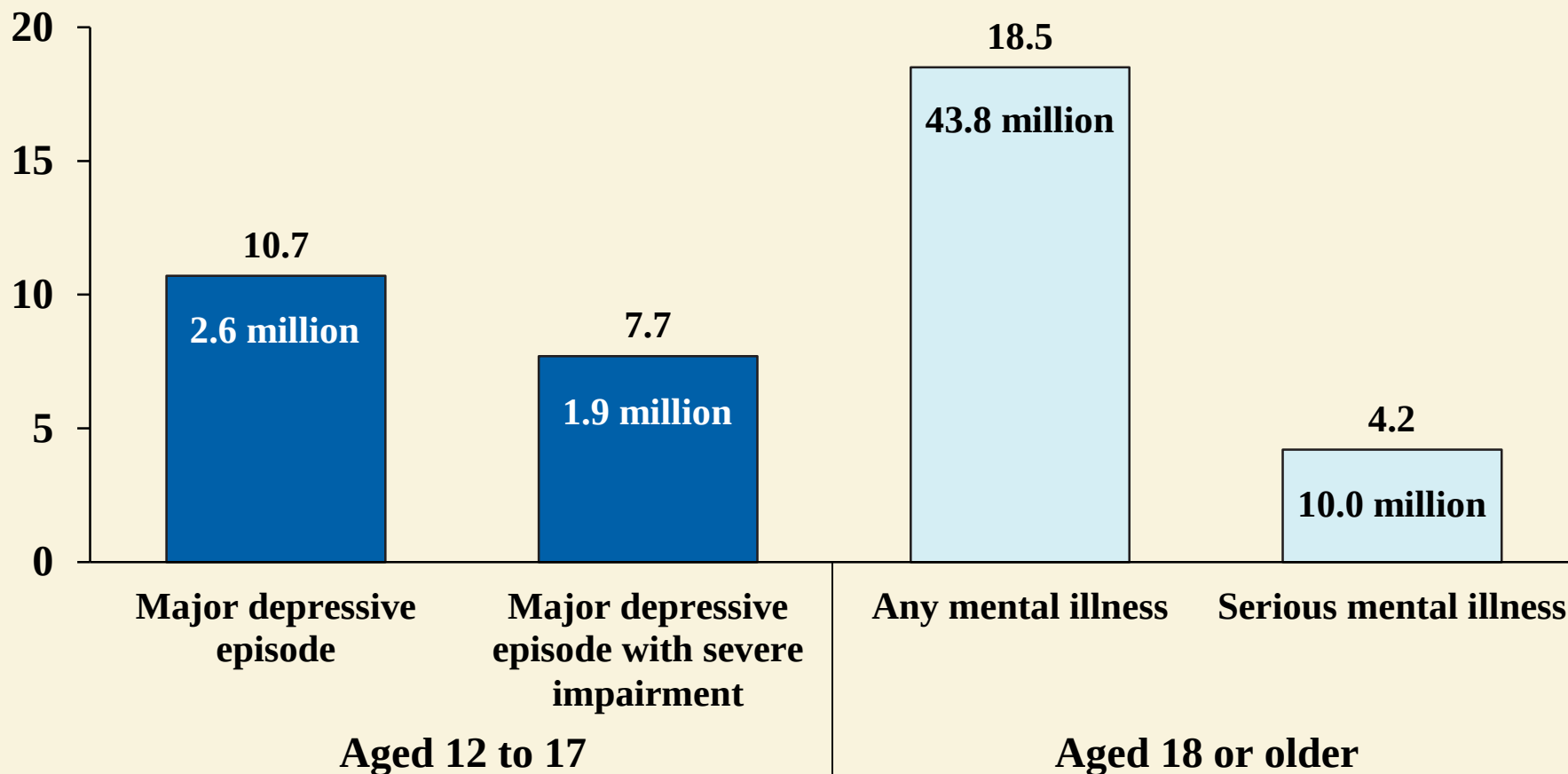
Focusing On Our Young People

**Three-quarters of
adult mental illness
begins before age 24**



Mental Health Issues in the Past Year Among Adolescents Aged 12 to 17 and Adults Aged 18 or Older: 2013

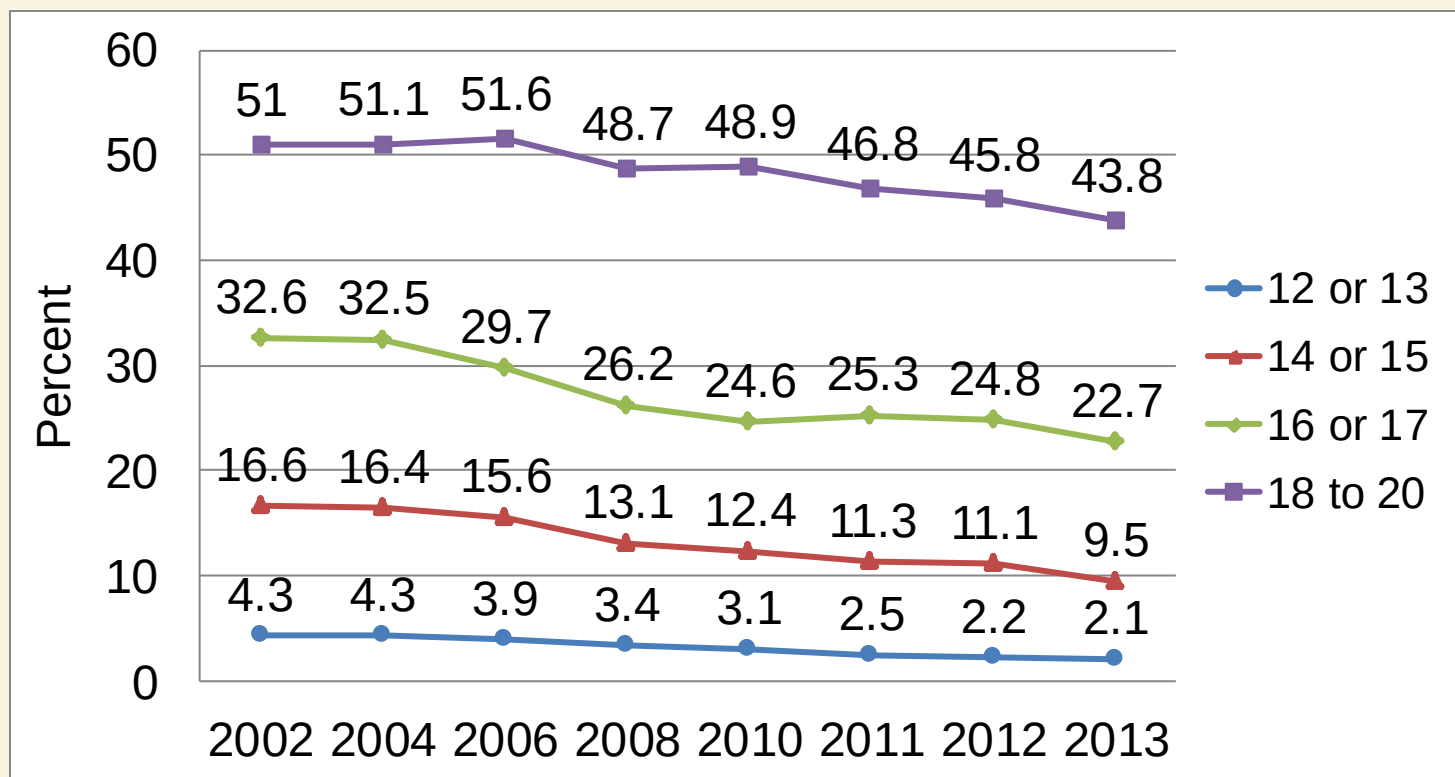
Percent



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health (NSDUH), 2013.

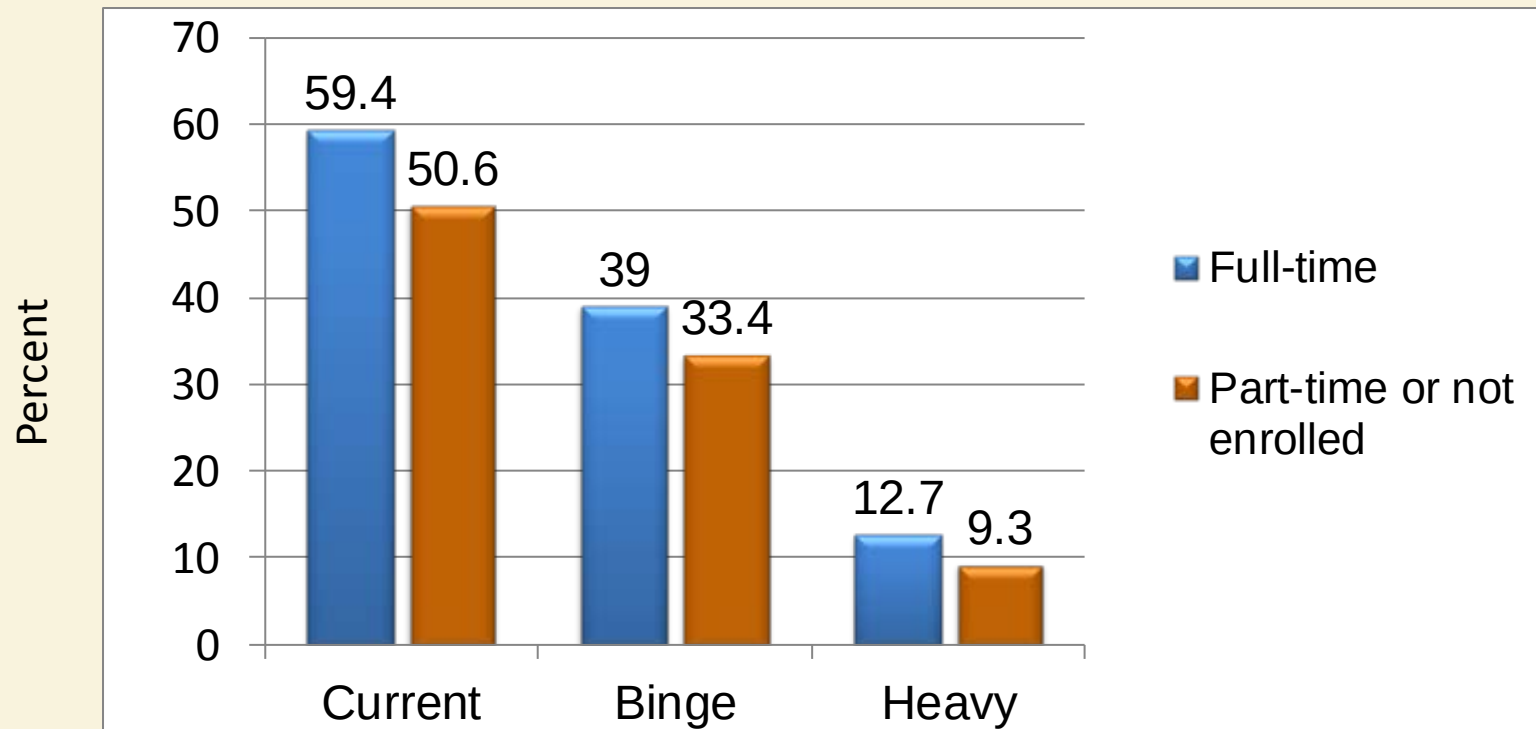
Underage Drinking Trends

Past-month alcohol use by 12- to 20-year-olds



Alcohol Use by College Students

Rates of alcohol use by 18- to 22-year-olds attending college full time compared to those attending part time or not enrolled



Mental Health of College Students



In the past 12 months:

- 44.6 percent of college students felt things were hopeless.
- 30.8 percent felt so depressed it was difficult to function.
- 51 percent felt overwhelming anxiety.
- 55.6 percent felt very lonely.
- 35.6 percent felt overwhelming anger.
- 7.5 percent seriously considered suicide.
- 1.4 percent attempted suicide.



Source: American College Health Association (Fall 2013)

Suicide among Youth



Age 15-24: 3rd
leading cause of
death, behind
accidents and
homicide

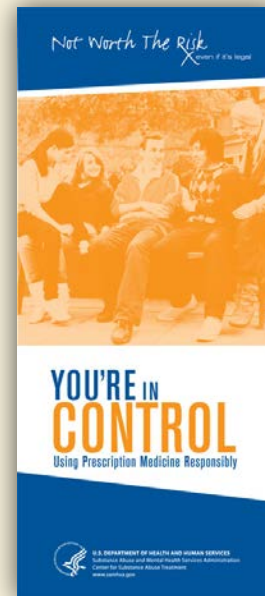
Preventing Suicide



- At-risk youth and adult populations
- Integrated approaches
- Healthcare system emphasis
- Follow-up of attempted suicides/suicidal crises
- Zero suicides goal
- Public awareness/knowledge

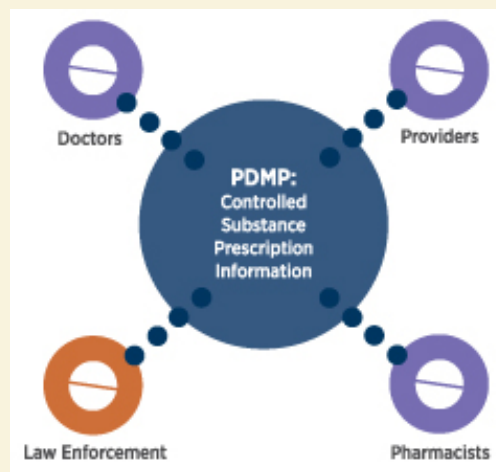
SAMHSA's Efforts to Curb Prescription Drug Abuse

- Partnerships for Success grants
- Prescription Drug Monitoring Program grants
- Prevention of Prescription Abuse in the Workplace (PAW) Technical Assistance Center
- Promotion of DEA's national take-back days
- Not Worth the Risk, Even If It's Legal (pamphlet series)
- Opioid Overdose Prevention Toolkit



Monitoring and Surveillance

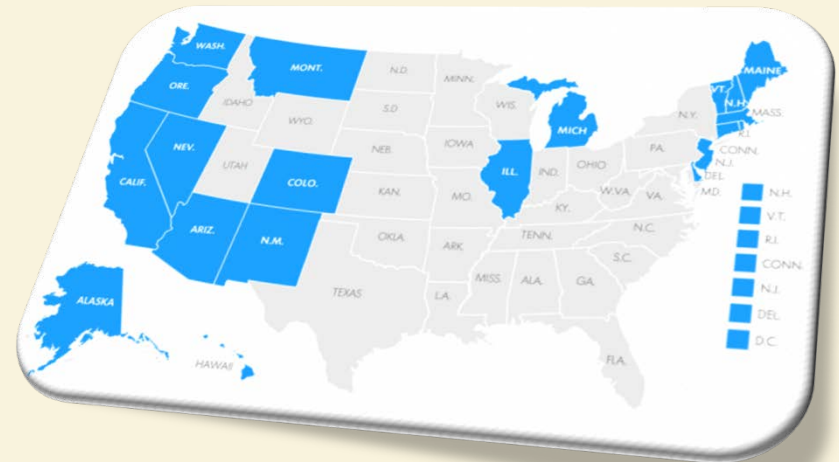
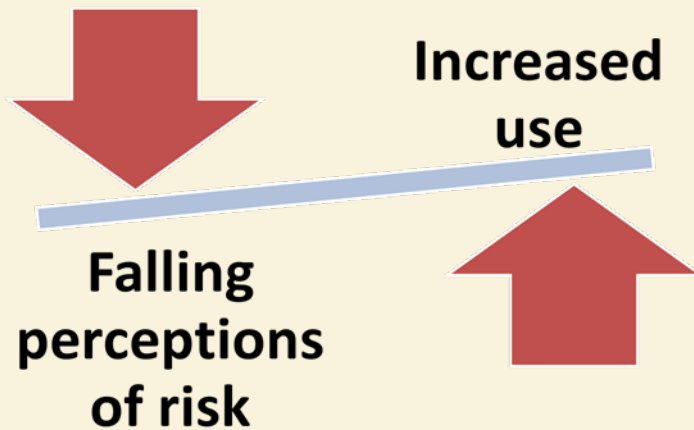
- Patient monitoring
- Increased timeliness
- Wider access
- Interstate data sharing
- Law enforcement
- Target interventions
- Facilitate treatment
- Boost collaboration



Marijuana: Link Between Use and Mental Illness

- Chronic marijuana use and mental illness
- Psychotic episodes
- Use can worsen course of illness in those with schizophrenia
- Long-term link between marijuana use and development of psychosis
- Link between marijuana use and other behavioral health problems

Marijuana – Changing Landscape



Changes in state and local laws

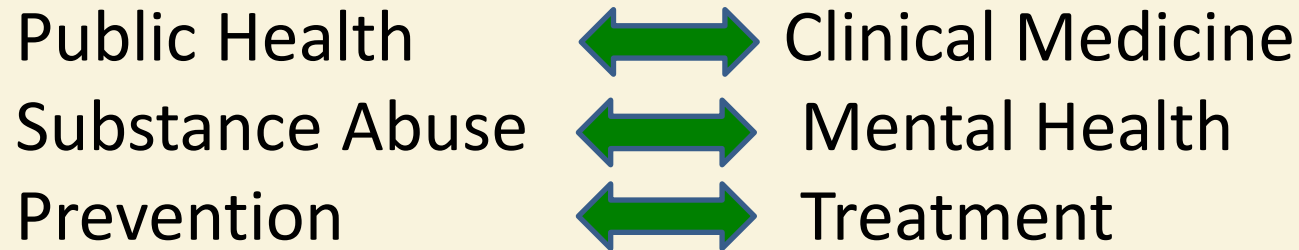


Softening of public attitudes

Health Reform Supports a Spectrum of Prevention and Treatment



Collaborative Opportunities





- Value vs. volume
- Clinical services
- Population health
- Return on investment
- Funding or reimbursement
- Innovative payment models
- Building on strength

Preliminary Resources

In September, together with Mental Health America, SAMHSA hosted two webinars on financing for primary prevention.

<http://mentalhealthamerica.net/mha-webinars>

Takeaways

- ➔ Tackling behavioral health issues effectively takes teamwork across sectors.
- ➔ Involving state and community voices is vital.
- ➔ Collaborative and integrated practices must include prevention.
- ➔ One size does not fit all.
- ➔ Be proactive.
- ➔ Take a long-term view.



Staying Focused during Change



National Prevention Week

- ➔ SAMHSA-led annual health observance launched in 2012
- ➔ Purpose: to increase public awareness of, and action around, substance abuse and mental health issues
- ➔ Will take place May 17-23, 2015
- ➔ Community organizations will hold local events promoting prevention and wellness.
- ➔ Ways to participate:
 - Plan a community event
 - Take the Prevention Pledge
 - Participate in the “I Choose” Project
 - Tell others

Visit www.samhsa.gov/prevention-week for more information.



The Voice of One, the Power of All

Get Involved in SAMHSA's
National Prevention
Week 2015!

Beginning Sunday, May 17th
through Saturday, May 23rd,
join in and help to prevent
substance abuse and mental
disorders.

Health Themes for 2015:

Monday, May 18
Prevention of Tobacco Use

Tuesday, May 19
Prevention of Underage Drinking &
Alcohol Abuse

Wednesday, May 20
Prevention of Opioid & Prescription
Drug Abuse

Thursday, May 21
Prevention of Illicit Drug Use &
Youth Marijuana Use

Friday, May 22
Prevention of Suicide

Saturday, May 23
Promotion of Mental Health & Wellness

240-276-2588

www.samhsa.gov/prevention-week



Questions?

