


**The Future of Prevention**

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SAMHSA's Center for Substance Abuse Prevention

2013 Kentucky School of Alcohol  
And Other Drug Studies  
July 24, 2013  
Louisville, KY




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### SAMHSA's Vision

America is a nation that understands and acts on the knowledge that ...



- Behavioral health is essential to health.
- Prevention works.
- Treatment is effective.
- People recover.




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### SAMHSA Strategic Initiatives

- ➔ AIM: Improving the Nation's Behavioral Health
  - 1 Prevention
  - 2 Trauma and Justice
  - 3 Military Families
  - 4 Recovery Support
- ➔ AIM: Transforming Health Care in America
  - 5 Health Reform
  - 6 Health Information Technology
- ➔ AIM: Achieving Excellence in Operations
  - 7 Data, Outcomes & Quality
  - 8 Public Awareness & Support




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### SAMHSA's Strategic Initiative #1: Prevention of Substance Abuse and Mental Illness



**Top Priorities**

- Prevent substance abuse and **improve well-being** in states, territories, tribes
- Establish **prevention of underage drinking** as a priority issue for states, territories, tribal entities, colleges and universities, and communities.
- Increase public knowledge of the **warning signs for suicide** and actions to take in response.
  - Surgeon General's National Strategy on Suicide Prevention
- Reduce **prescription drug misuse** and abuse.



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### 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.*





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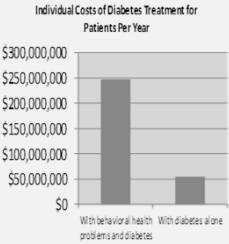
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### Impact of Behavioral Health on Physical Health

- 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

Individual Costs of Diabetes Treatment for Patients Per Year



Category	Approximate Cost (\$)
With behavioral health	250,000,000
With diabetes alone	60,000,000



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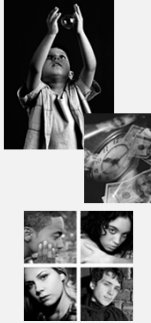
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## Underage Drinking in America



- 10 million U.S. youth (<21) drank alcohol in the past month
- U.S. cost of underage drinking \$62.0 billion (2010)
  - medical care
  - work loss
  - pain and suffering
- Children who drink alcohol are more likely to:
  - Use drugs
  - Get bad grades
  - Suffer injury or death
  - Engage in risky sexual activity
  - Make bad decisions
  - Have health problems




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## SAMHSA's Underage Drinking Prevention Efforts – Public Awareness

**Town Hall Meetings**  
Getting to outcomes by mobilizing communities to prevent underage drinking

**Building Blocks for a Healthy Future**  
Disorder, Learn, and Engage

**100 SMART TO START**  
Youth, Teens, Adults

**Interagency Coordinating Committee for the Prevention of Underage Drinking (ICCPUD)**  
"Preventing Underage Drinking" webinar series  
[stopalcoholabuse.gov](http://stopalcoholabuse.gov)

**3-6 year olds, parents, caring adults**

**national prevention week**  
Your voice. Your choice. Make a difference.  
May 18-24 2014

**Times Square Ad**  
For tips: [underagedrinking.samhsa.gov](http://underagedrinking.samhsa.gov)

**Parent simulation**

**State Prevention Videos**

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## Technology-based Products to Prevent High-Risk Drinking among College Students Challenge

**NEW!**

<http://collegestudentdrinking.challenge.gov/>

**Why:** Excessive and underage drinking among college students are significant public health problems

**What:** Tech-based products to decrease the acceptability of and engagement in high-risk drinking among college students

**Dates:** Submission period – May 24 - July 7, 2013  
Winners announced – September 13, 2013

**Prizes:** Winner - \$60,000; 2<sup>nd</sup> place - \$30,000  
3<sup>rd</sup> place - \$10,000

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### National Action Alliance for Suicide Prevention Priorities: 2012-2014



- Integrating suicide prevention into health care reform and encouraging the adoption of similar measures in the private sector.
- Transforming health care systems to significantly reduce suicide.
- Changing the public conversation around suicide and suicide prevention.
- Increasing the quality, timeliness, and usefulness of surveillance data regarding suicidal behaviors.




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### Suicide among Youth

- Suicide is the third leading cause of death among 15 to 24 year olds.
- Suicides account for 1.4 percent of all deaths in the U.S. annually, but they comprise 12 percent of all deaths among 15 to 24 year olds.
- For every youth who dies by suicide, 100 to 200 attempts are made.
- LGBT (lesbian, gay, bisexual, transgender) youth are 2 to 3 times more likely to commit suicide than other youth.




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### Prescription Drug Abuse Affects Everyone

- Rx, over-the-counter medications are among the top substances abused by 12th graders in the past year.
- In 2011, more than 4,500 young people per day abused a prescription drug for the first time.
- All ages are affected.
  - Older Americans
  - 2009: approximately 1 U.S. infant born per hour with signs of drug withdrawal.
  - 55 to 94 percent of neonates exposed to opioids *in utero* experience withdrawal.




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### National Prescription Drug Abuse Prevention Strategy

- Prescriber and consumer education/awareness.
  - More than half, 55 percent, of people 12 and older using prescription pain relievers non-medically **got them from a friend or relative for free.**
- Expanded and enhanced use of prescription drug monitoring programs.
- Education/awareness about safe disposal of unused medicines.




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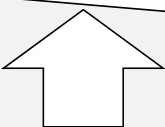
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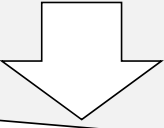
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### Past Month Marijuana Use and Perceived Risk among Youths Aged 12 to 17

Marijuana use among teens has risen ...





... as perceptions of risk have fallen.


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### Health Reform: New Opportunities for Prevention



- More people will have insurance coverage.
- Theme: Prevent diseases, promote wellness.
- Integrated care: New thinking—recovery, wellness, role of peers, response to whole health needs.
- Medicare and Medicaid changes.
- Opportunities for behavioral health:
  - Parity: Mental Health Parity and Addiction Equality Act and within Affordable Care Act
  - Tribal Law and Order Act
  - National Action Alliance for Suicide Prevention




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### Putting Substance Abuse Prevention into the Health Reform Picture



- Primary care providers monitor:
  - Blood pressure, body mass index, vaccines
  - Depression, alcohol/tobacco use
- Community/School initiatives focus on:
  - Physical health, substance use, and emotional health
  - Academic success and health
- Partnering at all levels



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### Workforce Development

<b>Broadening</b> <ul style="list-style-type: none"><li>• Individuals and families</li><li>• Communities</li></ul>	<b>Supporting</b> <ul style="list-style-type: none"><li>• Infrastructure</li><li>• Research and evaluation</li></ul>
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**Strengthening**

- Recruiting and retention
- Training and education
- Leadership Development



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### Strategic Prevention Framework (SPF) Data-Driven Prevention



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## Collaborative Opportunities

Public Health ↔ Clinical Medicine  
Behavioral Health ↔ Primary Care  
Substance Abuse ↔ Mental Health



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## Overcoming Barriers to Strategic Alliances



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## 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.



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### A Bold Vision: Can We Imagine a Generation ...



- Without a death by suicide?
  - Of youth without substance abuse?
  - Without one young person being bullied because they are LGBT?
  - In which no one in recovery struggles to find a job?
- ... in which behavioral health is truly an essential part of primary care.*



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**SAMHSA**  
Substance Abuse and Mental Health Services Administration  
www.samhsa.gov • 1-877-SAMHSA • 24/7 • 1-877-706-4272

**Collaboration: Foundation for Success**

- Center for Substance Abuse Prevention
- Center for Mental Health Services
- Center for Substance Abuse Treatment
- Center for Behavioral Health Statistics and Quality

<http://www.samhsa.gov>

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### Questions and Discussion

**SAMHSA**

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