The Future of Prevention

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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.

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
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.

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

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\text{Individual Cost of Diabetes Treatment for Patients Per Year} \begin{array}{c}
\text{\$0} \\
\text{\$50,000} \\
\text{\$100,000} \\
\text{\$200,000} \\
\text{\$300,000} \\
\text{\$400,000} \\
\text{\$500,000} \\
\text{\$1,000,000} \\
\text{\$2,000,000} \\
\end{array}
\text{Diabetes cases/1000 people are treated.}
\]
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

SAMHSA’s Underage Drinking Prevention Efforts – Public Awareness

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

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; 2nd place - $30,000
  3rd place - $10,000
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.

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.

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.
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.

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.

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
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

Workforce Development

Broadening
- Individuals and families
- Communities

Supporting
- Infrastructure
- Research and evaluation

Strengthening
- Recruiting and retention
- Training and education
- Leadership Development

Strategic Prevention Framework (SPF)

Data-Driven Prevention

1. Profile population needs, resources, and resilience to address needs and gaps
2. Motivate and/or build capacity to address needs
3. Develop a Comprehensive Strategic Plan
4. Disseminate evidence-based prevention programs and activities
5. Cultural Competence Sustainability
Collaborative Opportunities

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

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.
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.

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

Questions and Discussion