

**Substance Use and
Mental Health Disorders:
*Transforming Perspectives
for Faith and Community Groups***

44th Annual Kentucky School of Alcohol and Other Drug Studies
Louisville, Kentucky
July 27, 2017

Learning Objectives

- ▶ Participants will learn the most current statistics on substance use and mental health disorders, and how data can help to awaken faith and community group members to the fact that some individuals and families, both inside and outside their walls, are dealing with these issues and need their support.
- ▶ Participants will discover how “to get the dialogue started” with faith and community groups concerning mental health and substance use disorders by utilizing various methods to communicate awareness.
- ▶ Participants will understand that the time is NOW to engage faith and community members in the common goal of providing education and support for individuals and families who are coping with substance abuse and mental illness.

Your Target Faith &/or Community Groups

Think of at least one faith group and/or community group that you plan to approach about providing substance use and mental illness awareness education, and giving support to individuals and families who are coping with these issues.

Write down the name of this group on a sticky note and put it under TARGET GROUPS.

Use Data to Evoke Truths About Substance Use & Mental Health

Selecting the Right Data to get
past stigma, bias, and barriers of
talking about mental health and
substance use and abuse.

Use Data to Encourage Faith Groups To Use Evidence Based Programs to Address Substance Use & Mental Health Issues

Conversations need to start regarding issues that touch the lives of those within the faith community, and their family or friends... as well as those out in the community!

Where to Find the Best Data for Marketing SUD and MI/MH to Faith Groups

Web Site:

KY Data Warehouse sig.reachoflouisville.com

- ▶ Visualizing the state data - Why try to reinvent the wheel?!
- ▶ Regional Prevention Centers have data for your county/region

Where to Find the Best Data for Marketing SUD and MI/MH to Faith Groups

Web Sites:

Kids Count datacenter.kidscount.org

- ▶ Risky Behaviors

National Institute on Drug Abuse (NIDA)

- ▶ Monitoring the Future drug trends

<https://www.drugabuse.gov/publications/drugfacts/monitoring-future-survey-high-school-youth-trends>

Where to Find the Best Data for Marketing SUD and MI/MH to Faith Groups

Web Site:

Substance Abuse and Mental Health Services Administration (SAMHSA)

[samhsa.gov/data](https://www.samhsa.gov/data)

- ▶ Offers information on 5 types of data:
 - ▶ Population
 - ▶ Client Level
 - ▶ Substance Abuse Facilities
 - ▶ Mental Health Facilities
 - ▶ Emergency Department

Prevalence of Mental Illness

- ▶ Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.¹
- ▶ Approximately 1 in 25 adults in the U.S.—9.8 million, or 4.0%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.²
- ▶ Approximately 1 in 5 youth aged 13-18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8-15, the estimate is 13%.³
- ▶ 1.1% of adults in the U.S. live with schizophrenia.⁴
- ▶ 2.6% of adults in the U.S. live with bipolar disorder.⁵
- ▶ 6.9% of adults in the U.S.—16 million—had at least one major depressive episode in the past year.⁶
- ▶ 18.1% of adults in the U.S. experienced an anxiety disorder such as posttraumatic stress disorder, obsessive-compulsive disorder and specific phobias.⁷
- ▶ Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5%—10.2 million adults—had a co-occurring mental illness.⁸

<https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers#sthash.3odKB7H7.dpuf>

Monitoring the Future

2013-2016 Drug Trends

Past-Month Marijuana Use Mostly Steady

From 1996 to 2016, past-month marijuana use was mostly steady among 8th, 10th, and 12th graders.

In 2016, past-month use for each grade was:

12th grade: 22.5%
10th grade: 14.0%
8th grade: 5.4%

68.9 percent of high school seniors do not view regular marijuana smoking as harmful, but 68.5 percent say they disapprove of regular marijuana smoking.

Past-Month Alcohol Use Continues Steady Decline

From 1996 to 2016, there was a steady decline in past-month alcohol use among 8th, 10th, and 12th graders.

In 2016, past-month use for each grade was:

12th grade: 33.2%
10th grade: 19.9%
8th grade: 7.3%

<https://www.drugabuse.gov/publications/drugfacts/monitoring-future-survey-high-school-youth-trends>

So What Would You Do With the Data?

Convincing the faith community that they are a vital part of addressing substance use/abuse and awareness of mental illness.

Seeing Substance Use & Mental Health from the Faith Perspective

How can you be “culturally competent” when it comes to talking about substance use disorders and mental illness?

- ▶ Know the target audience faith beliefs regarding substance use/abuse BEFORE approaching them.
- ▶ Show respect for the faith beliefs, even if you do not agree.
- ▶ Be careful with terminology!
- ▶ Be clear and specific about what you are proposing. Keep it SIMPLE.

Discover What Target Groups Exist for the Faith Community

Does the faith group have ministries or programs specifically for:

YOUTH

CHILDREN

COUPLES

SINGLES

ELDERLY

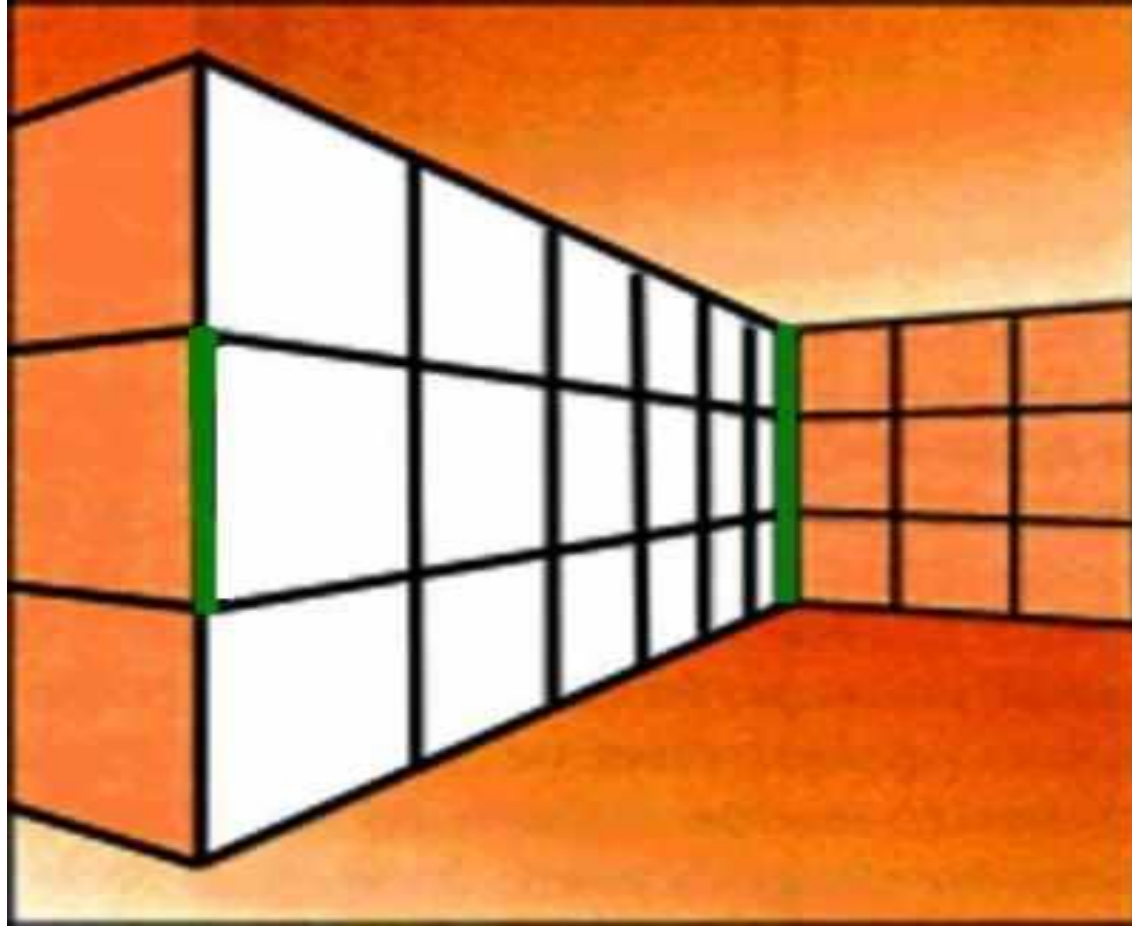
VETERANS

Others?

Finding the Right Evidence Based Programs

Nrepp.samhsa.gov

What is the Faith Group's PERSPECTIVE?





What is the Faith Group's
PERSPECTIVE?

SCENARIOS

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a dynamic, layered effect. The rest of the background is plain white.

Seeing Substance Use & Mental Health from the Faith or Community Perspective

*Think of the group you
selected to approach.*

**What do you perceive as that group's
perspectives on these issues?**

What resistance might you encounter?

Being Culturally Competent when Having Conversations with Faith & Other Community Groups

Continue to consider your group.

Is there a person within that group who might be open to hearing and understanding what you have to share? Who is that person?

What would be the best way to approach him/her?

How would you begin the conversation?

What information would you use to help this person realize the impact their faith or community group could have on substance use and mental health?

Incorporate	Incorporate substance use and/or mental health information into existing sub groups
Use	Use Awareness Campaign schedules; evidence-based programs (NREPP.SAMHSA.gov)
Allow	Allow support groups to use the faith group's building for meetings

Some Suggestions to Give Faith Groups
for Best Times and Ways to Get Started

It's all in each person's perspective.....



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