



Partnerships in a New Era of Prevention

Frances M. Harding, Director
SAMHSA's Center for Substance Abuse Prevention

**Prevention, Law Enforcement, and Community Coalitions:
Developing Lasting Partnerships
to Advance Environmental Prevention**
Latham, NY • March 19, 2013
New York, NY • March 21, 2013



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.

What the Vision Looks Like



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

New York: Challenges



- Alcohol remains the drug of choice for youth.
 - 38 percent of high school students report alcohol use within the past 30 days.
- About 847,000 underage youth in New York drink each year.
 - Consume 18.4 percent of all alcohol sold in New York.

New York: Challenges



- Annual NY state spending on substance abuse and addiction more than \$13 billion.
 - Almost all spending is on related health, criminal justice, and educational consequences.
 - Only 3 percent of this spending on prevention and treatment.
- 2010 underage drinking cost NY state \$3.3 billion.

New York: Progress

- OASAS Prevention Guidelines
 - Require providers to increase use of evidence-based programs
 - Promote use of the Prevention Services Registry of Evidence-based Programs and Strategies
- Prevention Resource Centers provide training and technical assistance for community coalitions.
 - Facilitate partnerships and collaboration
 - Train staff in the Strategic Prevention Framework and environmental strategies



Daily Disaster of Unprevented and Untreated Mental and Substance Use Disorders

Any Mental
Illness
45.9 million



39.2 % receiving
treatment

Substance
Use Disorder
21.6 million



10.8 % receiving
treatment

Diabetes
25.8 million



84 % receiving
treatment

Heart Disease
81.1 million



74.6 % receiving
screenings

Hypertension
74.5 million



70.4 % receiving
treatment

Changing the Conversation: Behavioral Health *Is Part of* Overall Health



- Americans know risk factors for chronic conditions such as diabetes, hypertension, and cardiovascular disease.
- However, many people do not know the warning signs for suicide, addiction, or mental illness.

... Nor do they know what to do to help themselves or others.

With help comes hope
NATIONAL
**SUICIDE
PREVENTION**
LIFELINE™
I-800-273-TALK
www.suicidepreventionlifeline.org
Help is available for you or
someone you care about, 24-7



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.

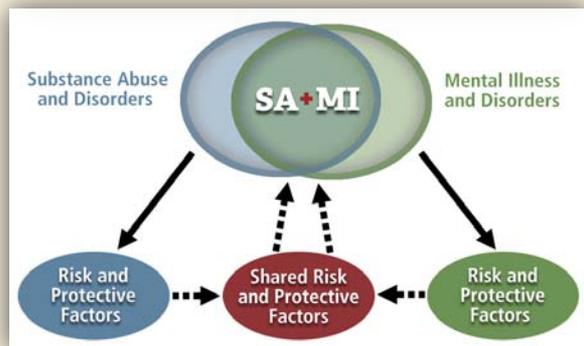


Substance Abuse and Mental Illness Are Linked



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*.



Primary and Behavioral Health Care Partnerships



- Shared vision, common language.
- Flexibility, shared solutions.
- Manage expectations.
- Foster trust, open communication.
- Empower staff and stakeholders.
- Measure outcomes.

Health Reform: New Opportunities for Prevention

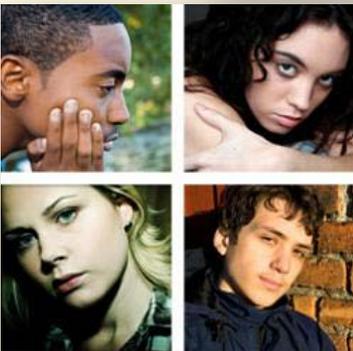


- More people will have insurance coverage.
- Theme: Prevent diseases, promote wellness.
- Integrated care: New thinking—recovery, wellness, role of peers, response to whole health needs.
- Medicare and Medicaid changes.
- Opportunities for behavioral health:
 - Parity: Mental Health Parity and Addiction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

The Heavy Toll of 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



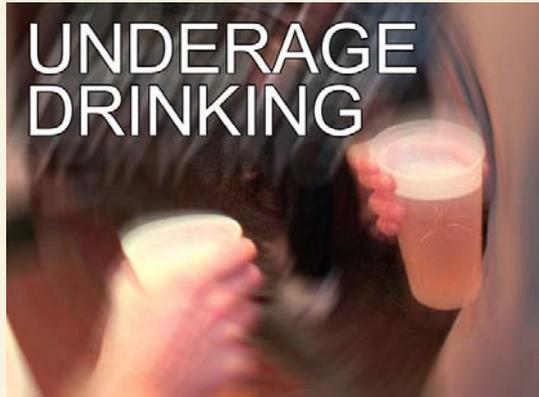
Consequences of Alcohol Use in College Students



- **1,825** die from alcohol-related unintentional injuries, including motor vehicle crashes
- **599,000** are unintentionally injured under the influence of alcohol
- **696,000** are assaulted by another student who has been drinking
- **97,000** are victims of alcohol-related sexual assault or date rape
- **400,000** had unprotected sex

**Numbers apply to college students 18-24 years of age*

What Do Americans Believe About Underage Drinking?



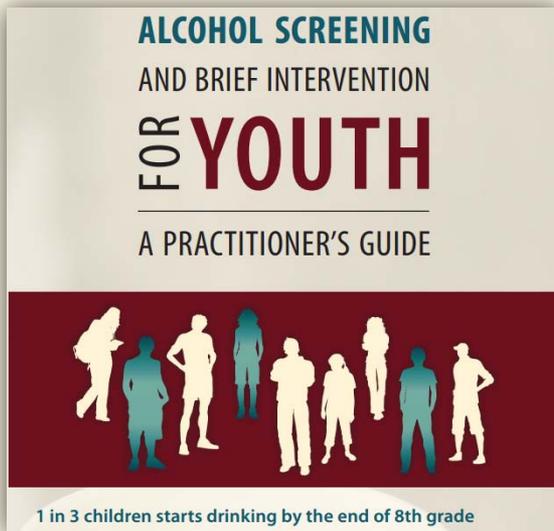
- **More than 80 percent of children** say parents are the **leading** influence in their decision to drink or not
- **Three-quarters of parents disagree** that once a child becomes a teenager, the parent has very little influence over the child's decisions to smoke, drink, or use drugs
- And **three-quarters of adults oppose** reducing the legal drinking age from 21 to 18

Where is the disconnect?

Prevention Opportunities: Primary Care



NIAAA
NATIONAL INSTITUTE ON
ALCOHOL ABUSE AND ALCOHOLISM



“Since substance abuse kills more teenagers than infectious disease, parents should view this screening as another important vaccination.”

-- Dr. John R. Knight, Director of the Center for Adolescent Substance Abuse Research, Boston Children’s Hospital

Environmental Strategies: They Work



Responsible beverage service

Outlet location/ density control



Compliance checks



Sobriety and traffic safety checkpoints



Restricted sale at public events



Social host liability laws



Graduated driver licensing laws



Happy hour restrictions



SAMHSA's Underage Drinking Prevention Efforts – Public Awareness

TownHall Meetings
2012

Getting to outcomes
by mobilizing communities to
prevent underage drinking



Interagency Coordinating Committee
for the Prevention of Underage
Drinking (ICCPUD)

“Preventing Underage Drinking”
webinar series



State videos

Times Square



Coming soon



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 Is Key!



**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>

