The Future of Prevention in Changing Times

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Washington State Prevention Summit
November 6, 2016
Yakima, WA
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.
Objectives

- Describe the changing landscape of prevention
- Review frameworks and tools to advance prevention’s alignment with health care
- Explore challenges and opportunities for the prevention field
Behavioral Health is Essential to Health

• By 2020, mental & substance use disorders (M/SUDs) will surpass all physical diseases as a major cause of disability worldwide.

• One-half of U.S. adults will develop at least one mental illness in their lifetime.
  • Mental illness and heart diseases alone account for almost 70 percent of lost output/productivity
World Economic Forum: Global economic impact of five diseases could reach $47 trillion over the next 20 years. Behavioral Health will account for $16 trillion – a third of the cost.
The Link Between Substance Misuse and Mental Illness

Substance misuse and mental illness share risk and protective factors.

- Up to \( \frac{1}{2} \) of people with a serious mental illness will develop a substance use disorder at some time in their lives.
- Alcohol dependence is 4 times more likely to occur among adults with mental illness than among adults with no mental illness.
- Many health care systems to treat substance misuse and mental illness are disconnected.

SAMHSA
www.samhsa.gov 1-800-662-HELP (4357) 1-800-662-HELP
Missed Opportunities = Lives Lost

77 percent of individuals who die by suicide had visited their primary care doctor within the year.

45 percent had visited their primary care doctor within the month.

18 percent of elderly patients visited their primary care doctor on same day as their suicide.

THE QUESTION OF SUICIDE WAS Seldom RAISED...
Connecting with Health Care: Behavioral Health Conditions Increase Costs

- **Asthma and/or COPD**
  - No Mental Illness and No Drug/Alcohol: $8,000
  - Mental Illness and No Drug/Alcohol: $14,081
  - Drug/Alcohol and No Mental Illness: $9,488
  - Mental Illness and Drug/Alcohol: $15,862

- **Congestive Heart Failure**
  - No Mental Illness and No Drug/Alcohol: $15,058
  - Mental Illness and No Drug/Alcohol: $24,598
  - Drug/Alcohol and No Mental Illness: $16,058
  - Mental Illness and Drug/Alcohol: $15,257

- **Coronary Heart Disease**
  - No Mental Illness and No Drug/Alcohol: $8,768
  - Mental Illness and No Drug/Alcohol: $24,927
  - Drug/Alcohol and No Mental Illness: $15,430
  - Mental Illness and Drug/Alcohol: $15,634

- **Diabetes**
  - No Mental Illness and No Drug/Alcohol: $9,498
  - Mental Illness and No Drug/Alcohol: $24,443
  - Drug/Alcohol and No Mental Illness: $16,287
  - Mental Illness and Drug/Alcohol: $18,156

- **Hypertension**
  - No Mental Illness and No Drug/Alcohol: $15,891
  - Mental Illness and No Drug/Alcohol: $36,730
  - Drug/Alcohol and No Mental Illness: $24,639
  - Mental Illness and Drug/Alcohol: $35,840
- There are **more deaths from suicide** than from HIV or homicides.
- **Half the deaths from tobacco use are among persons with substance use and mental disorders.**
• Substance use and mental disorders
  – increased risk for:
    o Physical health problems
    o Chronic diseases
    o HIV/AIDS
    o STDs

• Cost of treating common diseases
  – higher with untreated behavioral health problems:
    o Hypertension: 2X
    o Coronary heart disease: 3X
    o Diabetes: 4X
Moving Toward Alignment:
National Prevention Strategy

Injury and Violence Free Living
Healthy & Safe Community Environments
Reproductive and Sexual Health
Mental and Emotional Well-being
Empowered People
Active Living
Healthy Eating
Preventing Drug Abuse and Excessive Alcohol Use
Elimination of Health Disparities
Clinical & Community Preventive Services
Tobacco Free Living

Increase the number of Americans who are healthy at every stage of life.
Moving Toward Alignment: Continuum of Care
Moving Toward Alignment: Value of the Strategic Prevention Framework

- Assessment
- Evaluation
- Sustainability and Cultural Competence
- Capacity
- Implementation
- Planning

State Systems Prevention Infrastructure

Community Coalitions Action Mechanism

General Public Awareness and Outreach
Moving Toward Alignment: Prevention Through Young Adulthood

INTERVENTIONS BY DEVELOPMENTAL PHASE
Interventions and Their Targeted Developmental Stages

PRIOR TO CONCEPTION
- Pregnancy prevention
- Prenatal care
- Home visiting

PRENATAL
- Early childhood interventions

INFANCY
- Parenting skills training
- Social and behavioral skills training

EARLY CHILDHOOD
- Classroom-based curriculum to prevent substance abuse, aggressive behavior, or risky sex
- Prevention of depression

CHILDHOOD
- Prevention of schizophrenia

EARLY ADOLESCENCE

ADOLESCENCE

YOUNG ADULTHOOD
- Prevention focused on specific family adversities (bereavement, divorce, parental psychopathology, parental substance use, parental incarceration)
- Community interventions
- Policy
Forging the Future Requires Collaboration

- **PROMOTION**
  - Physical/emotional health promotion
  - Prevention, including substance use and mental disorders

- **PREVENTION**
  - Universal
  - Selective
  - Indicated

- **TREATMENT**
  - Case identification
  - Essential health benefits

- **MAINTENANCE**
  - Treatment to prevent relapse and recurrence
  - Rehabilitative/habilitative services

- **RECOVERY**
  - People can and do recover.

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Connecting Prevention, Public Health, and Clinical Systems

• One size does not fit all.
• Integration is a long-term process that requires:
  – Teamwork across sectors
  – State and community voices
  – Collaborative and integrated practices that include prevention
  – Development/testing of evidence-based practices
WA State Partnership for Success Grant

- Community Prevention and Wellness Initiative (CPWI) identified 52 high risk communities.
  - Each community has substance use prevention coalition, strategic plan, and prevention/intervention specialist
  - Grant funds 40 CPWI to provide training, technical assistance, assessment, strategic planning, implementation and evaluation of prevention services
- NSDUH data reveals alcohol rates—including past-30 day consumption, binge drinking, and first use all moving in positive direction (2003-2012)
- Local county profiles and county comparisons on Athena Forum website uses data from more than 50 gov’t agency sources (and correlates with adolescent substance use)
- Building capacity and increasing community outreach by expanding membership on the Washington Advisory Group
WA Tribal Prevention Grants

Strategic Prevention Framework/Prescription Drugs
- Nooksack Indian Tribal Council

Cooperative Agreements for Tribal Behavioral Health, Native Connections
- Skokomish Indian Tribe
- Seattle Indian Health Board
- Northwest Indian College
- Northwest Washington Indian Health Board

(Continued)
- Squaxin Indian Tribe
- Confederated Tribes Chehalis Reservations
- Makah Indian Tribe
- Lummi Nation
- Spokane Tribe of Indians
- Muckleshoot Indian Tribe
- Confederation Tribes of the Yakama Nation
- Confederated Tribes of the Colville Reservation
Nooksack Indian Tribal Council
Partnership for Success 2015

Achievements

• Achieved 100 percent alcohol-free teens in 2015
• Implemented new data-collection process
• Conducted Healthy Youth school-based survey
• Established a Tribal-School Administrator “Task Force”
Prevention Workforce
Changing Landscape

Need a workforce that can operate effectively in the new landscape.

• Multiple health care settings
• Integrated care
• Recovery-oriented systems & Recovery principles
• Use of evidenced-based practices
• Address population health
Prevention Workforce: How do we ensure quality service?

44 states have prevention specialist certification....

- 30% Reported requiring providers to obtain prevention certification
- 70% Did not mention required certification
Making Integrated Solutions Work

CAN YOU BREAK THROUGH?
Questions and Discussion