



Strategic Initiative #1

Prevention of Substance Abuse and Mental Illness

NASADAD/NPN/NTN Annual Meeting

Indianapolis, IN • June 9, 2011



Prevention of Substance Abuse and Mental Illness

Key Facts

- **By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide.**
- **Each year, approximately 5,000 youth under the age of 21 die as a result of underage drinking.**
- **Annually, tobacco use results in more deaths (443,000 per year) than AIDS, unintentional injuries, suicide, homicide, and alcohol and drug abuse combined. Almost half of these deaths occur among people with mental and substance use disorders.**
- **Half of all lifetime cases of mental and substance use disorders begin by age 14 and three-fourths by age 24.**
- **More than 34,000 Americans die every year as a result of suicide, approximately one every 15 minutes.**
- **One estimate puts the total economic costs of mental, emotional, and behavioral disorders among youth in the United States at approximately \$247 billion.**
- **Among persons aged 12 and older who used prescription pain relievers non-medically in the past 12 months, 55.9 percent got them from a friend or relative for free.**

SAMHSA's Strategic Initiatives

- **Prevention of Substance Abuse and Mental Illness**
- **Trauma and Justice**
- **Military Families**
- **Recovery Support**
- **Health Reform**
- **Health Information Technology**
- **Data, Outcomes, and Quality**
- **Public Awareness and Support**

Purpose of Strategic Initiative #1

Creating communities where individuals, families, schools, faith-based organizations, and workplaces take action to:

- **Promote emotional health**
- **Reduce the likelihood of mental illness, substance abuse including tobacco, and suicide.**

This Initiative will include a focus on the Nation's high-risk youth, youth in Tribal communities, and military families.

Prevention of Substance Abuse and Mental Illness

Goal 1.1

With primary prevention as the focus, build emotional health, prevent or delay onset of, and mitigate symptoms and complications from substance abuse and mental illness.

Goal 1.2

Prevent or reduce consequences of underage drinking and adult problem drinking.

Goal 1.3

Prevent suicides and attempted suicides among populations at high risk, especially military families, LGBTQ youth, and American Indians and Alaska Natives.

Goal 1.4

Reduce prescription drug misuse and abuse.

Prevention of Substance Abuse and Mental Illness

Goal 1.1

With primary prevention as the focus, build emotional health, prevent or delay onset of, and mitigate symptoms and complications from substance abuse and mental illness.

Objective 1.1.1: Build and develop Prevention Prepared Communities.

Objective 1.1.2: Prevent substance abuse and improve well-being in States, Territories, Tribes, and communities across the Nation.

Objective 1.1.3: Eliminate tobacco use among youth and reduce tobacco use among persons with mental and substance use disorders.

Sample Action Step: Promote a data-driven strategic prevention framework for States, Territories, and Tribes and within Prevention Prepared Communities that comprises representatives from multiple community sectors, including education, justice, housing, health care, and other relevant fields.

Prevention of Substance Abuse and Mental Illness

Goal 1.2

Prevent or reduce consequences of underage drinking and adult problem drinking.

Objective 1.2.1: Establish the prevention of underage drinking as a priority issue for States, Territories, Tribal entities, colleges and universities, and communities.

Objective 1.2.2: Establish the prevention of excessive drinking by adults as a priority issue for States, Territories, Tribal entities, and communities.

Sample Action Step: In collaboration with the Interagency Coordinating Committee on the Prevention of Underage Drinking, develop and implement a strategy to prevent underage drinking, with added emphasis on girls and transition-aged youth.

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Goal 1.3

Prevent suicides and attempted suicides among populations at high risk, especially military families, LGBTQ youth, and American Indians and Alaska Natives.

Objective 1.3.1: Improve mental, emotional, and behavioral health and well-being among military families, youth, American Indians and Alaska Natives, ethnic minorities including Latina girls, LGBTQ youth, people aged 45 to 65, and people with disabilities.

Objective 1.3.2: Increase public knowledge of the warning signs for suicide and actions to take in response.

Objective 1.3.3: Increase the use and effectiveness of the Veterans Suicide Prevention Hotline/Lifeline.

Sample Action Step: Educate primary care and behavioral health practitioners, communities, schools, and the public about the risk and protective factors that contribute to emotional health and the ability to manage adverse life events.

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Goal 1.4

Reduce prescription drug misuse and abuse.

Objective 1.4.1: Educate current and future prescribers regarding appropriate prescribing practices for pain and other medications subject to abuse and misuse.

Objective 1.4.2: Educate the public about the appropriate use of opioid pain medications, and encourage the safe and consistent collection and disposal of unused prescription drugs.

Objective 1.4.3: Support the establishment of State/Territory-administered controlled substance monitoring systems and develop a set of best practices to guide the establishment of new State and Territorial programs and the improvement of existing programs.

Sample Action Step: In collaboration with NIDA, CMS, FDA, CDC, HRSA, and other Federal agencies as appropriate to build upon SAMHSA's national prescription drug abuse public education campaign, targeting consumers regarding proper disposal of unused prescription drugs and keeping prescription drugs securely out of reach from unintended users.

Prevention of Substance Abuse and Mental Illness

Strategic Initiative #1 Measures

Population-Based

Reduce the percentage of children and youth aged 12 to 20 reporting past 30-day substance use (including improper use of prescription drugs).

Decrease the percentage of children and youth aged 12 to 17 reporting a major depressive episode in the past year.

SAMHSA-Specific

Reduce the percentage of children and youth aged 12 to 20 receiving services through SAMHSA grants reporting past 30-day substance use (including improper use of prescription drugs).

Increase the number of individuals calling the Suicide Hotline who report receiving follow-up services within 30 days.

Strategic Initiative #1: Linkages to Prevention

- Trauma and Justice: Build the public's awareness of the impact of trauma on health and behavioral health
- Military Families: Support programs/practices to support resilience and emotional health and prevent suicide
- Recovery Support: Promote health, wellness, and resiliency
- Health Reform: Foster the integration of primary and behavioral health care.

Strategic Initiative #1: Linkages to Prevention

- Health Information Technology: Provide support to substance abuse and mental health treatment and prevention service providers to participate in health information exchanges.
- Data, Outcomes, and Quality: Implement an integrated approach for SAMHSA's collection, analysis, and use of data.
- Public Awareness and Support: Increase public understanding about mental and substance use disorders; provide information to the behavioral health workforce.

Prevention of Substance Abuse and Mental Illness

Federal Partners

- ❖ Department of Defense
- ❖ Department of Education
- ❖ Department of Health and Human Services
 - Administration for Children and Families
 - Administration on Aging
 - Centers for Disease Control and Prevention
 - Food and Drug Administration
 - Health Resources and Services Administration
 - Indian Health Service
- National Institutes of Health
 - National Institute on Alcohol Abuse and Alcoholism
 - National Institute on Drug Abuse
 - National Institute of Mental Health
- Office of Minority Health
- ❖ Department of Justice
 - Drug Enforcement Administration
 - Office of Juvenile Justice and Delinquency Prevention
- ❖ Office of National Drug Control Policy
- ❖ Office of the Surgeon General

SAMHSA's Principles

→ People

- *Stay focused on the goal.*



→ Partnership

- *Cannot do it alone.*



→ Performance

- *Make a measurable difference.*





Collaboration is the key!

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