

# WA Department of Social and Health Services



## The Surgeon General's Report on Alcohol, Drugs, and Health: *A Focus on Prevention*

# Session Presenters

**Richard F. Catalano, Ph.D.**  
Prevention Section Editor

# Substance Use, Misuse and Addiction – Are They All the Same?

- **Use** – Any use of any substance
  - Driven largely by market forces
- **Misuse** – Use that can harm self or others
  - Driven by consequences
- **Addiction** – Compulsive use
  - Driven by genetic and brain changes

# Process for development of the *Report*

- Development of this *Report* was overseen by the SAMHSA and the Office of the Surgeon General.
- Contributors, editors, and reviewers included internal subject matter experts from across the Department of Health and Human Services.
- External experts from academia and private research institutions also contributed to the report.

# Introduction and Overview of the *Report*

- Describes the extent of the substance use problem in the United States. Also describes the purpose, focus, and format of the *Report*, as well as key terms, concepts, and perspectives.
- Chapter Headings
  - The Neurobiology of Substance Use, Misuse, and Addiction
  - Prevention Programs and Policies
  - Early Intervention, Treatment, and Management of Substance Use Disorders
  - Recovery: The Many Paths to Wellness
  - Health Care Systems and Substance Use Disorders
  - Vision for the Future: A Public Health Approach

# The Neurobiology of Substance Use, Misuse, and Addiction

- Addiction is a chronic brain disease with potential for recurrence and recovery.
- Describes the three main circuits in the brain involved in addiction, and how substance use can “hijack” the normal function of these circuits.
- Understanding this transformation in the brain is critical to understanding why addiction is a health condition, not a moral failing or character flaw.

# Prevention Programs and Policies

- Describes a range of programs focused on preventing substance misuse including universal prevention programs that target the whole community as well as programs that are tailored to high-risk populations.
- Also describes population-level evidence-based policies that are effective for reducing underage drinking, drinking and driving, spread of infectious disease, and other consequences of alcohol and drug misuse.

# Early Intervention, Treatment, and Management of Substance Use Disorders

- Describes the scientifically-proven clinical activities that are used to identify people who have a substance use disorder and engage them in treatment.
- Also describes the range of medications and behavioral treatments that can help people successfully address their substance use disorder.



# Recovery: The Many Paths to Wellness

- Describes the construct of recovery as well as the number of people in recovery.
- Describes the growing array of effective services and systems that provide recovery support and the many pathways that make recovery possible, including treatment, recovery support services, and/or mutual aid.

# Health Care Systems and Substance Use Disorders

- Explains why integrating general health care and substance use services can result in better outcomes.
- Describes policies and activities underway to achieve that goal.
- Discusses recent legislation that requires healthcare plans to offer substance use disorder services equitably with other health conditions.
- Innovative delivery system reforms and models of care coordination are also discussed, as well as the different financing systems that cover substance use disorder services.

# Surgeon General's Report on Alcohol Drugs and Health: Prevention Findings and Implications

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# Scope of the Issue

Among U.S. population 12 or older

- **66 million** reported binge drinking
- **47 million** “used” an illicit or non-prescribed drug
- **21 million** met criteria for a “substance use disorder”

# Cost Impact

- Annual costs of substance misuse: **\$442 billion**
- Annual costs of diabetes: **\$245 billion**

# A Public Health Approach

“It’s time to change how we view addiction. Not as a moral failing but as a chronic illness... The way we address this crisis is a test for America.”

## U.S. Surgeon General Vivek Murthy

- Prevention Science offers new understanding and help
  - Prevention programs and policies have been shown to be effective

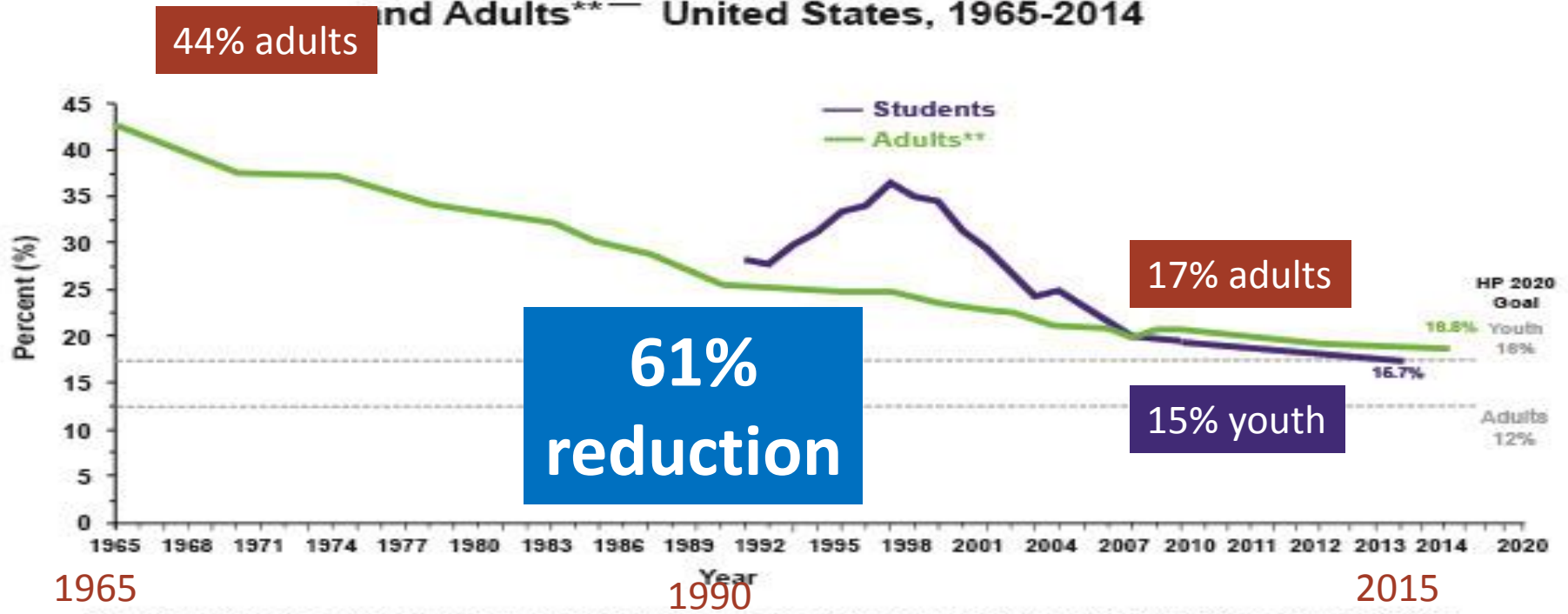
# Conclusion of the Surgeon General's Report

America **CAN** reduce substance misuse problems:  
Prevention and treatment can be effective if we  
develop a public health approach.

## Tobacco Precedent

# Precedent: Science-based, Public Health Approach to Smoking

Trends in Current Cigarette Smoking by High School Students\* and Adults\*\* — United States, 1965-2014



\*Percentage of high school students who smoked cigarettes on 1 or more of the 30 days preceding the survey (Youth Risk Behavior Survey, 1991-2013).  
\*\*Percentage of adults who are current cigarette smokers (National Health Interview Survey, 1965-2014).



# How Could this Strategy Reduce Other Substance Use/Problems?

- **Increase public understanding of the problem:** A public health problem, NOT a moral failing
- **Disseminate and further develop the science:** Biology, Epidemiology, Prevention, Treatment
- **Increase utilization of evidence-based Prevention programs and policies and Treatment:** school, family and community Prevention programs, alcohol policies and medication and other Treatment therapies
- **Increase trained workforce to deliver evidence-based Prevention and Treatment**

# Prevention Section

## The Surgeon General's Report on Alcohol Drugs and Health

**“Although substance misuse problems and use disorders may occur at any age, adolescence and young adulthood are particularly critical periods. Preventing or even simply delaying young people from trying substances is important to reducing the likelihood of a use disorder later in life.”**

**Dr. Vivek Murthy**

**U. S. Surgeon General**

# 40 Years of Prevention Science Research Advances: From Nothing Works to Effective Prevention

- Risk and protective factors that predict substance use problems are reliable targets for prevention
- Over 60 prevention programs and policies have been shown to prevent substance use problems in rigorous research
- Communities are an effective organizing force for bringing effective policies and programs to scale to improve the public health

# Early Substance Abuse Prevention Efforts were Ineffective

- **Strategies:**
  - Information
  - Fear arousal
  - Just say “no”
- **Outcomes:**
  - No decreases in drug use
  - Some programs *increased* drug use (Tobler, 1986)

***Lesson: Untested good ideas can sometimes make things worse.***

# Paradigm Shift

## A Public Health Approach to Prevention

- To prevent a problem before it happens, address its predictors
- Longitudinal research identified predictors
  - Risk factors
  - Protective factors
- Develop and test in controlled trials programs and policies to target risk and protective factors for change

# Much Commonality in Risk Factors for Behavioral Health Problems

## Community

### Risk Factors

	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence	Depression & Anxiety
<b>Community</b>						
Availability of Drugs	✓				✓	
Availability of Firearms		✓			✓	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	✓	✓			✓	
Media Portrayals of Violence		✓			✓	
Transitions and Mobility	✓	✓		✓		✓
Low Neighborhood Attachment and Community Disorganization	✓	✓			✓	
Extreme Economic Deprivation	✓	✓	✓	✓	✓	
<b>Family</b>						
Family History of the Problem Behavior	✓	✓	✓	✓	✓	✓
Family Management Problems	✓	✓	✓	✓	✓	✓
Family Conflict	✓	✓	✓	✓	✓	✓
Favorable Parental Attitudes and Involvement in the Problem Behavior	✓	✓			✓	
<b>School</b>						
Academic Failure Beginning in Late Elementary School	✓	✓	✓	✓	✓	✓
Lack of Commitment to School	✓	✓	✓	✓	✓	
<b>Individual/Peer</b>						
Early and Persistent Antisocial Behavior	✓	✓	✓	✓	✓	✓
Alienation and Rebelliousness	✓	✓		✓		
Friends Who Engage in the Problem Behavior	✓	✓	✓	✓	✓	
Favorable Attitudes Toward the Problem Behavior	✓	✓	✓	✓		
Early Initiation of the Problem Behavior	✓	✓	✓	✓	✓	
Constitutional Factors	✓	✓			✓	✓

## Family

## School

## Individual/Peer

# Much Commonality in Protective Factors for Behavioral Health Problems

<b>Protective Factors</b>	<b>Substance Abuse</b>	<b>Delinquency</b>	<b>Safe Sexual Behavior</b>	<b>School Drop-Out</b>	<b>Violence</b>	<b>Depression &amp; Anxiety</b>
<b>Individual</b>						
Cognitive Competence	✓	✓	✓	✓	✓	✓
Emotional Competence		✓				
Social/Behavioral Competence	✓	✓	✓		✓	✓
Self Efficacy			✓			
Belief in the Future	✓	✓	✓		✓	✓
Self-determination			✓			
Pro-social Norms	✓	✓	✓		✓	✓
Spirituality	✓	✓	✓			
<b>Family, School and Community</b>						
Opportunities for Positive Social Involvement	✓	✓				
Recognition for Positive Behavior	✓	✓			✓	✓
Bonding to Prosocial Others	✓	✓	✓	✓	✓	✓

# What We Now Know About Risk and Protective Factors

- Both an individual's level of risk and level of protection influence whether a person will misuse substances
- Common risk and protective factors predict substance use and related behavioral health problems (violence, delinquency, school dropout, mental health problems, risky sex, risky driving)
- Risk and protective factors show much consistency in effects across diverse groups
- Different communities/neighborhoods have different levels of risk and protection, thus may need to access and utilize different effective prevention programs and policies



# Effective Prevention Programs

- Its never too early or too late
- Effective prevention programs have reduced substance misuse
  - Family-based
  - School-based
  - Brief motivational interventions in colleges and emergency rooms
  - Workplace
  - Primary care
- Several programs have shown effectiveness with multiple subpopulations or specific subpopulations and more work is needed

# Effective Prevention Programs in the SGR

- **Ages 0-10:** Nurse Family Partnership, Raising Healthy Children, Good Behavior Game, Classroom Centered Intervention, Linking the Interests of Teachers and Families, Fast Track, Preventive Treatment Program
- **Ages 10-18:** Life Skills Training, School Health and Alcohol Harm Reduction Program, Preventure/Adventure, Unplugged, keepin' it REAL, Atlas, Strengthening Families 10-14, Guiding Good Choices, Strong African American Families, SODAS City, I Hear What You are Saying, Familias Unidas, Bicultural Competence Skills Training, Project Chill, Positive Family Support, Keep Safe, Coping Power, Project Towards No Drug Use
- **Ages 18+:** BASICS, Parent Handbook, Yale Work and Family Stress Project, Brief Motivational Intervention in Emergency Departments, Team Awareness, Computerized Alcohol-Related Problems Survey, Project Share

# Benefit per Dollar Cost\* of Illustrative Prevention Programs

Program	Benefit per Collar Cost
Nurse-Family Partnership	\$1.61
Raising Healthy Children/(SSDP)	\$4.27
Good Behavior Game	\$64.18
LifeSkills Training	\$17.25
keepin' it REAL	\$11.79
Strengthening Families Program 10-14	\$5.00
Guiding Good Choices	\$2.69
Positive Family Support/ Family Check Up	\$0.62
Project Towards No Drug Abuse	\$6.54
BASICS	\$17.61

Source: Washington State Institute for Public Policy, 2016  
\*Cost estimates are per participant, based on 2015 U.S. dollars

# Effective Alcohol Policies in the SGR

## Policies to reduce availability

- Increase price (tax)
- Reduce retail alcohol outlet density
- Commercial host liability for serving intoxicated or underage customers
- Limitation on hours or days of retail alcohol sales
- State control of alcohol sales

## Policies to reduce underage drinking

- Increase the minimum legal drinking age
- Compliance checks on underage sales in retail establishments
- 0.0% blood alcohol level for those driving under 21
- Suspended drivers license for those with alcohol driving violations
- Social host liability for serving alcohol to minors

# Effective Alcohol Policies in SGR

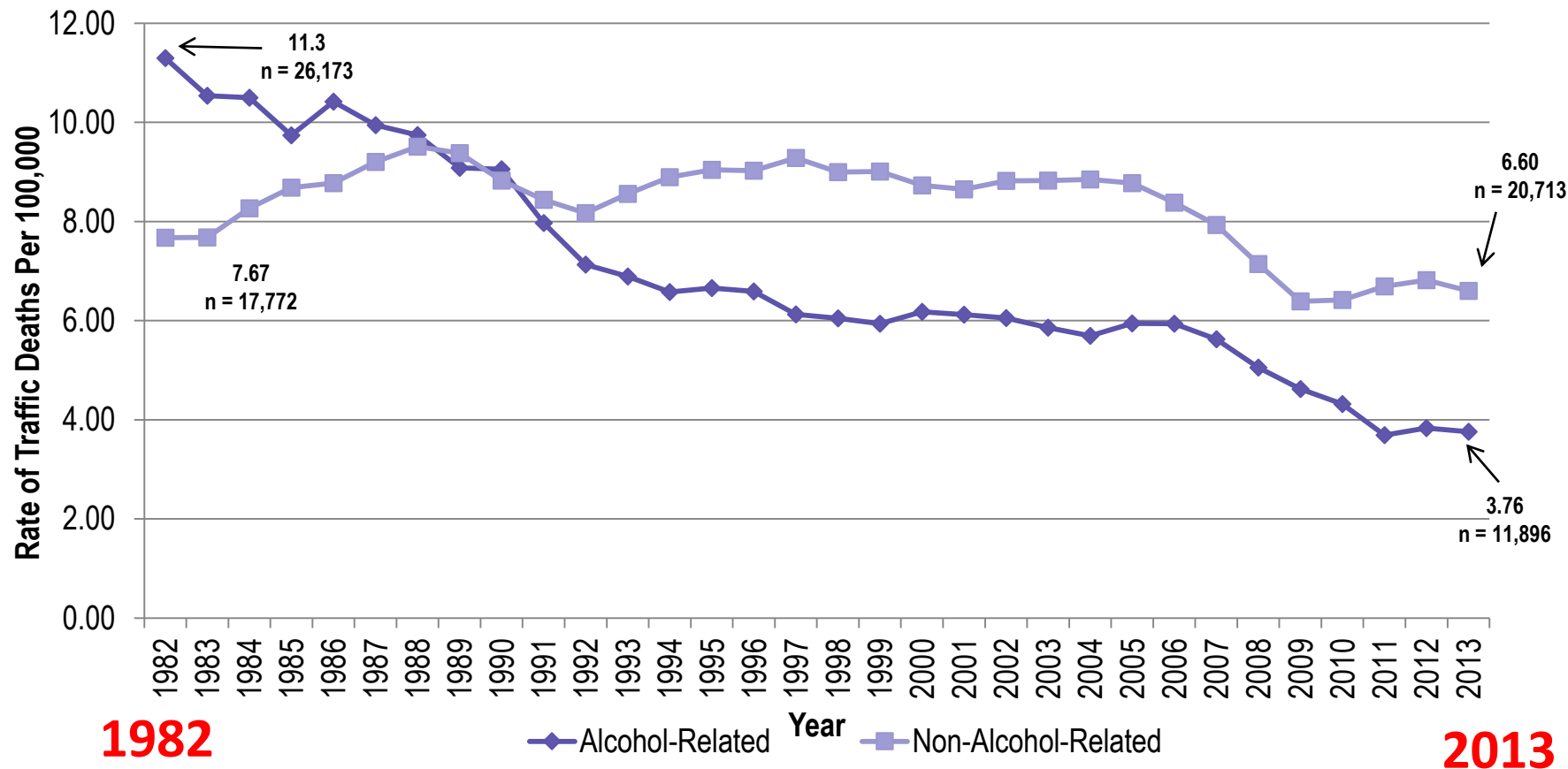
## Policies to reduce drinking and driving

- .08% blood alcohol criminal per se laws
- Sobriety checkpoints

## Policies for those convicted of a DUI

- Lower blood alcohol limit
- Mandatory ignition interlock
- Mandatory assessment and treatment
- DUI courts
- Continuous monitoring
- Vehicle impoundment or immobilization

# Alcohol- Versus Non-alcohol-related Traffic Deaths, Per 100,000, All Ages 1982-2013



Source: Hingson & White, (2014)

# Despite the Evidence, Tested and Effective Prevention Programs and Policies Are Not Widely Used

*In fact...*

Prevention approaches that do not work or have not been evaluated are more widely used than those shown to be effective

# Going to Scale with Evidence-based Prevention

- Communities must select programs appropriate to their risk, protection and substance use profile
- Program Delivery/Policy Implementation
  - Fidelity
  - Program fit/adaptation
  - Program reach
  - Little research on policy implementation processes
- Research scaling of programs/policies to learn how to increase fidelity, fit, adaptation and reach



# Community Coalitions are Effective for Scaling Effective Prevention Programs and Policies

- Build a diverse, representative, cross-sector community coalition
- Assess and prioritize risk, protection and substance use and related problems
- Evidence based programs and policies chosen should address priorities and fit with community values
- Enhance implementation fidelity and implementers' capacity
- Plan for long-term sustainability

# Effective Community Prevention Programs

Communities that Care, PROSPER, Communities Mobilizing for Change on Alcohol, Project Northland, Project Star, Reducing Underage Drinking through State Coalitions, Safer California Universities, Saving Lives, Study to Prevent Alcohol Related Consequences, Sacramento Neighborhood Alcohol Prevention Project

# Accessing the Report & Supplementary Materials



# Website

## FACING ADDICTION IN AMERICA

*The Surgeon General's Report on  
Alcohol, Drugs, and Health*

U.S. Department of Health & Human Services

### EXECUTIVE SUMMARY

The first-ever *Surgeon General's Report on Alcohol, Drugs, and Health* reviews what we know about substance misuse and how you can use that knowledge to address substance misuse and related consequences. Read the Executive Summary.

### VISION FOR THE FUTURE

The last chapter of the *Report* presents a vision for the future, five general messages, their implications for policy and practice, and recommendations for specific stakeholder groups. Read the Vision for the Future.

### KEY FINDINGS

Key information and findings related to substance use, misuse, and substance use disorders are detailed by chapter. Learn more about Key Findings.

### SUPPLEMENTARY MATERIALS

The *Report* highlights resources specific to those seeking information on preventing and treating substance misuse or substance use disorders and provides actionable recommendations for reducing substance misuse in America. Check out the Supplementary Resources.

### DOWNLOAD THE REPORT

#### Full Report and Executive Summary

- [Full Report \(PDF | 1.2 MB\)](#)
- [Executive Summary \(PDF | 72 KB\)](#)
- [Welcome Messages \(PDF | 67 KB\)](#)

#### Chapters and Appendix

- [Ch. 1: Introduction \(PDF | 72 KB\)](#)
- [Ch. 2: Neurobiology \(PDF | 72 KB\)](#)
- [Ch. 3: Prevention \(PDF | 72 KB\)](#)
- [Ch. 4: Treatment \(PDF | 72 KB\)](#)
- [Ch. 5: Recovery \(PDF | 72 KB\)](#)
- [Ch. 6: Health Care Systems \(PDF | 72 KB\)](#)
- [Ch. 7: Vision for the Future \(PDF | 72 KB\)](#)
- [Appendices \(PDF | 72 KB\)](#)

### FIND HELP AND TREATMENT

- [Behavioral Health Treatment Locator](#)
- [National Helpline](#)
- [National Suicide Prevention Helpline](#)

- [Home](#)
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- [Viewers & Players](#)
- [GobiernoUSA.gov](#)
- [Give Feedback](#)



#### Language Assistance Available

- |                            |                                |                           |                         |
|----------------------------|--------------------------------|---------------------------|-------------------------|
| <a href="#">Español</a>    | <a href="#">Tagalog</a>        | <a href="#">Français</a>  | <a href="#">Deutsch</a> |
| <a href="#">繁體中文</a>       | <a href="#">Русский</a>        | <a href="#">Polski</a>    | <a href="#">日本語</a>     |
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| <a href="#">한국어</a>        | <a href="#">Kreyòl Ayisyen</a> | <a href="#">Italiano</a>  | <a href="#">English</a> |

# Materials & Collateral Products

- Press Release
- Teaser Video and Flyer
- Press Kit (press release, agenda, fast facts, speaker bios, executive summary)
- Partner Toolkit
  - Web banners, images for social media
  - Blogs, Short messages articles
  - PowerPoint slides
  - Report Highlights

# Materials & Collateral Products (cont'd)

Fact sheets on *Report's* key findings and recommendations

- Overall Highlights
- Individuals and Families
- Communities
- Health Professionals and Health Care Systems
- State, Local, and Tribal Governments

# Vision for the Future: A Public Health Approach

# Vision for the Future: A Public Health Approach

- Provides concrete, evidence-based recommendations on how to reduce substance misuse and related harms in communities across the United States.
- This chapter distills the findings in the previous chapters into five general findings and top line messages.
- Implications for policy and practice are discussed for each finding.
- Outlines the role of specific stakeholder groups in changing the culture, policies, and practices specific to addressing substance use.



# Critical Prevention Messages

1. Substance misuse harms the health of individuals and communities.
2. Research has identified the biological, psychological, and social risk, protection and mechanisms of action of substance misuse and identified effective prevention, treatment, and recovery support services.
3. Highly effective community-based prevention programs and policies exist and should be widely implemented to improve public health.

# Critical Prevention Messages

4. Integration of the continuum of substance misuse services, from prevention through recovery, with health care will significantly improve the quality and effectiveness of *all* health care.
5. Implementation research is needed to guide the scaling of effective prevention programs and policies to have a public health impact on substance misuse.

# Stakeholders Can Help Change the Culture

- Move toward public health-based approach, which involves addressing individual, environmental, and societal factors that influence substance misuse and its consequences.
- Create a society where:
  - Government agencies, professionals and the public are aware of the scientific advances in prevention and treatment
  - Communities are willing to invest in effective prevention programs and policies
  - People feel comfortable seeking treatment that works and are celebrated for their efforts to get well
  - Health care professionals prevent and treat substance use disorders with same level of compassion and care as other chronic diseases
  - Care and support of the public makes a difference in someone's recovery

# Everyone Has a Role to Play



# Thank You!

## Q&A

# Recommendations for Individuals and Families

- Ask what your school is doing to prevent drug use and the evidence for the approach they use.
- Ask what your health care provider you can do to prevent substance misuse in yourself or your family.
- Seek out proven prevention program prior to middle school to reduce the risk your child will get involved in drug use
- Get involved in a community or school based coalition to prevention substance misuse in your community
- Advocate for the changes needed in your community.

[www.samhsa.gov/nrepp](http://www.samhsa.gov/nrepp) and [www.blueprintsprograms.com](http://www.blueprintsprograms.com)

# Recommendations for Educators and Academic Institutions

- Engage students and parents in effective prevention programs for families.
- Implement appropriate evidence-based prevention interventions in the classroom.
- Provide evidence-based assessment and referral to treatment.
- Teach accurate, up-to-date scientific information about the effectiveness of prevention and treatment and about substance use disorders as medical conditions.
- Enhance training of health care professionals.

# Recommendations for Health Care Professionals and Professional Associations

- Assess patients at all ages for risk and protective factors for substance misuse.
- Refer patients to effective prevention and treatment programs.
- Collaborate to develop and test the effectiveness of a prescription drug monitoring system.
- Address substance-related health issues with the same sensitivity and care as any other chronic health condition.
- Build workforce capacity to deliver evidence based substance misuse prevention and treatment



# Recommendations for Health Care Systems

- Promote evidence-based primary prevention.
- Promote use of evidence-based assessment and referral to treatment.
- Promote effective integration of evidence-based prevention and health care.
- Work with payors to develop and implement comprehensive billing models for evidence-based prevention and treatment.
- Implement health information technologies to promote efficiency and high-quality care.

# Recommendations for Communities

- Build awareness of substance use as a public health problem.
- Form a cross sector coalition to prevent substance misuse and utilize an evidence-based community prevention approach.
- Assess and prioritize youth risk, protection, and substance use every two years.
- Invest in evidence-based prevention programs and policies to address priorities
- Implement interventions to reduce harms associated with alcohol and drug misuse.

# Recommendations for Private Sector: Industry and Commerce

- Companies that sell alcohol and legal drugs should make the public aware of the risks involved with the of these products.
- Join a community prevention coalition.
- Support youth and employee substance misuse prevention.
- Collaborate with the federal initiative to reduce prescription opioid- and heroin-related overdose, death, and dependence.

# Recommendations for Federal, State, Local, and Tribal Governments

- Educate the public on the effectiveness of prevention and treatment.
- Provide incentives, funding, and assistance to promote implementation of effective prevention, treatment and recovery practices, policies and programs
- Provide leadership, guidance, and vision in supporting a science-based approach to addressing substance misuse prevention and substance-related health issues.
- Improve coordination between social service systems and the health care system to address the social and environmental factors that contribute to the risk for substance misuse and disorders.
- Implement criminal justice reforms to transition to a less punitive and more health-focused approach.

# Recommendations for Researchers

- Conduct research that focuses on implementation science of taking evidence based prevention and treatment to scale.
- Advocate for research informed public policy.
- Promote rigorous evaluation of policies and programs to fill gaps in prevention, treatment and recovery.
- Conduct research on potential differential effects of prevention programs and policies for subpopulations
- Conduct research on instituting effective substance use prevention policies.

# Next Steps for the Report

- **Translate the Science into Public Understanding** – Traditional and social media to inform the public, particularly parents and community leaders
- **Incorporate the Science into Health Care** – Expand training of health care professionals, improve availability, access, and quality of services in all health settings
- **Modernize Policies** – Assure broad access to prevention, treatment, and recovery services