



The Future of Prevention in Changing Times

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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

Chronic Diseases: Global Impact

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.

Cancer

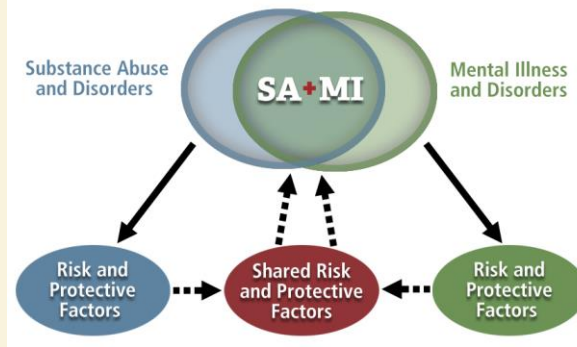
Diabetes

Behavioral
Health
Impacts

Heart
Disease

Respiratory
Disease

The Link Between Substance Misuse and Mental Illness



Substance misuse and mental illness *share risk and protective factors*.

- Up to **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**.

Missed Opportunities = Lives Lost

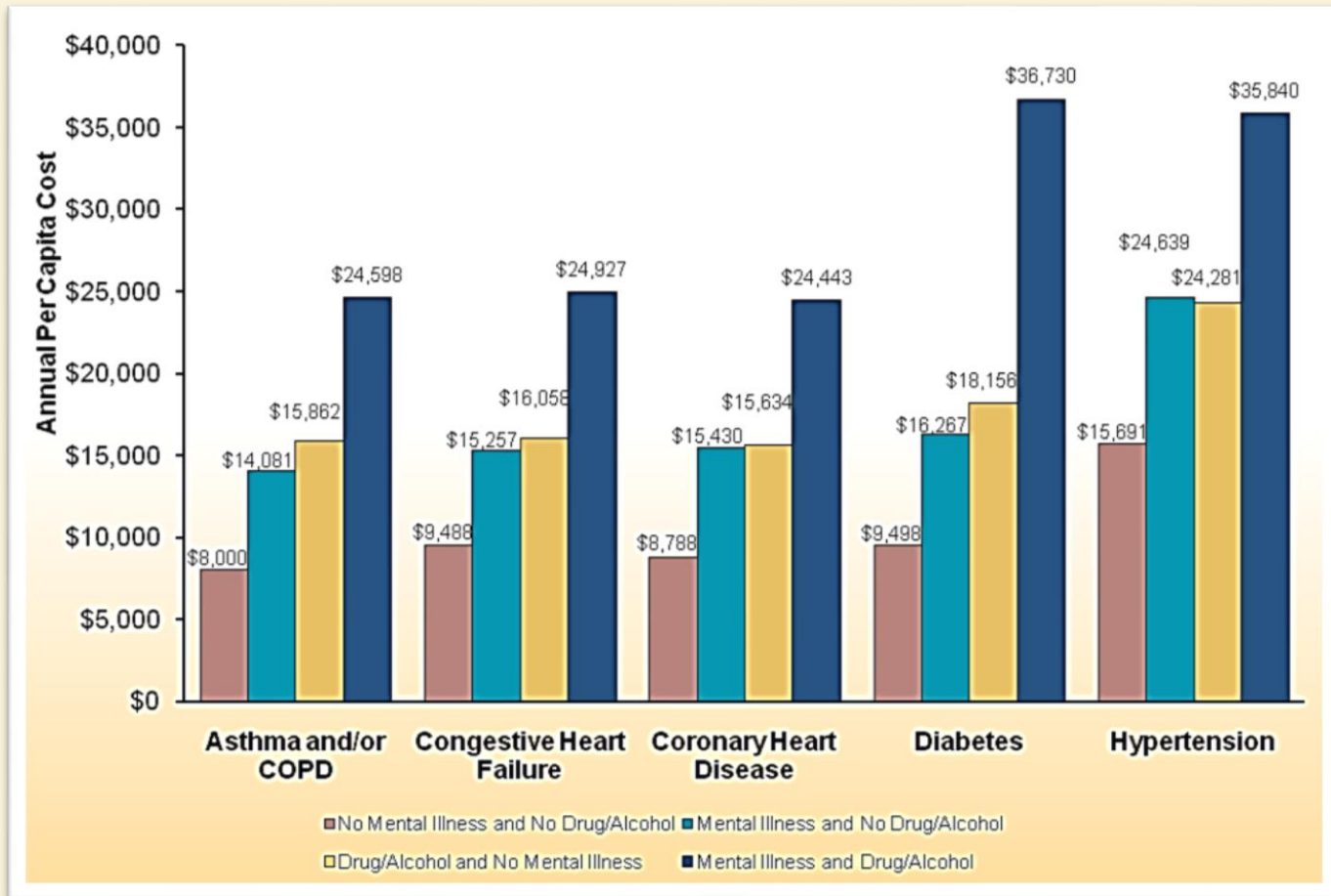
77 percent of individuals who die by suicide had visited their primary care doctor within the year.

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.

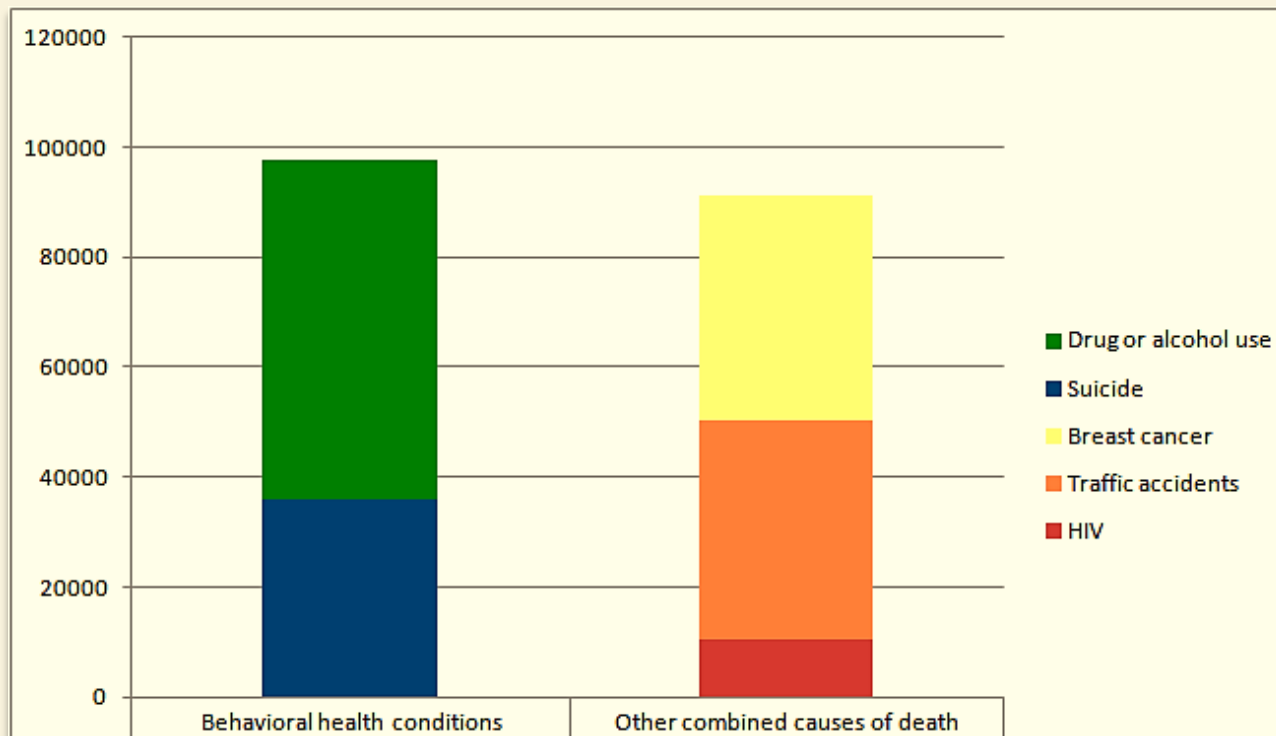
**THE QUESTION OF SUICIDE WAS
SELDOM RAISED...**

Connecting with Health Care: Behavioral Health Conditions Increase Costs



Connecting with Health Care: Premature Death and Disability

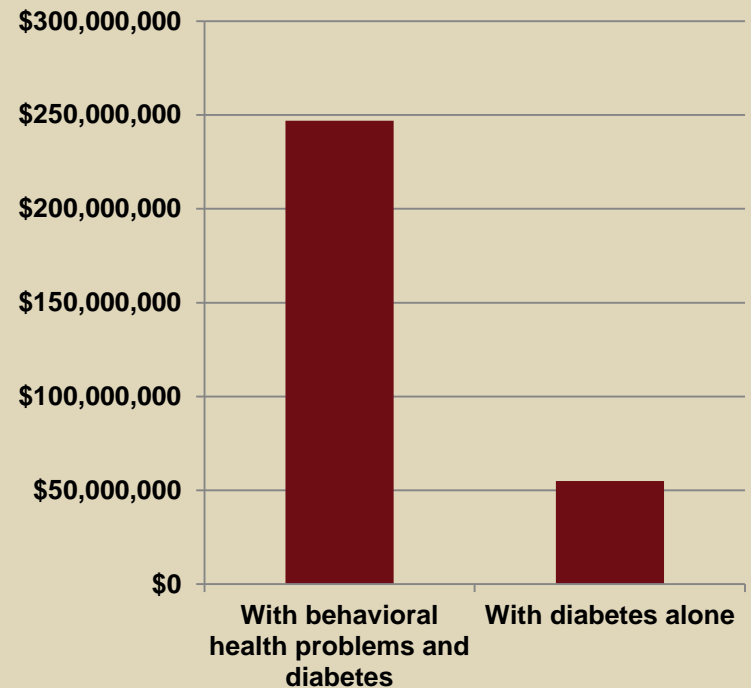
- There are ***more deaths from suicide*** than from HIV or homicides.
- ***Half the deaths from tobacco use are among persons with substance use and mental disorders.***



Connecting with Health Care: Impact of Behavioral Health on Physical Health

- Substance use and mental disorders
 - increased risk for:
 - Physical health problems
 - Chronic diseases
 - HIV/AIDS
 - STDs
- Cost of treating common diseases
 - higher with untreated behavioral health problems:
 - Hypertension: 2X
 - Coronary heart disease: 3X
 - Diabetes: 4X

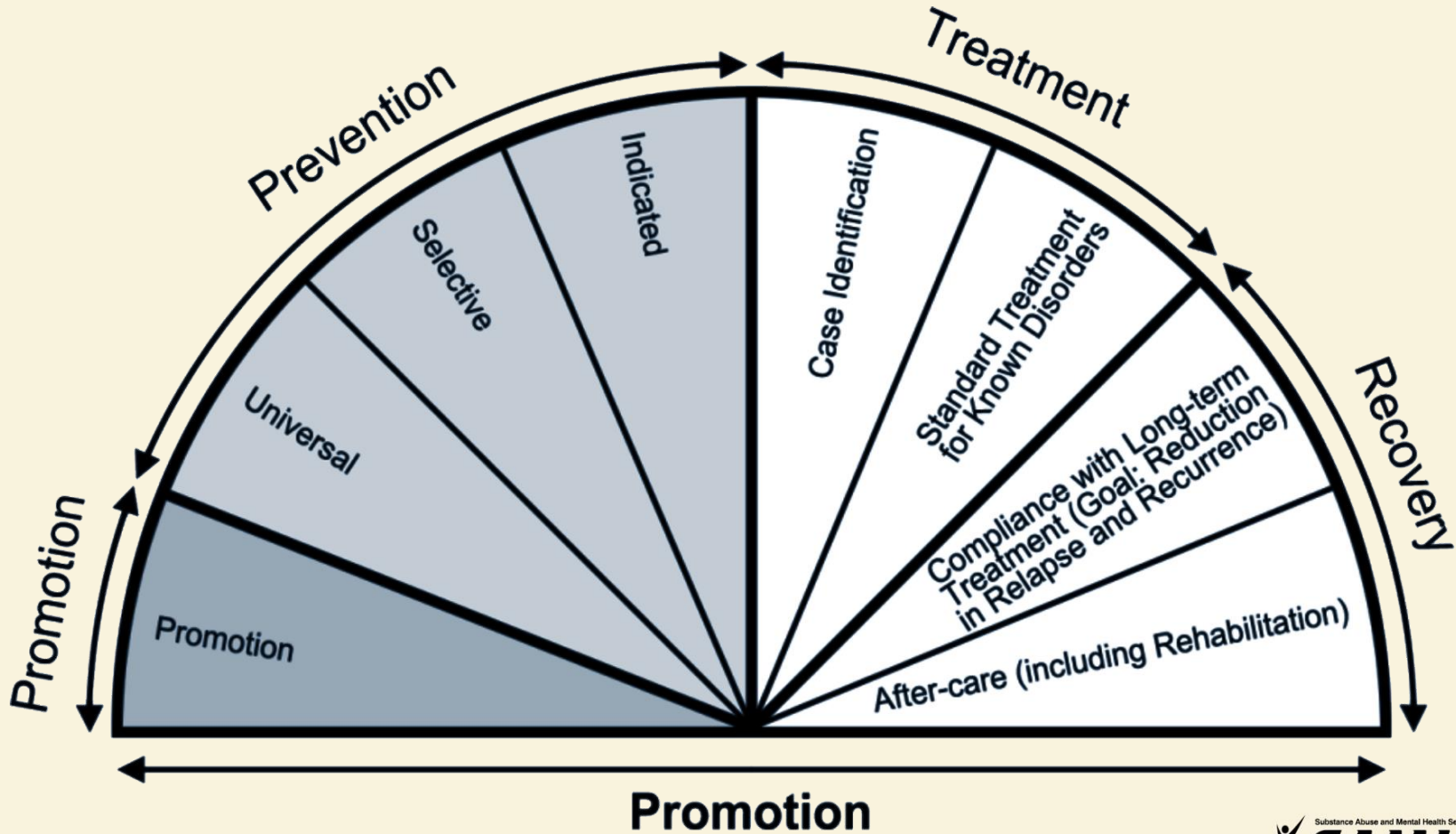
Individual Costs of Diabetes Treatment for Patients Per Year



Moving Toward Alignment: National Prevention Strategy



Moving Toward Alignment: Continuum of Care



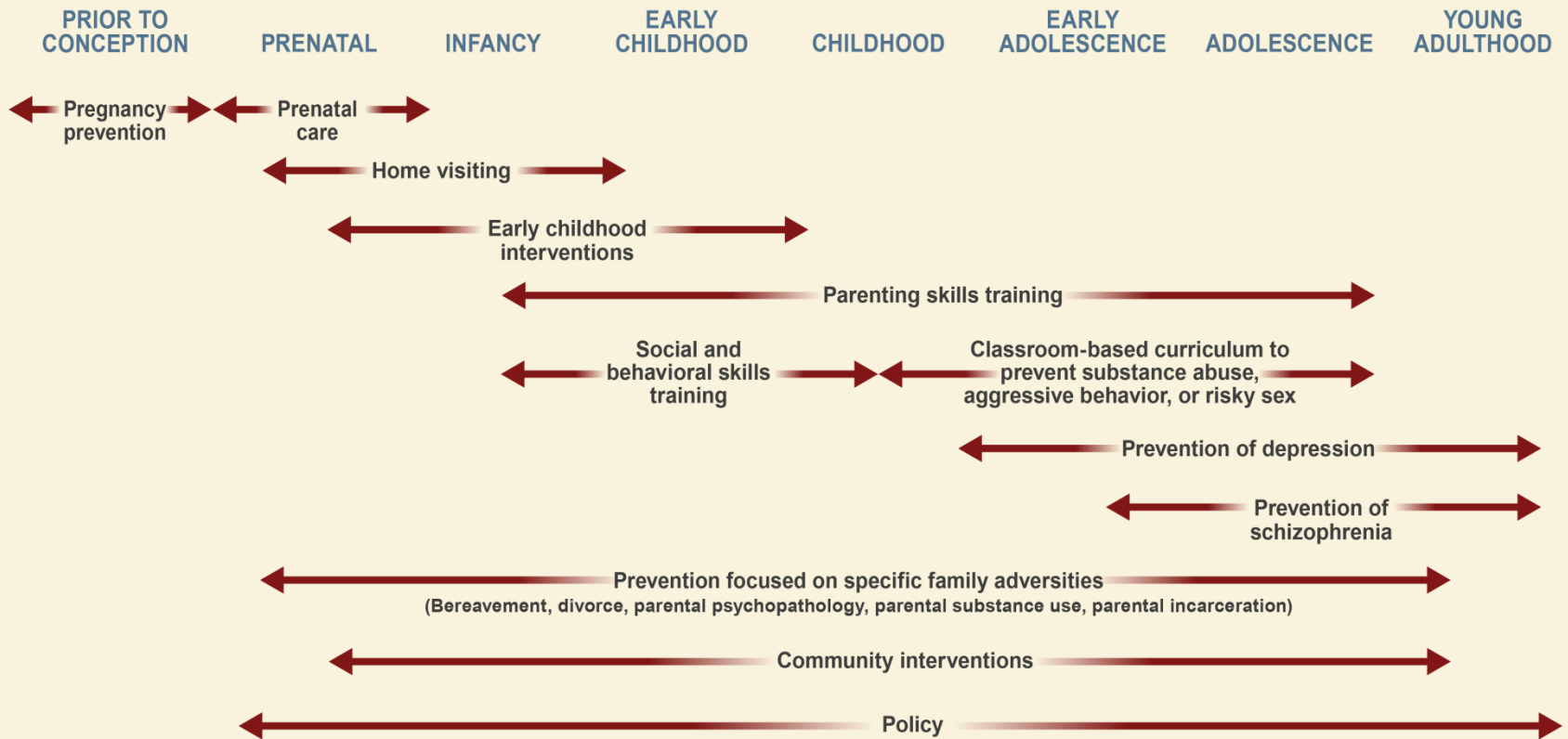
Moving Toward Alignment: Value of the Strategic Prevention Framework



Moving Toward Alignment: Prevention Through Young Adulthood

INTERVENTIONS BY DEVELOPMENTAL PHASE

Interventions and Their Targeted Developmental Stages



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.**



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

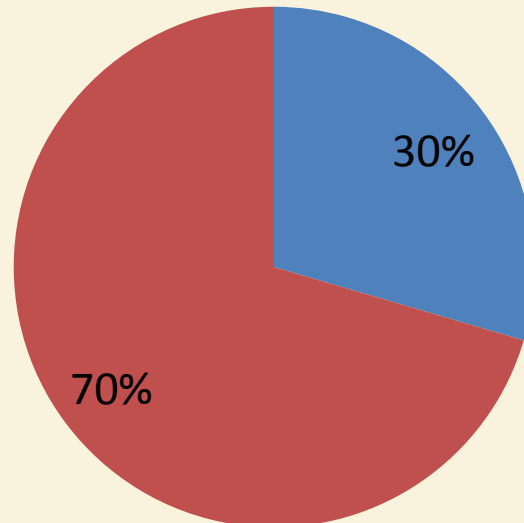
Need a workforce that can operate effectively in the new landscape.

- 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....

- Reported requiring providers to obtain prevention certification
- Did not mention required certification



Making Integrated Solutions Work



**CAN YOU BREAK
THROUGH?**

Questions and Discussion

