

# Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



# Behavioral Health and Tribal Communities

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# SAMHSA – Leading Change

- **Mission:**
  - To reduce the impact of substance abuse and mental illness on America's communities
- **Roles:**
  - Leadership and Voice
  - Funding - Service Capacity Development
  - Information/Communications
  - Regulation and Standard setting
  - Practice Improvement
- **Leading Change - 8 Strategic Initiatives:**
  - Tribes, Tribal Communities and AI/ANs

# SAMHSA Strategic Initiatives

- **Prevention**
- **Trauma and Justice**
- **Military Families**
- **Health Reform**
- **Recovery Supports**
- **Health Information Technology**
- **Data, Outcomes & Quality**
- **Public Awareness & Support**

# Tribal Communities and Behavioral Health Challenges

- **Adolescent AI/AN have death rates two to five times the rate of Whites in the same age group**
- **Suicide is the second leading cause of death for AI/AN youth in the 15-24 age group, 2.5x the national rate for this age group**
- **5.0% of AI/AN adults had serious thoughts of suicide in the past year (vs. 3.7% overall pop)**
- **The rate of past month binge alcohol use was rising among AI/AN adults than the national average (30.6% vs. 24.5%)**
- **The rate of past month illicit drug use was rising among AI/AN adults than the national average (11.2% vs. 7.9%)**
- **Only 1 in 8 (12.6%) of AI/AN adults (24,000 people) in need of alcohol or illicit drug use treatment in the past year received treatment at a specialty facility**
- **16.7% of Native Hawaiians or Other Pacific Islanders & 21.6% of American Indians or Alaska Natives experienced mental illness in the past year (vs. 19.9% overall pop)**

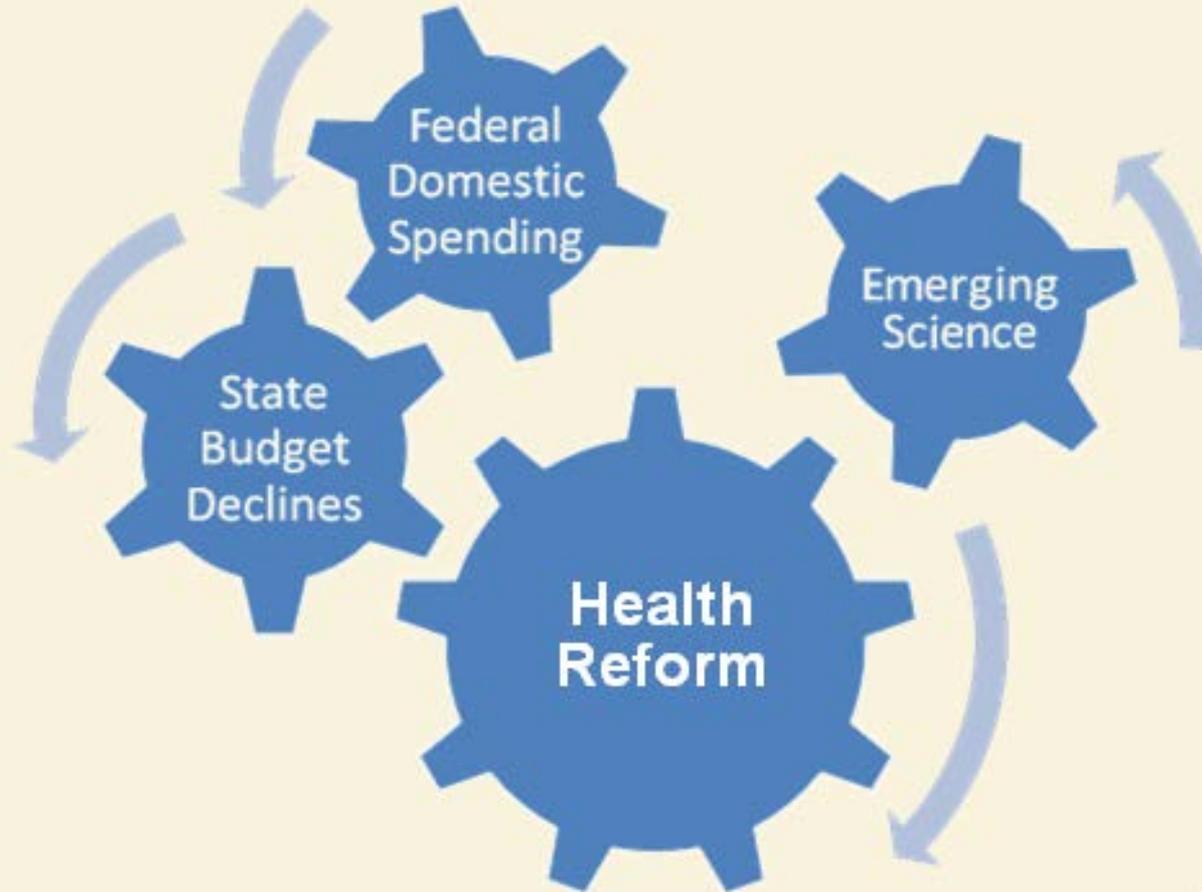
# Tribal Communities and Behavioral Health Challenges (cont.)

- National homicide victimization against AI/AN women are 2<sup>nd</sup> to African American women and higher than rates for White women
- From 2008 CDC study, 39% of Native women reported they were victims of intimate partner violence
- Some counties have rates of murder against AI/AN women that are over 10x the national average
- From NCVS data, AI/AN women are 3x more likely to be raped or sexually assaulted
- American Indians are overrepresented in incarceration and arrest rates: as much as 50% of arrests while only 11.5% of population
- Historical and intergenerational trauma impacts the physical, mental, and economic health of Native American communities

# Change in the Making

- **Self-determination Approaches**
- **Promising Partnership Between Tribes and Federal Government**
- **Tribal Law and Order Act (TLOA)**
- **Affordable Care Act/Health Reform (including Indian Health Care Improvement Act)**

# Context For Change



# Targeted Provisions in Health Care Reform

- **Culturally and linguistically appropriate explanations of coverage that are clear and transparent**
- **Maternal, Infant, and Early Childhood Home Visiting Programs targeted to reduce health disparities in at-risk communities – includes a Tribal set-aside**
- **School-based health centers to serve medically underserved children**
- **Healthier Community Grants focus on reducing disparities and addressing needs of inadequately served communities and populations**

# 2010 SAMHSA Highlights

- **Six 2010 Tribal Government to Government Consultation Sessions**
  - Themes: address substance abuse & suicide; make funding easier
- **Two 2010 Tribal Justice, Safety, and Wellness (TJSW) Consultation Sessions with DOJ Office of Justice Programs**
  - December 2010 with DOJ and BIA/BIE re Tribal Law and Order Act (TLOA)
- **SAMHSA – TTAC Meetings**
  - February 2010 & June 2010 - included introductions, overview of new administration, and updates on SAMHSA Strategic Initiatives, consultation topics, and increased access to funding
- **September 2010 – SAMHSA/IHS “Dear Tribal Leader”**
  - Clarifying roles and responsibilities with a list of collaboration activities
  - First in a series of updates to Tribes

# Tribal Law and Order Act (TLOA)

- **Reauthorizes and Amends the Indian Alcohol and Substance Abuse Act (IASA) from 1986**
  - To improve programs to prevent and treat alcohol and substance abuse and bring awareness to co-occurring issues
- **SAMHSA's Roles**
  - Create and staff an Office of Indian Alcohol and Substance Abuse
  - Consult with Tribes on framework for coordination of Federal resources (12/10)
  - Work with partners on MOA among HHS, DOI and AG (by end of July 2011)
    - SAMHSA, IHS, BIA/BIE, DOJ Justice Programs specific roles
  - Work with interested Tribes on a Tribal Action Plan for combating alcohol & SA
  - Work with BIA/BIE to improve summer prevention opportunities for at-risk youth
  - Develop process with partners to monitor efforts & outcomes

# Suicide Prevention

- **National Action Alliance for Suicide Prevention**
  - Executive Committee (September 2010) includes two American Indians
  - Task Force specifically focused on Tribal Suicide Prevention
  - BIA/HHS Suicide Awareness (Nov 12, 2010) “Dear Tribal Leader” letter announcing collaboration among SAMHSA, IHS, and BIA on 10 regional listening sessions
  - Plans for a national conference on suicide prevention to be held in 2011
- **Revisiting Funding for FY 2012 – Stay Tuned . . . .**

# SAMHSA's Multicultural Public Awareness Campaign

## Raising Awareness about Mental Health Problems in Tribal Communities

WHAT A DIFFERENCE A  
**FRIEND** MAKES

Home

Mental Health: What is it?

Recovery

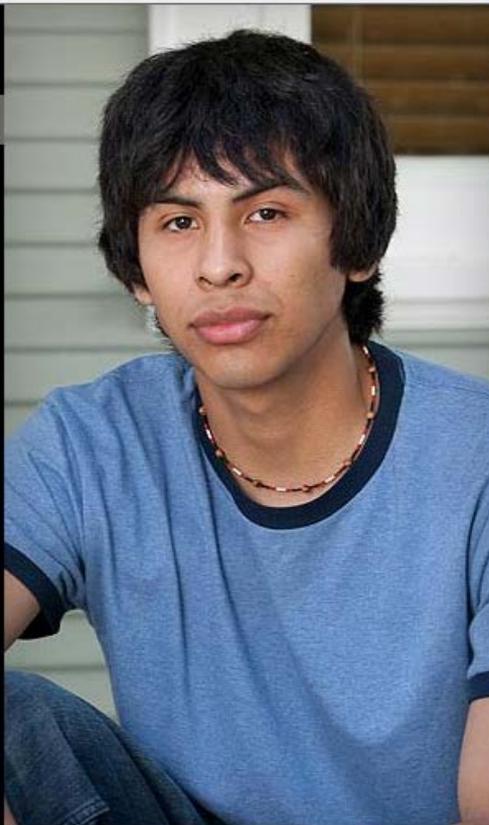
Help a friend

Support: How to help

Myths & Facts

Resources

The Campaign



## Mental Health: What is it?

Mental health problems are health conditions that cause changes in a person's thinking, mood and behavior. Arm yourself with the facts and then use your knowledge to educate others. Understanding and support are powerful, and they can make a real difference in the life of a person who needs them.

Among 18-25 year olds, the prevalence of serious mental health problems is high, yet this age group shows the lowest rate of seeking help. According to SAMHSA, from 2004 to 2007, an average of 20.7 percent of American Indian 18-25 year olds reported serious psychological distress in the past year. Despite the high prevalence, only one in three (30.6 percent) American Indian adults with serious psychological distress received care within the past 12 months. Overall the rates at which racial and ethnic minority young adults seek treatment are much lower than their Caucasian counterparts. The potential to minimize future disability is increased if the right support is received. People with mental health problems need to be treated with respect, compassion and empathy, just as anyone with any other serious healthcare condition.

One of the most important factors in recovery is the understanding and acceptance of friends.

# SAMHSA Principles

- **People**

- *Stay focused on the goal*
- *Tribal people; culturally appropriate approaches*

- **Partnership**

- *Cannot do it alone*
- *Tribal leaders; AI/NA organizations*

- **Performance**

- *Make a measurable difference*
- *Outcomes defined by AI/AN culture*



# SAMHSA Key Messages

- **Behavioral Health is Essential to Health**
- **Prevention Works**
- **Treatment is Effective**
- **People Recover**

