

# Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover





# LEADING CHANGE IN AN ERA OF HEALTH REFORM

**Pamela S. Hyde, J.D.**  
SAMHSA Administrator

National Association of Counties Legislative Conference  
Behavioral Health Subcommittee  
Washington, DC • March 5, 2011



# Behavioral Health – Impact on Counties and Communities They Serve

- **The Economy**

- Annually, the total estimated societal cost of substance abuse in the United States is \$510.8 billion

- **Health Care**

- By 2020, behavioral health conditions will surpass all physical diseases as a major cause of disability worldwide
- Half of all lifetime cases of mental and substance use disorders begin by age 14 and three-fourths by age 24

- **Criminal Justice**

- More than 80 percent of State prisoners, 72 percent of Federal prisoners, and 82 percent of jail inmates meet criteria for having either mental health or substance use problems
- More than 41 percent of State prisoners, 28 percent of Federal prisoners, and 48 percent of jail inmates meet criteria for having both, contributing to higher corrections costs

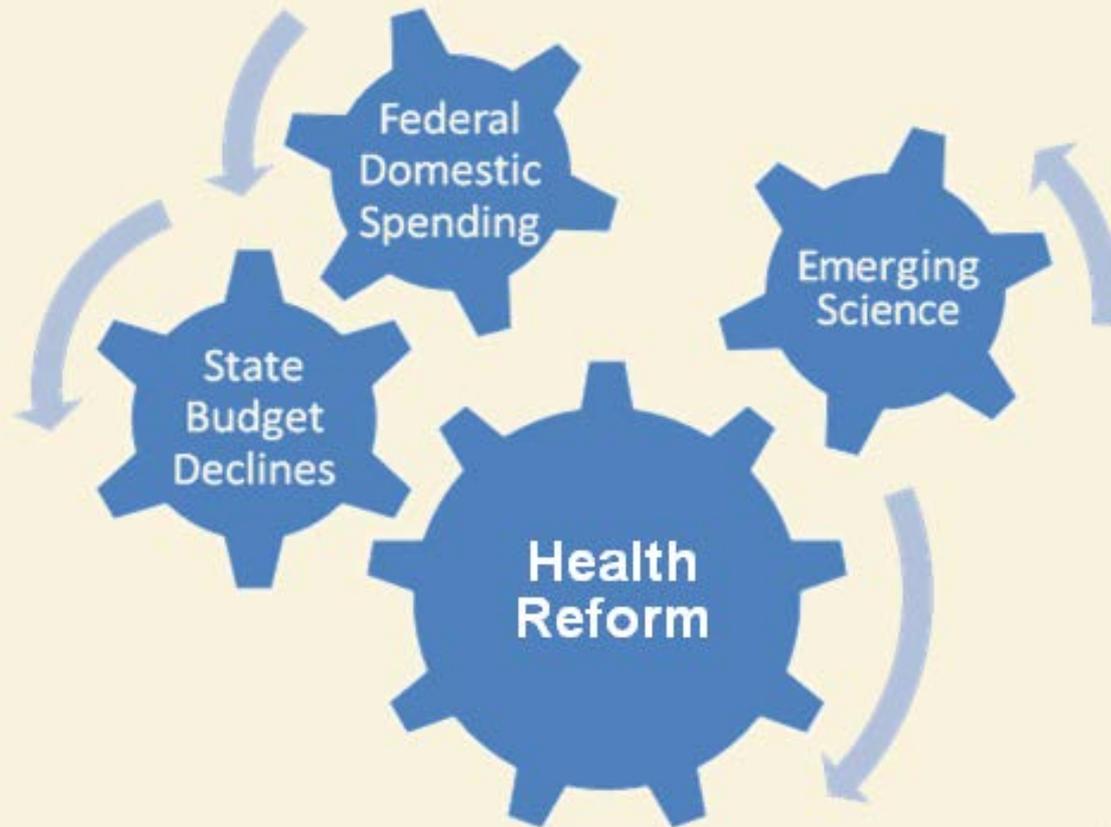
# Behavioral Health – Impact on Counties and Communities They Serve

- **Schools**
  - Approximately 12 to 22 percent of all young people under age 18 are in need of services for mental, emotional, or behavioral problems
- **Child Welfare**
  - Between 50 and 80 percent of all child abuse and neglect cases involve some degree of substance misuse by the child's parent
- **Homelessness**
  - Approximately two-thirds of homeless people living in the United States have co-occurring substance use and mental health problems

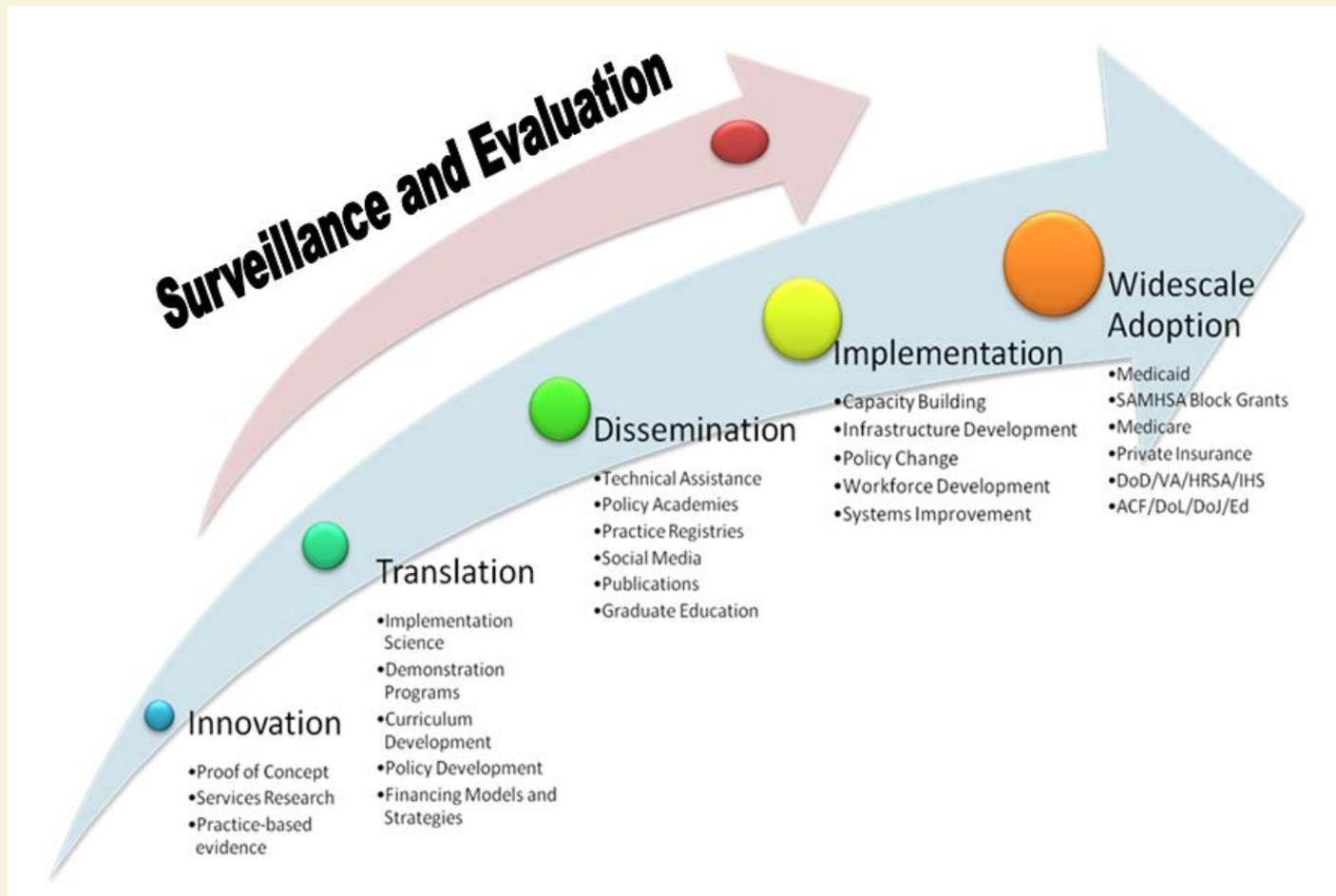
# Time of Change

- Budget constraints, cuts and realignments
- Economic challenges like never before
- No system in place to move innovative practices and systems change efforts that promote recovery to scale
- Science has evolved
- Integrated care requires new thinking about recovery, wellness, and the related practices and roles of peers in responding to whole health needs
- New opportunities for behavioral health (Parity/Health Reform/Tribal Law and Order Act)

# Context For Change



# SAMHSA's Theory of Change



# 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
- **2012 Budget**

# Counties – Leading Change

- 750 behavioral health programs in 22 county-oriented states encompassing **75 percent** of the U.S. population
- Educating the public about the mental health and substance abuse services already available within the county
- Informing the community about how health reform can facilitate access to prevention, treatment, and recovery services.
- Ensuring that police, jails, courts and other public services within the county have the right resources available to help individuals with behavioral health conditions access services and stay out of the criminal justice system
  - For each non-violent offender in jail moved to probation or parole, local government corrections systems could save almost \$25,000

# SAMHSA Strategic Initiatives

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

# Prevention

- Prevent Substance Abuse and Mental Illness (Including Tobacco) and Building Emotional Health
- Prevention Prepared Communities (PPCs)
- Suicide
- Underage Drinking/Alcohol Policies
- Prescription Drug Abuse

# Trauma and Justice: Purpose

*Reducing the pervasive, harmful, and costly health impact of violence and trauma by integrating trauma-informed approaches throughout health, behavioral health, and related systems and addressing the behavioral health needs of people involved in or at risk of involvement in the criminal and juvenile justice systems*

# Trauma and Justice: Goals

1. Develop a comprehensive public health approach to trauma
2. Make screening for trauma and early intervention and treatment common practice
- 3. *Reduce the impact of trauma and violence on children, youth, and families***
4. Address the needs of people with mental and substance use disorders in the criminal and juvenile justice systems
5. Reduce the impact of disasters on the behavioral health of individuals, families and communities

# Trauma and Justice

- ***Reduce the impact of trauma and violence on children, youth, and families***
  - Increase the use of programs/interventions shown to prevent BH impacts (including trauma) of maltreatment and interpersonal and community violence in child-serving settings (esp., child welfare and juvenile justice)
  - Support programs to address trauma experienced in childhood and its subsequent impact across the life span
  - Improve policies to address the impact of trauma on children

# Trauma and Justice

## SAMHSA's Efforts To:

- Create new/strengthen existing **partnerships** – e.g., ACF, DOJ/OJP – to address trauma-related issues throughout behavioral health, health, and social service systems
  - 2011 – increase TA capacity to support child welfare and juvenile justice grantees
- **Build on the expertise of NCTSN** to infuse evidence-based screening and trauma-focused interventions into other delivery systems w/ high prevalence of trauma (e.g., emergency *rooms*, child welfare and juvenile justice)
  - Widespread adoption of 300+ products

# Trauma and Justice

## SAMHSA's Efforts To:

- ***Move interventions to other payers*** to reach as many children and families as possible
  - Block Grant, commercial insurance, Medicaid, other child-serving systems
- Emphasize the ***prevention of trauma*** and the ***promotion of*** positive social-emotional development of children (***resilience***)
  - Comprehensive state prevention programs

# Trauma and Justice

- Expand alternative responses and diversion opportunities
- Improve ability/capacity of first responders to respond appropriately to people with BH problems and histories of trauma
- Increase availability of trauma-informed care, screening, and treatment in criminal and JJ systems
- Improve coordination of BH services for offenders re-entering community

# Trauma and Justice

- When done right, jail diversion works:
  - Divertees use less alcohol and drugs
  - Have fewer arrests after diversion compared to 12 months before (2.3 vs. 1.1)
  - Fewer jail days (52 vs. 35)
- Communities want jail diversion programs:
  - 3 out of every 4 of our jail diversion programs keep operating after federal funding ends

# The Role of Problem Solving Courts

- Cuts across all SAMHSA initiatives – prevention, early intervention, treatment, and recovery support services – shared vision (e.g. Prevention Prepared Communities, Community Resilience and Recovery Initiative, SBIRT, Access to Recovery)
- Expand access to community based behavioral health services at all points of contact with the justice system
- People who are served by drug courts and mental health courts tend to have multiple issues which create multiple challenges / opportunities

# SAMHSA's FY 2012 Budget Request - \$3.6 Billion (A Net Increase of \$67 Million Over 2010)

- Commitment to Behavioral Health
- Focus on SAMHSA's Strategic Initiatives
- Implements a Theory of Change
- Efficient and Effective Use of Limited Dollars

# SAMHSA FY 2012

## Budget Request Highlights

- \$395 million - Substance Abuse
  - State Prevention Grants
- \$90 million - Mental Health
  - State Prevention Grants
- \$50 million - Behavioral Health
  - Tribal Prevention Grants (allocated from ACA Prevention Funds)
- Mental Health Block Grant increase of \$14 million
  - Three percent - largest increase since 2005
- Substance Abuse Block Grant increase of \$40 million
  - Three percent increase

# Theory Of Change

- **Innovation and Emerging Issues Highlights:**
  - Military Families (\$10 million)
  - Health Information Technology (\$4 million)
  - Housing – Services Assisting in the Transition from Homelessness (\$154 million, ↑ of \$12 million)
  - SBIRT – (\$29 million)
  - Prevention Prepared Communities (\$23 million)
  - Suicide Prevention (\$48 million)
  - Primary/Behavioral Health Care Integration (\$34 million)

# Health Reform

- Affordable Care Act
- MHPAEA (Parity)
- National Suicide Action Alliance
- Olmstead and EPSDT Litigation
- State Actions to Expand, Limit, Revise Health Coverage and Services
- Tribal Law and Order Act
- Indian Health Improvement Act

# Health Reform - Impact of Affordable Care Act

- More people will have insurance coverage
- Medicaid will play a bigger role in M/SUDs
- Focus on primary care & coordination with specialty care
- Major emphasis on home & community-based services
  - Less reliance on institutional care
- Theme: preventing diseases & promoting wellness
- Focus on quality rather than quantity of care

# Health Reform – Counties Are Critical

- **Educating the people they serve** and other interested parties about how the ACA can enhance their health care – including their behavioral health care.
- **Using innovative new approaches and programs** through the ACA to provide enhanced services to their communities (including primary care and behavioral health care integration and enrollment and outreach)
- **Promoting collaboration** among health and human service providers at the community level and with the state - ensuring behavioral health programs are factored into the development of essential benefit plans and enrollment outreach and processes for Medicaid and health care options

# Counties – Opportunities For Leading Change

- Organize & participate in an Implementation Team
- Identify who in your state is the lead regarding implementation
- Identify a lead staff person that is your health reform expert
- Perform a scan on all in-state health reform initiatives (present and future)
- Develop a work plan that mirrors the ACA timeline
- Develop uniform talking points on health reform
- Develop a financial map of M/SUD services across agencies to understand where money is now
- Create a stakeholder team regarding health reform—manage expectations and communication

# Health Reform – Counties are Critical

**To support county behavioral health programs in these roles, SAMHSA has established:**

- Technical assistance centers
- Posted resources such as tip sheets, webinars, and timelines available at <http://www.samhsa.gov/healthreform>
- Additional resources are located at <http://www.healthcare.gov>, a highly interactive website that can help people find health coverage and provides in depth information about the ACA

# SAMHSA Principles

- **People**

- *Stay Focused On The Goal*



- **Partnership**

- *Cannot Do It Alone*



- **Performance**

- *Make A Measurable Difference*

