

# Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



# Improving Lives and Capitalizing on Emerging Opportunities

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# Tough Realities - Use

- **Increasing prescription drug use among all populations**
  - *2.5 percent of population in 2008*
  - *2.8 percent of population in 2009*
- **Increasing or flattening drug/alcohol use among youth 2008→2009**
  - *2009 illicit drug use levels remained below 2002, but youth use increased in 2009 (10.0 percent) vs. 2008 (9.3 percent)*
  - *Underage drinking rates remained stable from 2008 to 2009*
  - *In 2009, 44.8 percent of 12-14 year olds who drank received alcohol for free from family or at home*
- **Softening attitudes among young people about dangers of drug use**
  - *Level of youth perceiving great risk of harm associated with frequent marijuana use dropped from 54.7 percent in 2007 to 49.3 percent in 2009*
  - *First time since 2002 less than half of young people perceived great harm*

# Tough Realities - Disparities

- **Disparities in binge drinking, illicit drug use, and treatment need**
  - *Hispanics – highest rate of binge drinking*
  - *AI/ANs – highest rate of illicit drug use and highest rate of SU treatment need*
  - *Native Hawaiian and Pacific Islander – highest rates of youth illicit drug use and underage drinking*
- **Persons with M/SUDs disproportionately uninsured**
  - *32.4 % of uninsured aged 22 to 64 with family income of less than 150% of FPL had an M/SUD*
  - *Individuals with a mental disorder twice as likely to be uninsured*

# Tough Realities - Disparities

- **Childhood trauma increases susceptibility**
  - *More than a 500% increase in adult alcoholism is related to adverse childhood experiences*
  - *Childhood traumas/difficulties potentially explain 32.4% of Adult psychiatric disorders*
- **Early drinking/use affects adult use/addiction**
  - *Adults who begin drinking alcohol before age 21 are more likely to have alcohol dependence or abuse than those who had their first drink after age 21*
  - *Young people who begin drinking alcohol before age 15 are 6-times more likely to have alcohol dependence or abuse than those who start at age 21*

# Tough Realities– Knowledge

- **Millions of adults don't know they are problem drinkers**
  - *Among the 17.6 million people aged 12 or older who needed but did not receive treatment for an alcohol use problem in 2009, only 3.8% (676,000) felt they needed treatment for their alcohol use problem*
- **Millions of adults don't know they need prevention, intervention or treatment**
  - *More than 7.4 million adults aged 21 to 64 have an untreated alcohol abuse disorder - only 1.2% perceived they could benefit from treatment*
  - *Of the nearly six million Americans aged 21 to 64 with untreated alcohol dependence, only 7.8% (506,000) of them recognized they needed treatment*
- **Millions of parents don't know whether or how to talk with teens about drinking and drug use**
  - *Over half (55.9%) of youth and adults who use prescription pain relievers non-medically got them from a friend or relative for free*
  - *Nearly half (44.8%) 12 to 14 year olds who drank in the past month received their alcohol for free from their family or at home*

# Tough Realities – Screening and Treatment

- **Suicide increasing and associated with alcohol use**
  - *Approximately 30% of deaths by suicide involved alcohol intoxication – BAC at or above legal limit*
- **Primary care physicians not adequately prepared to screen and treat adults/youth with alcohol and drug issues, or depression/suicidal thoughts**
  - *94% of primary care physicians failed to diagnose substance use disorders properly (2000 Study)*
  - *Approximately 90% of individuals who die by suicide had a mental disorder and 40% percent had visited primary care doctor within the month - the question of suicide was seldom raised*
- **Not enough specially trained providers/practitioners to meet needs of 22.5 million Americans w/SUDs**
  - *Approximately 13,000 specialized drug treatment facilities in U.S.*
  - *Approximately 86,100 substance abuse and behavioral disorder counselors (2008 Bureau of Labor Statistics)*
  - *5,000 addiction doctors - including addiction psychiatrists*
  - *3,000 addiction medicine specialists*

# Tough Realities – Costs

- **Economic Costs of Untreated Substance Abuse**
  - *Annual total societal cost of substance abuse in the U.S. is approximately \$510.8 billion*
    - **Youth: total economic costs of mental, emotional, and BH disorders approximately \$247 billion**
  - *By 2020, BH disorders will surpass all physical diseases as a major cause of disability worldwide*
  - *Approximately 76% of people w/drug or alcohol problems are employed*
    - **Alcohol and drug abuse & dependence: approximately \$263 billion in lost productivity costs**

# Tough Realities – Costs

- **Daily Disaster of Un-prevented and Untreated M/SUDs**
  - ***Substance Dependence/Abuse: 22.5 million people with 1.6% receiving treatment***
  - ***Diabetes: 25.8 million people with 84.0% receiving medication***
  - ***Heart Disease: 81.1 million people with 74.6% receiving cholesterol screenings***
  - ***Hypertension: 74.5 million people with 70.4% receiving medication***
  - ***Any Mental Illness: 45.1 million people with 37.9% receiving treatment***
  - ***For every 2 people murdered in the U.S., 3 die by suicide***

# Tough Choices

- **Federal Budget**

- *FY2011: decrease in expenditures almost \$38.5 billion;*
- *FY2012: Proposals to decrease deficit by trillions over multiple years*

- **State Budgets**

- *MOE waivers so far this year:*
  - **MHBG (10) - \$346,998,458; SABG (15) - \$161,125,137**
- *\$2.2 billion reduction in MH alone*
- *Reductions/eliminations in SA prevention & treatment dollars*
- *Proposals to preclude those with substance abuse or criminal histories into programs designed for them – Medicaid, TANF*

# And Yet... There Are Opportunities - SAMHSA Strategic Initiatives

- **AIM: Improving the Nation's Behavioral Health**
  1. *Prevention*
  2. *Trauma and Justice*
  3. *Military Families*
  4. *Recovery Support*
- **AIM: Transforming Health Care in America**
  5. *Health Reform*
  6. *Health Information Technology*
- **AIM: Achieving Excellence in Operations**
  7. *Data, Outcomes and Quality*
  8. *Public Awareness and Support*

# SAMHSA Principles

- **People**

*Stay focused on the goal*



- **Partnership**

*Cannot do it alone*



- **Performance**

*Make a measurable difference*

