

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



Promoting Behavioral Health Strategies For HBCU's and Communities

Pamela S. Hyde, J.D.

SAMHSA Administrator

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Behavioral Health – Impact on Today’s Students Entering Tomorrow’s Workforce

- **The Economy**

- Annually - total estimated societal cost of substance abuse in the U.S. is \$510.8 billion
- Total economic costs of mental, emotional, and behavioral disorders among youth ~ \$247 billion

- **Health Care**

- By 2020, BH conditions will surpass all physical diseases as a major cause of disability worldwide
- Half of all lifetime cases of M/SUDs 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

Behavioral Health – Impact on Today’s Students Entering Tomorrow’s Workforce

- **Schools**

- Approximately 12 to 22 percent of all young people under age 18 in need of services for mental, emotional, or behavioral problems

- **Colleges**

- Prevalence of serious mental health conditions among 18 to 25 year olds is almost double that of general population
- Young people have lowest rate of help-seeking behaviors

- **Child Welfare**

- Between 50 and 80 percent of all child abuse and neglect cases involve some degree of substance misuse by a parent
- Childhood traumas/difficulties potentially explain 32.4 percent of psychiatric disorders in adulthood

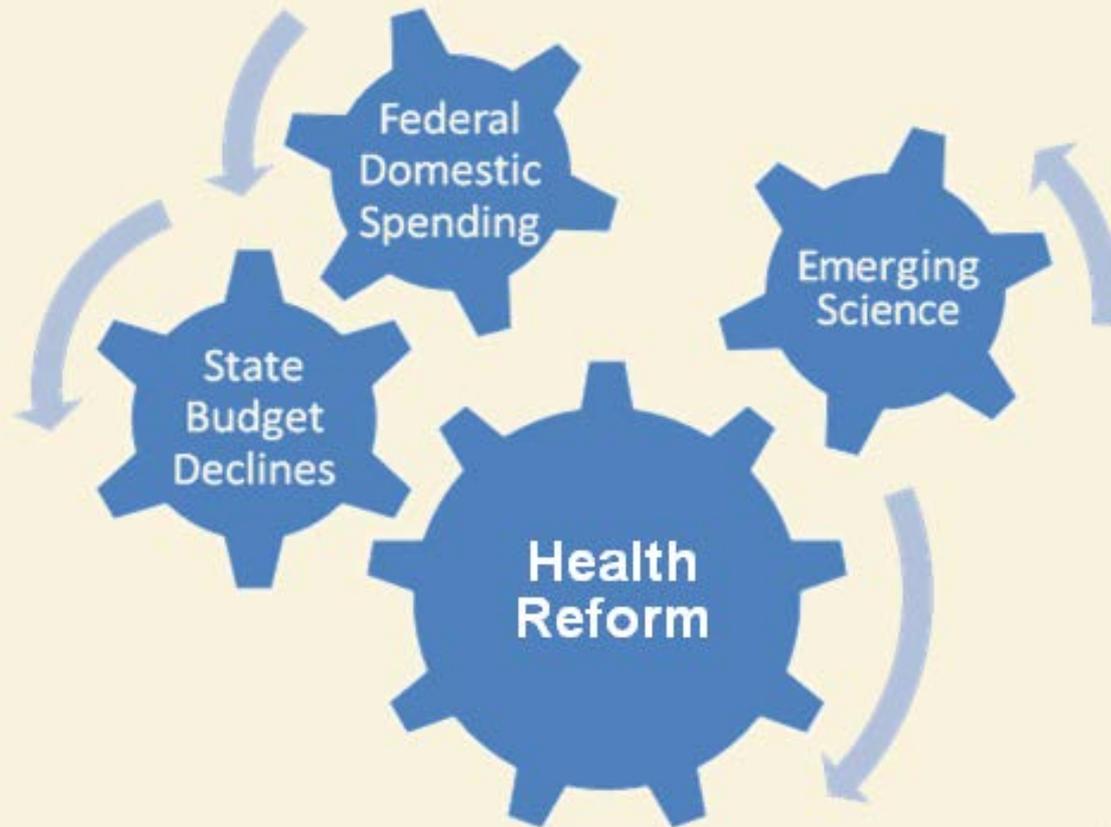
- **Homelessness**

- Approximately two-thirds of homeless people in U.S. have co-occurring M/SUDs

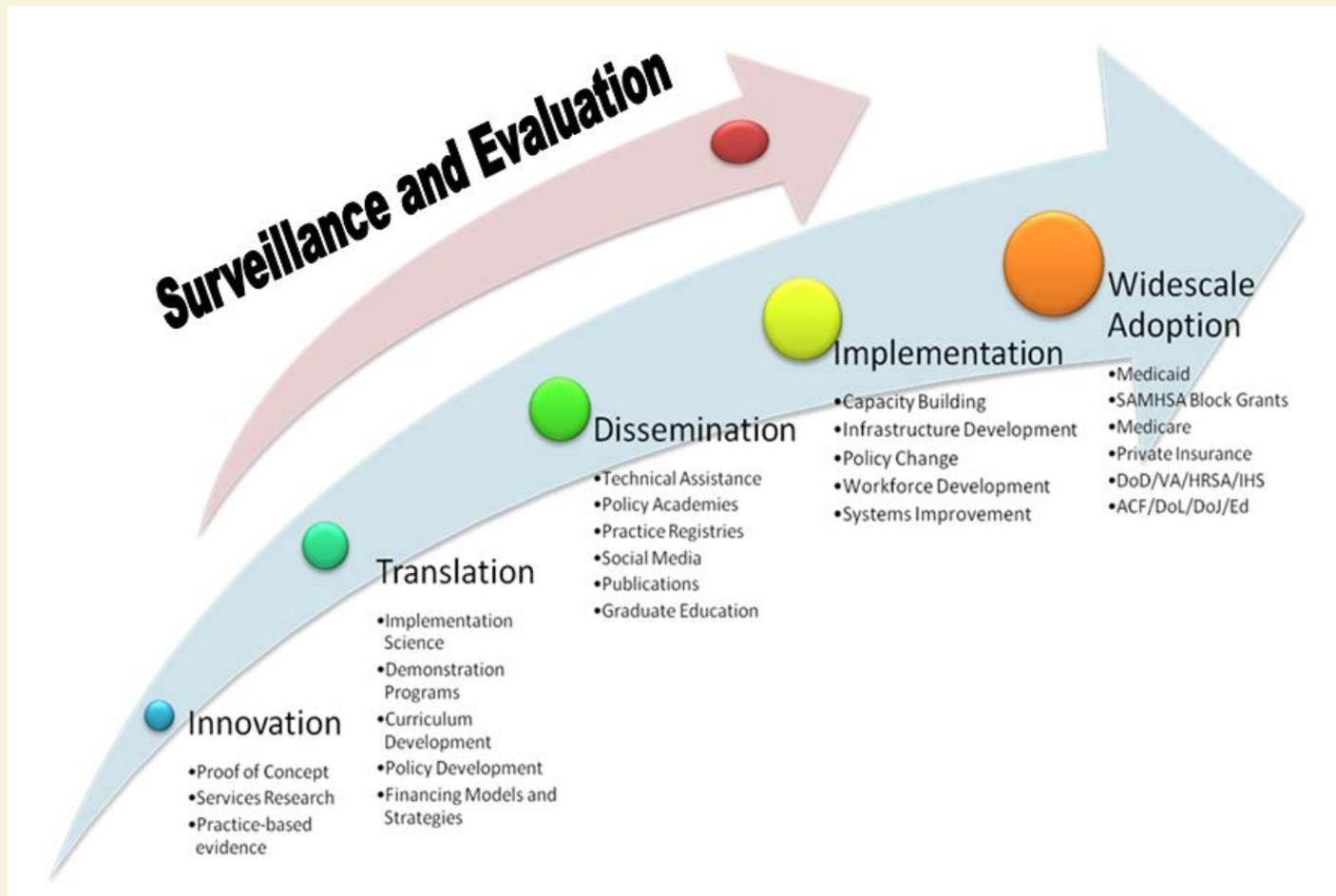
Preparing to Enter the Workforce During a Time of Change

- 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

HBCU's – Leading Change

- 80 percent of HBCUs sustained activities seeded through mini-grants beyond Federal funding
- 64 percent reported increases in involvement with MH initiatives on campus
- 85 percent reported increased collaboration on MH issues
- 79 percent reported increases in delivery of MH services to students
- 74 percent of HBCU-CFE internships completed in local and community-based organizations providing SA treatment services
- Increases in new field practicum placement sites and employment opportunities for interns
- Since 2008: 145+ HBCU students participated in direct SA treatment workforce development internship programs and activities around health promotion, community acceptance and workforce development

SAMHSA Strategic Initiatives

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

SAMHSA Strategic Initiatives – Three Common Issues

- **Behavioral Health Disparities**
- **Health Reform**
- **Workforce Development**

1. Behavioral Health Disparities

- **Racial and Ethnic Groups**
- **Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) Individuals**
- **People with Disabilities**
- **Girls and Transition-age Youth**

Behavioral Health Disparities

- **AI/AN Communities**
 - Elevated levels of SUDs and higher suicide rates than general population
- **Native Hawaiian and Pacific Islander Youth**
 - Among highest rates of illicit drug use and underage drinking
- **African Americans**
 - Among highest unmet needs for treatment of depression and other MH disorders
 - Approximately 13 percent U.S. population yet approximately half (49 percent) of people who get HIV and AIDS
- **LGBT Population**
 - elevated rates of tobacco use
- **Latina Youth**
 - Highest rates of suicide attempts
 - Adolescent youth in general showing increase in binge drinking

2. Health Reform

Affordable Care Act and MHPAEA (Parity)

- **Increases** access to health and behavioral health care
- **Grows** America's health and behavioral health workforce
- **Reduces** physical and behavioral health disparities experienced by low-income Americans, racial and ethnic minorities, and other underserved populations
- **Implements** the science of behavioral health promotion and of prevention, treatment, and recovery support services

Health Reform

Impact of Affordable Care Act

- **More people will have insurance coverage**
 - Increased demand for qualified and well-trained BH professionals
- **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**

3. Workforce Development

- **Worker Shortages**
- **Inadequately and Inconsistently Trained Workers**
- **Education and Training Programs Not Reflecting Current Research Base**
- **Inadequate Compensation**
- **High Levels of Turnover**
- **Poorly Defined career Pathways**
- **Difficulties Recruiting People to Field**
 - Especially from minority communities

Under Representation – Minorities in Behavioral Health Workforce

Minorities make up approximately 30 percent of the U.S. population yet only account for:

- 24.3 percent of all Psychiatrists
- 5.3 percent of all Psychologists
- 14.9 percent of all Social Workers
- 20 percent of all Counselors
- 8.5 percent of all Marriage and Family Therapists
- 4.9 percent of all School Psychologists
- 9.8 percent of all Psychiatric Nurses

Unique Position – College Students Target of Prevention Initiatives While Learning BH Field

- **Reduced perception of harm**
- **Increasing rates of illicit drug use and prescription drug misuse**
- **Over half (55.9 percent) of youth and adults who use prescription pain relievers non-medically got them from a friend or relative for free**
- **Approximately 5,000 deaths each year attributable to underage drinking**
- **Adults who begin drinking alcohol before age 21 more likely to have alcohol dependence or abuse than those who had their first drink after age 21**
- **Over 34,000 suicides occurred in the U.S. in 2007; 100 suicides per day; one suicide every 15 minutes**
 - **Approximately 30 percent of deaths by suicide involved alcohol intoxication – BAC at or above legal limit**

Strategic Initiative - Prevention

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

Strategic Initiative - Prevention

WHAT A DIFFERENCE A FRIEND MAKES

Life in the Community for Everyone

SAMHSA

About this initiative Partner/Grassroots Organizations Media Center

LEARN SUPPORT LISTEN

2gether Visit the Forum

Chat with people living with mental health problems and to friends of those living with mental health problems. The 2gether forums are a great place to ask questions and share experiences and ways to help.

What a difference a friend makes.

Welcome! This site is here for people living with mental illness—and their friends. You'll find tools to help in the recovery process, and you can also learn about the different kinds of mental illnesses, read real-life stories about support and recovery, and interact with the video to see how friends can make all the difference.

Multicultural Campaigns

Anyone can experience mental health problems. Get information, hear stories on support and recovery, and learn how to help people in your community:

- [African American](#): View real-life stories and resources to help in the recovery process.

SAMHSA Principles

- **People**

- *Stay Focused On The Goal*



- **Partnership**

- *Cannot Do It Alone*



- **Performance**

- *Make A Measurable Difference*

