

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



Science and Cultural Sensitivity: Improving Behavioral Health in Diverse Populations

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Snapshot: SAMHSA's MFP

- **SAMHSA support**
- **Facilitates entry of ethnic minority students into behavioral health careers**
- **Increases number of psychologists, psychiatric nurses, psychiatrists, and social workers trained to teach, administer, and provide direct behavioral health services to ethnic minority groups**



Snapshot: SAMHSA'S MFP

There are currently 118 sponsored fellows across five grant organizations:

- *American Association for Marriage and Family Therapy - 22 fellows*
- *Council on Social Work Education - 25 fellows*
- *American Psychological Association - 28 fellows*
- *American Psychiatric Institute for Research & Education - 30 fellows*
- *American Nurses Association - 13 fellows*

MFP Success Story - Doris



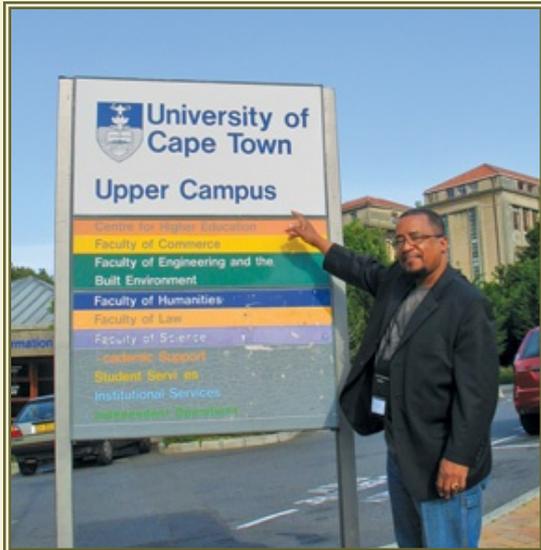
- **Ph.D., R.N., C.N.O.R.**
- **Initially drawn to field through her church**
- **long-standing commitment to the health of minority populations, especially American Indian and Latino patients**
- **Working toward decreasing health disparities and increasing behavioral health services**
- **Focusing on helping health care providers learn and consider historical roots of trauma and cultural needs of their patients**
- **"Take what you learn and use that to benefit the health of minority populations"**
- **"Be a voice"**

MFP Success Story - Marife



- **Ph.D., R.N.**
- **Initially drawn to field through a friend and retired nurse in the Peace Corps**
- **Long-standing commitment to the health of minority populations, especially Asian Americans and Pacific Islanders**
- **Works to create a healthier, more compassionate community**
- **Currently researching alcohol and substance abuse among patients with chronic illnesses**
- **"Always be true to yourself and treat your patients with respect and dignity"**
- **"This population knows if you are sincere"**
- **"They are most likely willing to open up and receive help and assistance if you are sincere"**

MFP Success Story - Robert



- **Ph.D., R.N., M.S.N.**
- **Initially drawn to field through his work as an orderly and later through experiences with Veterans at a VA hospital**
- **Long-standing commitment to the health of minority populations, especially African Americans with focus on older African Americans**
- **Focus on social processes surrounding illegal drug use among older African American men**
- **Continuing his work now as a Post-Doctoral Fellow**
- **Remains concerned about disparities facing minorities working in health care**
- **At his first class, “The one glaring thing to me was there were no other African Americans – I was it”**
- **“I had taken my experience and my background and used those experiences to gain entry into areas not previously examined”**

MFP Success Story - Rosa



- **Ph.D., M.P.H., R.N.**
- **Initially drawn to field through service mission trip to Dominican Republic and later began recognizing similar disparities in U.S.**
- **Long-standing commitment to the health of minority populations, especially Hispanic women**
- **Focused on intimate partner violence (IPV), domestic violence, substance abuse, and risky sexual behavior among Hispanic women**
- **Works to create patient care that includes treating all issues rather than a single ailment or condition and to influence change in the categorical way health care system is funded**
- **Believes the MFP program will help diminish the nursing shortage by creating more educators to increase nursing faculty**
- **"Stay true to the communities that you are trying to serve"**

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% of State prisoners, 72% of Federal prisoners, and 82% 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% 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% 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*

Context 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; language is changing**
- **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)**

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

HHS Strategic Plans – 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 & Quality*
8. *Public Awareness & Support*

SAMHSA Strategic Initiatives – Three Common Issues

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

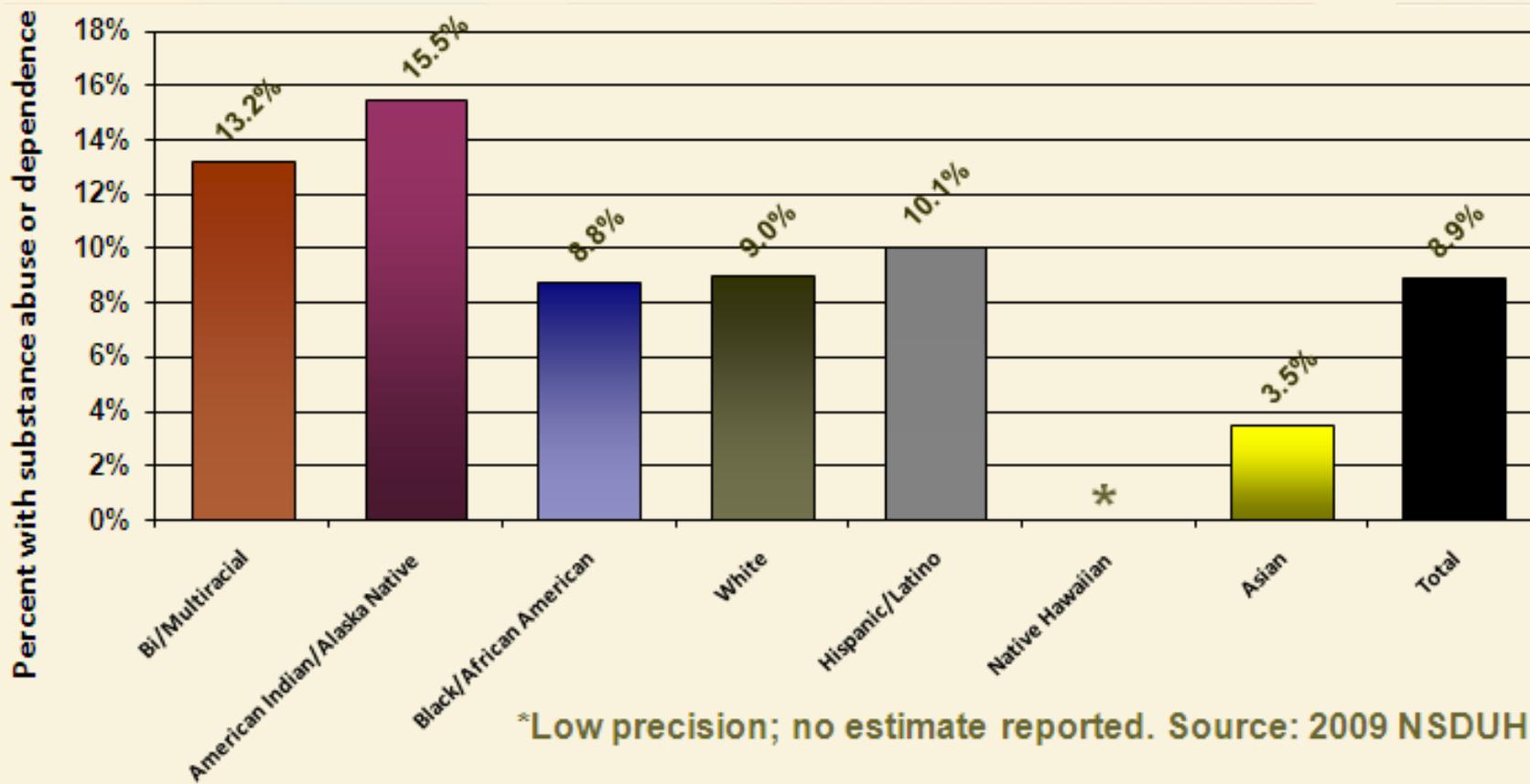
1. Behavioral Health Disparities

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

Behavioral Health Disparities

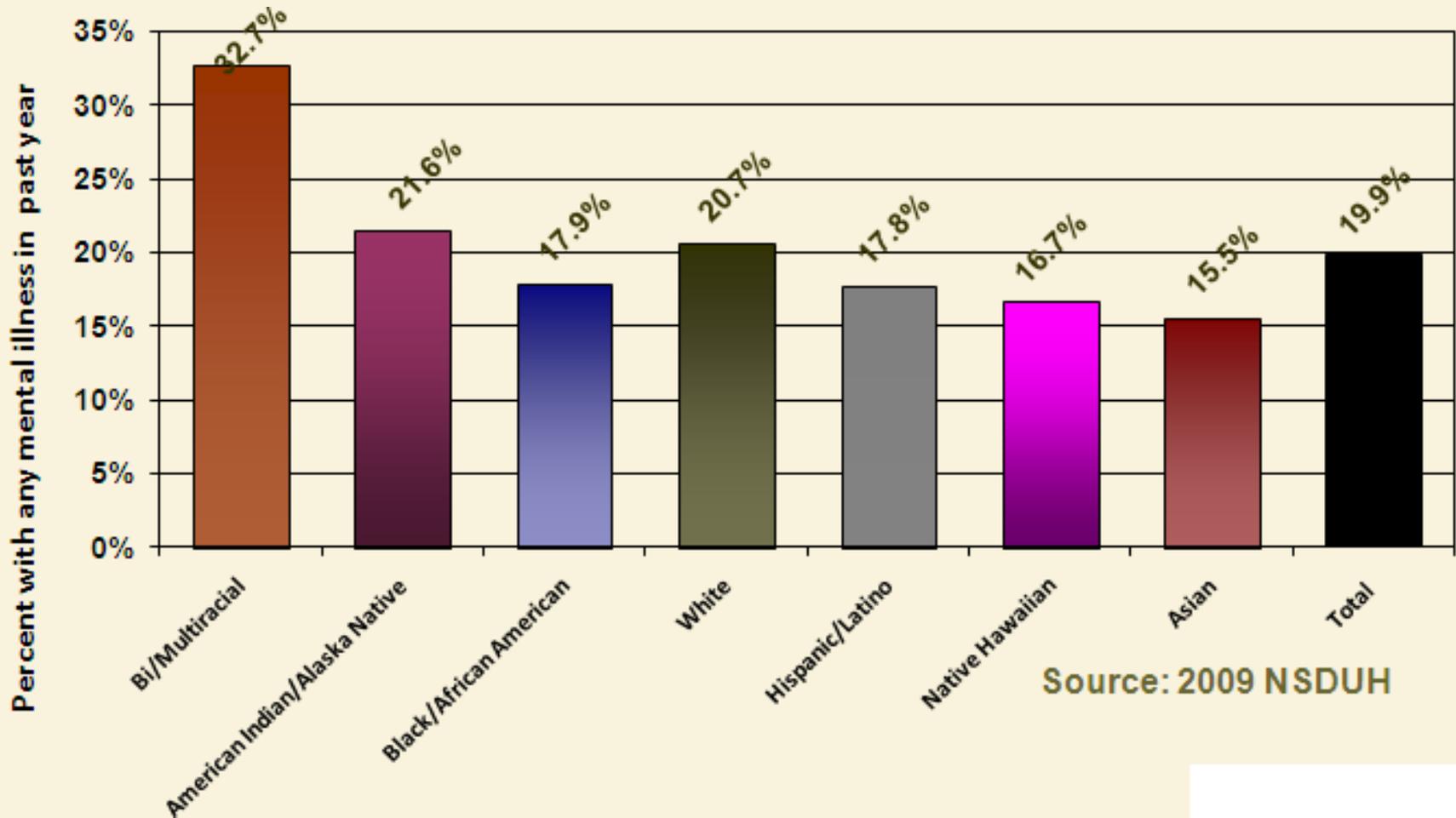
- **AI/AN Communities**
 - *Elevated levels of SUDs and higher suicide rates than general population*
- **Native Hawaiian and Pacific Islander Youth**
 - *Among highest rates of illicit drug use and underage drinking*
- **African Americans**
 - *Among highest unmet needs for treatment of depression and other MH disorders*
 - *Approximately 13% of U.S. population yet 49% 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*

Percent of Persons 12 or Older Who Met Criteria For Substance Abuse or Dependence By Race/Ethnicity: 2009

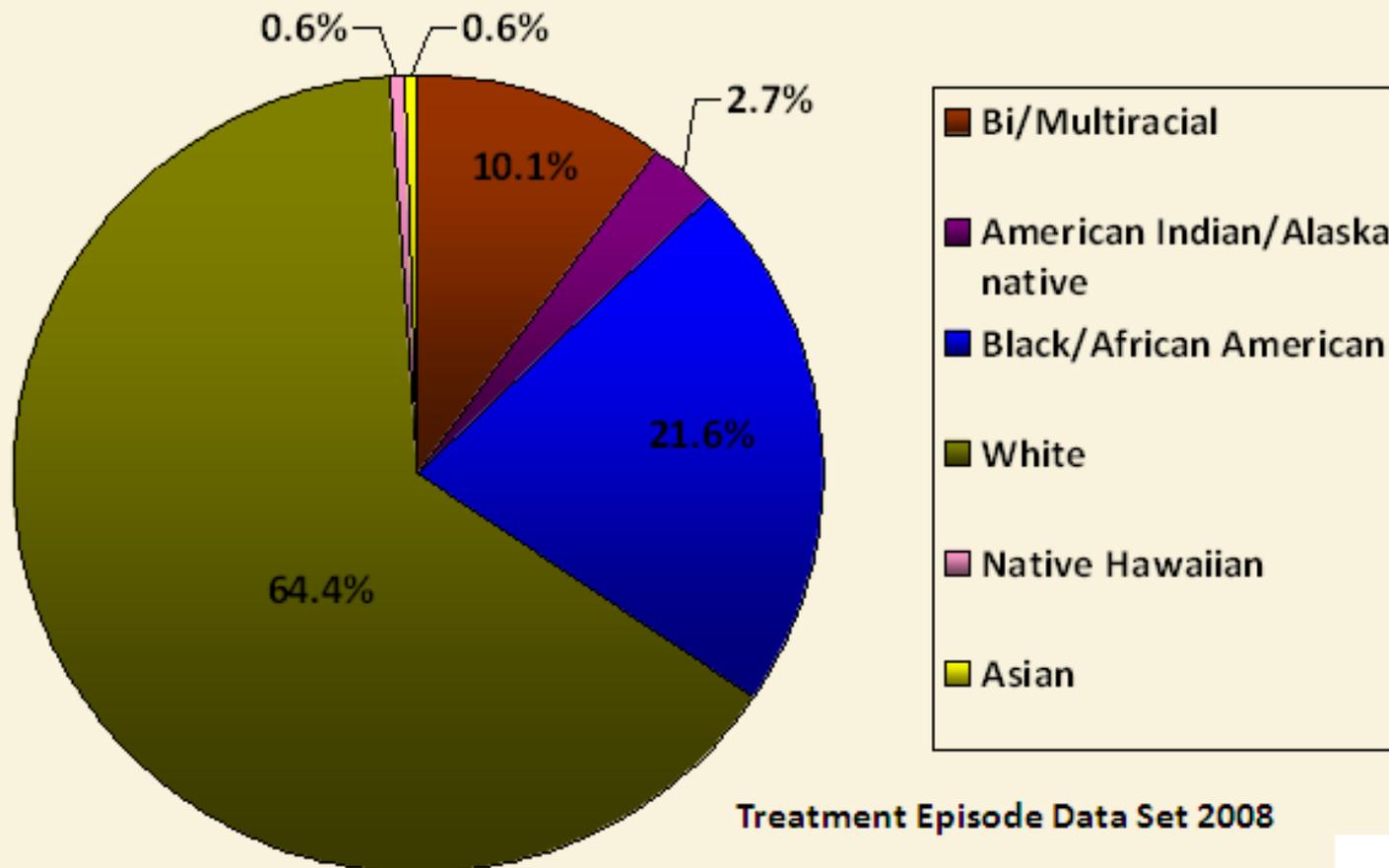


*Low precision; no estimate reported. Source: 2009 NSDUH

Percent of Persons 18 or Older Who Met Criteria For Any Mental Illness by Race/Ethnicity - 2009

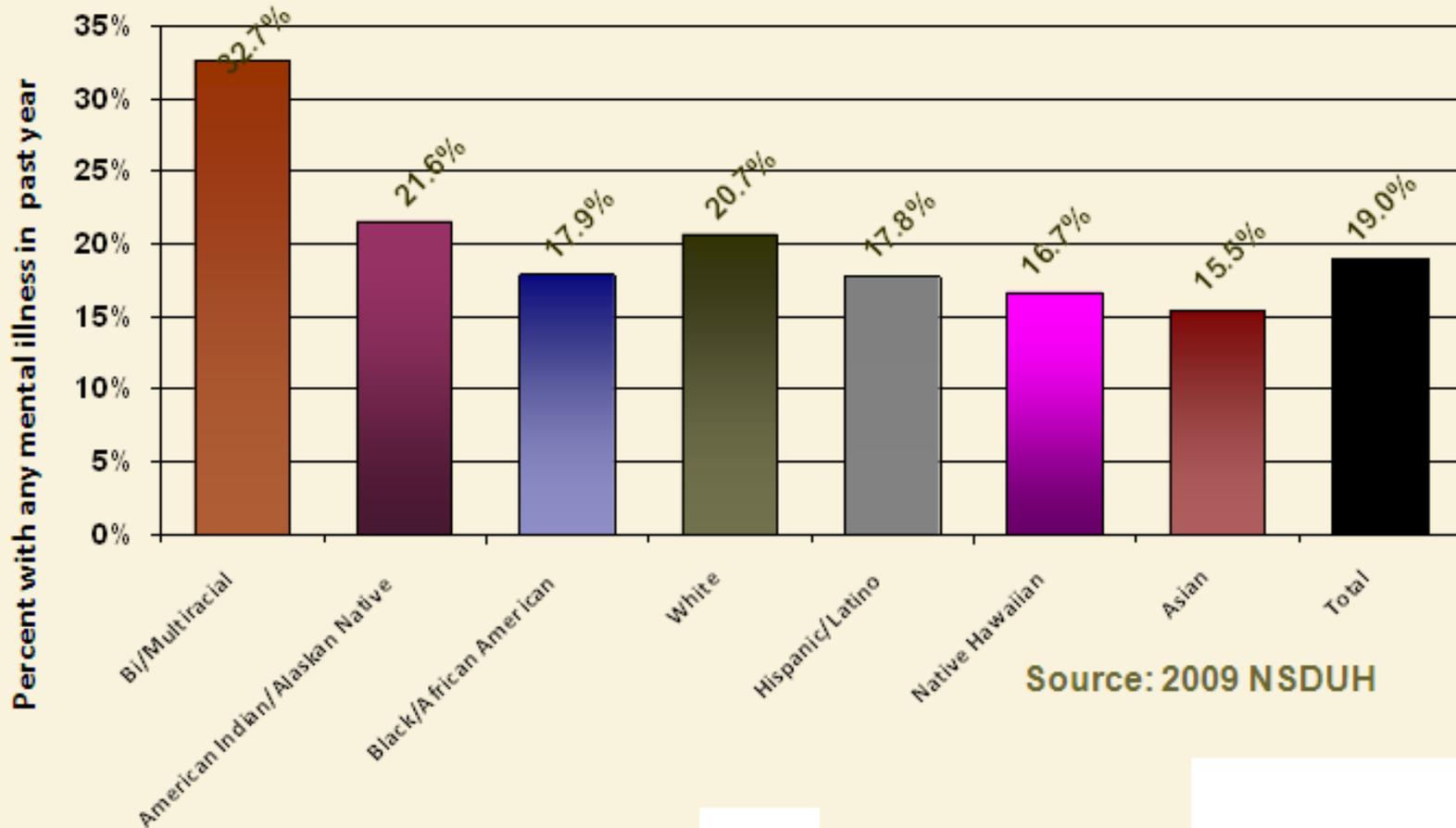


Percent of Admissions to Specialty Substance Abuse Treatment Facilities by Race/Ethnicity - 2008



Treatment Episode Data Set 2008

Percent of Persons 18 or Older Who Met Criteria For Any Mental Illness by Race/Ethnicity: 2009



Source: 2009 NSDUH

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 and coordination with specialty care**
- **Major emphasis on home and community-based services; less reliance on institutional care**
- **Theme: preventing diseases and 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 – esp., from minority communities**

Under Representation – Minorities in Behavioral Health Workforce

- **Minorities make up approximately 30% 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*
 - *20.0 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*

Tough Times, Tough Choices – Leaders Needed

- **Be Visible**
- **Be Heard**
- **Be aware of challenges faced by you and others in minority communities**
- **Be a Leader**
- **Inspire others to make a difference**
- **Use your presence, education, skills, and talents to focus attention on the ongoing needs of minority communities**
- **See opportunities in the change around you**

Perception Influences Innovation

***The Art of Possibility*, authors Rosamund Stone Zander and Benjamin Zander share this story:**

A shoe factory sends two marketing scouts to a region of Africa to study the prospects for expanding business

One sends back a telegram saying:

SITUATION HOPELESS_ STOP_ NO ONE WEARS SHOES

The other writes back triumphantly:

***GLORIOUS BUSINESS OPPORTUNITY_ STOP_
THEY HAVE NO SHOES***

SAMHSA Principles

- **People**

- *Stay focused on the goal*



- **Partnership**

- *Cannot do it alone*



- **Performance**

- *Make a measurable difference*

