The Role of Prevention in Integrated Health: The Federal Perspective

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Integrating Primary and Behavioral Health Through the Lens of Prevention
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SAMHSA’s Vision

America is a nation that understands and acts on the knowledge that ...

• Behavioral health is essential to health.
• Prevention works.
• Treatment is effective.
• People recover.
SAMHSA’s Strategic Initiatives

1. Prevention of Substance Abuse and Mental Illness
2. Trauma and Justice
3. Recovery Support
4. Health Care and Health Systems Integration
5. Health Information Technology
6. Workforce Development
Strategic Initiative #1 - Prevention of Substance Abuse and Mental Illness

1.1 Promote emotional health and wellness, prevent or delay the onset of and complications from substance abuse and mental illness, and identify and respond to emerging behavioral health issues.

1.2 Prevent and reduce underage drinking and young adult problem drinking.

1.3 Prevent and reduce attempted suicides and deaths by suicide among populations at high risk.

1.4 Prevent and reduce prescription drug and illicit opioid misuse and abuse.
Data Drive Our Work
2014 National Survey on Drug Use and Health (NSDUH) Highlights

• Progress in reducing some forms of substance use, especially among adolescents.

• Substance use levels in many areas has remained constant.

• Mental illness levels have also remained constant, but adolescents are experiencing higher levels of depression than in past years.
Up to half of people with a serious mental illness will develop a substance use disorder at some time in their lives.

Alcohol dependence is four times more likely to occur among adults with mental illness than among adults with no mental illness.

Many health care systems to treat substance misuse and mental illness are disconnected: a missed opportunity.

Substance misuse and mental illness share risk and protective factors.
Connecting with Primary Care: Behavioral Health Conditions Increase Costs

![Bar Chart]

- **Asthma and/or COPD**
  - No Mental Illness and No Drug/Alcohol: $6,000
  - Mental Illness and No Drug/Alcohol: $14,081
  - Drug/Alcohol and No Mental Illness: $9,488
  - Mental Illness and Drug/Alcohol: $15,082

- **Congestive Heart Failure**
  - No Mental Illness and No Drug/Alcohol: $9,488
  - Mental Illness and No Drug/Alcohol: $15,257
  - Drug/Alcohol and No Mental Illness: $16,058
  - Mental Illness and Drug/Alcohol: $15,058

- **Coronary Heart Disease**
  - No Mental Illness and No Drug/Alcohol: $8,788
  - Mental Illness and No Drug/Alcohol: $15,430
  - Drug/Alcohol and No Mental Illness: $15,834
  - Mental Illness and Drug/Alcohol: $16,068

- **Diabetes**
  - No Mental Illness and No Drug/Alcohol: $9,488
  - Mental Illness and No Drug/Alcohol: $18,156
  - Drug/Alcohol and No Mental Illness: $16,287
  - Mental Illness and Drug/Alcohol: $36,730

- **Hypertension**
  - No Mental Illness and No Drug/Alcohol: $15,891
  - Mental Illness and No Drug/Alcohol: $24,639
  - Drug/Alcohol and No Mental Illness: $24,281
  - Mental Illness and Drug/Alcohol: $35,840
Connecting with Primary Care: Premature Death and Disability

- More deaths from suicide than from HIV or homicides
- Half the deaths from tobacco use are among persons with M/SUDs
• Mental health problems increase risk for *physical health problems*.

• Substance use disorders increase risks for *chronic diseases, HIV/AIDS, STDs*.

• *Cost of treating common diseases higher* with untreated behavioral health problems
  – Hypertension – 2X the cost
  – Coronary heart disease – 3X the cost
  – *Diabetes* – 4X the cost

![Individual Costs of Diabetes Treatment for Patients Per Year](chart)
Moving Toward Integration: National Prevention Strategy

- Tobacco Free Living
- Preventing Drug Abuse and Excessive Alcohol Use
- Healthy & Safe Community Environments
- Clinical & Community Preventive Services
- Empowered People
- Elimination of Health Disparities
- Reproductive and Sexual Health
- Mental and Emotional Well-being
- Active Living
- Healthy Eating

Increase the number of Americans who are healthy at every stage of life.
Moving Toward Integration: Continuum of Care
Moving Toward Integration: Strategic Prevention Framework
Interventions by Developmental Phase

Prior to Conception
- Pregnancy Prevention
- Prenatal care

Prenatal
- Home visiting

Infancy
- Early childhood interventions

Early Childhood
- Parenting skills training
- Social and behavioral skills training

Childhood
- Classroom-based curriculum to prevent substance abuse, aggressive behavior, or risky sex

Early Adolescence
- Prevention of depression

Adolescence
- Prevention of schizophrenia

Young Adulthood
- Prevention focused on specific family adversities (Bereavement, divorce, parental psychopathology, parental substance use, parental in carceration)

Community interventions

Policy

FIGURE II-1 Interventions and their targeted developmental stages.


Note to Fran:
If you like this content, I am going to replace the images with pictures to represent the developmental phases.
Forging the Future Requires Collaboration

- Physical/ & Emotional Health Promotion
- Prevention, including M/SUDs

- Universal
- Selective
- Indicated
- Case Identification
- Essential Health Benefits (EHBs)

- Treatment to Prevent Relapse & Recurrence
- Rehabilitative/habilitative services

People can and do recover.
Connecting Prevention, Public Health, and Clinical Systems

- Feasible models require teamwork across sectors.
- Involving state and community voices is vital.
- Collaborative and integrated practices must include prevention.
- One size does not fit all.
- EBPs must be developed/tested.
- Integration is a long-term process.
Making Integrated Solutions Work

CAN YOU BREAK THROUGH?
Questions and Discussion