



The Role of Prevention in Integrated Health: The Federal Perspective

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**Integrating Primary and Behavioral Health
Through the Lens of Prevention**

July 13, 2016

New Orleans, LA



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.

GOALS

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.

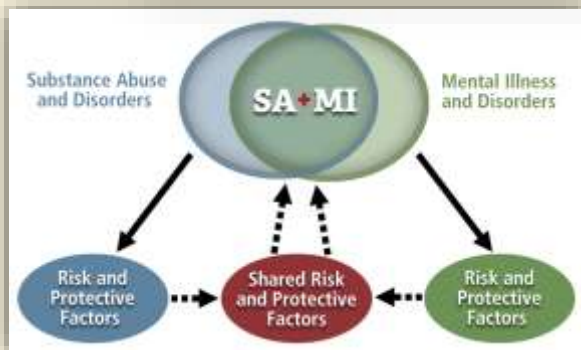


Connecting with Primary Care: Substance Misuse and Mental Illness Are Linked

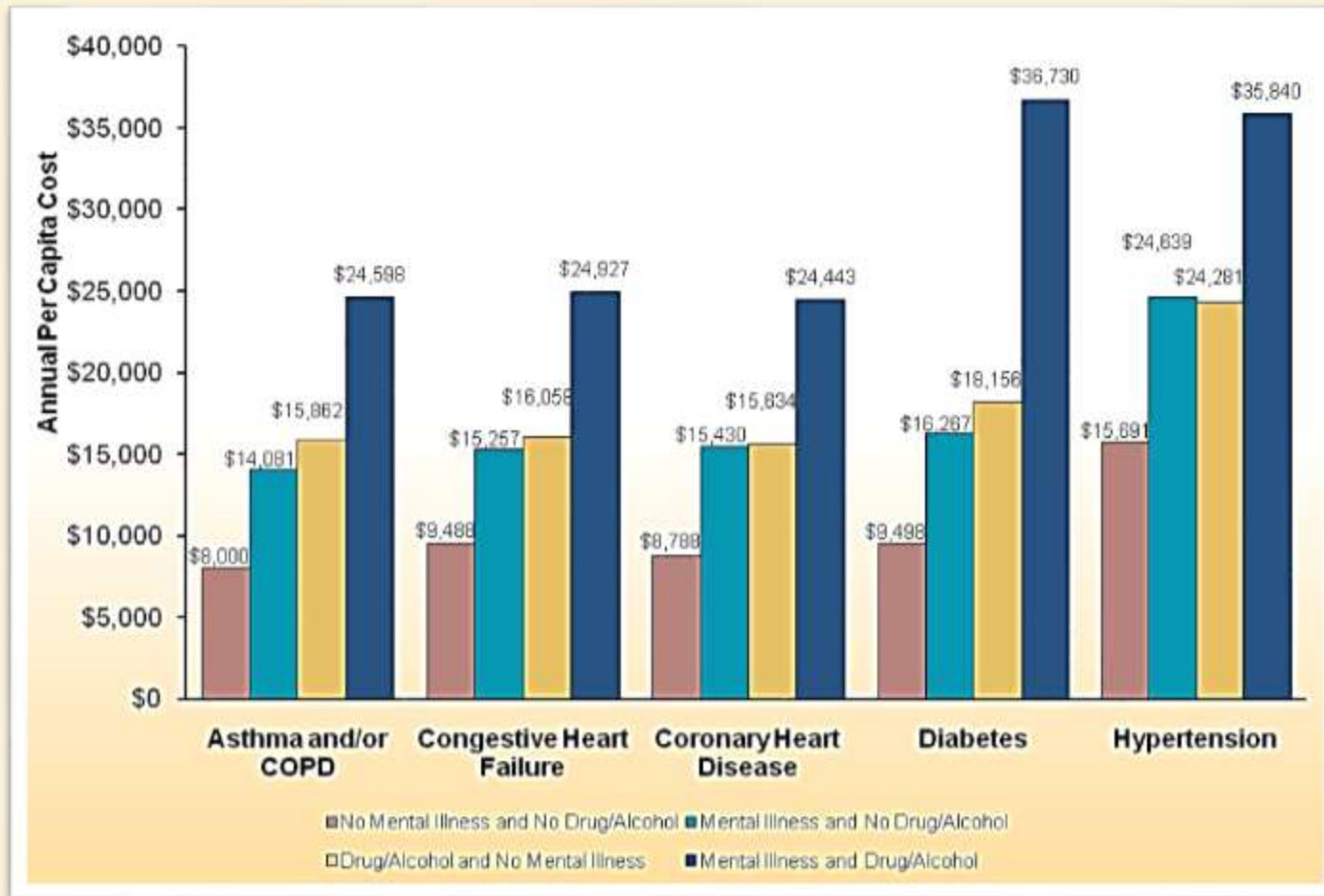


Substance misuse and mental illness *share risk and protective factors.*

- 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.*

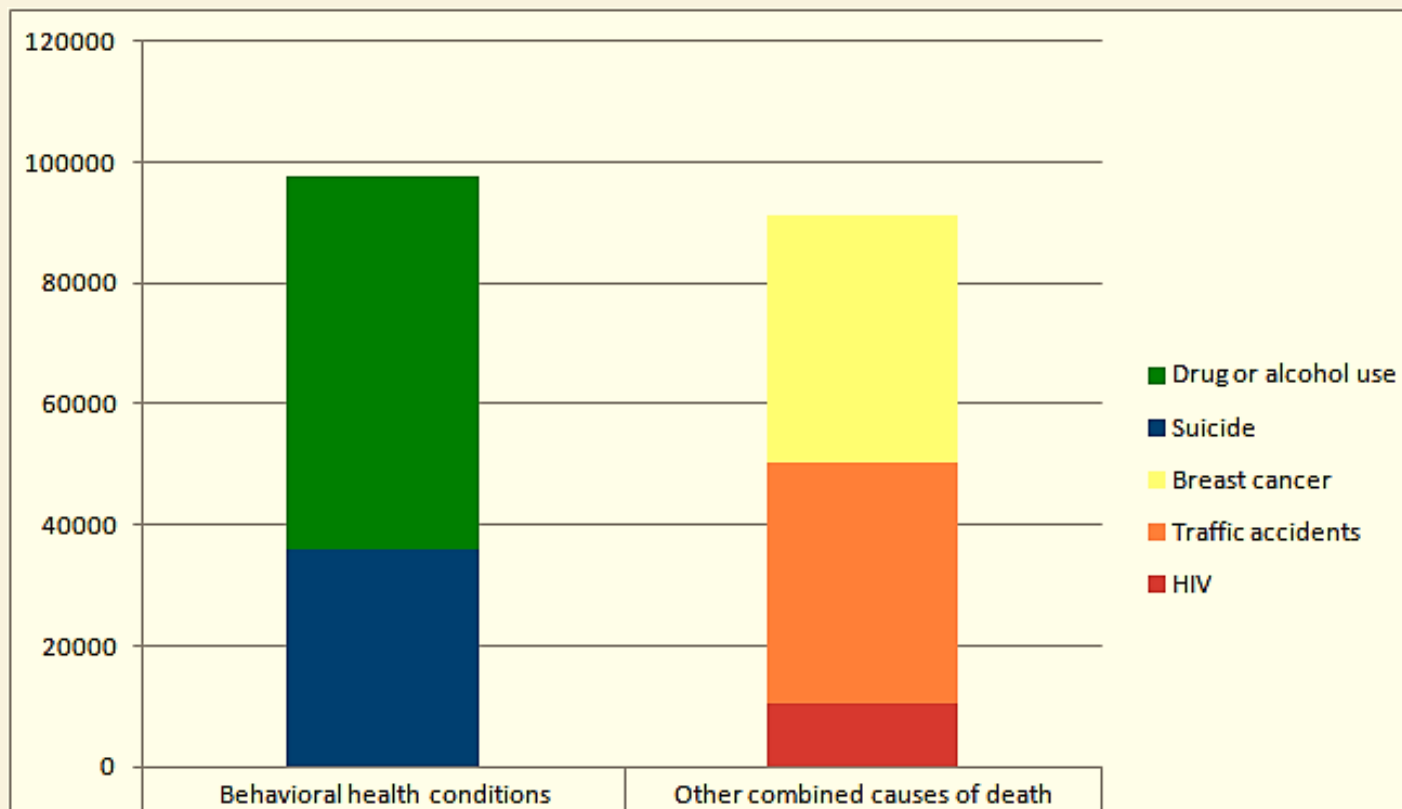


Connecting with Primary Care: Behavioral Health Conditions Increase Costs



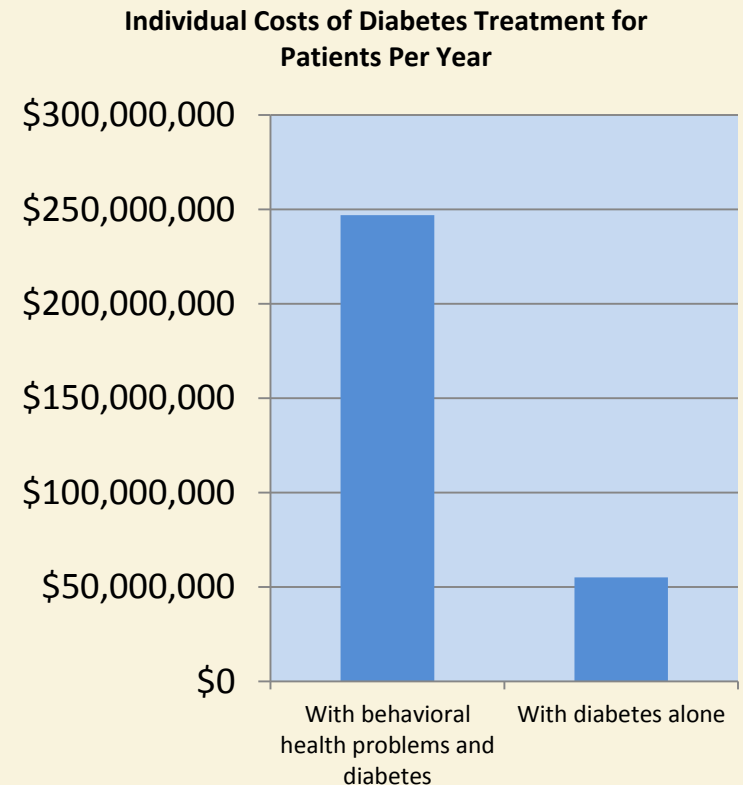
Connecting with Primary Care: Premature Death and Disability

- ***More deaths from suicide*** than from HIV or homicides
- ***Half the deaths from tobacco use are among persons with M/SUDs***



Connecting with Primary Care: Impact of Behavioral Health on Physical Health

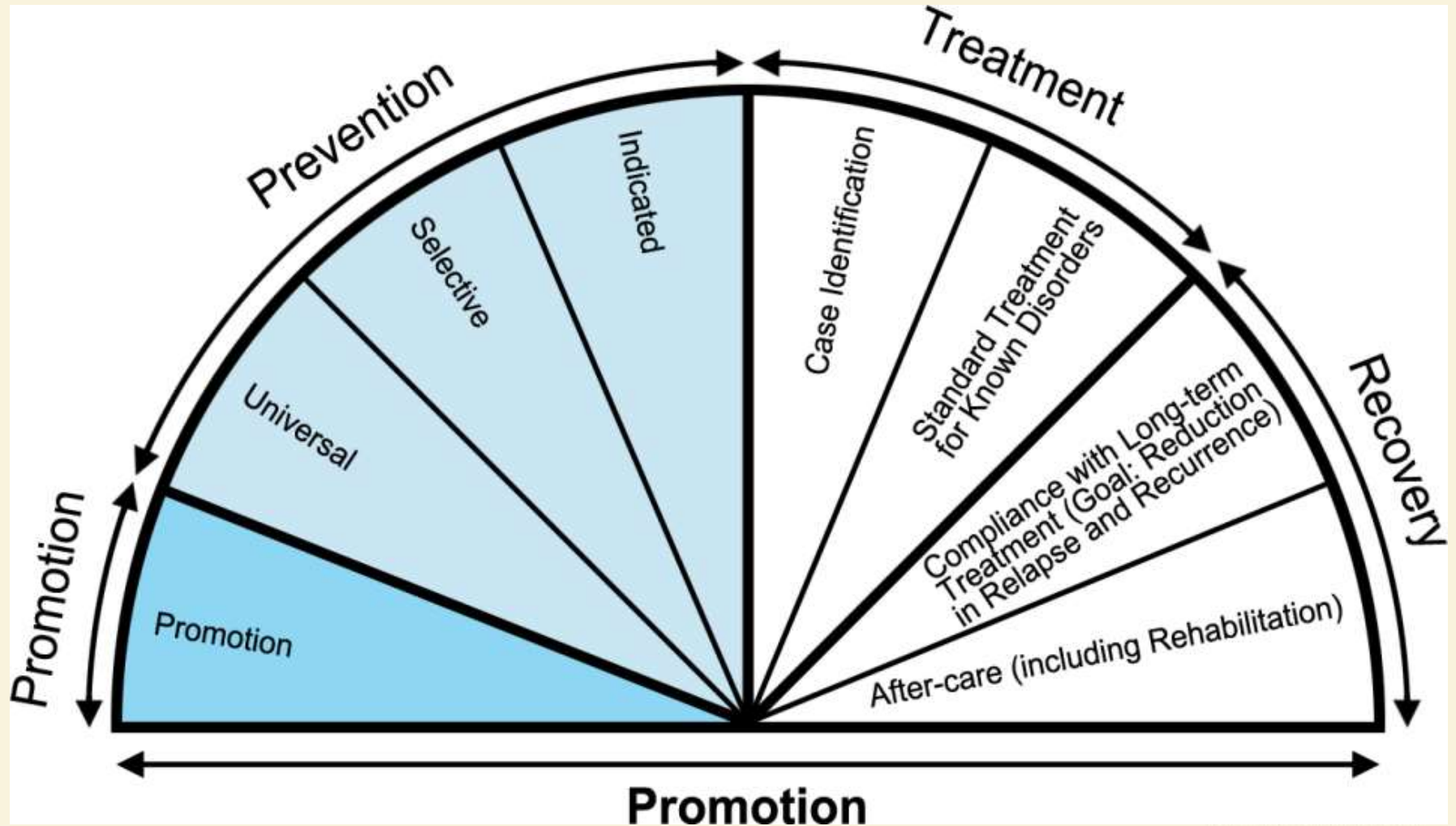
- Mental health problems increase risk for *physical health problems*.
- Substance use disorders increase risks for *chronic diseases, HIV/AIDS, STDs*.
- *Cost of treating common diseases higher* with untreated behavioral health problems
 - Hypertension – 2X the cost
 - Coronary heart disease – 3X the cost
 - *Diabetes – 4X the cost*



Moving Toward Integration: National Prevention Strategy



Moving Toward Integration: Continuum of Care



Moving Toward Integration: Strategic Prevention Framework



Moving Toward Integration: Prevention Across the Lifespan

Interventions by Developmental Phase

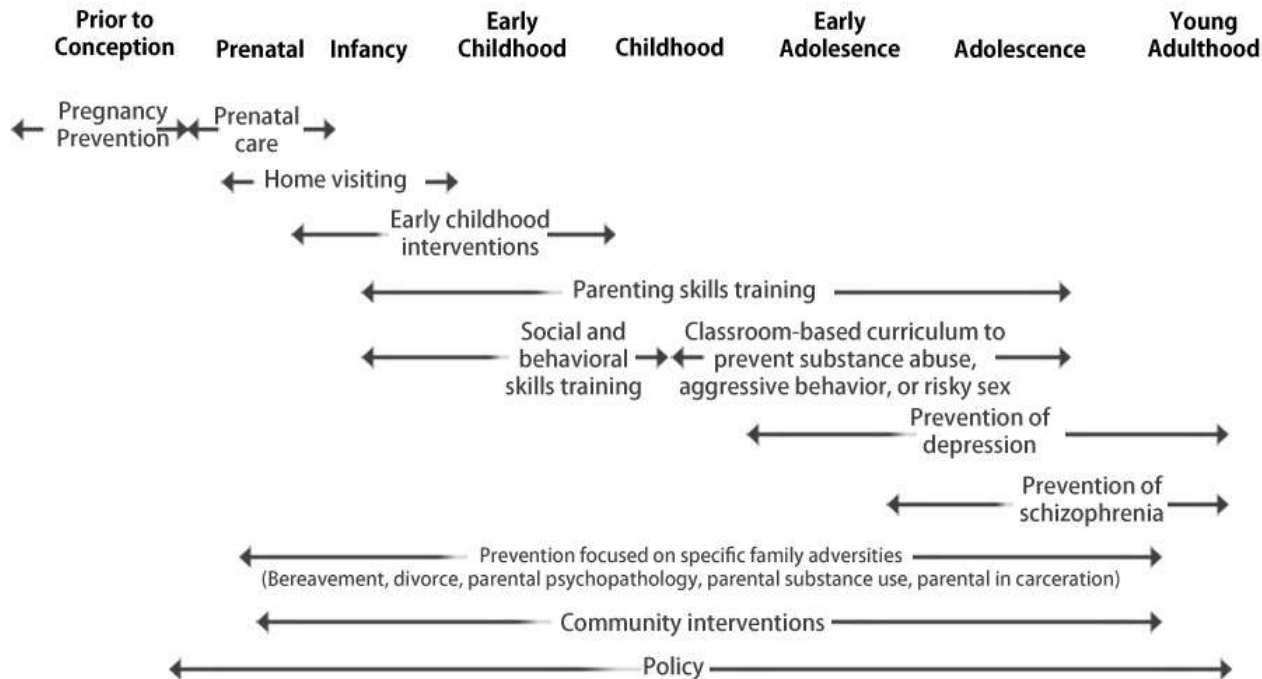


FIGURE II-1 Interventions and their targeted developmental stages.

Note to Fran:

If you like this content, I am going to replace the images with pictures to represent the developmental phases.

SOURCE: National Research Council and Institute of Medicine (2009b).

Forging the Future Requires Collaboration



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

- ✓ Universal
- ✓ Selective
- ✓ Indicated

- ✓ Case Identification
- ✓ Essential Health Benefits (EHBs)

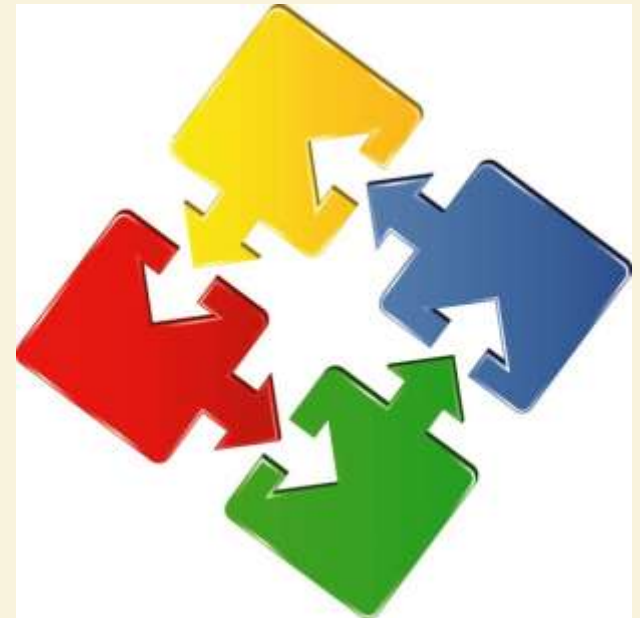
- ✓ Treatment to Prevent Relapse & Recurrence
- ✓ Rehabilitative/ habilitative services

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



Questions and Discussion

