



# *The Role of Prevention in Integrated Health: The Federal Perspective*

Frances M. Harding  
Director

SAMHSA's Center for Substance Abuse Prevention

**Advancing a Prevention Agenda in  
an Era of Health Systems Reform  
September 14, 2016  
Buffalo, NY**



# Objectives

- Describe the changing landscape of prevention
- Review frameworks and tools to advance prevention's alignment with health care
- Share ideas to move forward to integration

# 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 an 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 populations at high risk.

1.4

Prevent and reduce prescription drug and illicit opioid misuse and abuse.

## GOALS



# Data Drive Our Work

## 2015 National Survey on Drug Use and Health (NSDUH) Highlights



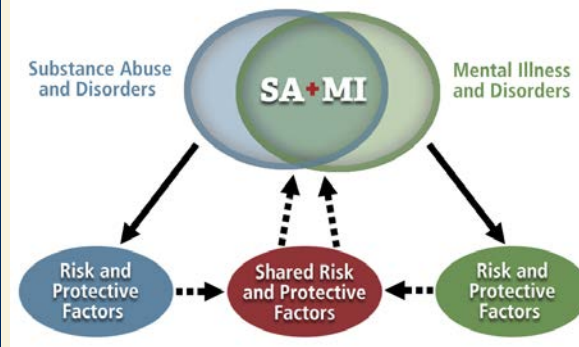
- Reduction of substance use among adolescents
- Constant substance use levels in many areas
- Constant mental illness levels
- Higher levels of depression among adolescents

# New Federal Support for Prevention Efforts

## Education and Awareness are Key to Prevention Success

- HHS awards \$53M to help address opioid epidemic
  - Funding issued to improve access to treatment, reduce opioid deaths, and strengthen drug misuse in 44 states, four tribes and DC
  - SAMHSA and CDC to administer funding, which supports six specific programs
- With historic letter, U.S. Surgeon General calls upon physicians to help stem the opioid epidemic
  - Doctors urged to pledge their commitment to help end crisis
  - New campaign site: [www.TurnTheTideRX.org](http://www.TurnTheTideRX.org)

# The Link Between Substance Misuse and Mental Illness



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

- Up to **1/2 of people** with a serious mental illness will develop a substance use disorder at some time in their lives.
- Alcohol dependence is **4 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**.



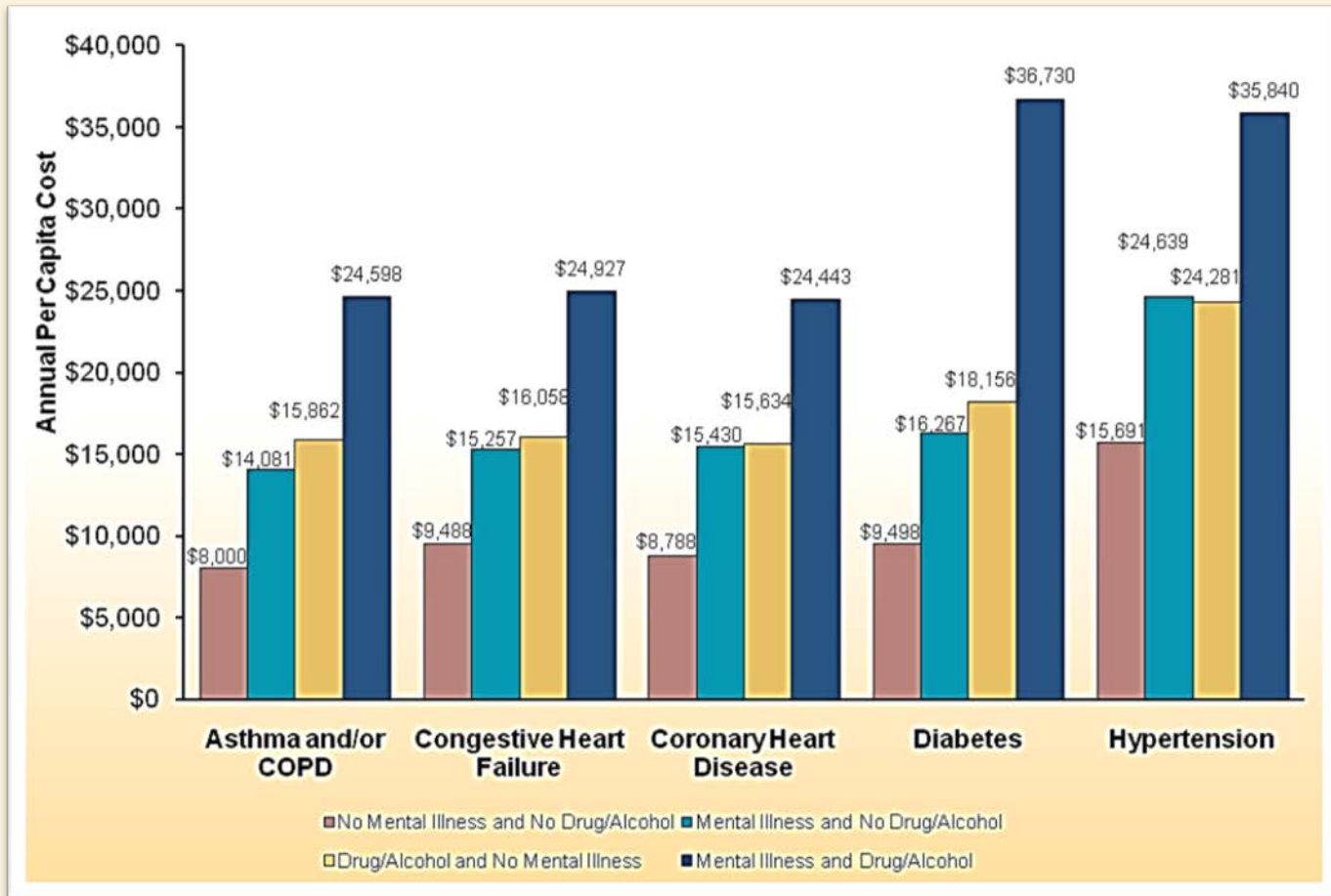
# Connecting with Primary Care

## Challenge: Creating Clinical/Community Linkages

How do we connect health care providers—including behavioral health—with community organizations and public health agencies in local communities to improve patients' access to preventive and chronic care services?

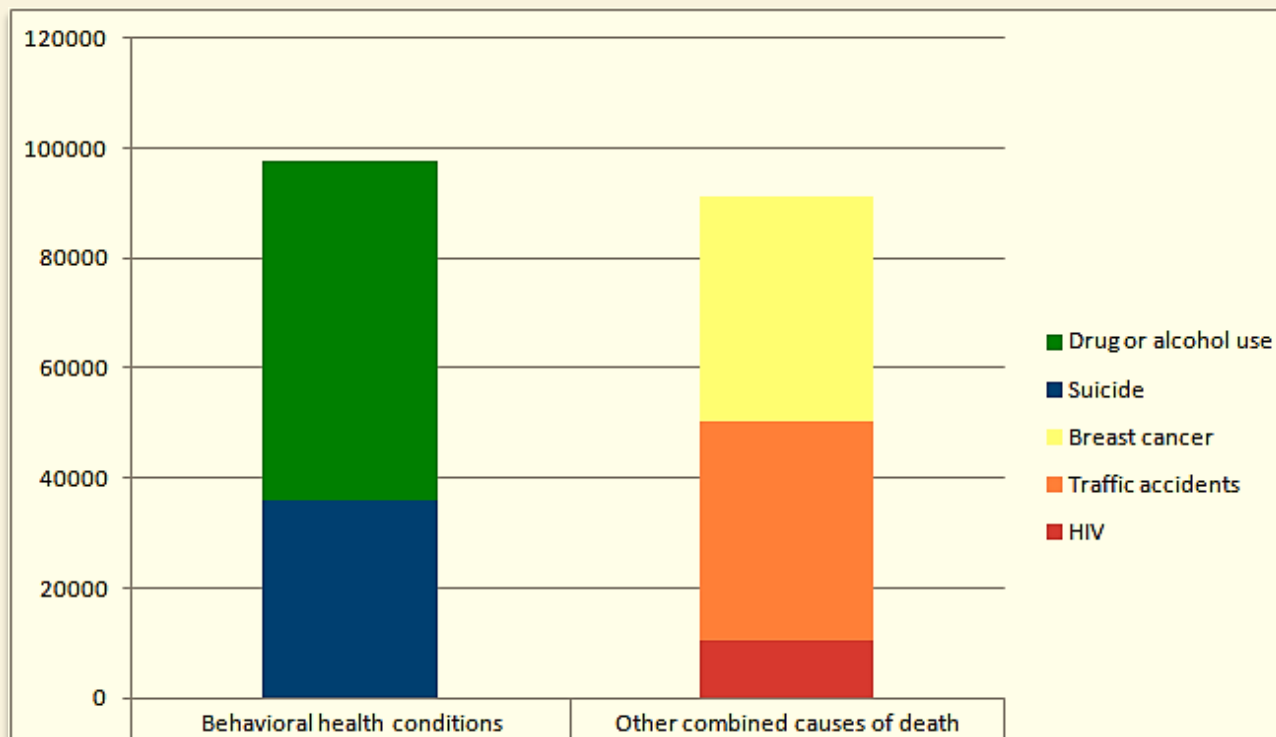
**1:00 pm today:** Community Benefit Power Session

# Connecting with Health Care: Behavioral Health Conditions Increase Costs



# Connecting with Health Care: Premature Death and Disability

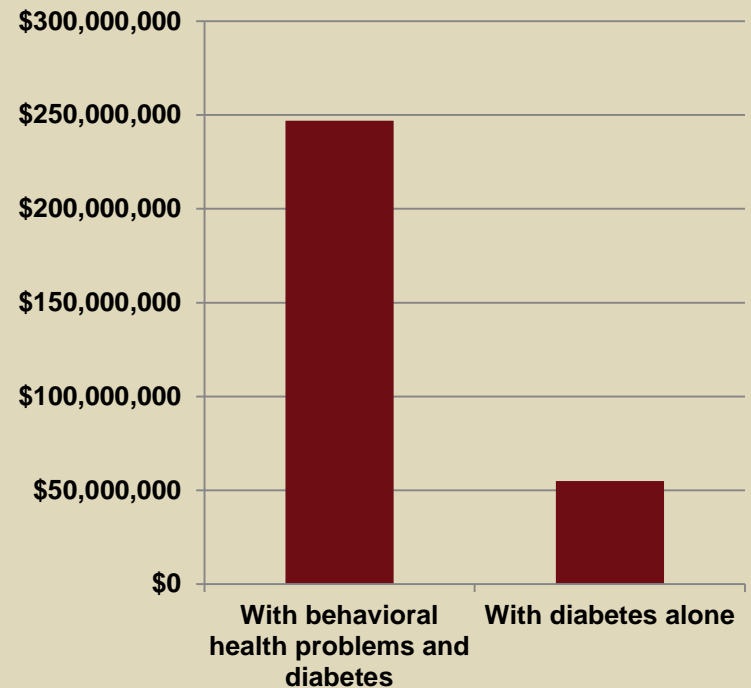
- There are *more deaths from suicide* than from HIV or homicides.
- *Half the deaths from tobacco use are among persons with substance use and mental disorders.*



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

- Substance use and mental disorders
  - increased risk for:
    - Physical health problems
    - Chronic diseases
    - HIV/AIDS
    - STDs
- Cost of treating common diseases
  - higher with untreated behavioral health problems:
    - Hypertension: 2X
    - Coronary heart disease: 3X
    - Diabetes: 4X

**Individual Costs of Diabetes Treatment for Patients Per Year**

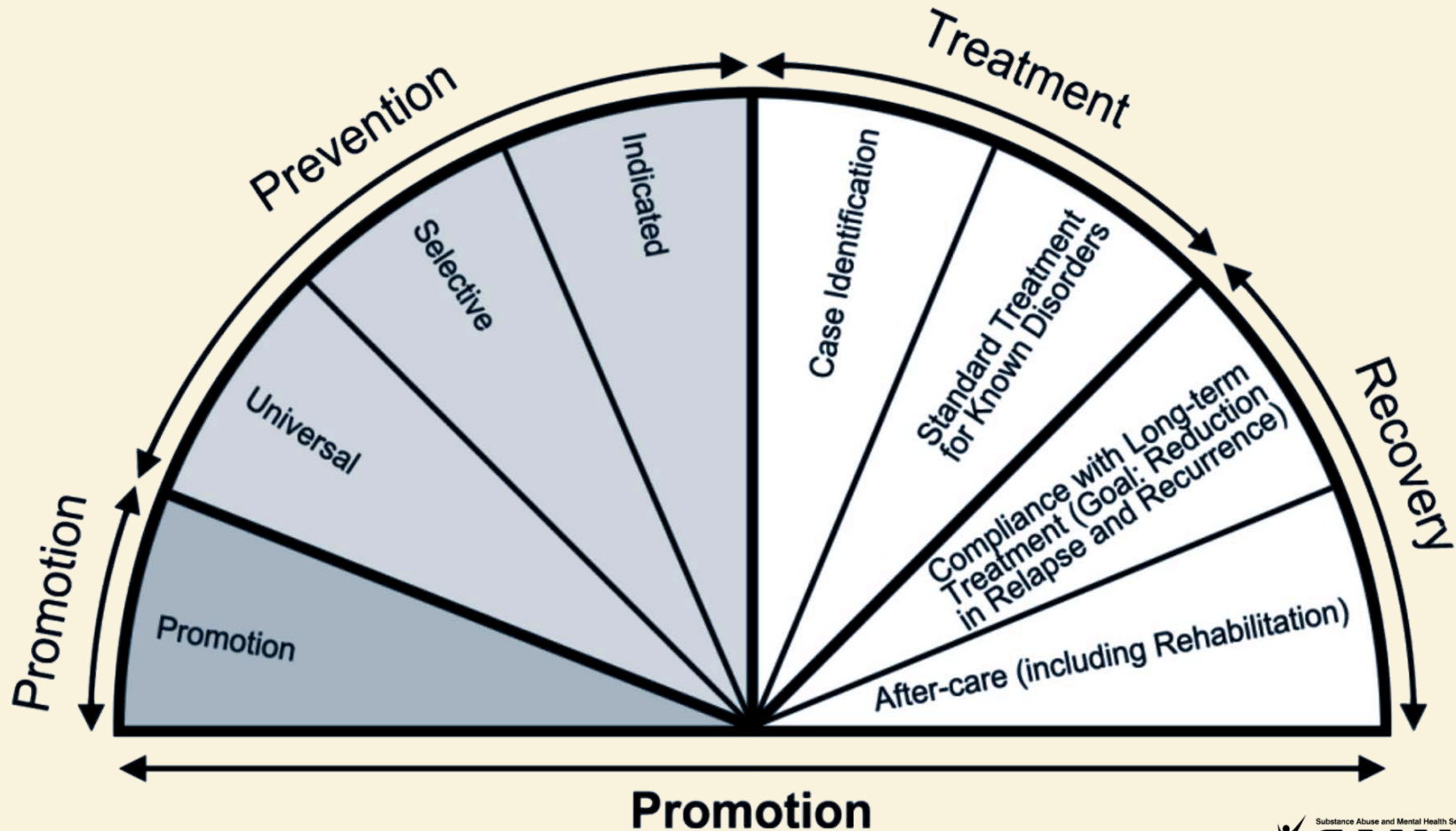


# Moving Toward Alignment: National Prevention Strategy





# Moving Toward Alignment: Continuum of Care



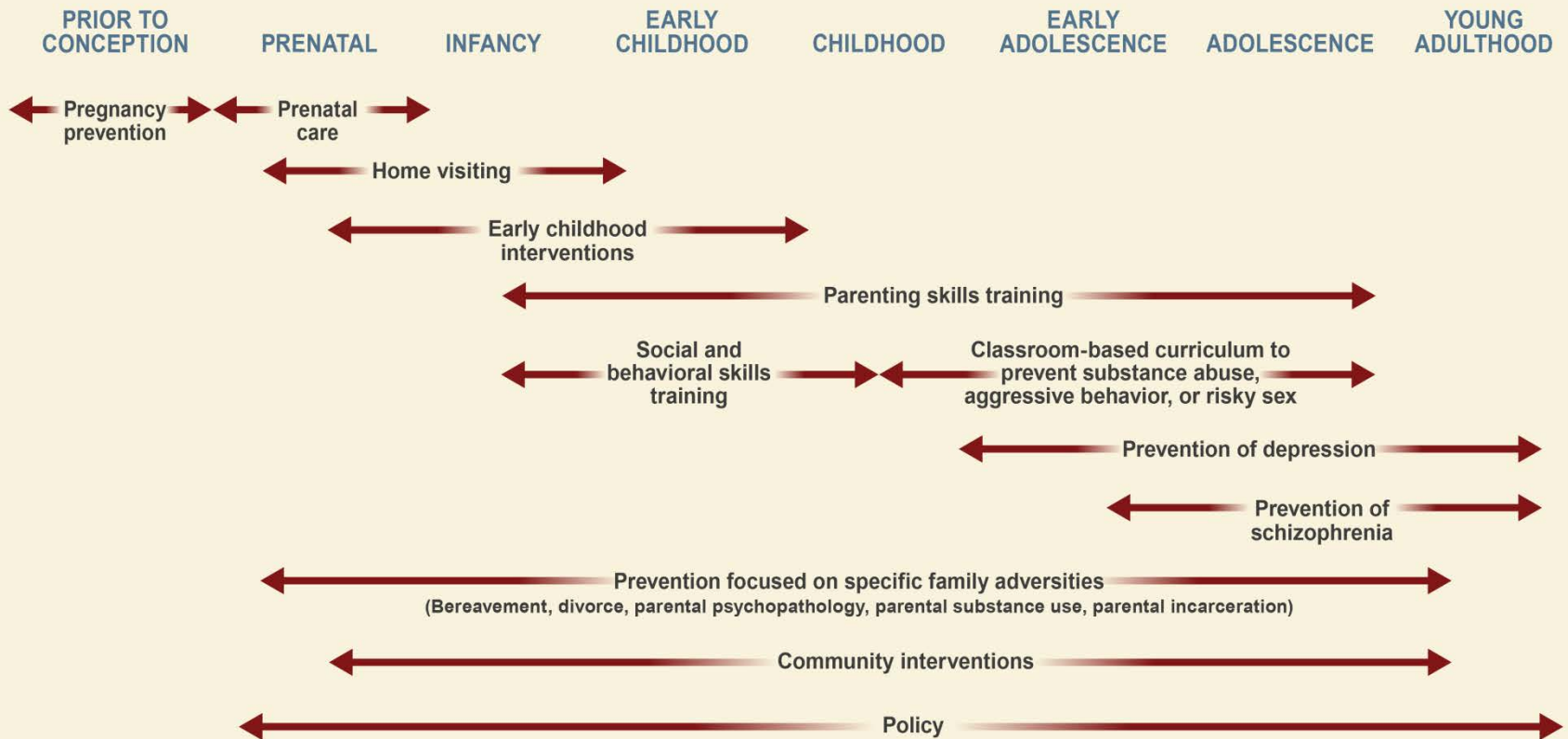
# Moving Toward Alignment: Strategic Prevention Framework



# Moving Toward Alignment: Prevention Through Young Adulthood

## INTERVENTIONS BY DEVELOPMENTAL PHASE

Interventions and Their Targeted Developmental Stages



# Forging the Future Requires Collaboration



## PROMOTION

- ✓ Physical/emotional health promotion
- ✓ Prevention, including substance use and mental disorders

## PREVENTION

- ✓ Universal
- ✓ Selective
- ✓ Indicated

## TREATMENT

- ✓ Case identification
- ✓ Essential health benefits

## MAINTENANCE

- ✓ Treatment to prevent relapse and recurrence
- ✓ Rehabilitative/habilitative services

## RECOVERY

**PEOPLE CAN  
AND DO  
RECOVER.**



# Connecting Prevention, Public Health, and Clinical Systems

- One size does not fit all.
- Integration is a long-term process that requires:
  - Teamwork across sectors
  - State and community voices
  - Collaborative and integrated practices that include prevention
  - Development/testing of evidence-based practices





# Making Integrated Solutions Work



**CAN YOU BREAK  
THROUGH?**

# Questions and Discussion

