

Public Health:

What's Behavioral Health Got to Do With It?

SAMHSA's Program to Achieve Wellness

Behavioral health is public health



Behavioral health refers to people living with mental and/or substance abuse disorders (including serious mental illness)



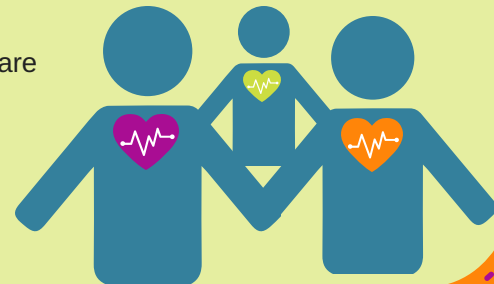
60% of premature deaths in persons with serious mental illnesses are due to preventable and treatable medical conditions¹



Nearly one quarter of persons with HIV/AIDS were in need of treatment for alcohol use or illicit drugs²



Persons with serious mental illnesses have health care costs that are 2 to 3 times higher than the general public³



Barriers to effective healthcare are due to:⁴

- **Patient factors** include health risk factors and lifestyle factors; side effects of medications and the effects of mental illness; higher pain threshold or reduced sensitivity to pain; suspiciousness or fear; self-neglect; lack of motivation; socio-economic factors; and difficulties in communicating health needs.
- **Provider factors** such as competing demands, time and resource constraints; negative attitudes towards people with mental illnesses and addictions; and lack of education/awareness.
- **System Factors** include the geographic, managerial and resource separation of facilities; lack of clarity as to who takes responsibility for the physical health of patients with mental illnesses; lack of continuity of care; and under-resourcing of mental healthcare that provides little opportunity for specialists to focus on issues outside their core specialty.

People with behavioral health conditions face barriers to accessing primary health care.

Inadequate primary health care and lack of comprehensive integrated care may be related to...

Suicide is ranked as the **3rd** leading cause of death for youth **10-14** and **2nd** leading cause among people **15-34** years of age.⁵

91 Americans die every day from an **opioid overdose**⁶

The rate of **tobacco** use among people with mental disorders is nearly **>1.5X** that of the general population.⁷

What does a public health approach to behavioral health look like? ⁸

Strong partnerships across community programs

Public education programming like Mental Health First Aid USA®

Peer involvement

Recovery-oriented services

Increased prevention efforts

Integration of primary and behavioral health services

Trauma-informed services

Integration of behavioral health programs into schools

Increased use of health information technology

Family education



What does success look like? ^{8,9,10}

Decreased risk of adverse outcomes including hospital admissions

Improved overall health for persons with mental and/or substance abuse disorders

Reduced health care costs

Reduced early mortality gap

Healthy communities

Decreased discrimination of people with mental and/or substance abuse disorders

Improved care for individuals with mental and/or substance abuse disorders

Trauma resilient communities

Strong minds

Increased access to care



To learn more, contact
SAMHSA's Program to Achieve Wellness
paw@prainc.com 1.800.850.2523

<http://www.samhsa.gov/wellnessinitiative/program-achieve-wellness>

Sources:

1. Parks, K., Svenson, D., Singer P., & Foti, M. E. (2006). Morbidity and mortality in people with serious mental illness. Retrieved from <https://www.nasmhpd.org/sites/default/files/Mortality%20and%20Morbidity%20Final%20Report%208.18.08.pdf>
2. SAMHSA, Center for Behavioral Health Statistics and Quality. (2010, December 1). The NSDUH Report: HIV/AIDS and Substance Use. Retrieved March 27, 2017, from <http://archive.samhsa.gov/data/2k10/HIV-AIDS/HIV-AIDS.htm>
3. Weisner C. Cost Studies at Northern California Kaiser Permanente. Presentation to County Alcohol & Drug Program Administrators Association of California Sacramento, California. Jan. 28, 2010
4. Lawrence, D., & Kisely, S. (2010). Review: Inequalities in healthcare provision for people with severe mental illness. *Journal of Psychopharmacology*, 24(4 Suppl), 61-68. doi:10.1177/1359786810382058
5. Centers for Disease Control and Prevention. (2016, December 16). Understanding the Epidemic. Retrieved May 05, 2017, from <https://www.cdc.gov/drugoverdose/epidemic/>
6. Centers for Disease Control and Prevention. (2015). Suicide: Facts at a glance. Retrieved from <https://www.cdc.gov/violenceprevention/pdf/suicide-datasheet-a.pdf>
7. Lipari, R. (2017, March 30). Smoking and Mental Illness Among Adults in the United States. Retrieved from https://www.samhsa.gov/data/sites/default/files/report_2738/ShortReport-2738.html
8. Lawrence, D., & Kisely, S. (2010). Review: Inequalities in healthcare provision for people with severe mental illness. *Journal of Psychopharmacology*, 24(4 Suppl), 61-68. doi:10.1177/1359786810382058
9. Satcher D, Druss BG. Bridging mental health and public health. *Prev Chronic Dis* 2010;7(1):A03. http://www.cdc.gov/pcd/issues/2010/jan/09_0133.htm.
10. U.S. Department of Health and Human Services. Mental Health: A Report of the Surgeon General. Rockville, MD: Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, National Institutes of Health, National Institute of Mental Health, 1999