Addressing Mental Health through Partnership with SAMHSA, EAP’s, & Employers

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Behavioral Health- A National Priority

The Substance Abuse Mental Health Services Administration (SAMHSA) is an agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral Health of the Nation.

Roles:
- Leadership
- Voice
- Data
- Surveillance
- Public Education
- Regulation and Standard Setting Practice
- Improvement
- Funding

Behavioral health is essential to health
Prevention works
Treatment is effective
People recover

Our mission is to reduce the impact of substance abuse and mental illness on America’s communities.
In order to achieve its mission, SAMHSA has identified five priority areas to better meet the behavioral health care needs of individuals, communities, and service providers. Five priority areas are:

- Combating the Opioid Crisis through the Expansion of Prevention, Treatment, and Recovery Support Services.
- Addressing Serious Mental Illness and Serious Emotional Disturbances.
- Advancing Prevention, Treatment, and Recovery Support Services for Substance Use.
- Improving Data Collection, Analysis, Dissemination, and Program and Policy Evaluation.
- Strengthening Health Practitioner Training and Education.

https://www.samhsa.gov/about-us战略规划
SAMHSA’s work is guided by five core principles that are being infused throughout the Agency’s activities. The five core principles are:

- Supporting the adoption of evidence-based practices.
- Increasing access to the full continuum of services for mental and substance use disorders.
- Engaging in outreach to clinicians, grantees, patients, and the American public.
- Collecting, analyzing, and disseminating data to inform policies, programs, and practices.
- Recognizing that the availability of mental health and substance use disorder services are integral to everyone’s health.
HHS Five-Point Strategy for Change

Complete strategy
HHS Five-point strategy to combat the opioids crisis

1. Better addiction prevention, treatment, and recovery services
2. Better data
3. Better pain management
4. Better targeting of overdose reversing drugs
5. Better research

SAMHSA is working with CDC, NIH, FDA, and HRSA to address the HHS 5 Point Strategy
Among those with a substance use disorder:
• 3 in 8 (36.4%) struggled with illicit drugs
• 3 in 4 (75.2%) struggled with alcohol use
• 1 in 9 (11.5%) struggled with illicit drugs and alcohol

Among those with a mental illness:
• 1 in 4 (24.0%) had a serious mental illness

7.6% (18.7 MILLION) People aged 18 or older had a substance use disorder
3.4% (8.5 MILLION) 18+ had both substance use disorder and a mental illness
18.9% (46.6 MILLION) People aged 18 or older had a mental illness

See figures 40, 41, and 54 in the 2017 NSDUH Report for additional information.
Opioid’s Grip: Millions Continue to Misuse Prescription Pain Relievers

Note: Opioid misuse is defined as heroin use or prescription pain reliever misuse.

Note: The percentages do not add to 100 percent due to rounding.

See figures 20 and 24 in the 2017 NSDUH Report for additional information.

PAST YEAR, 2017, 12+

11.4 MILLION PEOPLE WITH OPIOID MISUSE (4.2% OF TOTAL POPULATION)

11.1 MILLION Rx Pain Reliever Misusers (97.2% of opioid misusers)

886,000 Heroin Users (7.8% of opioid misusers)

562,000 Rx Pain Reliever Misusers & Heroin Users (4.9% of opioid misusers)

6.3 MILLION + Rx Hydrocodone

3.7 MILLION Rx Oxycodone

245,000 Rx Fentanyl

Hydrocodone misuse down from 6.9M in 2016

Significant decrease from 12.7 M misusers in 2015

+ Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.
In addition to the crime, violence, and loss of productivity associated with drug use, individuals living with a substance use disorder often have one or more physical health problems, including lung disease, hepatitis, HIV/AIDS, cardiovascular disease, cancer, and mental disorders such as depression, anxiety, bipolar disorder, and schizophrenia.

In fact, research has indicated that persons with substance abuse disorders have:

- 9 times greater risk of congestive heart failure.
- 12 times greater risk of liver cirrhosis.
- 12 times the risk of developing pneumonia.
Lethal doses of: Heroin, Fentanyl, Carfentanyl
Drug Overdose Deaths, 1968-2016

Drug overdose deaths per 100,000 population (age-adjusted)
I, Surgeon General of the United States Public Health Service, VADM Jerome Adams, am emphasizing the importance of the overdose-reversing drug naloxone. For patients currently taking high doses of opioids as prescribed for pain, individuals misusing prescription opioids, individuals using illicit opioids such as heroin or fentanyl, health care practitioners, family and friends of people who have an opioid use disorder, and community members who come into contact with people at risk for opioid overdose, knowing how to use naloxone and keeping it within reach can save a life.

BE PREPARED. GET NALOXONE. SAVE A LIFE
Medication Assisted Recovery
From MAT to MARS

Psychosocial therapies/treatment components:
- Counseling: Coping skills/relapse prevention
- Education about issues related to substance use
- PDMP use
- Toxicology screening

Plus Recovery Supports: Rebuilding One’s Life
- Peer Recovery Support Services
- Social supports to bring the person back into the healthy community: family, friends, faith-based supports
- Recovery Housing/Residential Treatment Facilities
- Employment/Vocational training/education
- Assistance with transportation
- Assistance with child care

Creating a Recovery Oriented System of Care

facesandvoicesofrecovery.org
Mental health disorders are very common and rising. This causes human suffering and depletes the economic vitality of communities and nations.

Employers have a unique opportunity to improve the mental health of the 157 million working U.S. adults who spend more time working than any other activity apart from sleeping.

Clinically effective treatments for most mental health disorders exist in primary care, including Cognitive Behavioral Therapy (CBT), which many employers subsidize with medical benefits.

Training leaders and managers to reduce the stigma associated with mental health is a promising organizational approach to help create a psychologically healthy workplace. Overall, few studies have evaluated organizational-level programs to improve employee mental health outcomes and more research is urgently needed in this area.
Key Take Aways

- Overall, many types of mental health interventions delivered in the workplace are effective at improving mental health outcomes, although the size of the effect is small to medium. Stress management programs for individuals are especially effective at reducing stress and improving overall mental health.

- The growing number of digital interventions offered by third party vendors and insurance carriers to employees are promising ways to tailor programs for different populations based on their risk for mental health disorders.

- Employees expect their employers to support mental health as strongly as physical health and offer policies, programs, and an environment that is mental health-friendly.
Brief History of the “TTC Program”

- 1993 - SAMHSA funded the “Addiction Training Centers – ATC” covering 19 States and Puerto Rico
- 1996 - SAMHSA renamed the program to “Addiction Technology Transfer Centers – ATTC” to better reflect the scope of the program
- 1998 - SAMHSA established the “ATTC NETWORK” with the creation of the Network Coordinating Office
- 2002 - SAMHSA funded a new round of ATTCs covering 14 regions in the US, including Puerto Rico, Virgin Islands and the Pacific Islands
- 2011 - SAMHSA & PEPFAR fund the first International ATTC Center in Hanoi, Vietnam
- 2012 - SAMHSA aligned the ATTC Network program with the 10 HHS regions and added national focus areas centers
- 2017 - The new Cycle of the ATTC Program is funded including new International sites in Southeast Asia, Ukraine and South Africa
- 2018 – The TTC Network is created: ATTC, MHTTC and PTTC
The purpose of this program is to develop and strengthen the specialized behavioral healthcare and primary healthcare workforce that provides substance use disorder (SUD) and mental health prevention, treatment and recovery support services.

The TTC Network grantees work directly with SAMHSA and amongst themselves on activities aimed at improving the quality and effectiveness of prevention, treatment and recovery as well as work directly with providers of prevention, clinical and recovery services, and others that influence the delivery of services, to improve the quality of workforce training and service delivery.
TTC Vision

Helping people and organizations incorporate effective practices into substance use disorder and mental health prevention, treatment and recovery services.
Technology Transfer Model

Continuum of the Diffusion of an Innovation
Technology Transfer Centers - 3 Networks

ATTC

MHTTC

PTTC
The 3 TTC Networks

**ATTC**
- 1 Network Coord. Office
- 1 AI/AN Center
- 1 Hispanic & Latino Ctr.
- 10 Regional Centers

**MHTTC**
- 1 Network Coord. Office
- 1 AI/AN Center
- 1 Hispanic & Latino Ctr.
- 10 Regional Centers

**PTTC**
- 1 Network Coord. Office
- 1 AI/AN Center
- 1 Hispanic & Latino Ctr.
- 10 Regional Centers
TTC Network Operation

NCOs
- Network and nationwide activities coordination
- Main platform for resources and training access
- Liaison for national and multi-regional focused activities

Focus Areas Centers
- Serve as a CoE/subject matter expert on focus area/populations nationwide
- Support nationwide stakeholders and entities that focus on their specific populations
- Provide support for TTC Regional Centers on issues related to their focus area needs
- Collaborate with NCO for nationwide activities

Regional centers
- Development of regional approach for workforce development activities
- Coordinate with NCO for Nationwide activities
- Coordinate with Focus Areas Centers to provide support for special populations in their region
- Collaborate with SAMHSA Regional Administrators in order to provide support for the region
TA and Training Modalities

- Information dissemination (electronic publications, email distribution, social media)
- Learning events (in-person training, conference, training-of-trainers, webinars)
- Virtual learning communities
- Online courses (instructor-led, self-paced)
- Intensive technical assistance (connected learning series, peer learning networks, ECHO training)
- Product development (assessment tools, curriculum, mobile apps, multi-media resources, slide sets)
- Consultation and Technical Assistance (virtual and in person)
TA Model

CULTURAL AND LINGUISTIC APPROPRIATENESS

UNIVERSAL TECHNICAL ASSISTANCE
Mass mailings, publication of information (e.g., newsletters), untargeted presentations to heterogeneous groups, website, social media

TARGETED TECHNICAL ASSISTANCE
Online courses, webinar series for specialized groups, focused knowledge-sharing, communities of practice, short-term training, replication guides

INTENSIVE TECHNICAL ASSISTANCE
On-going consultation in specific communities, states & systems

OUTCOMES
Increase Reach
Increase Motivation to Use & Apply Interventions (in general and specific)
Increase in Ability to Use & Apply Interventions (in general & specific)
Use or integration of intervention by the intended users into their practice
Technology Transfer Centers (TTC) Entities

National Coordinating Office - NCO
ATTC: Univ. Missouri-Kansas City - MO
MHTTC: Stanford University - CA
PTTC: Univ. Missouri-Kansas City - MO

National Tribal Affairs Centers
ATTC: Iowa University - IA
MHTTC: Iowa University - IA
PTTC: Iowa University - IA

National Hispanic & Latino Centers
ATTC: Nat. Latino Behav. Health Assoc. - NM
MHTTC: Univ. Control del Canibe - PR
PTTC: Nat. Latino Behav. Health Assoc. - NM

Region 1
ATTC: Brown University - RI
MHTTC: Yale University - CT
PTTC: Adcore Educ. Inst. - ME

Region 2
ATTC: New York - NY
MHTTC: Rutgers Univ. - NJ
PTTC: Rutgers Univ. - NJ

Region 3
ATTC: DanyaInstit. - MO
MHTTC: DanyaInstit. - MO
PTTC: DanyaInstit. - MO

Region 4
ATTC: Morehouse Sch. Medicine - GA
MHTTC: Emory University - GA
PTTC: Wake Forest Univ. Health Sci. - NC

Region 5
ATTC: Univ. Wisconsin-Madison - WI
MHTTC: Univ. Wisconsin-Madison - WI
PTTC: Univ. Wisconsin-Madison - WI

Region 6
ATTC: Univ. Texas Austin - TX
MHTTC: Univ. Texas Austin - TX
PTTC: Univ. Oklahoma Norman - OK

Region 7
ATTC: Truman Med. Ctr. - MO
MHTTC: Univ. Nebraska, NE
PTTC: Missouri Assn. Comm. Task Forces - MO

Region 8
ATTC: Univ. North Dakota - ND
MHTTC: Univ. North Dakota - ND
PTTC: Univ. Utah - UT

Region 9
ATTC: Univ. California LA - CA
MHTTC: Ctr. Applied Research Sol. - CA
PTTC: Univ. Nevada Reno - NV

Region 10
ATTC: Univ. Washington - WA
MHTTC: Univ. Washington - WA
PTTC: Univ. Washington - WA

SAMHSA
Substance Abuse and Mental Health Services Administration

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Technology Transfer Centers – A Consortium of Expertise
The TTC Websites

**ATTC Website**
https://attcnetwork.org/

**MHTTC Website**
https://mhttcnetwork.org/

**PTTC Website**
https://pttcnetwork.org/

**MAIN TABS**

- **Your ATTC**: Find your center
- **Education**: Training and events
- **Resources**: Products & Resources catalog
- **Projects**: Areas of focus, special projects
- **Communication**: News, messages, newsletters
- **About**: general information

One-stop shop online portal for the TTC program
ATTC Network

Areas of Expertise

- Evidence based practices for SUD including faith based
- Recovery-oriented practices
- Healthcare integration
- MAT
- Opioid misuse
- Culturally informed, evidence based practices in treatment and assessment of SUD in LGBT, Hispanic/Latinos and Native populations.

Supplemental Activities

- NCO – Hepatitis project
- AI/AN ATTC – TA for TOR grantees
- Regions 3 and 4 ATTC – SBIRT training for CDC THRIVE Grantees

Highlight:
https://attcnetwork.org/centers/global-attc/taking-action-address-opioid-misuse
PCSS provides evidence-based training and resources to give healthcare providers the skills and knowledge they need to treat patients with OUD. Join the dedicated health professionals who are making a difference in millions of lives.

https://pcssnow.org/
Areas of Expertise

- Addressing mental health in public initiatives;
- Recovery-oriented practices and systems (including delivered by peers);
- EBPs (Supported Employment, IMR, Supported Housing, Supported Education, CBT for psychosis, CSC for first episode psychosis, Assertive Community Treatment, etc.);
- Suicide prevention;
- Integration of primary and mental health care;
- Youth and young adults of transitional age with or at risk for serious mental illness (SMI);
- Culturally informed, evidence based practices in treatment and assessment of MH disorders in Hispanic/Latinos and Native populations;
- Process improvement for mental health care settings to improve access to and retention in treatment

Supplemental Activities

- School Mental Health

Highlight:
After a School Tragedy:
Readiness, Response, Recovery, & Resources
Areas of Expertise

- Community Coalitions & Collaborators: primary care, health systems, and communities at large;
- Trauma-Informed Prevention – including ACES;
- Drug-exposed Children;
- Naloxone Education – for lay audiences and first responders;
- Marijuana risk;
- Prevention Science: Includes evidence-based prevention interventions and practices, evaluation of prevention programming, manualized prevention interventions; data science – including environmental scans, GIS mapping, data informed tools, epidemiological data, and regional needs assessments.

Target Audience

- Prevention professionals and pre-professionals;
- Community coalitions;
- Faith based organizations;
- Prevention organizations.
- State level organizations.

Highlight:

SAPST - Substance Abuse Prevention Skills Training (TOT)
“Complimentary” Programs

CSS-SMI
Clinical Support System for Serious Mental Illness
https://smiadviser.org/

CoE-PHI
Center of Excellence for Protected Health Information
- https://www.coe PHI.org/

CoE-ED
Center of Excellence for Eating Disorders
https://www.nceedus.org/
SAMHSA Knowledge Network

SAMHSA's premier library of behavioral health training, technical assistance, collaboration, and workforce development resources for the health care community.

https://knowledge.samhsa.gov/
Evidence-Based Practices Resource Center

- Aims to provide communities, clinicians, policy-makers and others in the field with the information and tools they need to incorporate evidence-based practices into their communities or clinical settings.
- Contains a collection of scientifically-based resources for a broad range of audiences, including Treatment Improvement Protocols, toolkits, resource guides, clinical practice guidelines, and other science-based resources.

www.samhsa.gov/ebp-resource-center
Youth And Family Resources

- Programs to Help Youth and Families:
  - National Center on Substance Abuse and Child Welfare
  - [https://ncsacw.samhsa.gov](https://ncsacw.samhsa.gov)

- National Child Traumatic Stress Initiative (NCTSI)
  Examples of Products Developed by the NCTSN
  - Children and Domestic Violence: How Does Domestic Violence Affect Children?
  - Age-Related Reactions to a Traumatic Event
  - After a Crisis: Helping Young Children Heal
  - [http://www.nctsn.org](http://www.nctsn.org)

- Pregnant-Post Partum Parenting Women with Substance Use Disorders
  - Residential and Outpatient Treatment Programs; Treating NAS
  - Release of PPW Factsheets (2/18)
  - Family factsheets in development
Partnering to Locate Treatment

Overdose Prevention Programs
Find the nearest overdose prevention and naloxone program.

http://prescribetoprevent.com/

https://findtreatment.samhsa.gov/
Navigating Toward Healthier Communities

SAMHSA’s STR-TA Consortium is here to assist you.

Our goal is to provide the resources and technical assistance you need to address the opioid crisis in your communities.

If you need technical assistance to support evidence-based practices in the prevention, treatment and recovery of opioid use disorders in your community, submit a request to www.getSTR-TA.org or str-ta@aaap.org | 401-270-5900

https://getstr-ta.org/Index.aspx
This Treatment Improvement Protocol (TIP) reviews the use of the three Food and Drug Administration (FDA)-approved medications used to treat opioid use disorder (OUD)—methadone, naltrexone, and buprenorphine—and the other strategies and services needed to support recovery for people with OUD.
MATx empowers health care practitioners to provide effective, evidence-based care for opioid use disorders. This free app supports practitioners who provide medication-assisted treatment (MAT), as well as those who plan to do so in the future.
Caring for Mothers and Babies
Collaborative Approach to Treatment of Pregnant Women

This document offers best practices to states, tribes, and local communities on collaborative treatment approaches for pregnant women living with opioid use disorders, and the risks and benefits associated with MAT

The Tool Kit equips providers, individuals, communities, and governments on ways to prevent/respond to opioid overdose. It addresses issues for first responders, treatment providers, and those recovering from opioid overdose.
SAMHSA Regional Administrators

- Region 1: Vacant
- Region 2: Dennis O. Romero, MA - Dennis.Romero@samhsa.hhs.gov
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Thank You

SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America’s communities.

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