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wellbeingtrust.org
Healing the Nation: Advancing Comprehensive Mental Health and Addiction Policy

Benjamin F. Miller, PsyD
In the face of a global crisis, we are at a critical pivot point for mental health in our country and policy makers must rise to the challenge.

While progress has been made, work remains to be done.
PAIN IN THE NATION

Deaths from drugs, alcohol and suicide 1999 to 2025 (PROJECTED)

1999

PainInTheNation.org
$425M is just .56% of the total amount invested in the airline industry

OR

2% of the $185 billion sent to health care as a whole
Mental illness is epidemic within the coronavirus pandemic

In the face of a global crisis, we are at a critical pivot point for mental health in our country and policymakers must rise to the challenge.

Benjamin F. Miller  Opinion contributor
Published 1:46 p.m. ET Apr. 8, 2020
“In all world regions, the relative risk of suicide associated with unemployment was elevated by about 20–30%.”
An unprecedented rise in unemployment

Unemployment insurance claims by week

Source: US Department of Labor
## Table 3: Remote Work and Paid Leave

<table>
<thead>
<tr>
<th>Among those who are employed</th>
<th>Total employed</th>
<th>Hours</th>
<th>Compensation</th>
<th>Household income</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Full-time</td>
<td>Part-time</td>
<td>Salary</td>
</tr>
<tr>
<td>Percent who say if required to remain at home because of a quarantine or school or work closure, they <strong>could do at least part of their job from home</strong></td>
<td>45%</td>
<td>48%</td>
<td>32%</td>
<td>79%</td>
</tr>
<tr>
<td>Percent whose employer offers them <strong>paid time off if they are sick or ill</strong></td>
<td>64%</td>
<td>70%</td>
<td>38%</td>
<td>86%</td>
</tr>
<tr>
<td>Percent whose employer offers them <strong>paid time off to care for a family member who is sick or ill</strong></td>
<td>43%</td>
<td>48%</td>
<td>18%</td>
<td>66%</td>
</tr>
</tbody>
</table>
Macroeconomic Conditions and Opioid Abuse
Alex Hollingsworth, Christopher J. Ruhm, Kosali Simon

NBER Working Paper No. 23192
Issued in February 2017, Revised in March 2017
NBER Program(s): Health Care, Health Economics, Labor Studies, Public Economics

We examine how deaths and emergency department (ED) visits related to use of opioid analgesics (opioids) and other drugs vary with macroeconomic conditions. As the county unemployment rate increases by one percentage point, the opioid death rate per 100,000 rises by 0.19 (3.6%) and the opioid overdose ED visit rate per 100,000 increases by 0.95 (7.0%). Macroeconomic shocks also increase the overall drug death rate, but this increase is driven by rising opioid deaths. Our findings hold when performing a state-level analysis, rather than county-level; are primarily driven by adverse events among whites; and are stable across time periods.

Opinion

Mental Health in the Age of the Coronavirus
The struggle between fear and comfort.

By David Brooks
Opinion Columnist

April 2, 2020
HEALING THE NATION

Advancing Mental Health and Addiction Policy
Framework for excellence in mental health and well-being

The framework for excellence in mental health is a guide for changemakers at every level of society who seek to improve mental health outcomes and promote well-being for millions of Americans.

<table>
<thead>
<tr>
<th>PROMOTION</th>
<th>PREVENTION</th>
<th>TREATMENT</th>
<th>MAINTENANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>VITAL COMMUNITY CONDITIONS</td>
<td>COVERAGE</td>
<td>ENGAGEMENT</td>
<td>OUTCOMES</td>
</tr>
<tr>
<td>Belonging &amp; Civic Muscle</td>
<td>Affordability</td>
<td>HEALTH SYSTEMS</td>
<td>Improved community conditions</td>
</tr>
<tr>
<td>Thriving Natural World</td>
<td>Comprehensiveness</td>
<td>Primary Care / Emergency Department / Hospital</td>
<td>Increased affordability and available access to care</td>
</tr>
<tr>
<td>Reliable Transportation</td>
<td>Parity</td>
<td>WORKPLACE &amp; UNEMPLOYMENT</td>
<td>Advanced integration</td>
</tr>
<tr>
<td>Lifelong Learning</td>
<td></td>
<td>Employees / Employers</td>
<td>Structures for evidence-based care</td>
</tr>
<tr>
<td>Meaningful Work &amp; Wealth</td>
<td></td>
<td></td>
<td>Individual and family reported outcomes</td>
</tr>
<tr>
<td>Humane Housing</td>
<td></td>
<td>JUDICIAL SYSTEM</td>
<td>Enhanced efficiency</td>
</tr>
<tr>
<td>Basic Needs For Health &amp; Safety</td>
<td></td>
<td>Diversion / Treatment / Re-entry</td>
<td>Smarter use of technology</td>
</tr>
<tr>
<td></td>
<td></td>
<td>EDUCATION SYSTEM</td>
<td></td>
</tr>
</tbody>
</table>
Health Systems
Integrate mental health care where people seek physical care

See Solutions

Judicial System
Avenues to aid those with mental health concerns

See Solutions

Education System
Childhood is a critical time to improve mental health

See Solutions

Workplace & Unemployment
Maximize mental health outcomes across situations

See Solutions

Whole Community
Concrete steps to span sectors

See Solutions
Access to Effective Treatment

Most Americans do not have access to evidence-based treatments for addiction (regardless of their insurance) and very few have access to the full continuum of effective services. Without access to effective treatments, addictions become all the more disabling and even deadly.

Limit and Regulate Opioid Prescribing

One strategy for reversing the tide of the opioid overdose epidemic is limiting the flow of prescription drugs. Providers still need to be able to effectively manage pain, but prescription opioids should be prescribed according to CDC guidelines. Individuals should also have access to a range of alternative pain management treatments. Beyond reducing addiction risk, these strategies lower emergency department readmissions and overall costs for hospitals.

Overdose Reversal Drugs

Naloxone is an opioid-antagonist that can counteract opioid overdose and is simple enough to be administered by a minimally trained layperson. But while almost every state allows pharmacists to dispense Naloxone without an individual prescription, it remains underutilized.

Prescription Drug Monitoring Programs (PDMPs)

Prescription Drug Monitoring Programs (PDMPs) offer databases that can track prescribing and dispensing of opioids to identify people who may be diverting or misusing drugs; establish responsible prescribing practices; and prevent patients from “doctor shopping” to find a physician who will prescribe them opioids. PDMPs can also limit the number of pharmacies where patients with high addiction risk can receive prescriptions.
Outreach to Policymakers

Federal
- Sending HTN to all Senate & House offices (CoS and health staff) and relevant committee staff (February).
- Outreach to presidential campaigns and current administration after early primaries and caucuses (March/April).
- Meetings on Capitol Hill with mental health champions and health staffers (ongoing).

State
- Create state-specific materials and outreach to state legislators, Attorneys General, and Insurance Commissioners in target states (fall).

Families
- Create a guide specific for people throughout communities to use
Immediate action needed

It’s time for Congress to act
• $38.5 billion dollars specifically to ensure that front-line and essential mental health and addiction providers able to keep their doors open.

• Congress should finish the job of finally establishing and funding the three-digit National Mental Health and Suicide Prevention Hotline (9-8-8).

• Congress should address the shortage of mental health and addiction professionals while also providing education and employment opportunities for unemployed Americans.
Thank you!

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