



# Pain in the Nation: A comprehensive way forward

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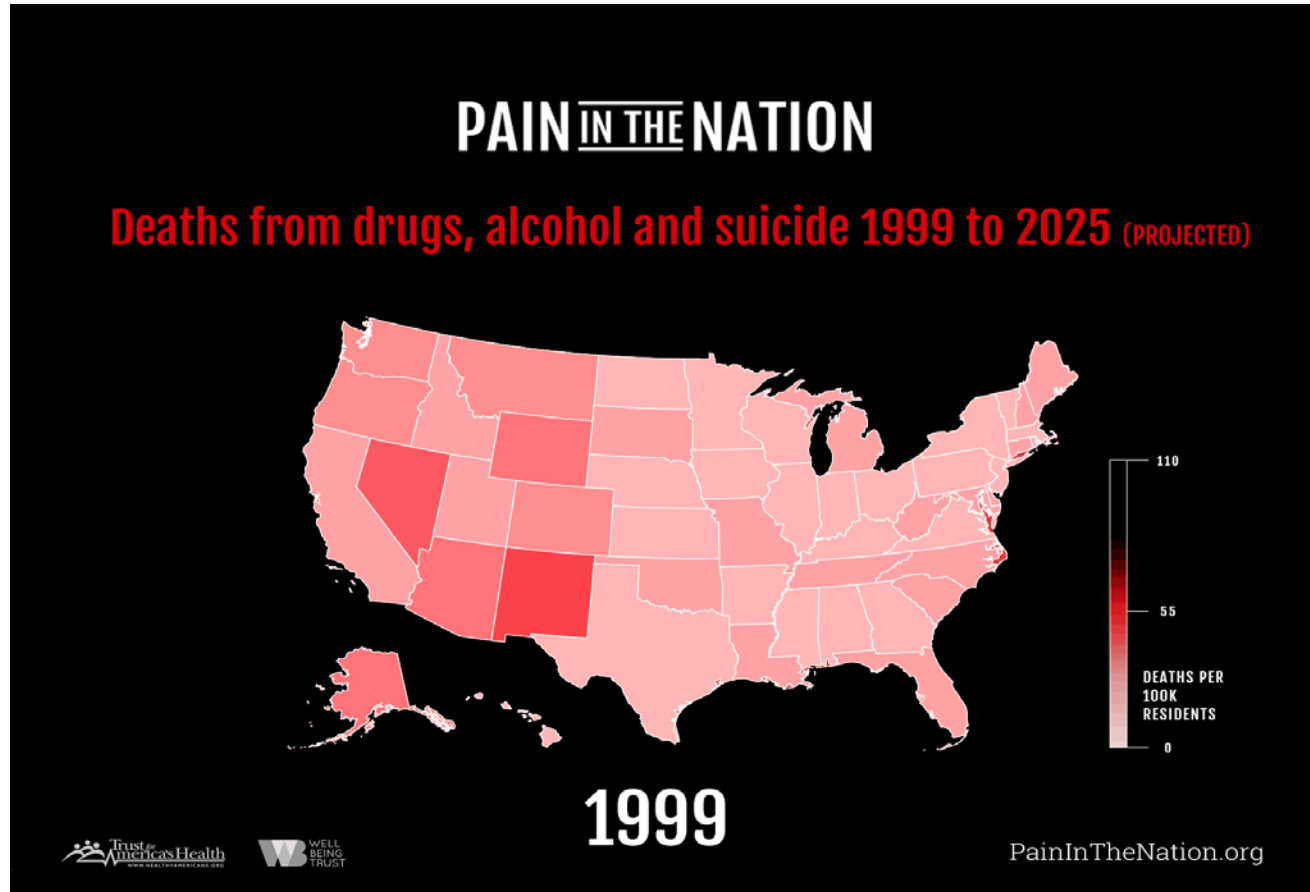
Chief Strategy Officer

Well Being Trust

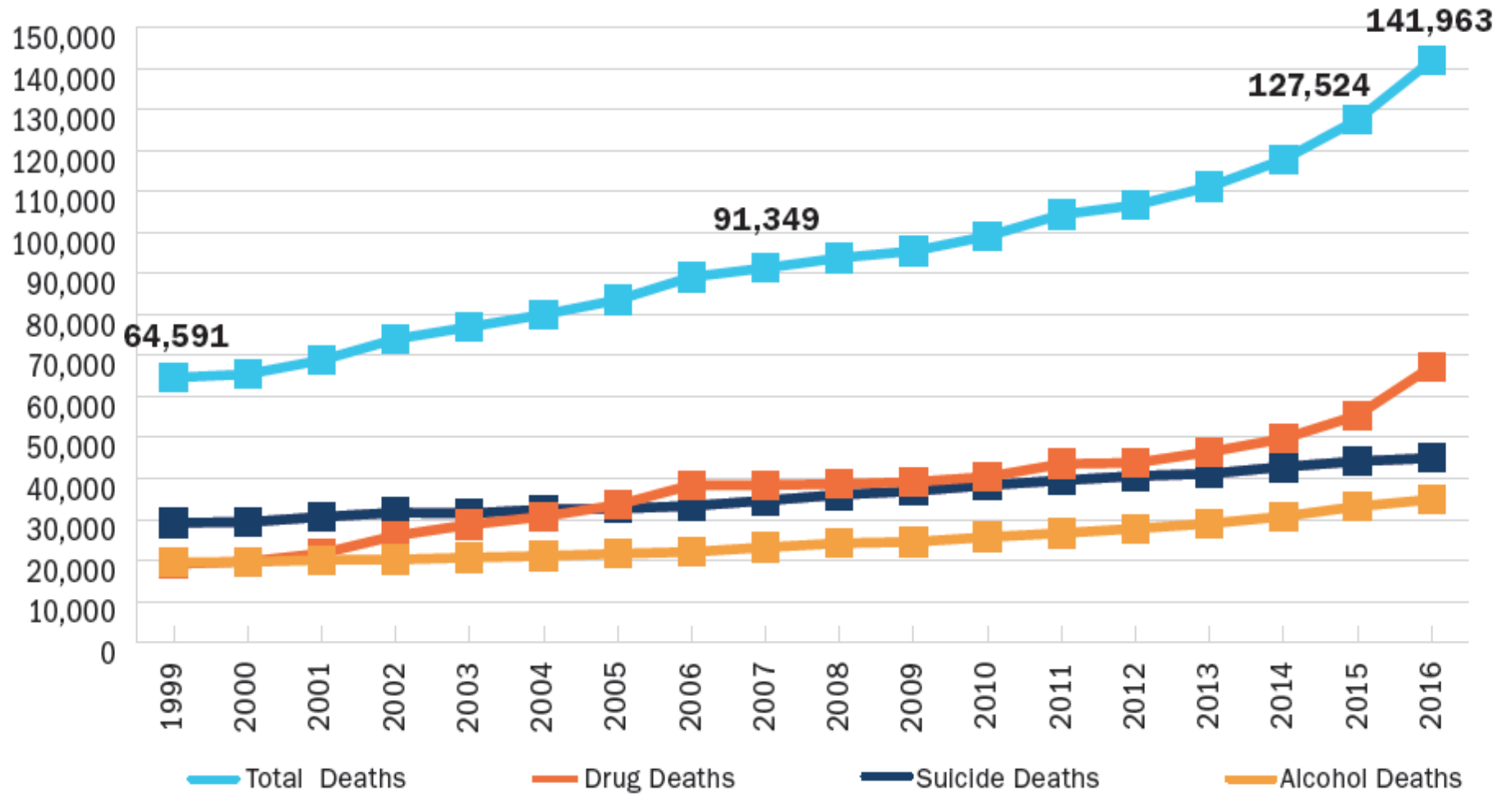
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## Annual Deaths from Alcohol, Drugs and Suicide, 1999-2016



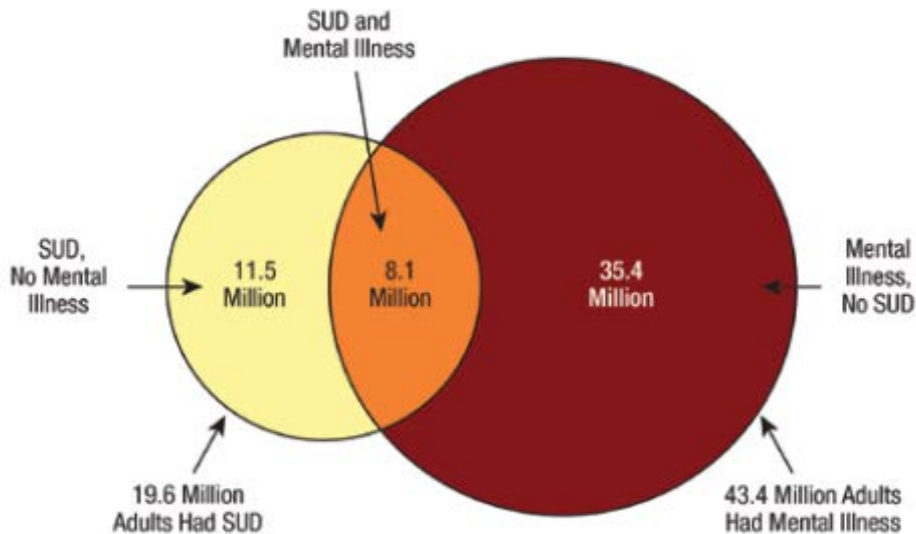


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# Trends in Alcohol, Drug and Suicide

Past Year Substance Use Disorder (SUD) and Mental Illness among Adults Aged 18 or Older: 2015



Source: SAMHSA, National Survey on Drug Use and Health

- 43 M with mental health diagnosis
- 20 M with substance use disorder (SUD)
- 8 M have both
- 2/3 have adverse childhood experiences (ACEs)



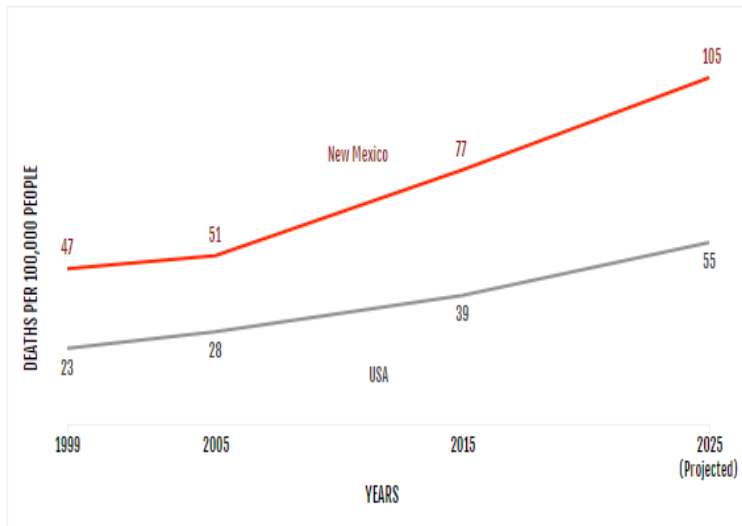
## New National Findings - 2016

- Death still increasing - 11% between 2015 and 2016 (our most recent data)
- 142,000 died from the 3 causes
- Opioid deaths increasing most rapidly
- One death every 4 minutes
- Deaths could top 2 million in next decade

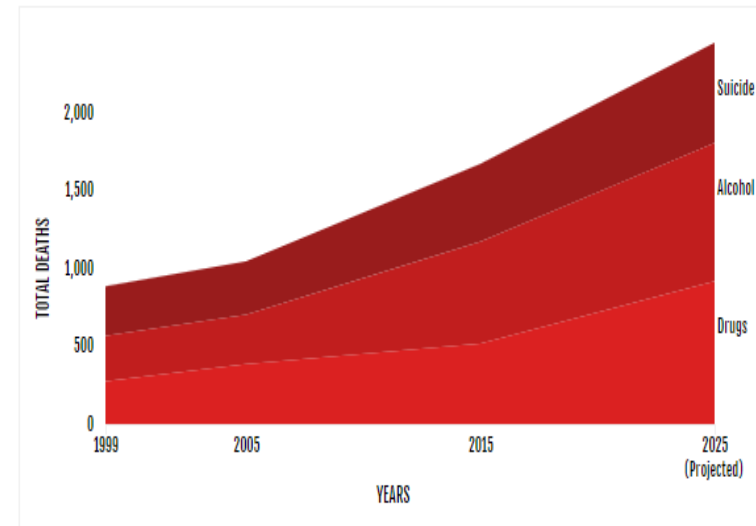


# State Snapshot: New Mexico

Deaths due to Alcohol, Drugs and Suicide per 100,000 people, New Mexico and USA



Alcohol, Drugs and Suicide deaths in New Mexico: 1999 to 2015, and 2025 projected





## New National Findings - Opioids in 2016

- Deaths doubled from fentanyl, carfentanil & other synthetic opioids – surpassing prescription and heroin deaths
- Death rates among Blacks rose 58%; Latinos up 35%
- Drug death rates increased 29% among 18-34 year olds (19% among 35 -54 year olds)



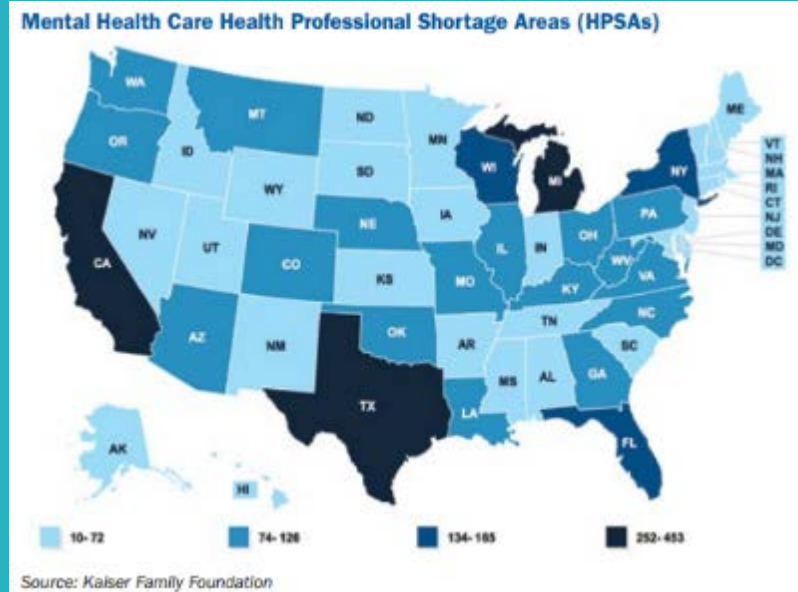




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# A Path Forward: a National Resilience Strategy

**Expand and Modernize Mental Health and Substance Use Disorder Treatment Services – Toward a Goal of Focusing on the "Whole Health" of Individuals** by prioritizing innovative integrated delivery models for rural and underserved urban areas and expanding the provider workforce, including those who can deliver medication-assisted treatment.



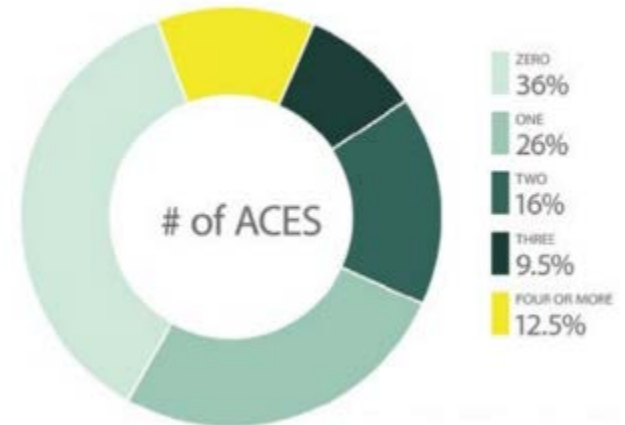
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## Focus on Children

- Two-thirds of Americans report having experienced an **adverse childhood experience** (ACE) while growing up — across all socio-economic levels.
- Nearly 40 percent experienced two or more ACEs, and 22 percent experience three or more ACEs

HOW COMMON ARE ACES?



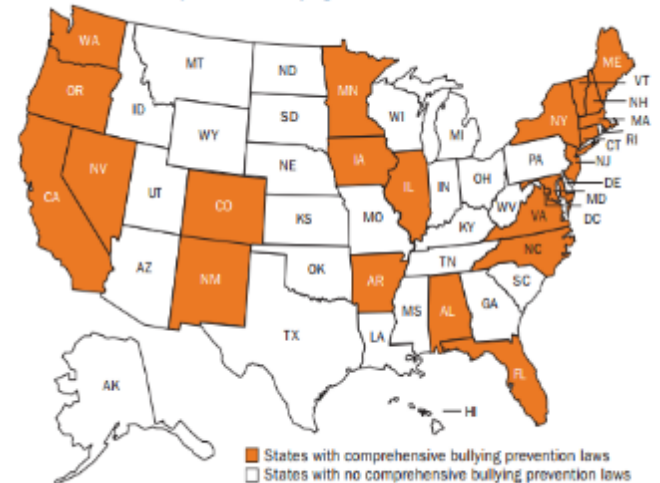


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## National Resilience Strategy: Programs in Action

- **Reboot Substance Misuse Prevention and Mental Health in Schools** by scaling up evidence-based life- and coping-skills programs and inclusive school environments and increasing the availability of mental health and other services.

22 States Have Comprehensive Bullying Prevention Laws



Source: American Academy of Pediatrics



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# A Path Forward: a National Resilience Strategy

- **Improve Pain Management and Treatment** by helping people heal physically, mentally and emotionally. Approaches must acknowledge that there are different types of pain and experts from mental health, medical care and other disciplines must develop team-based solutions that focus on proactively addressing pain before it gets worse.





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# A Path Forward: a National Resilience Strategy

- **Stem the Opioid Crisis** with a full-scale approach – including:



- Promoting responsible opioid prescribing practices
- Public education about misuse and safe disposal of unused drugs
- “Hotspot” intervention strategies
- Anti-trafficking to stop the flow of illicit drugs
- Expanding the use and availability of rescue drugs, sterile syringes and diversion programs.



## A Path Forward: a National Resilience Strategy

- **Address the Impact of the Opioid Epidemic on Children – and the Need for a Multi-Generational Response** that includes substance use disorder treatment for parents and wrap-around services for children and families, including grandparents and other relatives who help care for children, and expand support for the foster care system.

Percent of infants in foster care that are from families with active alcohol or drug misuse



60%

Percent of older children in foster care that are from families with active alcohol or drug misuse

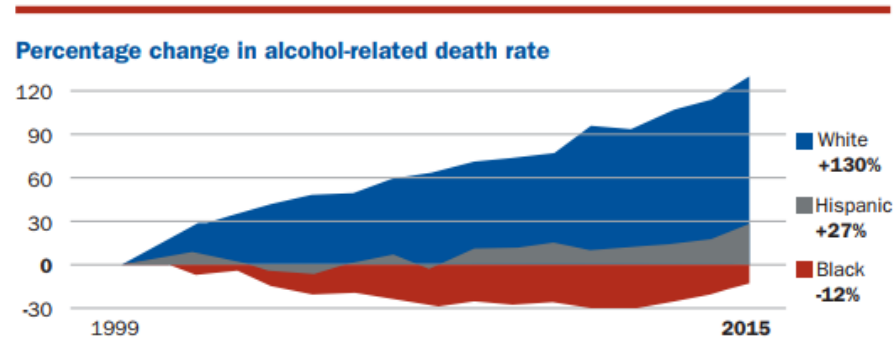


40%



# A Path Forward: a National Resilience Strategy

- **Lower Excessive Alcohol Use** through evidence-based policies, such as by increasing pricing, limiting hours and density of alcohol sales, enforcing underage drinking laws and holding sellers and hosts liable for serving minors.

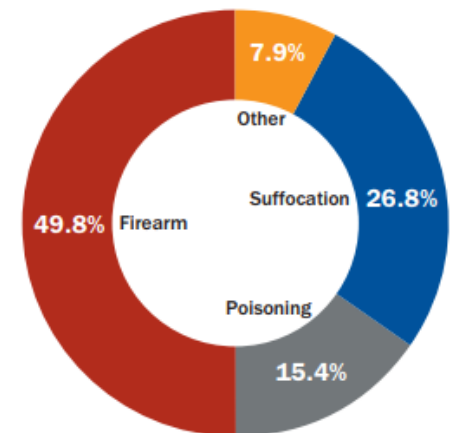




# A Path Forward: a National Resilience Strategy

- **Prevent Suicides** by expanding crisis intervention services; anti-bullying and social-emotional learning in schools; and support systems for Veterans; and better integrating mental health into primary care.

Suicide Death by Method, 2015



Source: CDC





# The ROI of a National Resilience Strategy

HEALTH AND/OR SOCIETAL DOLLARS SAVED FOR EVERY \$1 INVESTED	
Five Strongest School-based Substance Misuse Prevention Programs	\$3.80 – \$34 <sup>62</sup>
School-based Social Emotional Learning Programs	\$11 <sup>63</sup>
School-based Violence Prevention Programs (including Suicide)	\$15 – \$81 <sup>64, 65, 66</sup>
Early Childhood Education Programs	\$4 - \$12 <sup>67</sup>
Nurse Home Visiting for High-Risk Infants	\$5.70 <sup>68</sup>
Women, Children and Infant (WIC) Program	\$2 - \$3 <sup>69</sup>
Effective Substance Use Treatment Programs	\$3.77 <sup>70</sup>
Community Health Navigator, Referral and Case Management Programs	\$2 - \$4 <sup>71</sup>
Sobriety Treatment and Recovery Teams (for parents with substance use disorders as alternative to traditional child welfare programs (savings identified are within the foster care system))	\$2.22 <sup>72</sup>
Screening, Brief Intervention and Referral to Treatment (for Substance Misuse)	\$3.81 - \$5.60 <sup>73, 74</sup>
Alcohol Pricing: a 10 percent increase in the price of alcoholic beverages is shown to reduce consumption by 7.7 percent. <sup>75, 76</sup> Alcohol tax revenue generated around \$9.8 billion for communities across the country in 2016. <sup>77</sup>	



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## National Resilience Strategy: Programs in Action

- Our report highlights more than 60 research-based policies, practices and programs.
- [www.paininthenation.org](http://www.paininthenation.org)



We know what works. Do we have the will to get the resources in place?



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# Thank you!

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