

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



30th Annual Rosalynn Carter Symposium on Mental Health Policy:

Celebrating the Past and Shaping the Future

November 20 – 21, 2014





SAMHSA's Million Hearts Wellness Initiative:

Achieving Wellness through Whole Health

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“Health is a state of complex physical, mental and social well-being and not merely the absence of disease or infirmity”

-World Health Organization-

An Issue Affecting All Communities – All Families

Cardiovascular disease (CVD) is the **leading cause of death** in the United States

More than a **quarter of Americans** ages 18 years or older had a diagnosable mental or substance use disorder in a given year.¹

Nearly **half of the U.S. adult population** will experience some mental disorder in their lifetime.²

¹Kessler RC, Chiu WT, Demler O, Walters EE. (2005). Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry* 62:617-27.

²Kessler RC, Berglund P, Demler O, Jin R, Merikangas KR, Walters EE. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry* 62:593-602.

Wellness and Recovery

People with behavioral health disorders
die decades earlier
than the general population, with CVD being
the prime culprit.

*“By pursuing wellness,
we can reduce the disparity in mortality...”*

—Measurement of Health Status for People with Mental Illnesses, NASMHPD (2008)

Early Mortality Risk Factors

Cardiovascular Disease (CVD) Risk Factors

Modifiable Risk Factors	Estimated Prevalence and Relative Risk (RR)	
	Schizophrenia	Bipolar Disorder
Obesity	45–55%, 1.5-2X RR ¹	26% ⁵
Smoking	50–80%, 2-3X RR ²	55% ⁶
Diabetes	10–14%, 2X RR ³	10% ⁷
Hypertension	≥18% ⁴	15% ⁵
Dyslipidemia	Up to 5X RR ⁸	

1. Davidson S, et al. *Aust N Z J Psychiatry*. 2001;35:196-202. 2. Allison DB, et al. *J Clin Psychiatry*. 1999; 60:215-220.
 3. Dixon L, et al. *J Nerv Ment Dis*. 1999;187:496-502. 4. Herran A, et al. *Schizophr Res*. 2000;41:373-381.
 5. MeElroy SL, et al. *J Clin Psychiatry*. 2002;63:207-213. 6. Ucoq A, et al. *Psychiatry Clin Neurosci*. 2004;58:434-437.
 7. Cassidy F, et al. *Am J Psychiatry*. 1999;156:1417-1420. 8. Allebeck. *Schizophr Bull*. 1999;15(1)81-89.

Early Mortality Risk Factors

- **Poverty, Social Isolation, and Trauma:** People with behavioral health problems often live in poverty and experience social isolation and trauma, which can lead to higher levels of stress and/or reduce access to quality primary care services that can help prevent and manage these deadly conditions.
- **Lack of Access to Quality Health Care:** Lack of health insurance coverage at rates far higher than the general population, due in part to the lack of provider knowledge in working with these populations and often receive a poorer quality of health care.

What is Whole Health?

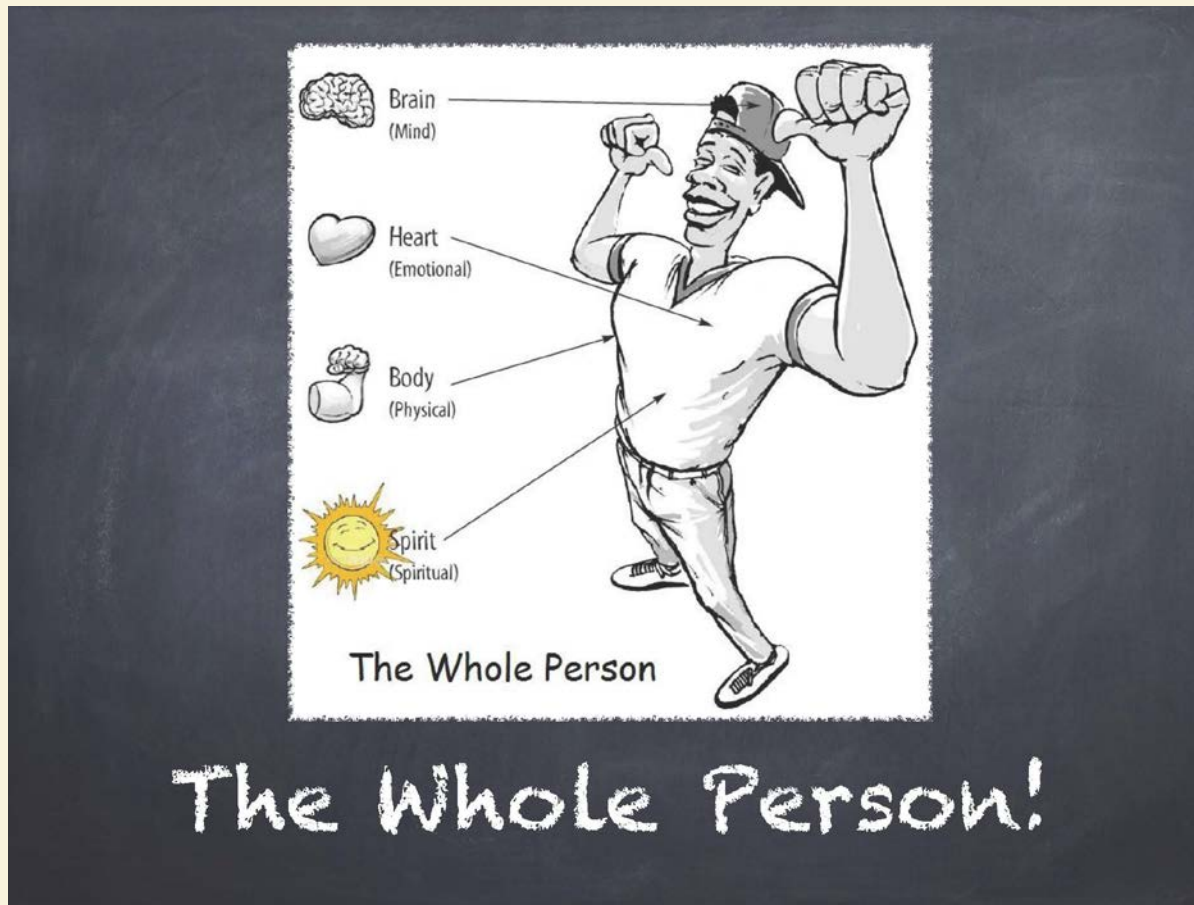


FIG. 1: Prevalence of Behavioral Health Co-morbidities Among Medicaid-only Beneficiaries with Disabilities

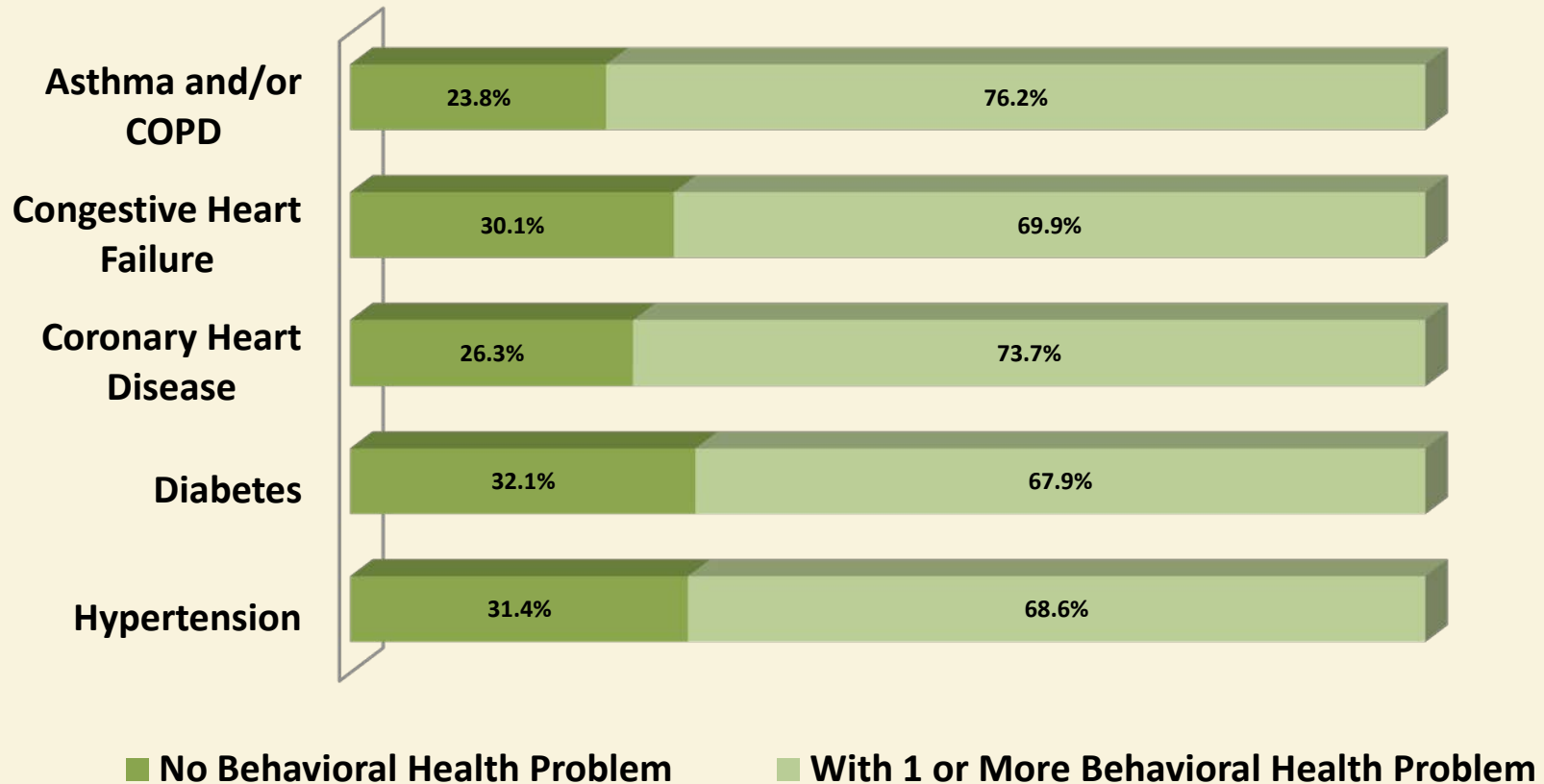
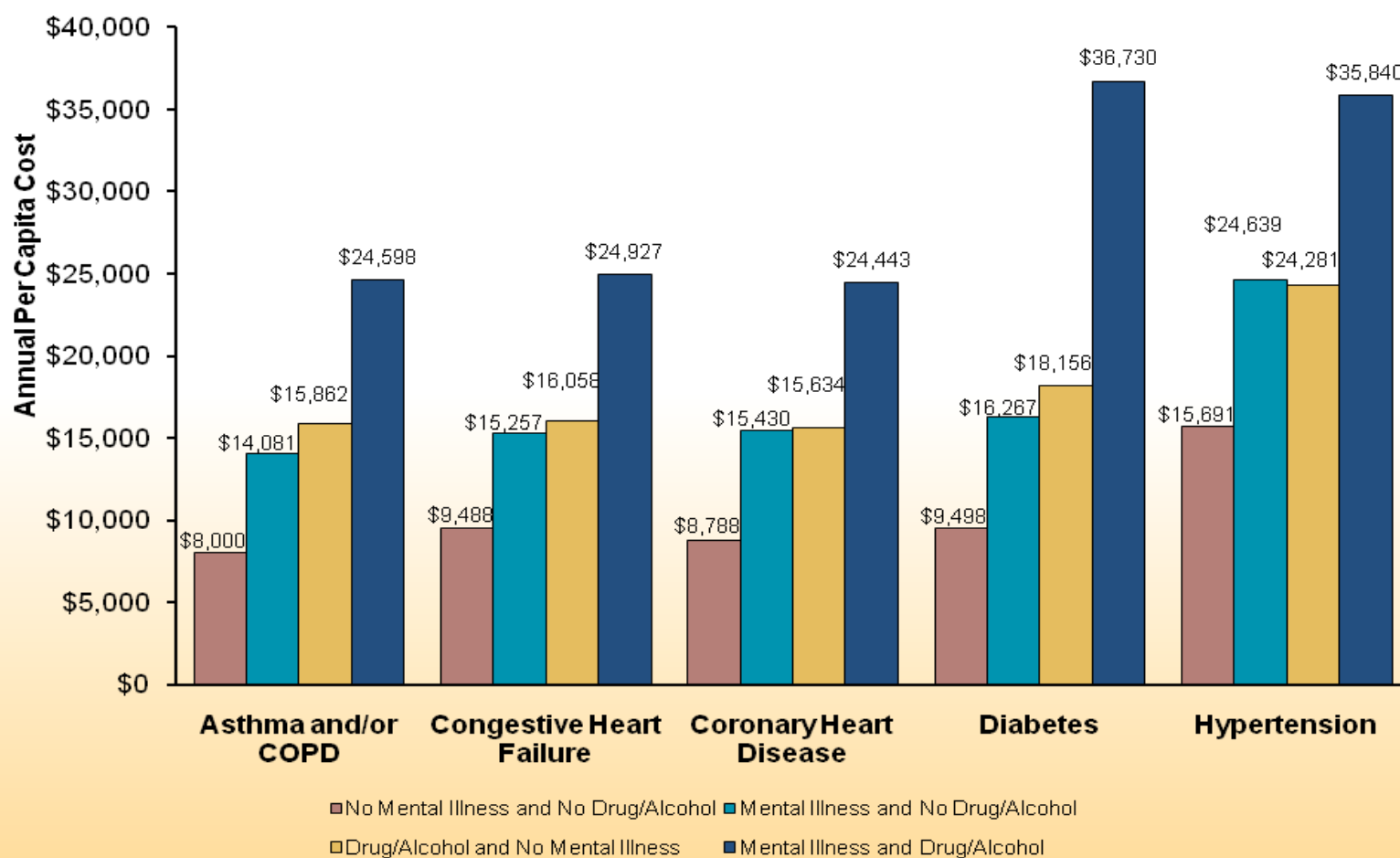


FIG. 2: Significantly Higher Impact of Behavioral Health Comorbidities on Per Capita Costs Among Medicaid-only Beneficiaries with Disabilities

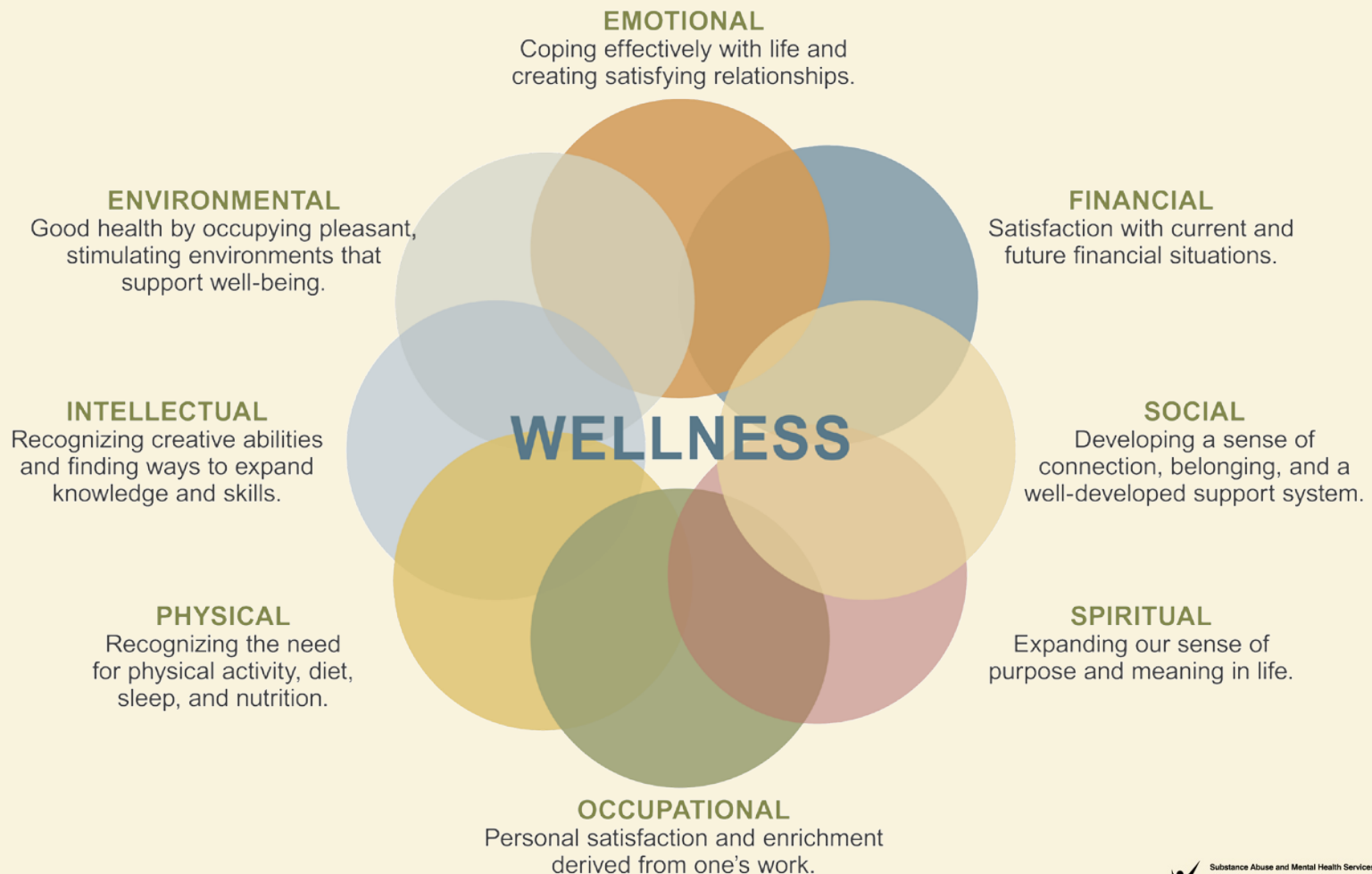


Boyd, C., Clark, R., Leff, B., Richards, T., Weiss, C., Wolff, J. (2011, August). Clarifying Multimorbidity for Medicaid Programs to Improve Targeting and Delivering Clinical Services. Presented to SAMHSA, Rockville, MD.

What Is Wellness?

- **Wellness is not the absence of disease, illness, and stress but the presence of:**
 - Home
 - A safe living environment
 - Health
 - A healthy body
 - Purpose
 - Active involvement in satisfying work and purpose life
 - Community
 - Happiness and Joyful relationships
 - Active involvement in community of your choice

The Eight Dimensions of Wellness



SAMHSA's Wellness Initiative

- Promote the improved wellness of people with behavioral health problems by engaging, educating and training providers, consumers, and policymakers
- Promote ways to improve health behaviors and incorporate the **Eight Dimensions of Wellness** into recovery
- **Motivate action** to incorporate wellness as a means to enhance quality of life while increasing years of life

SAMHSA's Wellness Initiative

- SAMHSA has promoted this agenda through:
 - Developing a Steering Committee of community and state partners that represent more than 46,000 organizations serving over 31 million Americans.
 - Partnering with FDA to educate consumers, providers and policymakers on how to improve wellness, including addressing CVD;
 - Developing and disseminating wellness materials to an email list of over 2,900 national and community organizations who have pledged to support wellness; and
 - Convening the National Wellness Week to inspire health and wellness among people with behavioral health problems.

SAMHSA's Wellness Initiative

- We want the NACBHDD to become one of our partners.
- As a national organization you have the following attributes:
 - Ron Manderscheid, Ph.D. serves as your Executive Director
 - He is also a member of the Wellness Initiative Steering Committee and is co-chair of the Research and Evaluation subcommittee.

Why You Need to Become a Partner Organization

- The people who live in your community are dying decades earlier than the general population.

One Example

- Alameda County has made Wellness a major initiative for their county and as part of their contract with their providers.

How Can you Become a Partner Organization

- Sign the pledge for Wellness
- Make Wellness a part of your agenda with providers
- Organize with partner organizations for participating in National Wellness Week activities
- Acknowledge Wellness activities in your communities

Community Events on Wellness



Partners In Recovery & Marc Center join SAMHSA by Line Dancing Our Way to Wellness



SAMHSA Aligns with Million Hearts Initiative

Cardiovascular disease is the leading killer for people with mental and substance use disorders.



SAMHSA's alignment with Million Hearts

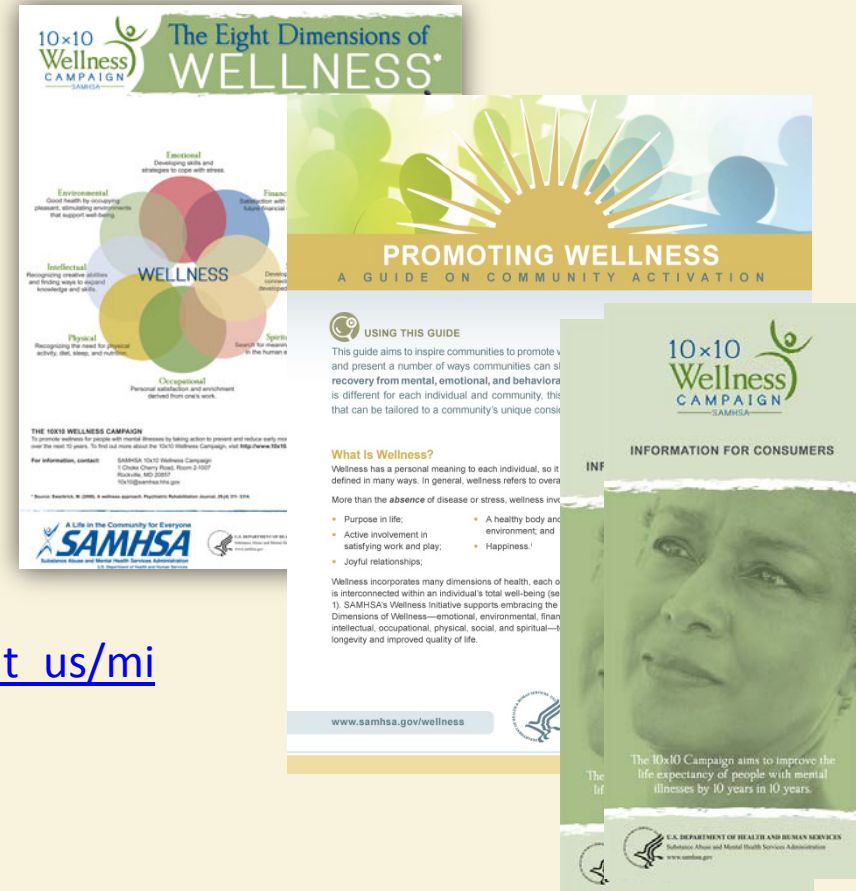
By becoming major campaign partners:

- SAMHSA's Wellness Initiative will continue to address early mortality among people with behavioral health problems with a specific focus on preventing the leading causes of death-heart disease and stroke.
- SAMHSA will contribute social marketing, messaging, educational, and training resources.
- Million Hearts will gain exposure to SAMHSA's sizeable national partnerships and grassroots relationships.

Wellness Tools

Visit store.samhsa.gov.

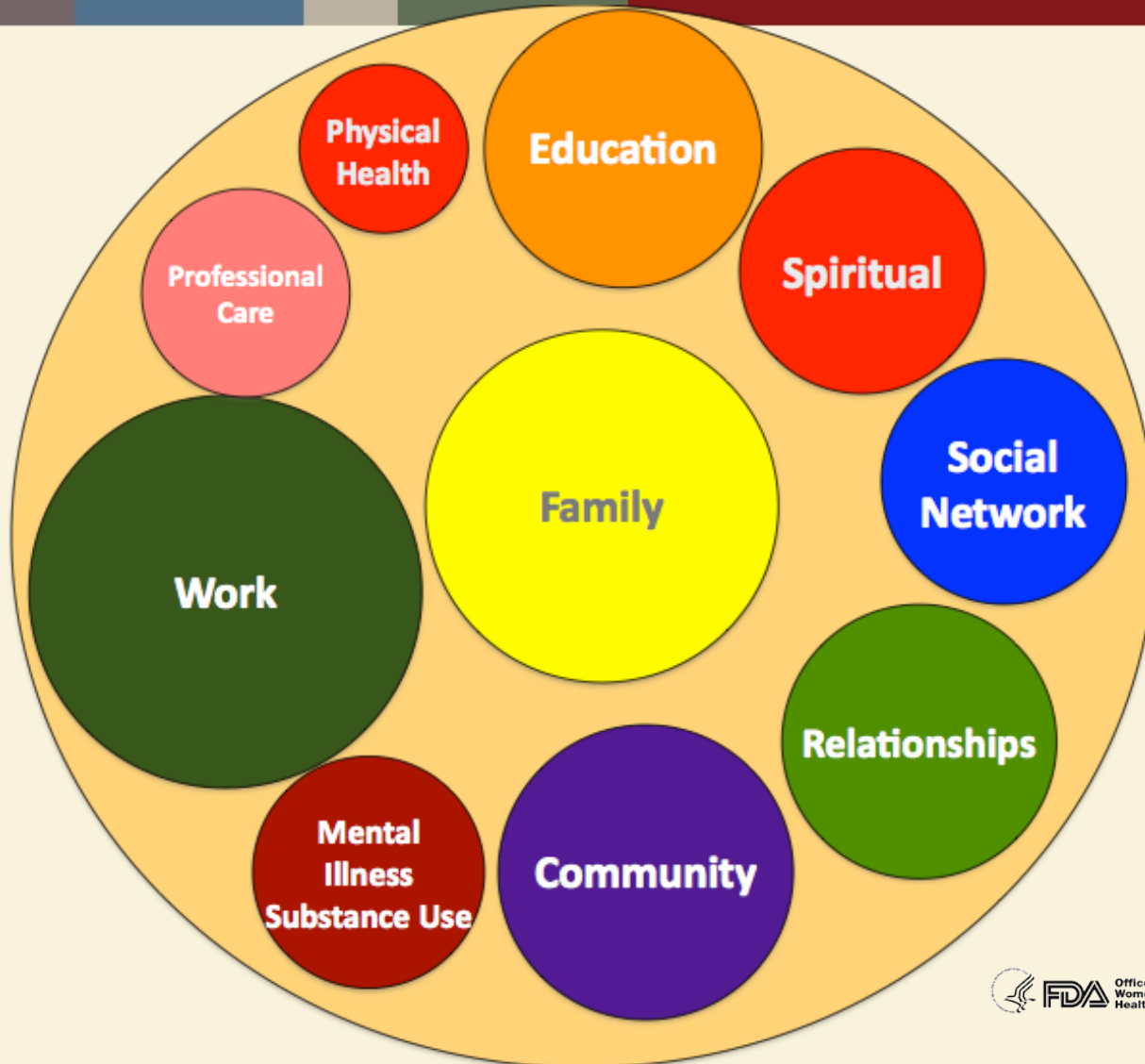
- Wellness posters, brochures
- Informational Webinars
- Web sites:
 - <http://samhsa.gov/wellness>
 - <http://fda.gov/women>
 - http://www.cdc.gov/mentalhealth/about_us/micd.htm
 - <http://millionhearts.hhs.gov>
 - <http://www.peerlinktac.org>



“I want a job, a house and a date on Saturday night”



“I want a job, a house and a date on Saturday night”



Essential Health Benefits Covered by Qualified Health Plans

Essential Health Benefits	
Ambulatory patient services	Laboratory services
Prescription drugs	Maternity and newborn care
Emergency services	Preventive and wellness services and chronic disease management
Rehabilitative and habilitative services and devices	Mental health and substance use disorder services, including behavioral health treatment
Hospitalization	Pediatric services, including oral and vision care





Protect. Promote. Live Well.

CITY OF PASADENA
Public Health
DEPARTMENT

Serving the Greater Pasadena Area for Over 120 Years

PASADENA | ALTADENA

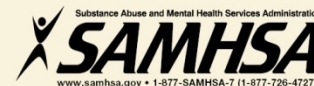
Quality of Life
INDEX **2012**

CELEBRATING 20 YEARS | 1992 - 2012

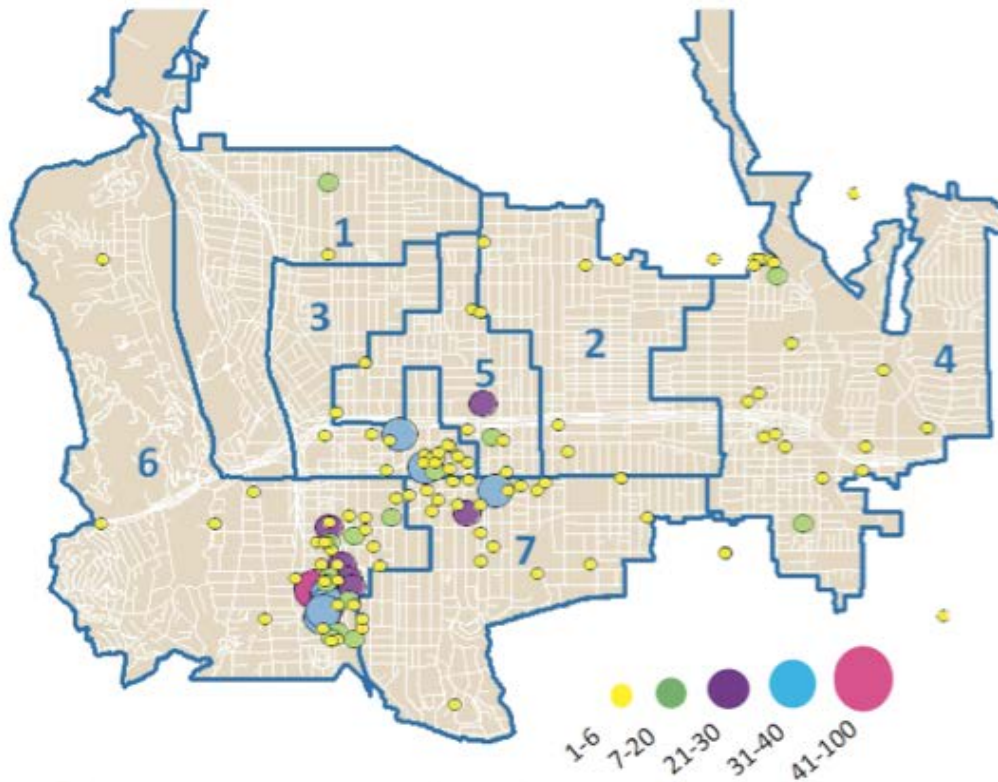
CASE EXAMPLE



Office of
Women's
Health

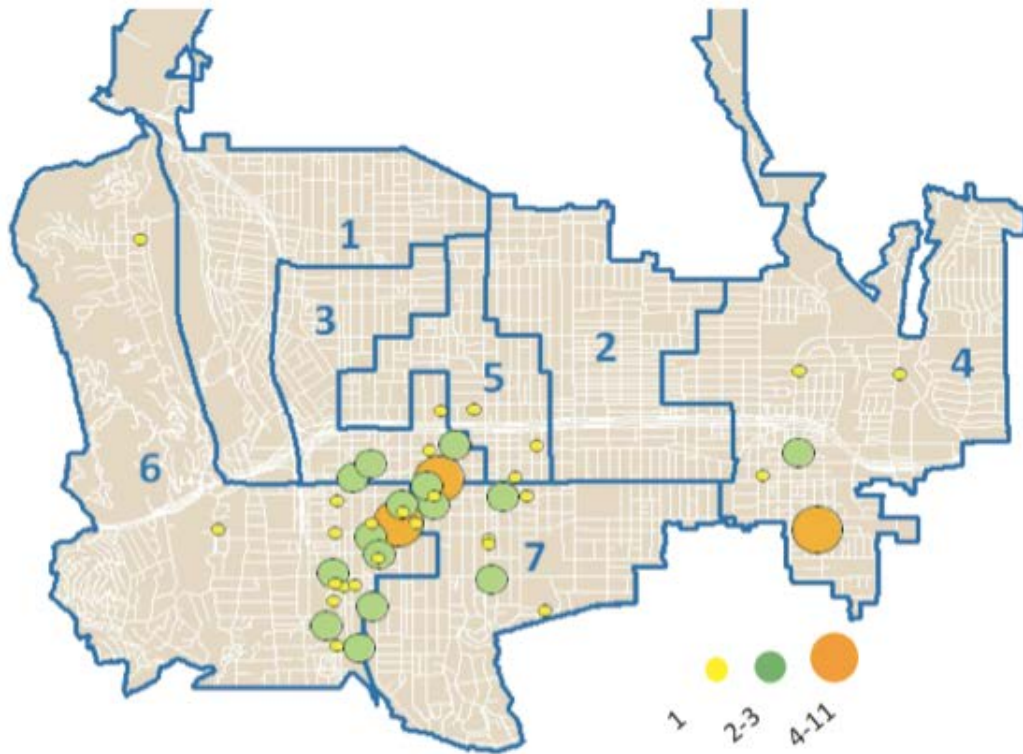


DISTRIBUTION OF MEDICAL PROVIDERS IN PASADENA (2011)



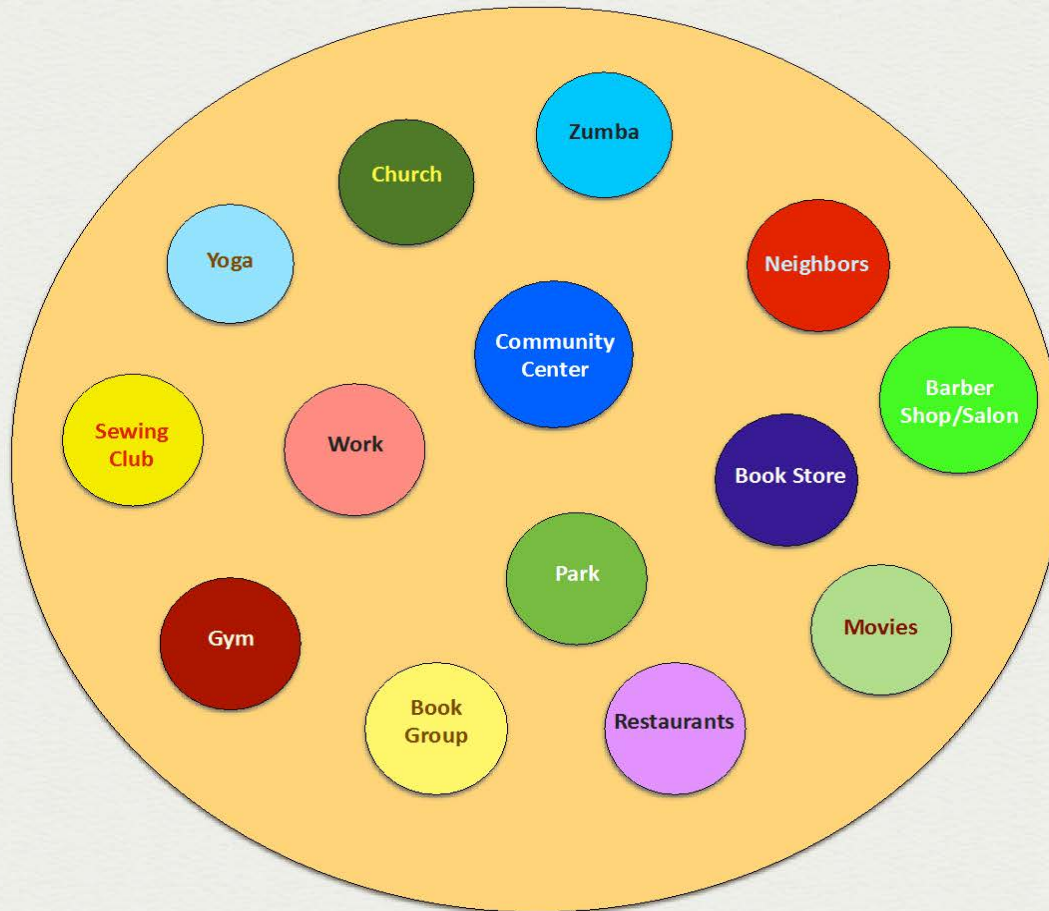
This map shows the number of physicians by location within the 7 political districts within the City of Pasadena. Clearly, the area with the highest concentration of physicians is near the central and downtown areas and at Huntington Hospital. There is a barrier to access care for those wanting to visit a physician within walking distance especially in the Northwest region.^{169, 170}

FIGURE 2: DISTRIBUTION OF PSYCHOLOGISTS & PSYCHIATRISTS IN PASADENA (2010)

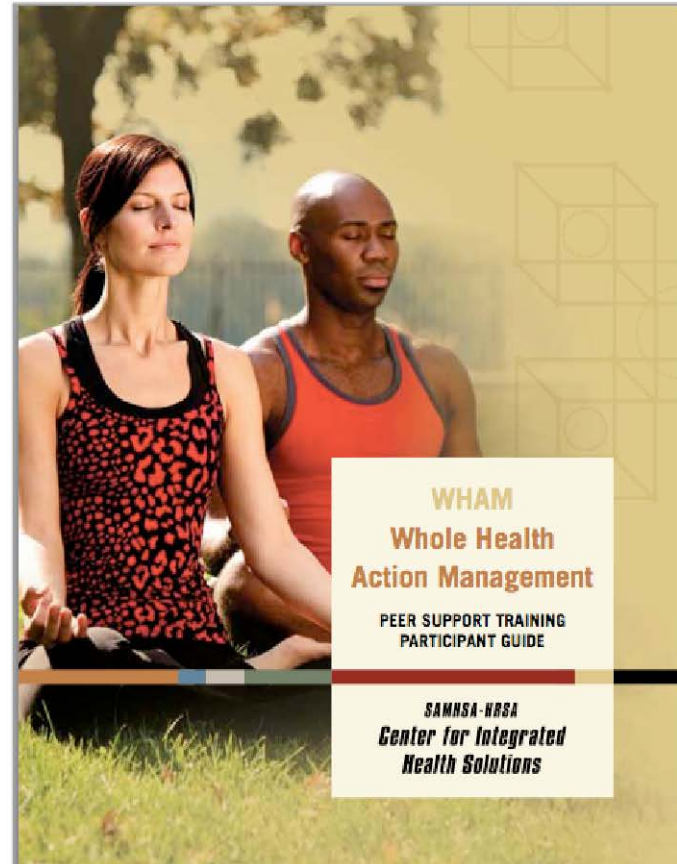


*Similar to the map of medical providers above, the majority of psychologists and psychiatrists in Pasadena are mostly located in central, commercial areas.¹⁶⁹
200*

Community



Whole Health Action Management Jackie Robinson Center - Pasadena





Healthy Drinks

Try these no-calorie, no sugar added, tasty, and healthy options instead of sodas, energy drinks, juice, or juice drinks.

TOP PICKS

Trader Joe's Sparkling Mineral Water
 (natural, lemon, lime, orange, or very berry)
Where can you get it?
 Trader Joe's

Crystal Geyser Sparkling Mineral Water
 (lemon, lemon, lime, orange, or very berry)
Where can you get it?
 Albertsons, Food 4 Less, Henry's Market, Jona Market, Ralphs, Vons, Whole Foods

ITO EN Teas' Tea
 (unsweetened, green, white, black, yellow, and lemon-ginger tea)
Where can you get it?
 Target, Whole Foods, Costco's

Tejava
 (microbrewed black tea)
Where can you get it?
 Albertsons, Food 4 Less, Henry's Market, Jona Market, Ralphs, Trader Joe's, Vons, Whole Foods

Hint
 (fruit-infused water)
Where can you get it?
 Costco's, Ralphs, Whole Foods

Other Ways to Make Water More Fun
 Add the following to filtered or mineral water:
 • Sprigs of lightly crushed fresh mint or rosemary
 • Slices of lemon, lime, orange, or cucumber
 • Cut up fresh strawberries or watermelon
 Refrigerate (over night for maximum flavor)

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