Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
Behavioral Health: Substance Abuse

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Substance Abuse and Mental Health Services Administration

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Behavioral Health Is Essential to Health
Substance Abuse in Rural Areas

- Substance abuse has long been perceived to be a problem of the inner city.
- However, alcohol abuse has long been a problem in rural areas, and illicit drugs have infiltrated towns of every size.
- Substance abuse can be especially hard to combat in rural areas due to limited resources for prevention, treatment, and recovery.
Rural America
## Substance use: How is rural America different?

<table>
<thead>
<tr>
<th>DRUG TYPE</th>
<th>NO SIGNIFICANT DIFFERENCE</th>
<th>LOWER IN RURAL COMMUNITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methamphetamine (past year)</td>
<td>0.4 percent vs. 0.4 percent</td>
<td></td>
</tr>
<tr>
<td>Cocaine (past year)</td>
<td>1.8 percent vs. 1.1 percent</td>
<td></td>
</tr>
<tr>
<td>Heroin (past year)</td>
<td></td>
<td>0.3 percent vs. &lt;0.05 percent</td>
</tr>
<tr>
<td>Misuse of Prescription Pain Relievers (past year)</td>
<td></td>
<td>4.8 percent vs. 3.0 percent</td>
</tr>
<tr>
<td>Hallucinogens (past year)</td>
<td></td>
<td>1.7 percent vs. 0.9 percent</td>
</tr>
<tr>
<td>Marijuana (past month)</td>
<td></td>
<td>7.3 percent vs. 3.9 percent</td>
</tr>
</tbody>
</table>
Fishing
Fishing
## Rural & Urban Substance Abuse Rates*

<table>
<thead>
<tr>
<th>Metric</th>
<th>Non-Metro</th>
<th>Small Metro</th>
<th>Large Metro</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underage Alcohol Use</td>
<td>11.3%</td>
<td>11.4%</td>
<td>11.7%</td>
</tr>
<tr>
<td>Binge Alcohol Use by youths 12 to 17</td>
<td>6.6%</td>
<td>6.2%</td>
<td>6.2%</td>
</tr>
<tr>
<td>Illicit Drug Use</td>
<td>7.8%</td>
<td>9.8%</td>
<td>9.6%</td>
</tr>
<tr>
<td>Illicit Drug or Alcohol Dependence</td>
<td>6.6%</td>
<td>8.4%</td>
<td>8.6%</td>
</tr>
</tbody>
</table>

*2103 National Survey on Drug Use and Health, Summary of National Findings
Factors contributing to substance abuse in rural America include:

- Low educational attainment
- Poverty
- Unemployment
- High-risk behaviors
- Isolation
Manufacturing - Textile
Manufacturing - Timber
Manufacturing - Mining
Effects of Substance Abuse on Rural Communities

- Behavioral health and detoxification services are not readily available, and the range of services may be limited
- Patients may need to travel long distances to access substance abuse services
- Rural first responders or the rural ER staff may have limited experience providing care for a patient with a drug overdose
- Law enforcement and prevention programs may be spread sparsely over large rural geographic areas
- Patients seeking substance abuse treatment may be hesitant to do so because of privacy issues associated with small communities
Consequences of Substance Abuse

Substance abuse results in:

- Increased illegal activities
- Physical & social health consequences
- Poor academic performance
- Poorer health status
- Changes in brain structure
- Increased risk of death from overdose and suicide
Combatting Substance Abuse

• Hold community or town hall meetings to raise awareness of the issues
• Train law enforcement regarding liquor license compliance, underage drinking, and detection of impaired drives
• Invite speakers to talk to students and help them understand the consequences of substance abuse
• Conduct routine screening in primary care visits to identify at-risk children & adults
• Collaborate with churches and service clubs to provide a strong support system for people in recovery
• Train adults as volunteers to identify and refer individuals at risk
• Develop a formal substance abuse prevention or treatment program for the community
• Provide care coordination & patient navigation services for those with substance use disorders
• Work with human service providers & local service organizations to ensure families affected by substance abuse have adequate food, housing, & mental health services
Alcohol Use in Region 4

Past-Month Heavy Alcohol Use Among Adults Aged 21 or Older in Region IV (2009–2013)³

KEY

STATE
Percentage in 2009–2013

KY
7.3%

TN
4.9%

NC
5.6%

MS
6.2%

AL
7.9%

GA
6.0%

SC
8.4%

FL
6.6%

United States average = 6.8%
Region IV average = 6.5%

[Graph showing percentage of heavy alcohol use by state in Region IV and a map of the region with states highlighted]
SAMHSA Grants Targeting Alcohol

The Center for Substance Abuse Prevention (CSAP) offers grants in Region 4 designed to:

- **Educate** on the dangers of alcohol
- **Enhance** barriers to access to alcohol
- **Promote** community & parent awareness of the dangers of youth alcohol use
- **Decrease** alcohol use among specific populations
SAMHSA Grants
Focusing on Alcohol

- Homewood City Board of Education Homewood, AL – Enhance barriers to access to alcohol & drugs; change consequences for those who provide alcohol to youth
- Clay Action Coalition, Orange Park, FL – Promote a violence-free community & eliminate drug and alcohol abuse among community residents young and old
- Rockdale county Treatment Court Collaborative, Conyers, GA – Ensure defendant abstinence from alcohol & other drugs during their period or recovery
SAMHSA Grants
Focusing on Alcohol (cont.)

• Save Our Kids Coalition, Inc., Bowling Green, KY – Recommend community policies that reduce youth access to alcohol & other drugs

• Warren-Yazoo Mental Health Service, Inc., Vicksburg, MS – Strengthen collaboration among community entities by implementing strategies designed to reduce alcohol access & availability, strengthen policy & enforcement, & change community attitudes about underage drinking

• Coastal Coalition, New Bern, NC – Maintain a regional high school youth team to change the norms, attitudes & beliefs about underage drinking
SAMHSA Grants

Focusing on Alcohol (cont.)

• Spartanburg Alcohol/Drug Abuse Commission, Spartanburg, SC – Conduct alcohol & tobacco compliance checks with local law enforcement officials; conduct trainings for merchants and business owners on responsible sales

• Allies for Substance Abuse Prevention (ASAP) of Anderson County, Inc., Clinton, TN – Reduce access to alcohol for adolescents through a project made possible by the Sober Truth on Preventing Underage Drinking (STOP) Act
Opioid Treatment Programs

Individuals Enrolled in Opioid Treatment Programs (OTPs) in Region IV Receiving Methadone:

**KEY**

<table>
<thead>
<tr>
<th>STATE</th>
<th>Single-day count in 2009, Single-day count in 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>KY</td>
<td>1,487, 1,617</td>
</tr>
<tr>
<td>TN</td>
<td>4,844, 2,422</td>
</tr>
<tr>
<td>MS</td>
<td>*, *</td>
</tr>
<tr>
<td>AL</td>
<td>7,014, 7,738</td>
</tr>
<tr>
<td>GA</td>
<td>6,305, 10,193</td>
</tr>
<tr>
<td>NC</td>
<td>9,481, 11,493</td>
</tr>
<tr>
<td>SC</td>
<td>3,229, 4,323</td>
</tr>
<tr>
<td>FL</td>
<td>11,919, 14,433</td>
</tr>
</tbody>
</table>

**Source:** SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey of Substance Abuse Treatment Services, 2009 and 2013.

Individuals enrolled in opioid treatment programs (OTPs) in Region 4 receiving methadone, single-day counts (2009, 2013):

- In 2009, the numbers of individuals enrolled in OTPs receiving methadone on a single day across the states in Region 4 ranged from 1,487 to 11,919 individuals.
- In 2013, the single-day count ranged from 1,617 to 14,433 individuals.
- From 2009 to 2013, single-day counts for individuals receiving methadone increased in Alabama, Florida, Georgia, Kentucky, North Carolina and South Carolina, while single-day counts dropped by half in Tennessee.
Buprenorphine Treatment


**KEY**

**STATE**
- **KY**: 319, 3,079
- **TN**: 316, 488
- **NC**: 924, 3,369
- **MS**: *
- **AL**: 217, 967
- **GA**: 202, 297
- **SC**: 510, 671
- **FL**: 1,122, 1,700

- Number of individuals receiving buprenorphine increased from 2009 to 2013
- Number of individuals receiving buprenorphine decreased from 2009 to 2013
- *Omitted due to identifiability concerns

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey of Substance Abuse Treatment Services, 2009 and 2013.
Individuals enrolled in substance use treatment in Region 4 receiving buprenorphine:

- In 2009, the numbers of individuals enrolled in substance use treatment receiving buprenorphine on a single day across the states in Region 4 ranged from 202 to 1,122.
- In 2013, the numbers ranged from 297 to 3,369.
- From 2009 to 2013, every state with available data in Region 4 saw an increase in single-day counts of individuals enrolled in substance use treatment receiving buprenorphine.
# Youth Substance Use, 2013-2014

<table>
<thead>
<tr>
<th>State</th>
<th>Illicit Drug Use</th>
<th>Binge Alcohol</th>
<th>Pain Relievers, Nonmedical</th>
<th>Past Year First Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>AL</td>
<td>7.7%</td>
<td>12.8%</td>
<td>5.4%</td>
<td>Alcohol, 8.3%; Marijuana, 3.8%</td>
</tr>
<tr>
<td>FL</td>
<td>9.1%</td>
<td>11.8%</td>
<td>4.4%</td>
<td>Alcohol, 10.0%; Marijuana, 5.0%</td>
</tr>
<tr>
<td>GA</td>
<td>8.4%</td>
<td>12.1%</td>
<td>5.2%</td>
<td>Alcohol, 8.7%; Marijuana, 4.3%</td>
</tr>
<tr>
<td>KY</td>
<td>7.2%</td>
<td>12.8%</td>
<td>4.3</td>
<td>Alcohol, 8.9%; Marijuana, 4.5%</td>
</tr>
<tr>
<td>MS</td>
<td>9.4%</td>
<td>12.0%</td>
<td>5.6%</td>
<td>Alcohol, 9.2%; Marijuana, 2.9%</td>
</tr>
<tr>
<td>NC</td>
<td>8.7%</td>
<td>11.3%</td>
<td>4.9%</td>
<td>Alcohol, 9.7%; Marijuana, 4.5%</td>
</tr>
<tr>
<td>SC</td>
<td>9.0%</td>
<td>12.4%</td>
<td>5.3%</td>
<td>Alcohol, 8.0%; Marijuana, 4.9%</td>
</tr>
<tr>
<td>TN</td>
<td>7.4%</td>
<td>11.5%</td>
<td>4.6%</td>
<td>Alcohol, 7.8%; Marijuana, 3.3%</td>
</tr>
<tr>
<td>US</td>
<td>9.1%</td>
<td>14.0%</td>
<td>4.7%</td>
<td>Alcohol, 9.4%; Marijuana, 4.8%</td>
</tr>
</tbody>
</table>
## Substance Use, Ages 12 & Older, 2013-2014

<table>
<thead>
<tr>
<th>State</th>
<th>Alcohol Abuse or Dependence</th>
<th>Illicit Drug Abuse</th>
<th>Treatment, Alcohol Abuse*</th>
<th>Treatment, Illicit Drug Abuse*</th>
</tr>
</thead>
<tbody>
<tr>
<td>AL</td>
<td>5.8%</td>
<td>2.6%</td>
<td>5.3%</td>
<td>9.6%</td>
</tr>
<tr>
<td>FL</td>
<td>6.0%</td>
<td>2.4%</td>
<td>7.9%</td>
<td>12.6%</td>
</tr>
<tr>
<td>GA</td>
<td>6.2%</td>
<td>2.9%</td>
<td>7.8%</td>
<td>13.3%</td>
</tr>
<tr>
<td>KY</td>
<td>5.5%</td>
<td>2.6%</td>
<td>8.2%</td>
<td>18.1%</td>
</tr>
<tr>
<td>MS</td>
<td>5.8%</td>
<td>2.7%</td>
<td>4.6%</td>
<td>7.5%</td>
</tr>
<tr>
<td>NC</td>
<td>6.1%</td>
<td>2.8%</td>
<td>8.7%</td>
<td>11.0%</td>
</tr>
<tr>
<td>SC</td>
<td>5.9%</td>
<td>2.6%</td>
<td>5.4%</td>
<td>16.1</td>
</tr>
<tr>
<td>TN</td>
<td>5.4%</td>
<td>2.3%</td>
<td>4.2%</td>
<td>9.8%</td>
</tr>
<tr>
<td>US</td>
<td>6.5%</td>
<td>2.6%</td>
<td>7.6%</td>
<td>14.6%</td>
</tr>
</tbody>
</table>

*Among individuals with abuse issues, 2010-2014
Thank You

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