

Substance Abuse and Mental Health Services Administration

United States Department of Health and Human Services

*Advancing The Behavioral Health
of The Nation*

Behavioral Health and Older Adults

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Patient Advocates Program Webinar Teach-In
New York StateWide Senior Action Council, Inc.
Virtual Presentation
April 27, 2021



Who We Are

The Substance Abuse and Mental Health Services Administration (SAMHSA)

- One of the eleven grant making agencies of DHHS.
- SAMHSA's FFY 2021 budget is \$6 Billion + \$4.25 Billion for COVID-19 related care.
- SAMHSA has approximately 670 employees.
 - Small Agency
 - Small Staff
 - Huge Role / Responsibility

Behavioral Health: A National Priority

SAMHSA's Mission:

*Reduce the impact of substance abuse and mental illness
on America's communities*

Roles:

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

Behavioral health is essential to health

Prevention works

Treatment is effective

People recover

***SAMHSA leads public health efforts
to advance the behavioral health of the Nation***

Social, Economic & Intellectual Capital of Older Population

- New York's total population is over 19 million individuals, and the State ranks fourth in the nation in the number of adults age 60 and over ~ 4.6 million.
 - 3.7 million between 45-59
- **64% of individuals** age 60+ who own their own homes and have **no mortgage**
- **4.1 million caregivers** at any time in a year – economic value if paid for at market rate is **\$32 billion**, average age is **64**

50+ Longevity Economy

50-plus cohort

- Spends more overall than their under-50 counterparts
- Accounts for a majority of the spending in several categories of goods and services, including:
 - **Healthcare;**
 - **Nondurable goods;**
 - **Durable goods, utilities;**
 - **Motor vehicles and parts;**
 - **Financial services; and**
 - **Household goods.**

Overall contribution – economic and unpaid activities - \$9 trillion in 2018.

50+ also account for the majority of:

- **Volunteering;**
- **Philanthropy;**
- **Entrepreneurs, and**
- **Donation activities** in the US.

50+ Longevity Economy

- Spending by people aged 50 and over in the US in 2018 supported:
 - More than 88.6 million jobs (44% of total employment)
 - Over \$4.7 trillion in labor income
 - 61 percent of all US jobs and 43 percent of labor income was related to spending by the 50-plus cohort

Health and Impairment of Older Adults

Chronic conditions are singled out as *the* major cause of illness, disability, and death in the United States.

It is estimated that the cost of chronic conditions will reach \$864 billion by 2040, with chronic conditions among older adults being more costly, disabling, and difficult to treat – and also the most preventable.

New York State Population: Disability

Age Group	% of Group with All Types of Disabilities
5-20	4%
21-64	9%
65 and over	35%

Mental Illness and Addiction By the Numbers



75% People with a psychological condition do not feel that others are understanding or compassionate about their illness.

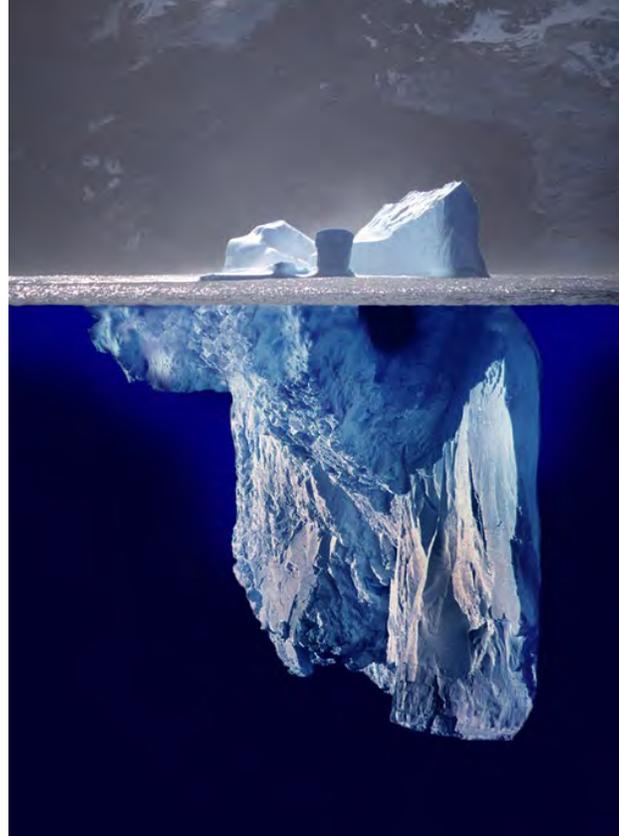
95% People with a substance use disorder don't believe they need help

3 : 5 People with a mental illness who get treatment

1 : 9 People with a substance use disorder who get treatment

Factors Affecting Mental Illness & Addiction

Family history
Family and peer relationships
Trauma experience
Limited access to health care
Early exposure to illicit drugs & alcohol
Poverty



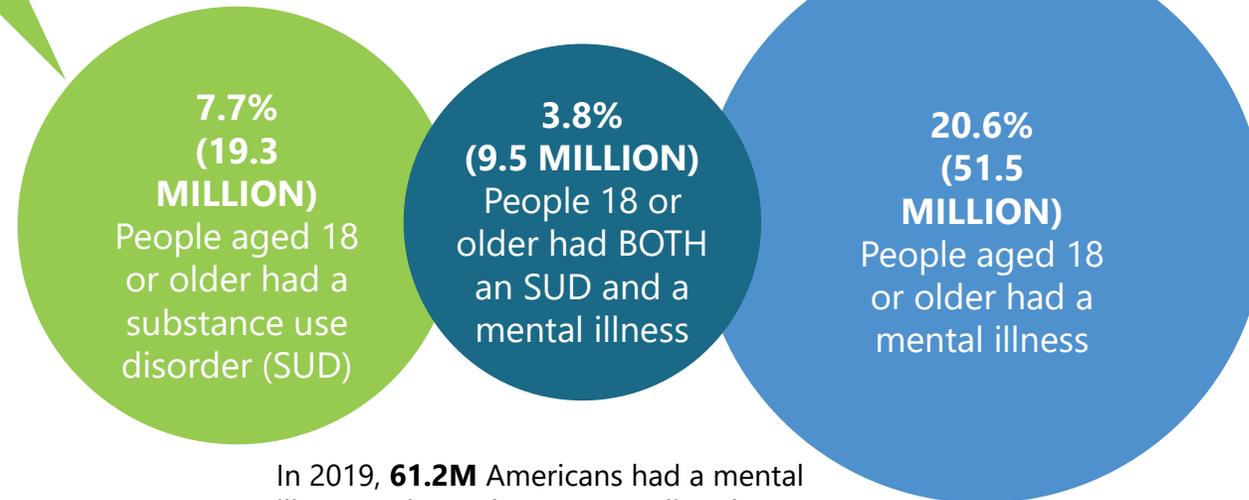
Poor health
Chronic pain
Lower educational level
Homelessness /
Unsafe living environment
Unemployment
Exposure to criminal behavior

Mental Illness and Substance Use Disorders in America

PAST YEAR, 2019 NSDUH, 18+

Among those with a substance use disorder:
2 IN 5 (38.5% or 7.4M) struggled with illicit drugs
3 IN 4 (73.1% or 14.1M) struggled with alcohol use
1 IN 9 (11.5% or 2.2M) struggled with illicit drugs and alcohol

Among those with a mental illness:
1 IN 4 (25.5% or 13.1M) had a serious mental illness



In 2019, **61.2M** Americans had a mental illness and/or substance use disorder-an increase of 5.9% over 2018 composed entirely of increases in mental illness.

COVID-19 National Strategy: Jan. 21, 2021

- [National Strategy for the COVID-19 Response and Pandemic Preparedness:](#)
 - The White House released their national strategy on the COVID-19 response and pandemic preparedness.
- President Biden and Vice President Harris have released [fact sheet](#) on the National Strategy that highlights their seven-point plan to beat COVID-19. The plan includes a focus on:
 - Ensuring access to regular, reliable and free testing;
 - Fixing PPE problems;
 - Providing evidence-based guidance and resources to communities and schools;
 - Effective and equitable distribution of treatment and vaccines;
 - Protecting older Americans and others at higher risk;
 - Rebuilding and expanding defenses to mitigate pandemic threats; and
 - Implementing mask mandates nationwide by working with Governors.

SAMHSA.GOV/coronavirus

COVID-19 and Behavioral Health Implications

- Situational Directives:
 - Stay At Home Orders
 - Social Distancing
 - Lack/Loss of Employment
 - School Closures
 - Teleworking
 - Virtual Learning
 - Disruption of Normal Routines
 - Disruption to services
 - Fear at what cannot be seen
 - Fear of the unknown
- Areas we need to pay close attention to:

Internal Factors

- Coping style
- Pre-existing MH
- Emotion regulation
- Trauma history
- Self-efficacy
- Powerlessness
- Self-esteem

(Colford, J.E., 2020)



External Factors

- Family living with
- Parenting exposure
- Dysfunctional family
- Economic status
- Social support
- Adult models
- Coping strategies of adults

<https://www.samhsa.gov/>

SAMHSA

Substance Abuse and Mental Health
Services Administration

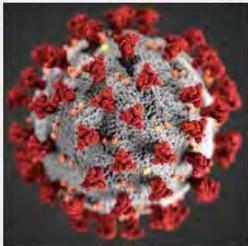
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Current Topics



COVID-19
Guidance and
Resources



Disaster Planning
Handbook for
Behavioral Health
Treatment Programs



TAP 34: Disaster
Planning
Handbook for
Behavioral Health
Treatment
Programs



Millions of
Americans have a
substance use
disorder. Help is
available.



Letter to Mental
Health
Commissioners



Dear Colleague
Letter from Dr.
McCance-Katz on
Oral Fluids HIV
Testing



Recovery
Housing: Best
Practices and
Suggested
Guidelines

<https://www.samhsa.gov/coronavirus>

NEWSROOM / Coronavirus (COVID-19)



Newsroom

Coronavirus

[COVID-19 Information for SAMHSA Discretionary Grant Recipients](#)

[Media Guidelines for Bullying Prevention](#)

[Press Announcements](#)

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[Infographics](#)

[Logo Use Guidelines](#)

Coronavirus (COVID-19)

SAMHSA recognizes the challenges posed by the current COVID-19 situation and is providing the following guidance and resources to assist individuals, providers, communities, and states across the country. SAMHSA stands ready to assist in any manner possible.

SAMHSA Resources and Information

[Emergency Grants to Address Mental and Substance Use Disorders During COVID-19](#) **CLOSED**

[COVID-19 Information for SAMHSA Discretionary Grant Recipients](#)

[COVID-19 Public Health Emergency Response and 42 CFR Part 2 Guidance \(PDF | 168 KB\)](#)

[TAP 34: Disaster Planning Handbook for Behavioral Health Treatment Programs](#)

[Considerations for the Care and Treatment of Mental and Substance Use Disorders in the COVID-19 Epidemic: March 20, 2020 \(PDF | 76 KB\)](#)

[Considerations for Crisis Centers and Clinicians in Managing the Treatment of Alcohol or Benzodiazepine Withdrawal during the COVID-19 Epidemic: March 19, 2020 \(PDF | 213 KB\)](#)

The Road Back

- Foster safety*
- Foster equity
- Build community trustworthiness*
- Collaborate (all stakeholders)*
- Support mental health Screening
- Empowerment*
- Cultural, historical considerations*
- Respond to grief
- Routine
- Connection*
- Self-regulation
- Vision for future



How to Help Parents

- Assure parents that we are all in this together and that we are figuring things out
- Be patient with parents who are having challenges with the technology or who do not have access to technology
- Offer them online video for parenting during this time with experts
<https://childmind.org/coping-during-covid-19-resources-forparents/>
- Provide them with websites to help their children learn
 - Kahn Academy, CourseHero, Idroo Basic, Mometrix Academy, SmartTutor, TutorsClass)
- Think about having a parent forum 1 day a week during the evening when they can have a conversation

A Couple of Things to Remember...

Language is important.

- SUDs are chronic illnesses: *Not Moral Failings*
- SUD treatment works: *Saves Lives and Money*
- Terminology impacts expectation & experience: *Prevention vs Public Health; Inpatient vs Residential; Rehabilitation vs Recovery; Withdrawal Management vs Detoxification*
- Remember person-first language. Labels turn people into things: *Addict, Crazy, Dirty vs Clean, Committed Suicide*

“If you want to care for something, you call it a flower. If you want to kill something, you call it a weed.” (William White, 2015)



New York Covid-19 Check Up

- The New York CV19 Check-Up is a free, anonymous, personalized online tool that evaluates an individual's risks associated with COVID-19 based on their life situation and individual behavior and provides recommendations and resources to reduce those risks.

<https://newyork.cv19checkup.org/>



Office for
the Aging



Disaster Technical Assistance Center (DTAC)

U.S. Department of Health & Human Services

SAMHSA
Substance Abuse and Mental Health Services Administration

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DTAC

About DTAC

- CCP
- CCP Toolkit
- Recovering From Disasters
- Disaster Planners
- Disaster Survivors
- Disaster Responders
- Disaster Behavioral Health Resources
- DBHIS Collections
- Online Training

About the Disaster Technical Assistance Center (DTAC)



SAMHSA DTAC prepares states, territories, tribes, and local entities to deliver an effective mental health and substance abuse response to disasters.

Download the [DTAC Brochure – 2011 \(PDF | 278 KB\)](#) to learn more about the mission and services available, or [watch the "About SAMHSA Disaster Training and Technical Assistance" video \(02:54\)](#) that highlights free materials and services available for disaster behavioral health professionals and other first responders.

Preparedness

Disaster Distress Helpline

Call or Text [1-800-985-5990](tel:1-800-985-5990)
DisasterDistress.samhsa.gov

Contact Us

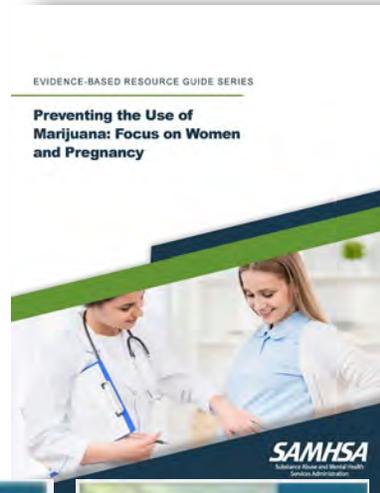
For disaster technical assistance inquiries, contact SAMHSA DTAC at 800-308-3515 or dtac@samhsa.hhs.gov

For people experiencing emotional distress after a disaster, SAMHSA offers a crisis counseling helpline through the [Disaster Distress Helpline](#), 1-800-985-5990. [Contact SAMHSA](#)

Morning
Our Best
A roundu
data, char
of January
Outlook

DTAC Bulletins and

SAMHSA Resources



Disaster Distress Helpline

PHONE: 1-800-985-5990
TEXT: "TalkWithUs" to 66746

If you or someone you know is struggling after a disaster, you are not alone.

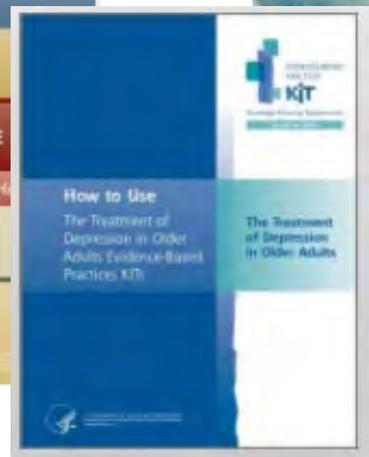
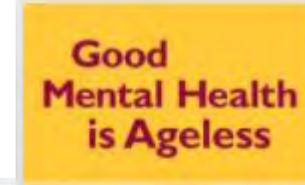
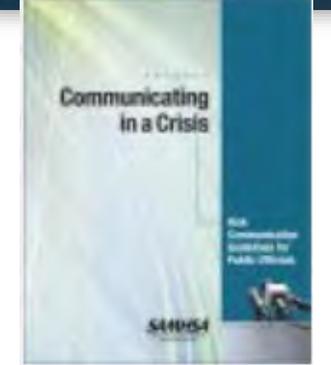
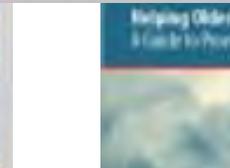
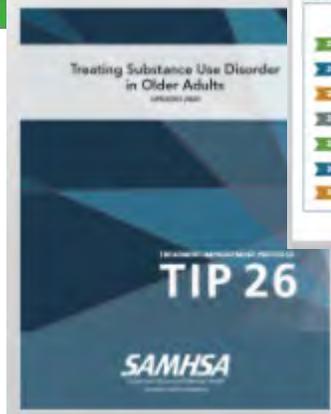


"Ever since the tornado, I haven't been able to get a full night's sleep ..."

"I can't get the sounds of the gunshots out of my mind..."

"Things haven't been the same since my shop was flooded ..."

Talk With Us!



store.samhsa.gov



Sample Resources



TAKING CARE OF YOUR BEHAVIORAL HEALTH

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

What Is Social Distancing?
Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?
Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?
Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about **social distancing, quarantine, and isolation**. The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care

for your behavioral health during these experiences and provides resources for more help.

What To Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

- **Anxiety, worry, or fear related to:**
 - Your own health status
 - The health status of others whom you may have exposed to the disease
 - The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
 - The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
 - Time taken off from work and the potential loss of income and job security
 - The challenges of securing things you need, such as groceries and personal care items
- **Concern** about being able to effectively care for children or others in your care
- **Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future
- **Loneliness** associated with feeling cut off from the world and from loved ones
- **Anger** if you think you were exposed to the disease because of others' negligence
- **Boredom and frustration** because you may not be able to work or engage in regular day-to-day activities
- **Uncertainty or ambivalence** about the situation
- **A desire** to use alcohol or drugs to cope
- **Symptoms of depression**, such as feelings of hopelessness, changes in appetite, or sleeping

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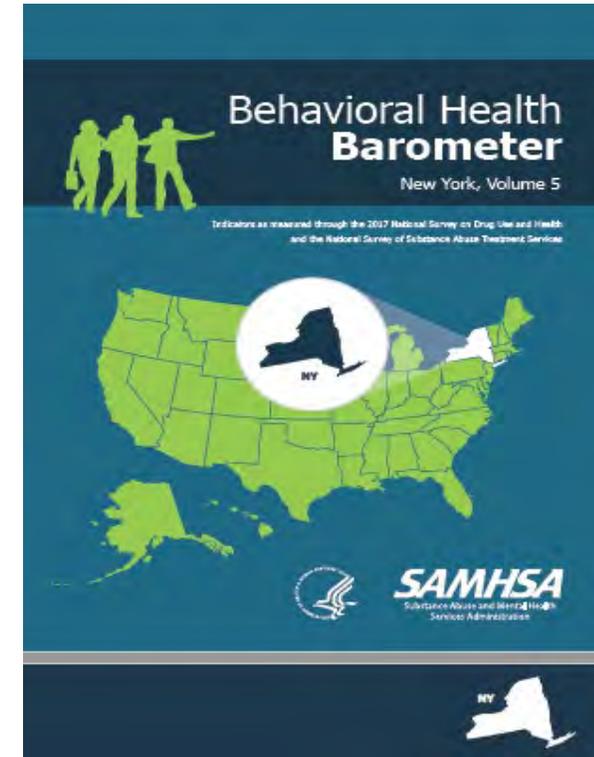
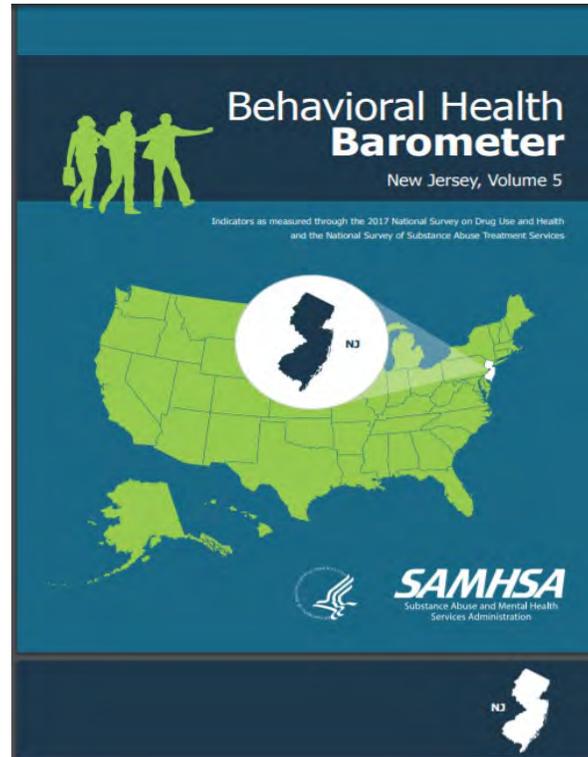
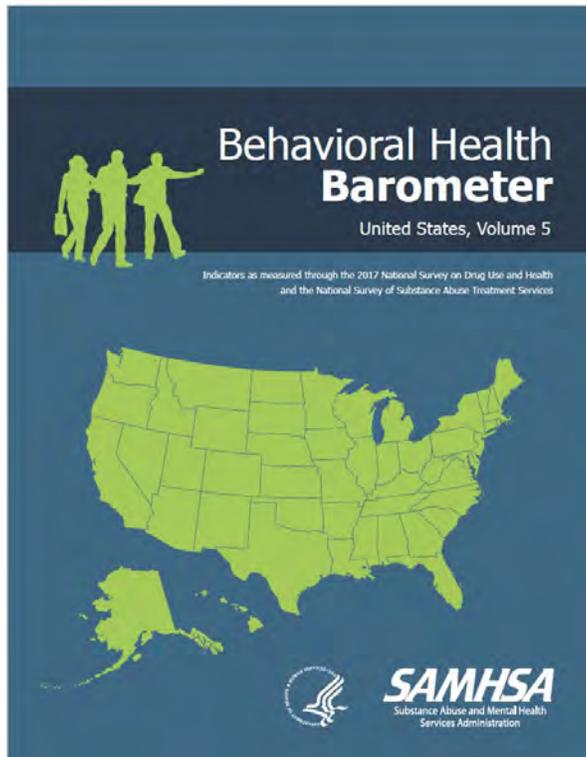
Intimate Partner Violence and Child Abuse Considerations During COVID-19

As the COVID-19 pandemic continues, Americans are required to stay home to protect themselves and their communities. However, the home may not be safe for many families who experience domestic violence, which may include both intimate partners and children. COVID-19 has caused major economic devastation, disconnected many from community resources and support systems, and created widespread uncertainty and panic. Such conditions may stimulate violence in families where it didn't exist before and worsen situations in homes where mistreatment and violence has been a problem. Violence in the home has an overall cost to society, leading to potentially adverse physical and mental health outcomes, including a higher risk of chronic disease, substance use, depression, post-traumatic stress disorder, and risky sexual behaviors.¹ Further, victims of domestic violence including intimate partner abuse and child abuse are at great risk for injuries including death.

Intimate Partner Violence

According to [CDC](#), approximately 1 in 4 women and nearly 1 in 10 men have experienced intimate partner violence (IPV) sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime. Moreover, more than 43 million women and 38 million men experienced psychological aggression by an intimate partner in their lifetime.² Approximately

Behavioral Health Barometer, Volume 5



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Additional SAMHSA Resources

- www.samhsa.gov
- www.suicidepreventionlifeline.org
- www.samhsa.gov/treatment
- www.disasterdistress.gov
- www.mentalhealth.gov
- <http://www.integration.samhsa.gov>
- SAMHSAResources@samhsa.hhs.gov or 877.726.4767



Thank You

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