

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



Recovery in the Midst of Change

H. Westley Clark, M.D., J.D., M.P.H., CAS, FASAM

Director

Center for Substance Abuse Treatment

Substance Abuse Mental Health Services Administration

U.S. Department of Health & Human Services

RCSP 2011 Annual Conference
March 4, 2011 • Washington, DC





President Barack Obama

“As a Nation, we must work together to provide access to effective services that reduce substance abuse and promote healthy living.”

August 31, 2009
August 31, 2009



Kathleen Sebelius
Secretary

U.S. Department of Health & Human Services

At its very core, our work today is about improving lives and ensuring peace of mind. It's about getting the right care to the right person at the right time -- each and every time.

October 4, 2010

SAMHSA



Pamela S. Hyde, J.D.
Administrator, SAMHSA

“In 2011, and beyond, SAMHSA will work to improve understanding about mental and substance use disorders, promote emotional health and the prevention of substance abuse and mental illness, increase access to effective treatment, and support recovery.”

Excerpt from [Leading Change: A Plan for SAMHSA's Roles and Actions 2011-2014](#)

SAMHSA's Strategic Initiatives



- Prevention of Substance Abuse & Mental Illness
- Trauma and Justice
- Military Families
- Recovery Support
- Health Reform
- Health Information Technology
- Data, Outcomes, and Quality
- Public Awareness and Support

Recovery Support Strategic Initiative



- ➔ The Affordable Care Act and the Mental Health Parity and Addiction Equality Act will ensure broader coverage and access to traditional behavioral health care, but many recovery supports are not covered within the traditional medical framework.
- ➔ A broad range of services and supports beyond traditional behavioral health treatments can support recovery from mental and substance use disorders.
- ➔ Behavioral health care should also be more responsive to the needs and direction of people in recovery and their families.

Recovery Support Strategic Initiative Goals



- ➔ **Health:** Promote health and recovery-oriented service systems for individuals with or in recovery from mental and substance use disorders.
- ➔ **Home:** Ensure that permanent housing and supportive services are available for individuals with or in recovery from mental and substance use disorders.
- ➔ **Purpose:** Increase gainful employment and educational opportunities for individuals with or in recovery from mental and substance use disorders.
- ➔ **Community:** Promote peer support and the social inclusion of individuals with or in recovery from mental and substance use disorders in the community.

The Challenge



- In 2009, an estimated 22.5 million persons— 8.9% of the U.S. population aged 12 or older -- were classified with substance abuse or dependence.
- And, during that same year, there were an estimated 11 million adults (18 or older) in the U.S. – 4.8% of adults -- with serious mental illness in the past year.
- Of the 8.9 million adults aged 18 or older with co-occurring mental illness and a substance use disorder, only 7.4% received treatment for both mental health care and substance use problems in the past year.

Past Month Alcohol Use - 2009



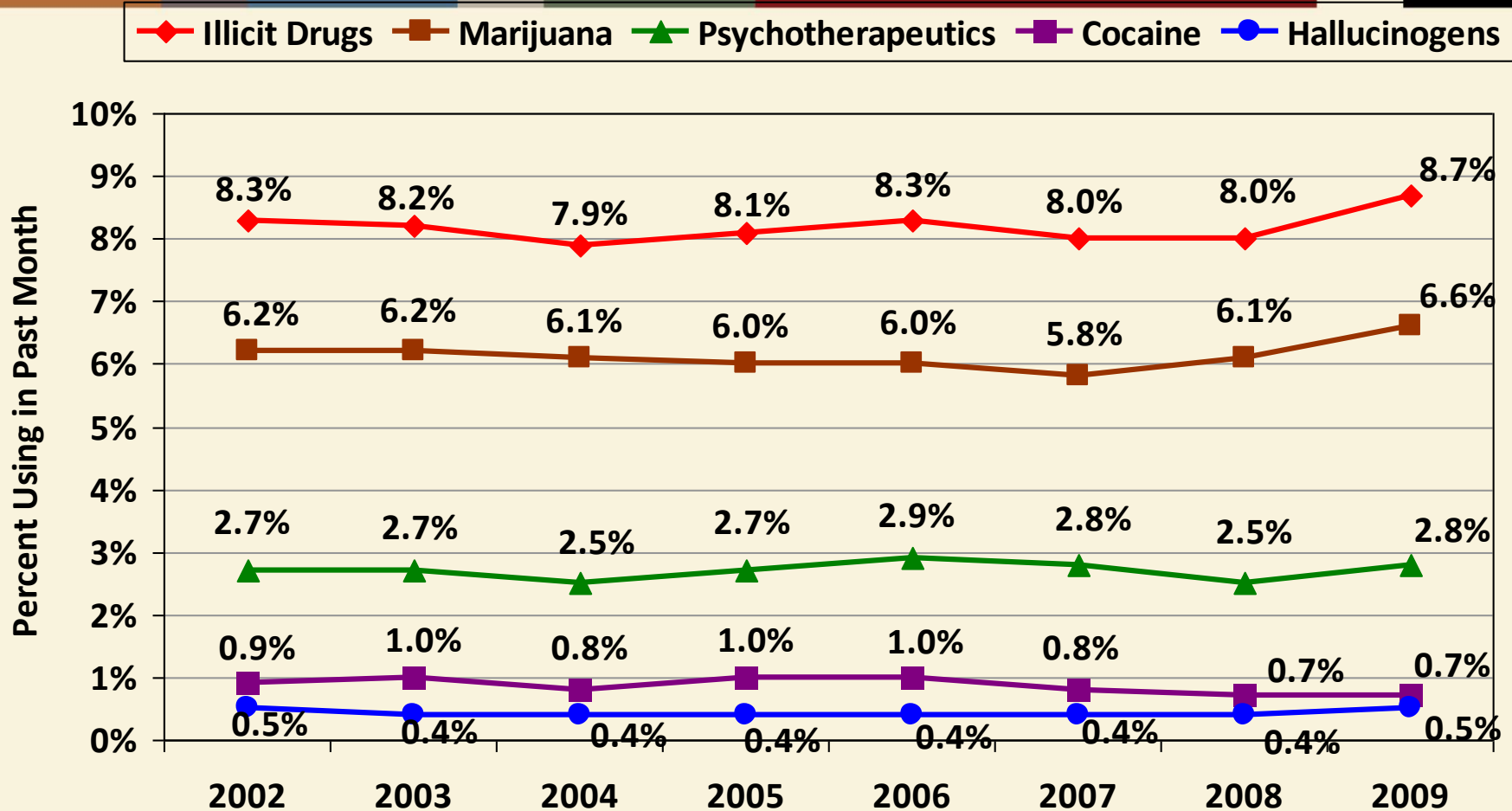
Any Use: 51.9% (130 million)

Binge Use: 23.7% (59 million)

Heavy Use: 6.8% (17 million)

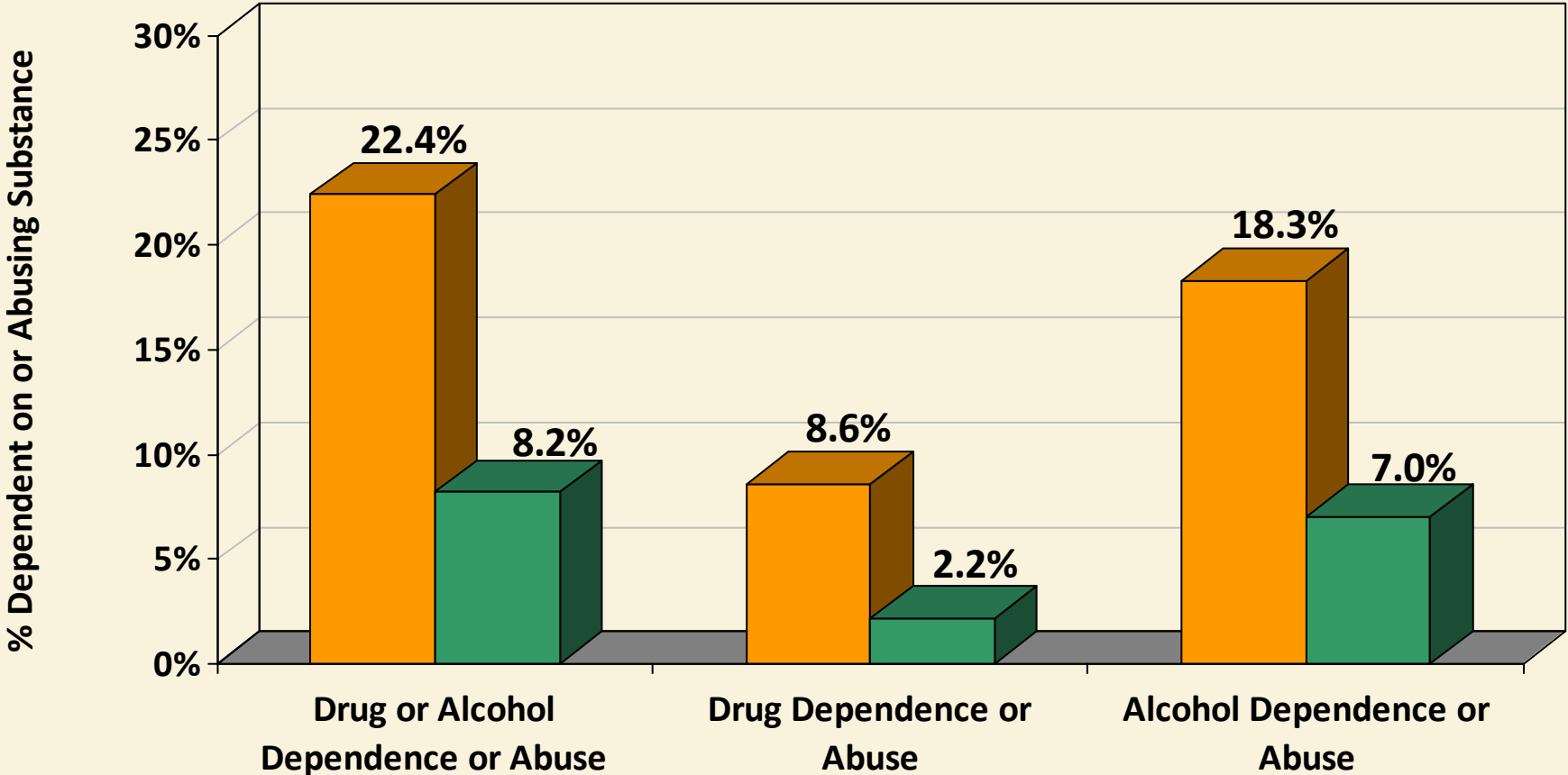
(Current, Binge, and Heavy Use estimates are similar to those in 2008)

Past Month Use of Selected Illicit Drugs among Persons Aged 12 or Older: 2002-2009

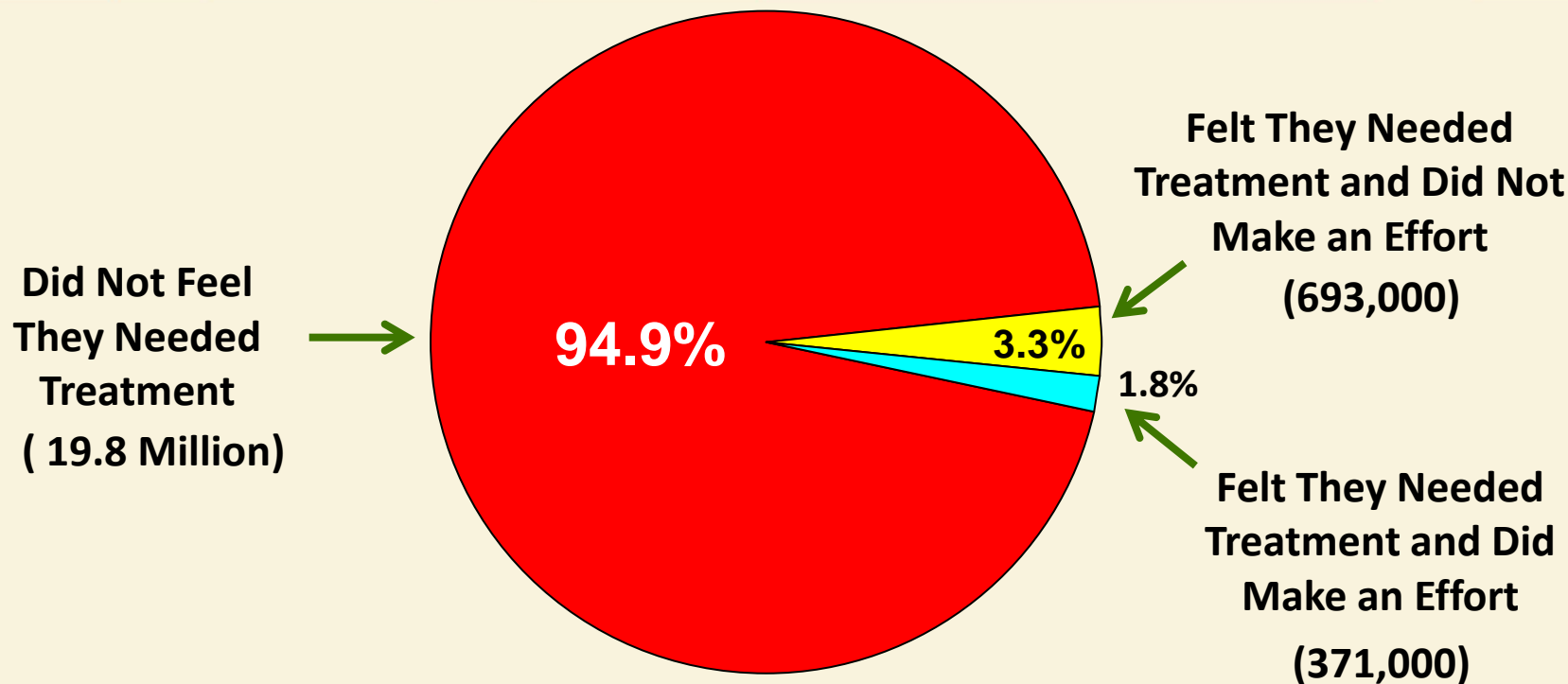


Substance Dependence or Abuse among Adults Aged 18 or Older, by Major Depressive Episode in the Past Year: 2008

Had Major Depressive Episode in Past Year Did NOT Have Major Depressive Episode in Past Year



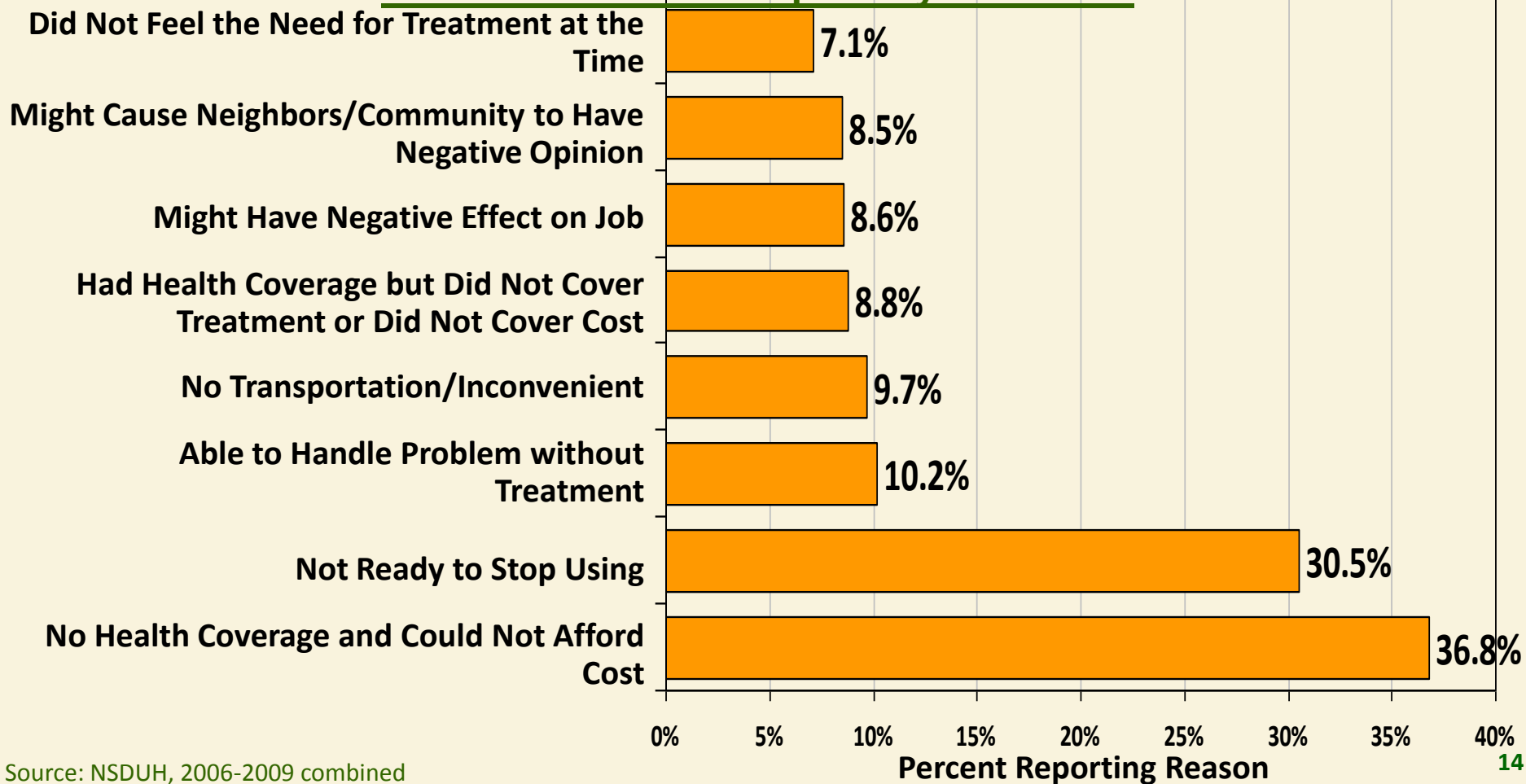
Past Year Perceived Need for and Effort Made to Receive Specialty Treatment among Persons Aged 12 or Older Needing But Not Receiving Treatment for Illicit Drug or Alcohol Use: 2009



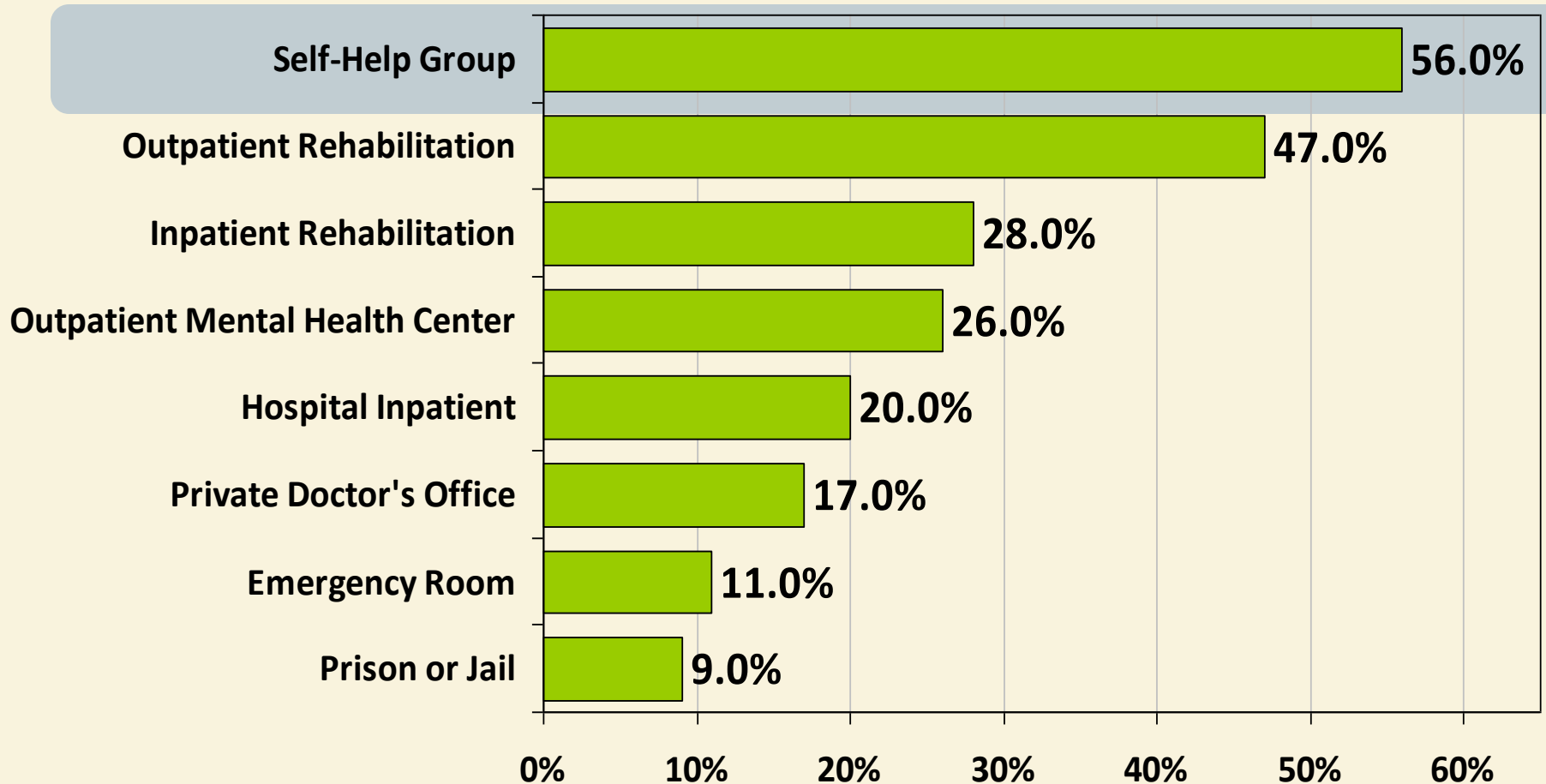
20.9 Million Needing But Not Receiving Treatment for Illicit Drug or Alcohol Use

Reasons for Not Receiving Substance Use Treatment: Persons Aged 12+

Those who Needed & Made the Effort to Get Treatment But Did Not Receive Specialty Treatment



Locations Where Past Year Substance Use Treatment was Received (Persons 12+): 2009



The Role of Recovery Support Services in Recovery

- Treatment is part of recovery --- but it is not equal to recovery.
- The goal of treatment is absence of symptoms.
- The goal of recovery is holistic health.
- Recovery support services are grounded in a strength-based approach that focuses on wellness and a full reengagement with the community.

RSS Have a Long and Successful History



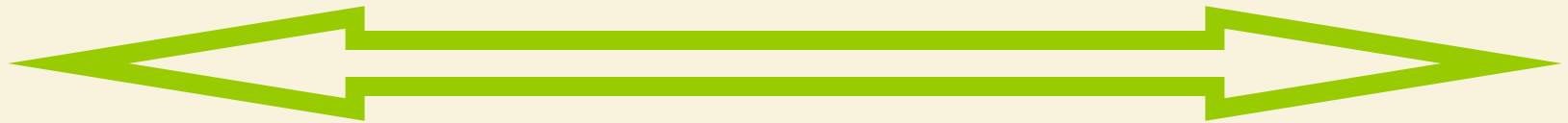
- Peer-to-Peer support has a long and successful history.
- Alcoholics Anonymous, Narcotics Anonymous, and other peer-to-peer groups have been actively working to help those in recovery for over 70 years.
- Peer-to-Peer support groups offer emotional support, while giving people a chance to connect with others within an alcohol-free and drug-free community.

Recovery Support & Health Reform



Medical Model

Social Services



Assess & Link to Service
Prevention & Screening
Stress Management
Family/Relationship Groups
Role Modeling & Mentoring
Recovery Coaching

Recovery Housing
Employment
Drug Free Recreation
Drop In Centers or
Cyber Cafe
Peer Council
Spiritual Support


Instead of Disease Model, Need Health/Wellness Model

Recovery Community Services Program

→ SAMHSA's Recovery Community Services Program (RCSP):

- Projects provide peer-to-peer recovery support services to help people initiate and/or sustain recovery from alcohol and drug use disorders.
- Some RCSP grant projects also offer support to family members of people needing, seeking, or in recovery.
- A total of 5,553 participants have been served from FY 04 through FY 07. Significant as this figure is, this does not include the multitude of family members and allies who have also been touched by your work.

Recovery Community Services Program (cont'd)

- 
- Peer recovery support services meet needs of people at different stages of the recovery process. Services may:
- Precede formal treatment, strengthening the motivation for change
 - Accompany treatment, offering a community connection
 - Follow treatment, supporting relapse prevention
 - Be delivered apart from treatment to someone who cannot enter the formal treatment system or chooses not to do so

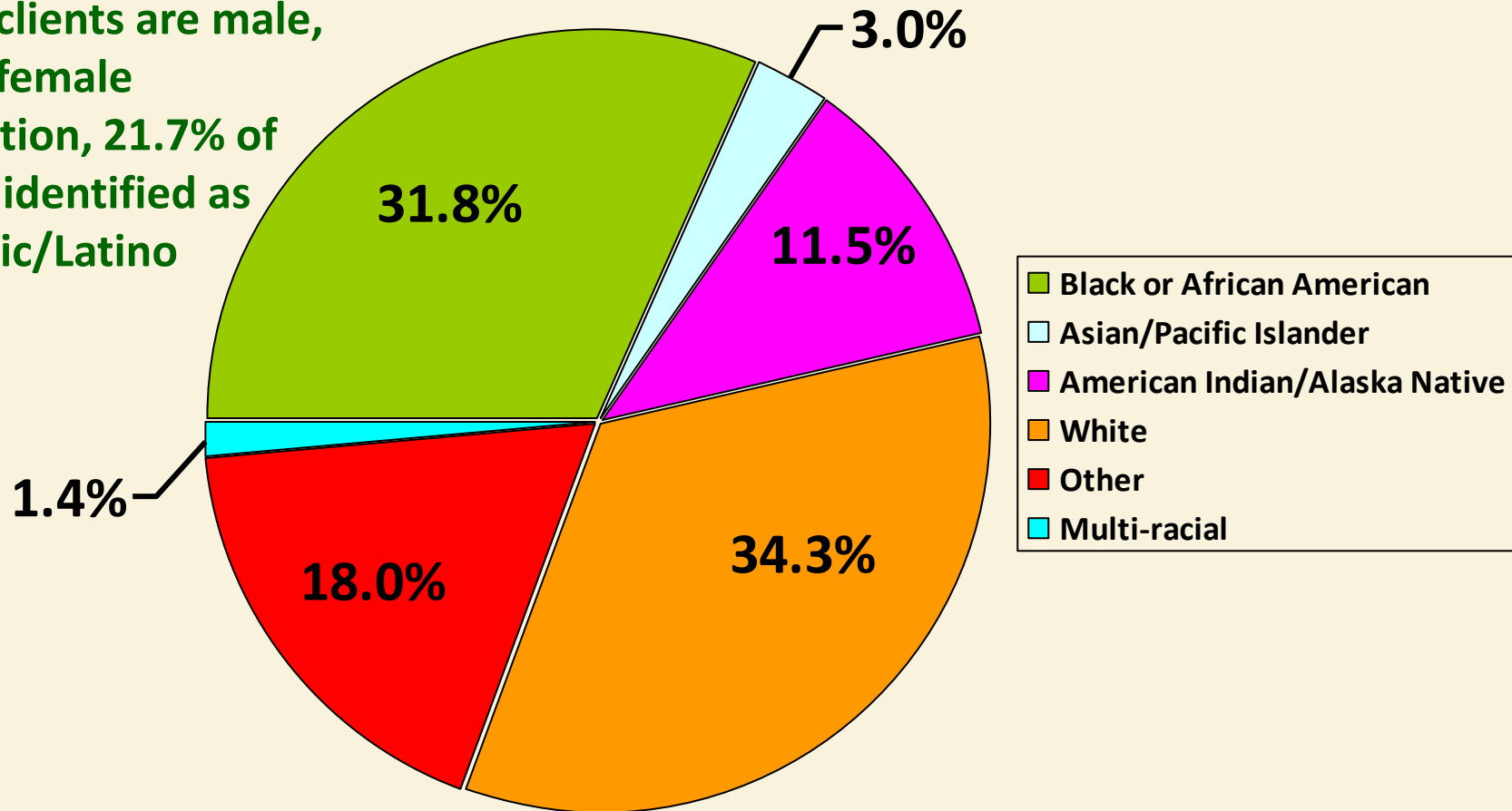
RCSP Grantee Contributions



- RCSP grantees have had an important role in defining recovery – particularly as it applies to the Recovery Oriented Systems of Care through participation in:
- 2005 SAMHSA Recovery Summit
 - 2010 Office of National Drug Control Policy (ONDCP) Recovery Summit

RCSP Demographics

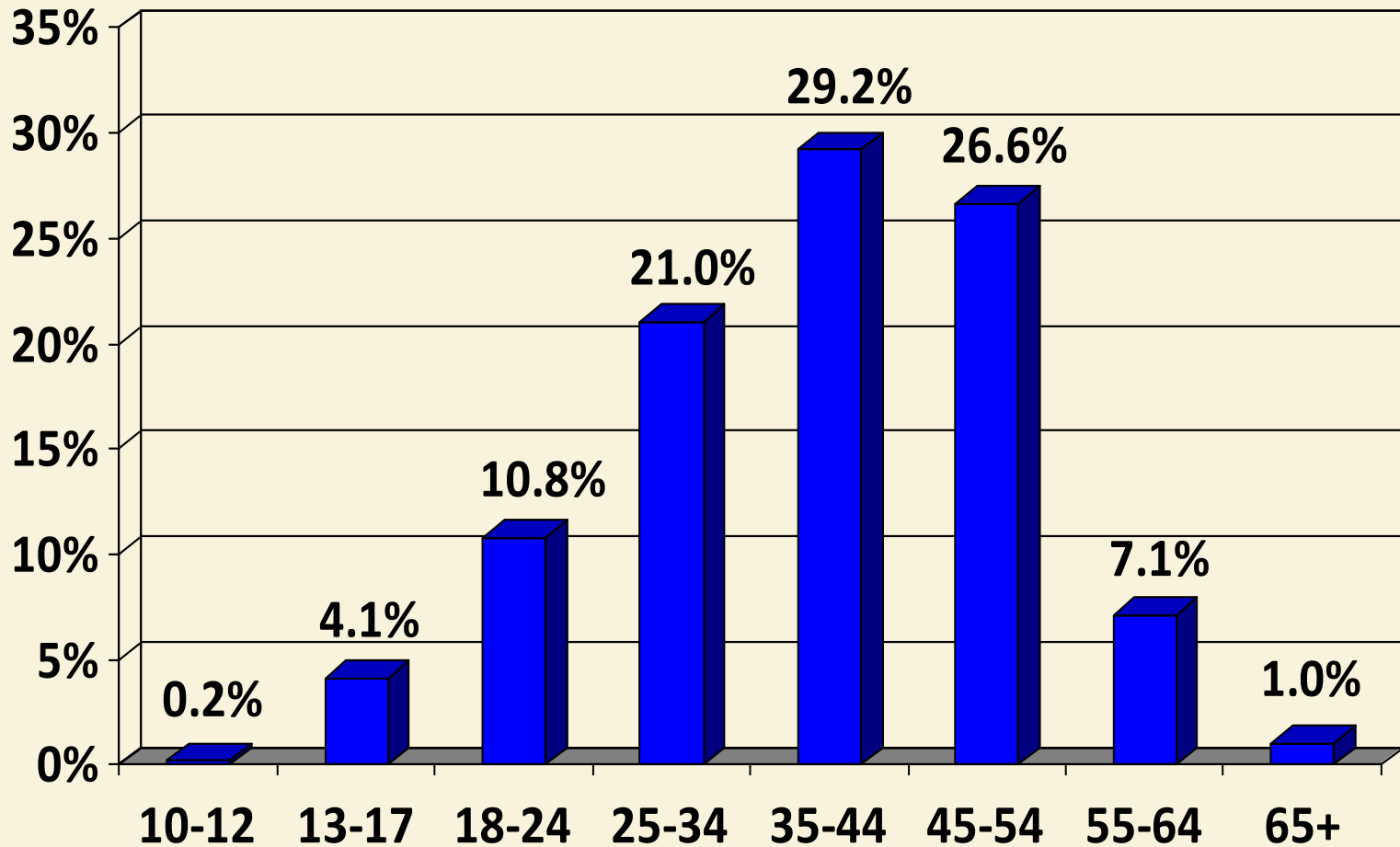
- 52.1% clients are male,
- 47.6% female
- In addition, 21.7% of clients identified as Hispanic/Latino



RCSP: Top 5 Substances Used

Substance	% Used
Alcohol	19.3%
Cocaine	10.4%
Marijuana	9.6%
Heroin	3.0%
Benzodiazepines	1.7%

RCSP: Ages Served



RCSP: Outcomes

Clients reporting...	At Intake	6-Month Follow-up	Difference
No substance use	74.2%	82.0%	↑ 10.6%
Being employed	44.7%	55.8%	↑ 24.8%
Being housed	45.0%	56.1%	↑ 24.5%
No arrests	96.2%	97.2%	↑ 1.1%

RCSP: Risk Behavior Outcomes

Clients reporting...	At Intake	6-Month Follow-up	Difference
Injection Drug Use	2.6%	1.6%	↓ 38.5%
Unprotected Sexual Contact	68.9%	66.4%	↓ 3.7%
Unprotected Sexual Contact with IDU	5.2%	3.4%	↓ 33.9%
Unprotected Sexual Contact w/a High Individual	11.4%	9.8%	↓ 13.9%

RCSP: Mental Health Outcomes

Clients who...	At Intake	6-Month Follow-up	Difference
Experienced serious depression	33.3%	26.6%	↓ 20.2%
Experienced serious anxiety or tension	36.6%	29.5%	↓ 19.4%
Experienced hallucinations	3.7%	2.4%	↓ 33.7%
Experienced trouble controlling violent behavior	7.5%	5.6%	↓ 25.7%
Attempted suicide	1.0%	0.7%	↓ 31.7%
Had trouble understanding, concentrating, or remembering	26.1%	19.3%	↓ 25.9%

Conclusion



- Recovery support services have a long history of helping people keep to their path to recovery.
- Health reform is changing the behavioral health landscape.
- It is important that recovery support services continue to be an integral part of mental illness and substance abuse treatment.
- Thank you.