



Well Being Trust
Incrementalism is insufficient: The Need for a National
Resilience Strategy
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ADVANCING MENTAL, SOCIAL, AND SPIRITUAL HEALTH

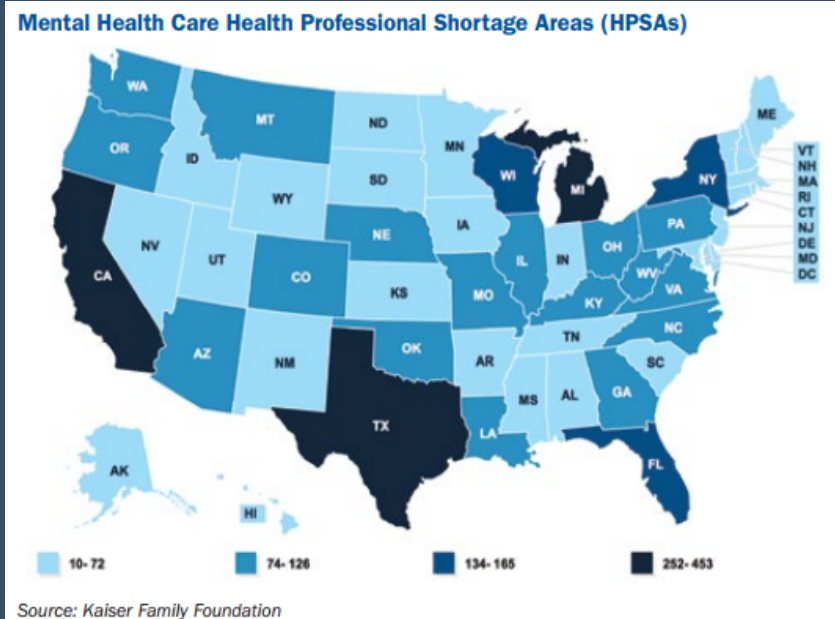


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A Path Forward: a National Resilience Strategy

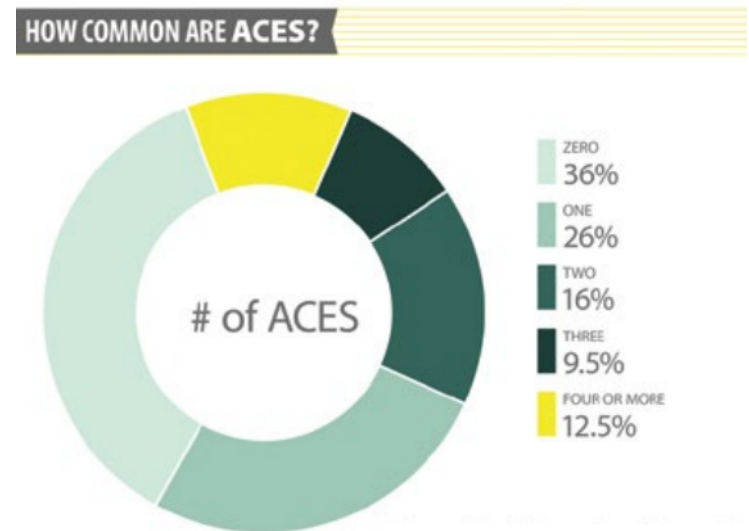
Expand and Modernize Mental Health and Substance Use Disorder Treatment Services – Toward a Goal of Focusing on the "Whole Health" of Individuals by prioritizing innovative integrated delivery models for rural and underserved urban areas and expanding the provider workforce, including those who can deliver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



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Focus on Children

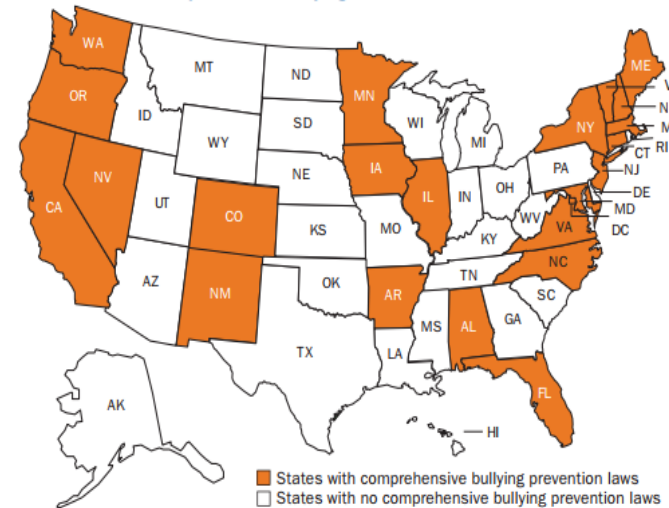
- Two-thirds of Americans report having experienced an **adverse childhood experience** (ACE) while growing up — across all socio-economic levels.
- Nearly 40 percent experienced two or more ACEs, and 22 percent experience three or more ACEs



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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- **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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- **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.

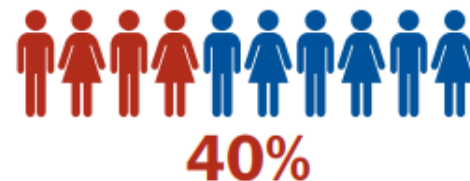
A Path Forward: a National Resilience Strategy

- **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

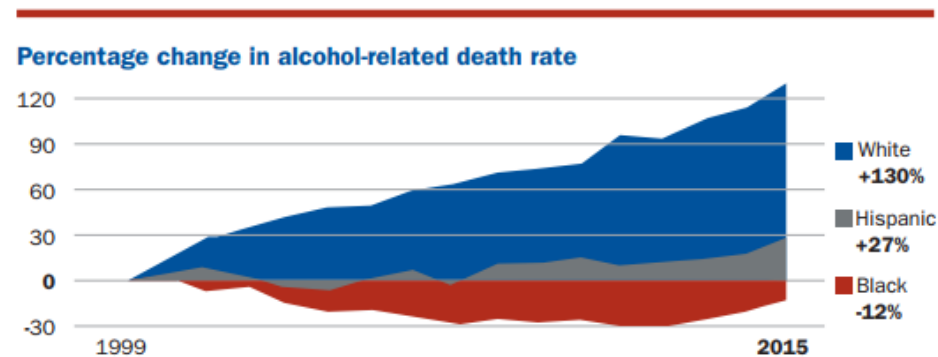


Percent of older children in foster care that are from families with active alcohol or drug misuse



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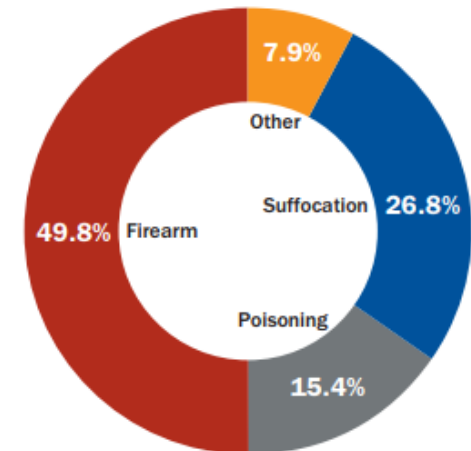
- **Lower Excessive Alcohol Use** through evidence-based policies, such as by increasing pricing, limiting hours and density of alcohol sales, enforcing underage drinking laws and holding sellers and hosts liable for serving minors.



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- **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



PAIN IN THE NATION