



Pain in the Nation: How High Rates of Suicide, Alcohol, and Overdose Deaths Require a Comprehensive Resiliency Strategy

Congressional Briefing

May 19, 2021

1:00 – 2:30 PM Eastern



@HealthyAmerica1

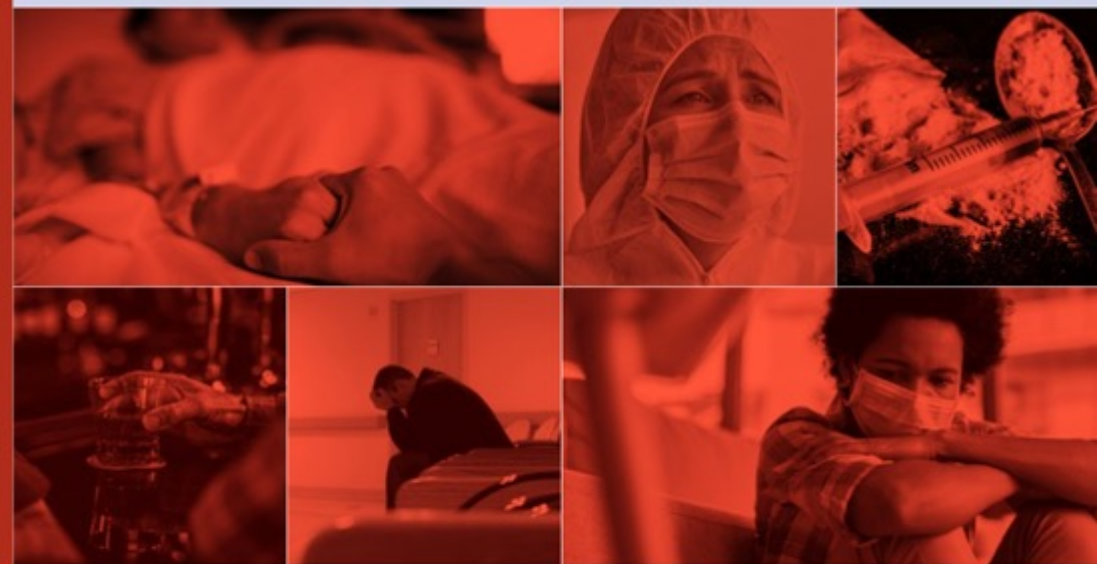
ISSUE REPORT

MAY 2021

Pain in the Nation:

Alcohol, Drug, and Suicide Epidemics

SPECIAL FEATURE: COVID-19 AND TRAUMA



Audio

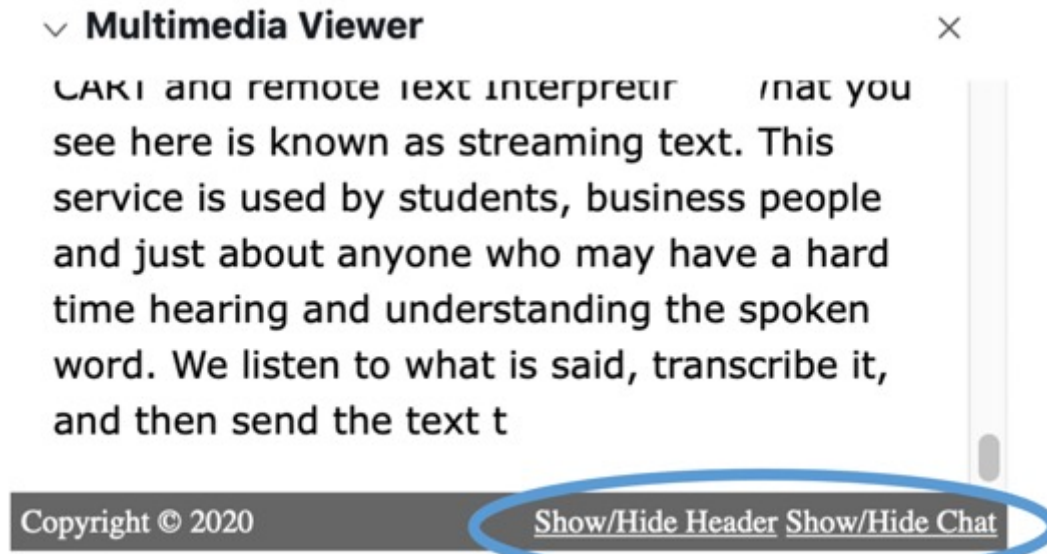
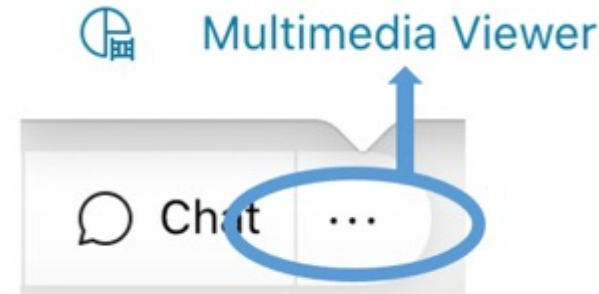
Audio is through your computer speakers or headphones.



Closed Captioning

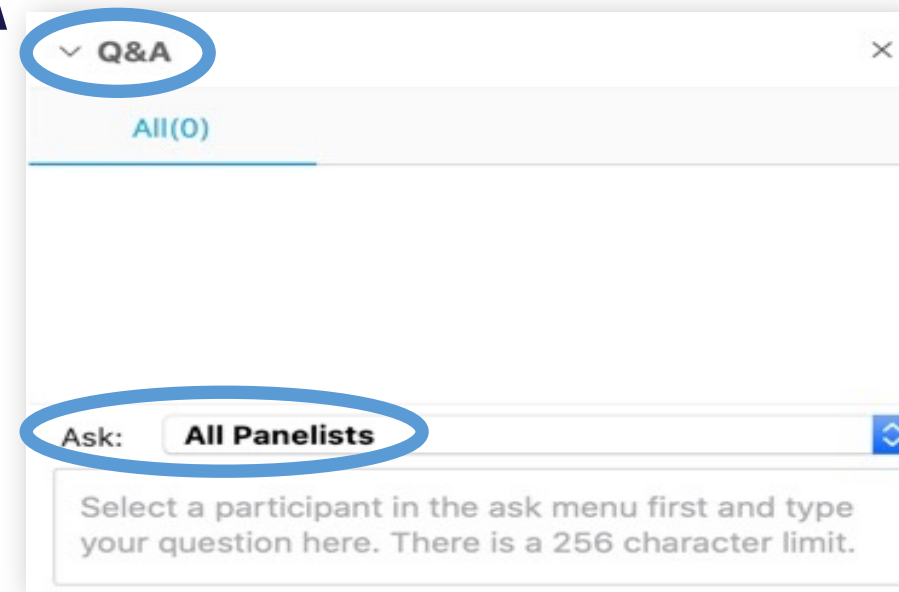
To see real time captioning:

1. At the bottom of your screen, click to open *Multimedia Viewer*
2. Click *Show/Hide Headers*



Q&A Feature

1. At the bottom of your screen, click to open the Q&A panel
2. Type your question in the **Q&A box**
3. Select **Ask: All Panelists**
4. Hit **Enter**



Moderator



John Auerbach, MBA

President and CEO
Trust for America's Health

tfah.org

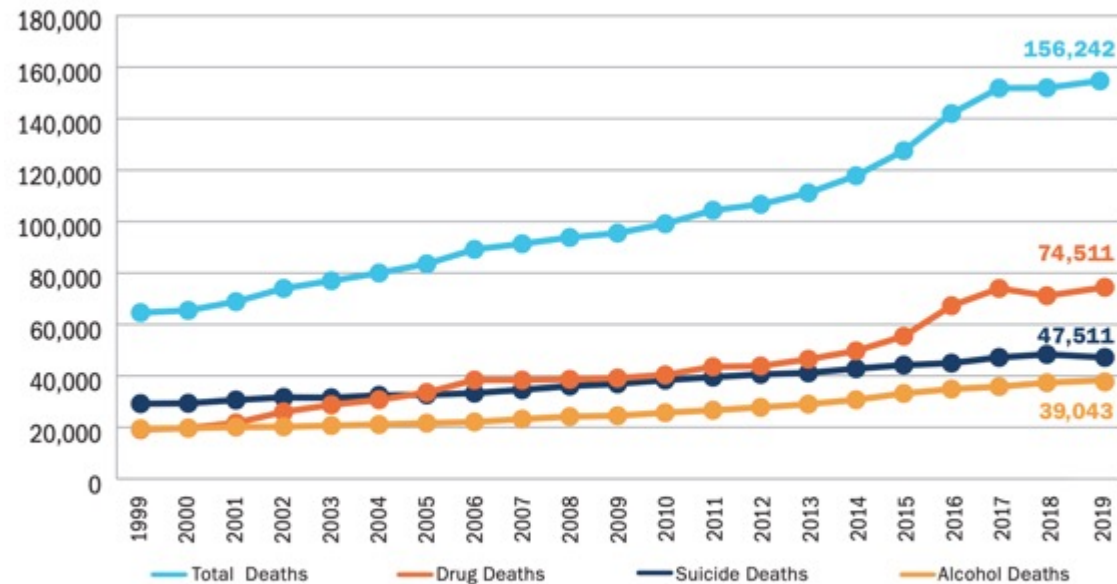
Pain in the Nation: Alcohol, Drug, and Suicide Epidemics

Special Feature: COVID-19 and Trauma

May 2021

- Drug & Alcohol Deaths Increased
- Suicide Deaths Slightly Lower
- Demographic Change for Drug Deaths

Annual Deaths from Alcohol, Drugs, and Suicide in the United States, 1999–2019



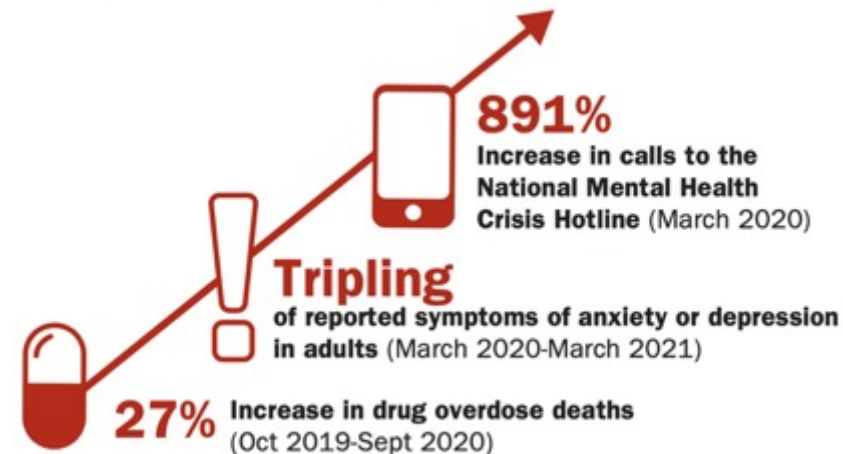
Source: TFAH and WBT analysis of National Center for Health Statistics data

COVID-19 and Trauma

Direct illness, trauma and grief from COVID + indirect stress from financial strain, social isolation, learning loss, disruption of support services and healthcare

1. More Americans in crisis
2. Deteriorating mental health, particularly among certain populations
3. More substance use
4. Higher rates of drug overdoses

During the COVID-19 Pandemic, there has been...



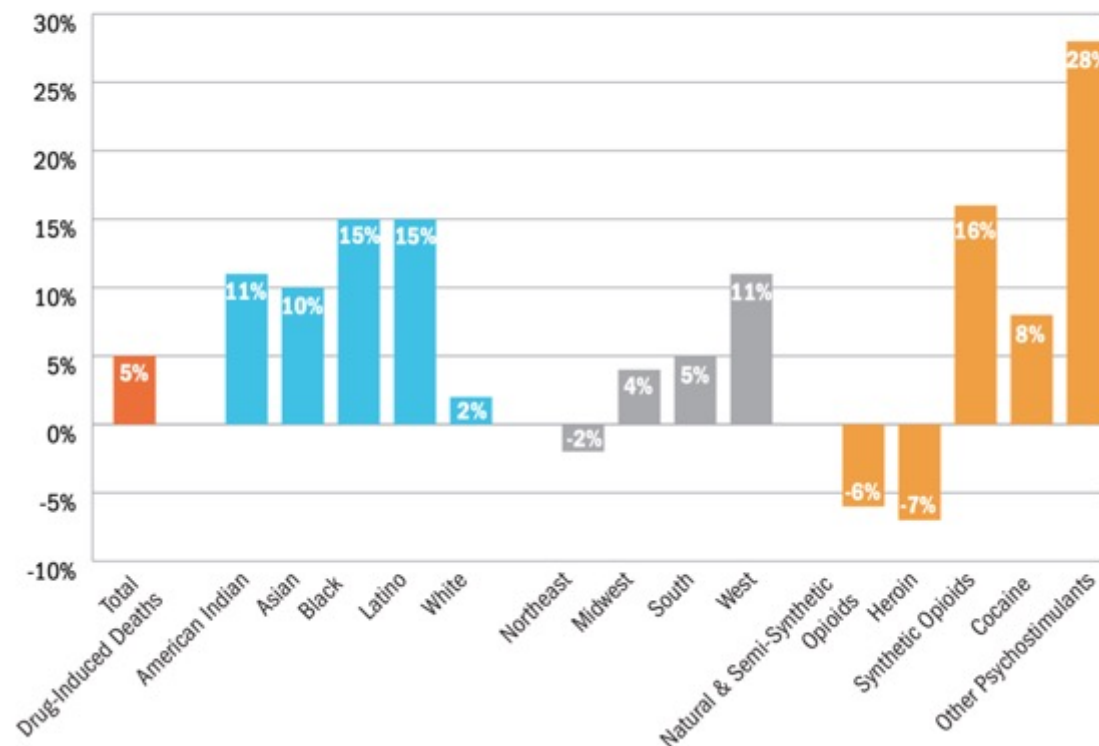
Source: ABC News; Household Pulse Survey, National Center for Health Statistics



2019 Trends and Takeaways

- Continued increase in combined alcohol, and drug deaths
- Decline in Certain Drug Classes
- Divergence in Drug Mortality Trends

Percent Change in Age-Adjusted Rates of Drug-Induced and Drug-Specific Overdose Mortality, 2018-2019



Source: TFAH and WBT analysis of National Center for Health Statistics data



Solutions and Recommendations

- Invest in Prevention and Conditions that Promote Health
- Address the Worsening Drug Use and Overdose Crisis
- Transform Mental Health and Substance Use Prevention and Treatment Systems



Welcome to Our Panelists



Debra Houry, MD, MPH
Director, National Center for
Injury Prevention and Control
Center for Disease Control
and Prevention



John A. Rich, MD, MPH
Co-Director
Center for Nonviolence and
Social Justice,
Professor
Drexel University School of
Public Health



Isha Weerasinghe, MSc
Senior Policy Analyst
Center for Law and Social
Policy



Benjamin F. Miller, Psy.D
Chief Strategy Officer
Well Being Trust





Debra Houry, MD, MPH
Director, National Center for
Injury Prevention and Control
Center for Disease Control and Prevention

cdc.gov/injury





Pain in the Nation

Congressional Briefing

Deb Houry, MD, MPH

Director

National Center for Injury Prevention and Control
Centers for Disease Control and Prevention

www.cdc.gov/injury



CDC Injury Center Strategic Priorities



ADVERSE CHILDHOOD
EXPERIENCES



DRUG OVERDOSE



SUICIDE



Opioid Overdose





More than **87,000 drug overdose deaths*** occurred in the
United States in the 12 months ending in September 2020.

* Predicted value
SOURCE: CDC/NCHS National Vital Statistics System, 2021





Overdose Data to Action



**\$300
million per
year**

**47 states, D.C.,
16 localities,
and 2
territories**

Excessive Alcohol Use


Excessive alcohol use is associated with more than 95,000 deaths each year.





Suicide





**40% of US adults reported
elevated adverse mental
health conditions
associated with COVID-19
last summer**

11%

Reported having
seriously considered
suicide in the preceding
30 days

13%

Reported having started
or increased substance
use

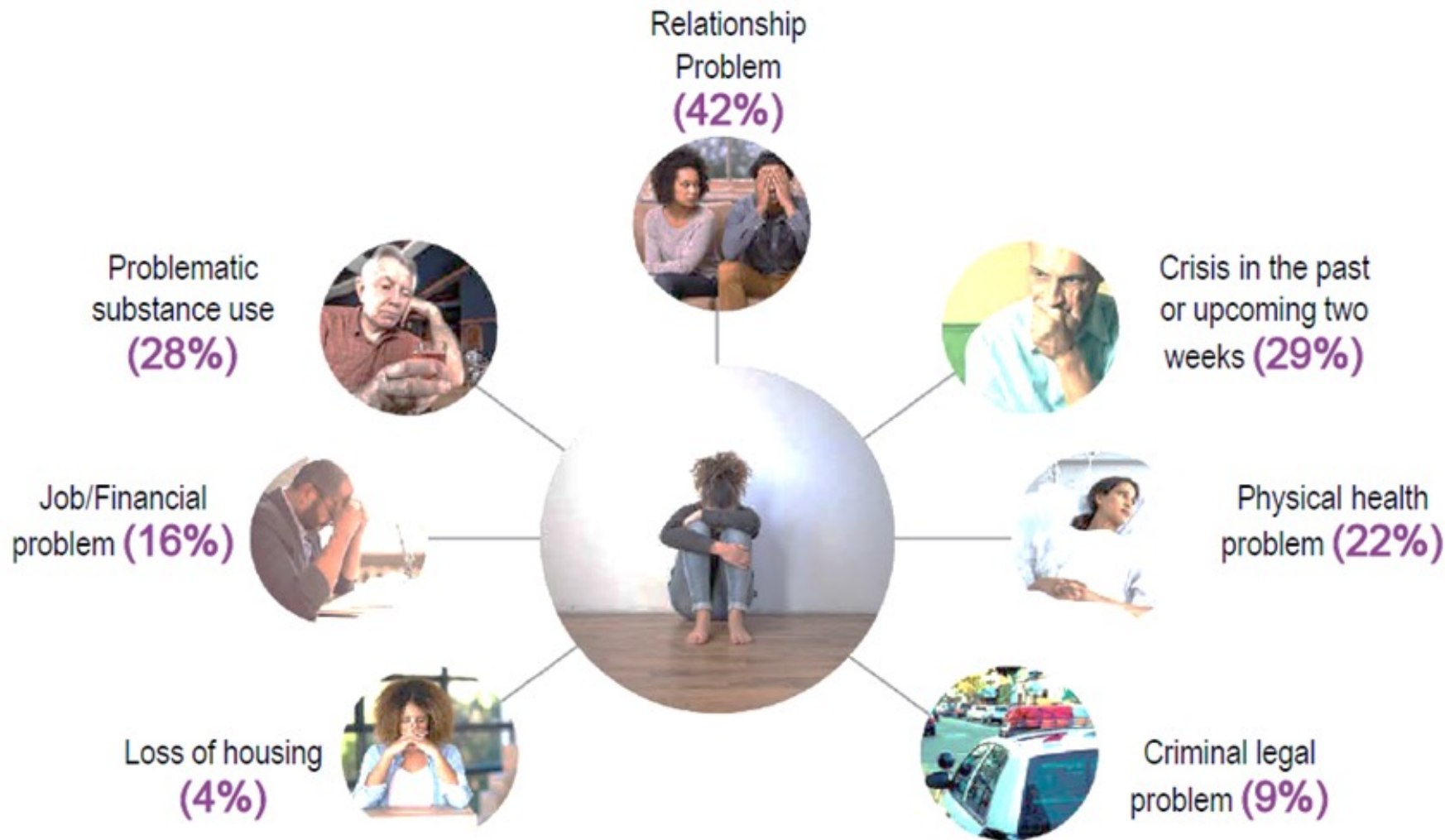
26%

Reported
trauma/stressor-related
disorder symptoms

31%

Reported symptoms
of anxiety disorder
or depressive
disorder

Many factors contribute to suicide among those with and without known mental health conditions





Comprehensive Suicide Prevention



**\$7 million
for five
years**

**85
applicants**

9 sites



Adverse Childhood Experiences



A photograph of a woman and a young girl with dark hair, seen from the side, looking out a large window. The woman is in the foreground, and the girl is slightly behind her. The window shows a blurred outdoor scene with trees and buildings. A large blue diagonal graphic overlay covers the right side of the image, containing white text and horizontal lines.

1 in 6

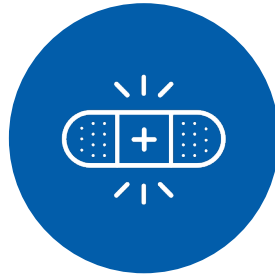
1 in 6 adults experienced four or more types of ACEs.

61%

of surveyed adults reported experiencing at least one ACE.

Females, LGBTQ+ individuals, and most racial/ethnic minority groups are at higher risk of experiencing 4+ ACEs.

Adverse childhood experiences have lasting impacts



Injury

- Traumatic Brain Injury
- Fractures
- Burns



Mental Health

- Depression
- Anxiety
- Suicide



Maternal Health

- Unintended Pregnancy
- Pregnancy Complications
- Fetal Death



Infectious Disease

- HIV
- STDs



Risk Behavior

- Alcohol & Drug Abuse
- Unsafe Sex
- Opioid Misuse



Chronic Disease

- Cancer
- Diabetes



Opportunity

- Education
- Occupation
- Income

Preventing Adverse Childhood Experiences



**\$6 million
over 3
years**

**35
applicants**

**4 sites
funded**



“

Childhood adversity, opioid overdose and suicide are urgent and related public health challenges that have consequences for all of us.

These challenges are preventable if we adopt a coordinated approach that focuses on addressing today's crises while preventing tomorrow's.

”



Thank you.



Deb Houry, MD, MPH
Director, National Center for Injury Prevention and Control

The findings and conclusions in this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

John A. Rich, MD, MPH
Co-Director, Center for
Nonviolence and Social Justice,
Professor
Drexel University School of Public
Health

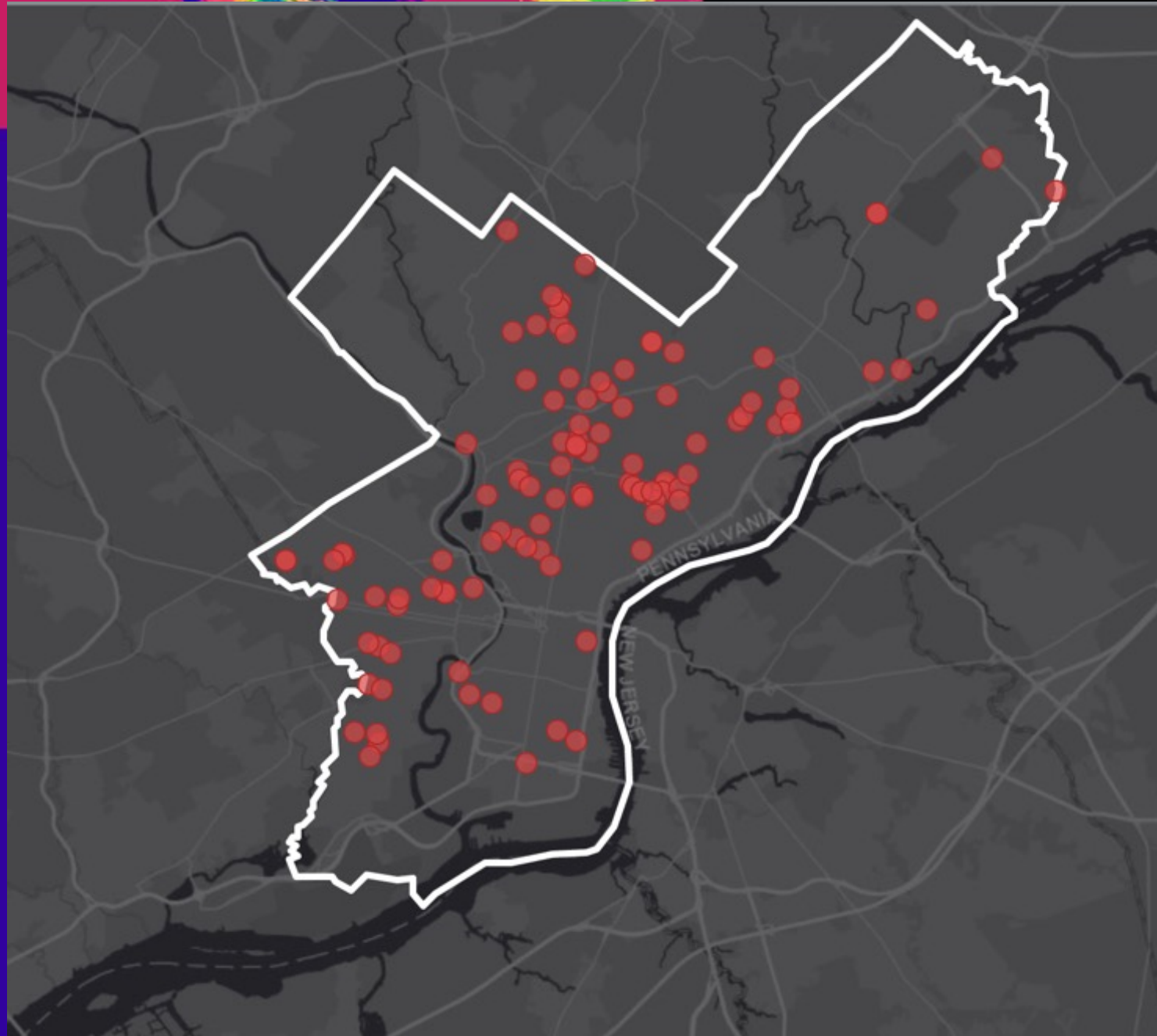
drexel.edu/cnvj



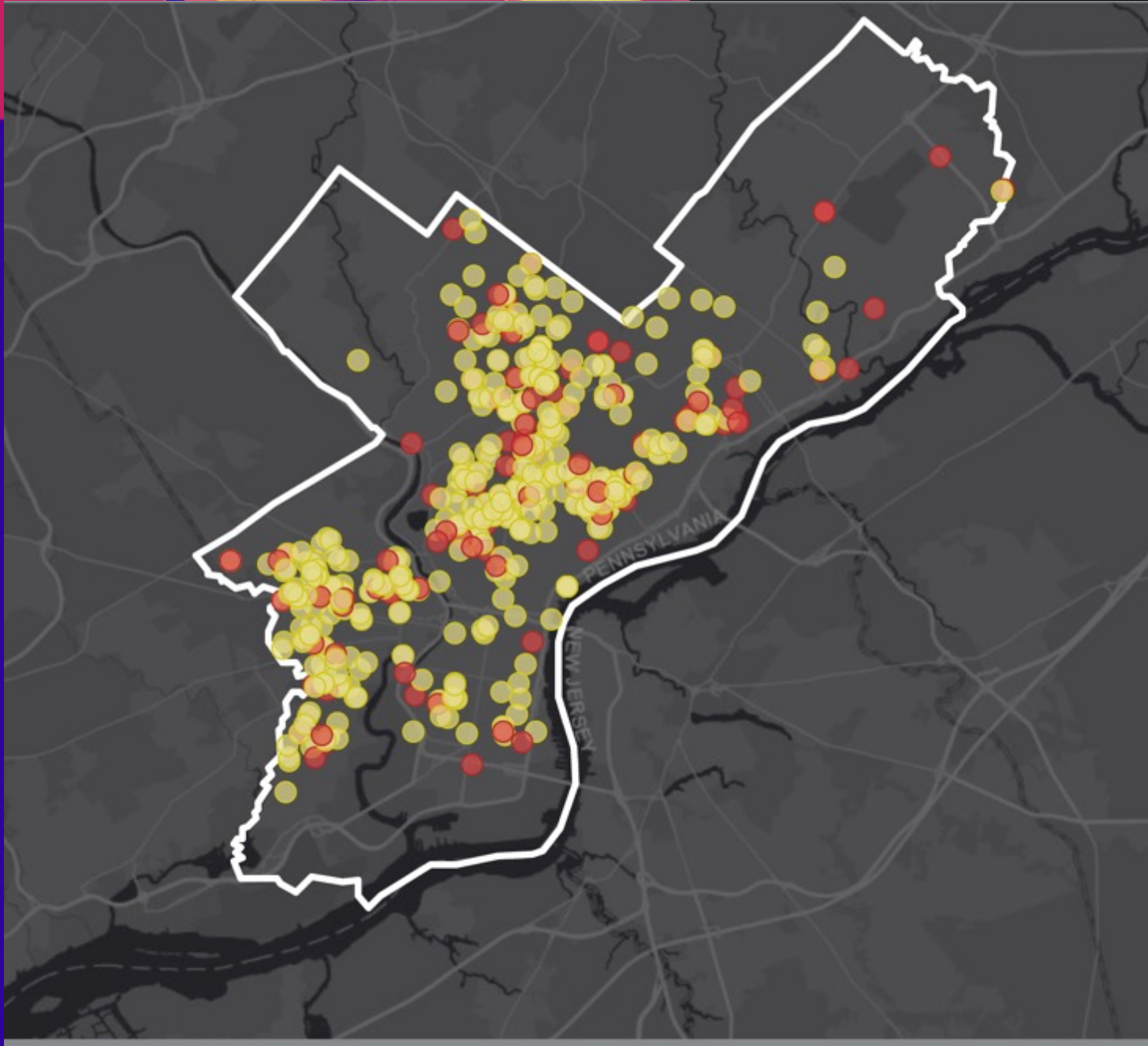


IMPACT OF RACIAL TRAUMA AND SUBSTANCE ABUSE IN COMMUNITIES OF COLOR

PAIN IN THE NATION CONGRESSIONAL BRIEFING

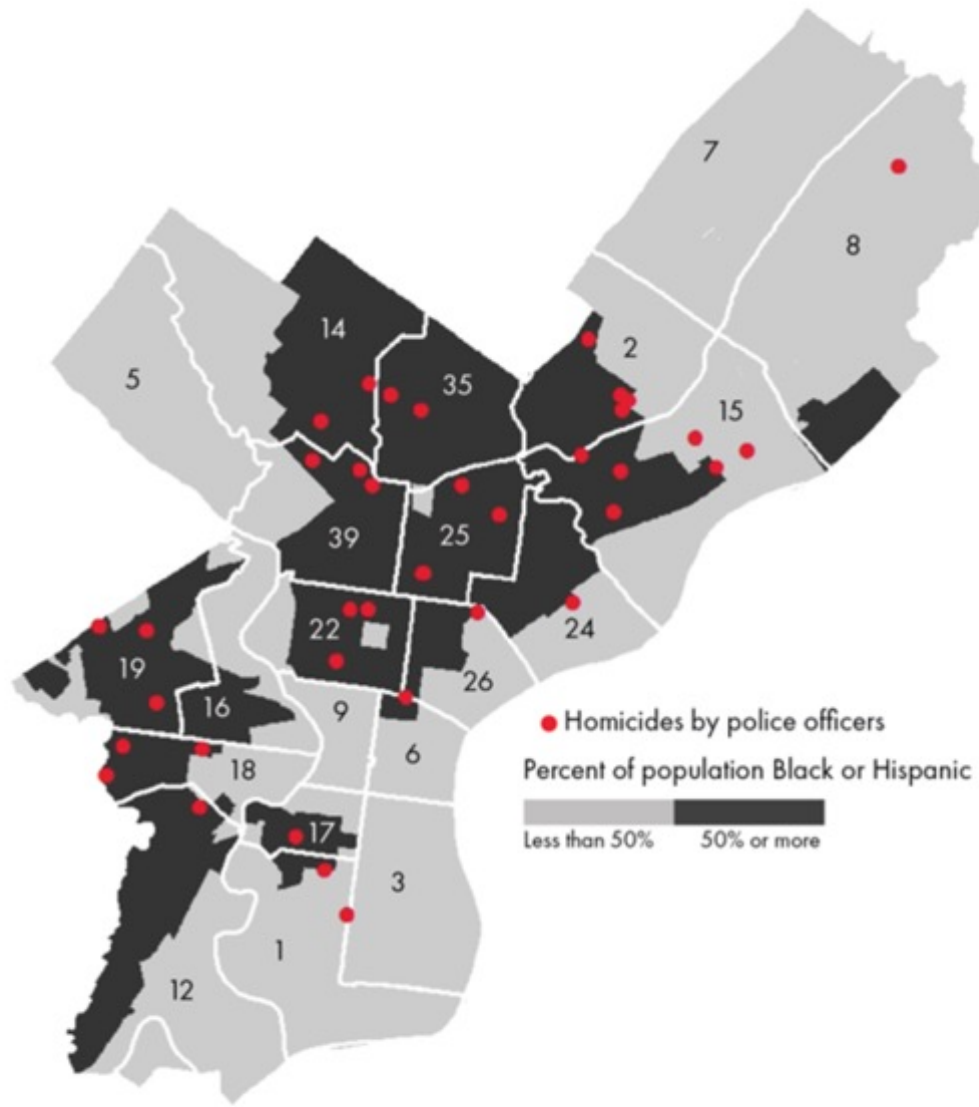


FATAL SHOOTINGS IN PHILADELPHIA 2021



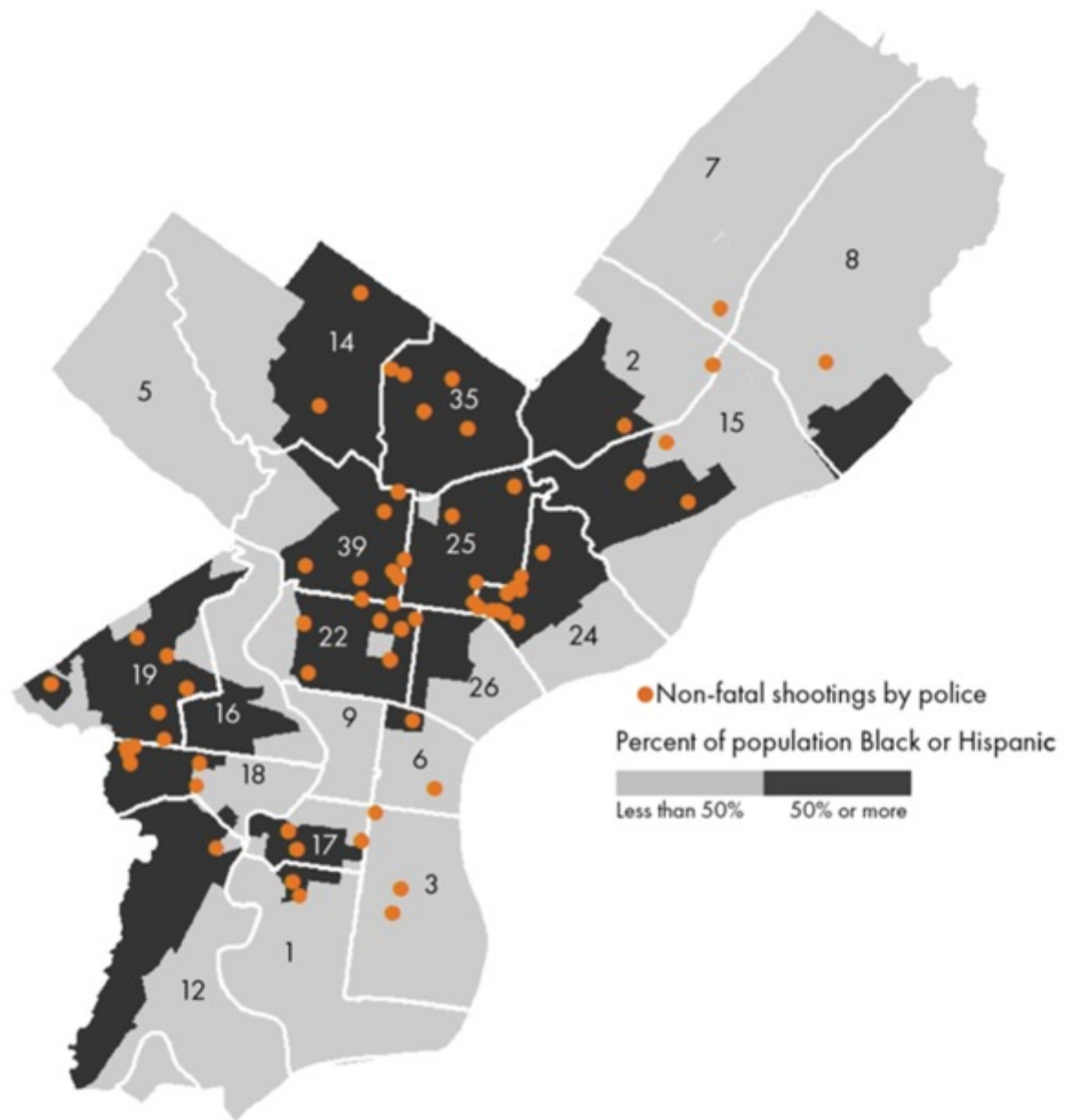
TOTAL SHOOTINGS IN PHILADELPHIA 2021

HOMICIDES* BY POLICE FROM 2013-2020 AND BLACK AND HISPANIC POPULATION IN PHILADELPHIA BY POLICE DISTRICT⁴



POLICE HOMICIDES IN PHILADELPHIA 2013 - 2020

NON-FATAL SHOOTINGS BY POLICE FROM 2015-2020 AND BLACK AND HISPANIC POPULATION IN PHILADELPHIA BY POLICE DISTRICT⁵



POLICE NONFATAL SHOOTINGS IN PHILADELPHIA 2015 - 2020



What is Racial Trauma?

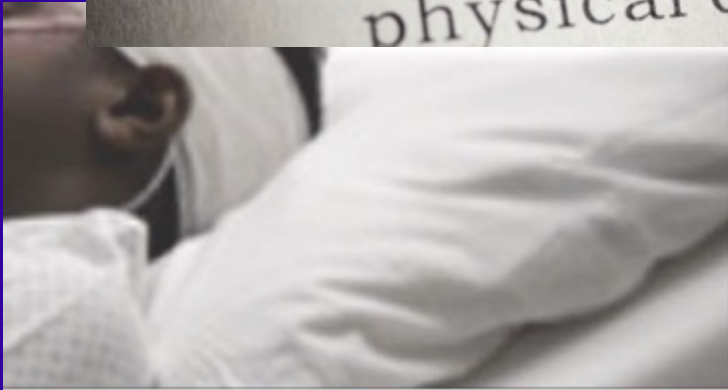
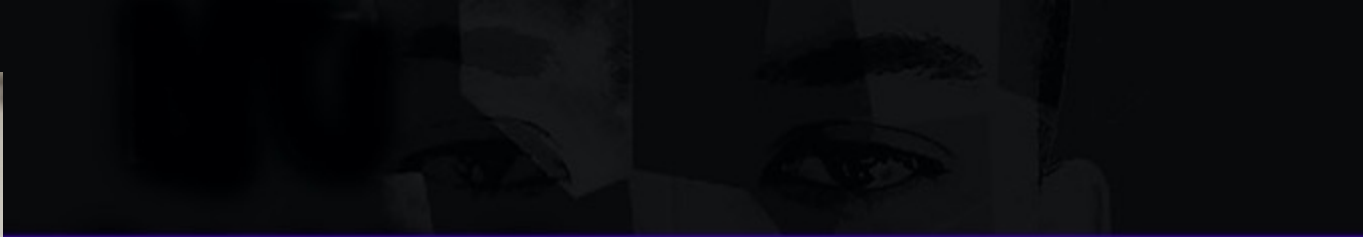
“Racial trauma can result from major experiences of racism such as workplace discrimination or hate crimes, or it can be the result of an accumulation of many small occurrences, such as everyday discrimination and microaggressions.”

American Psychological Association





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point of view.
PTSD is an a
posttraumat
stress disord
physical dar

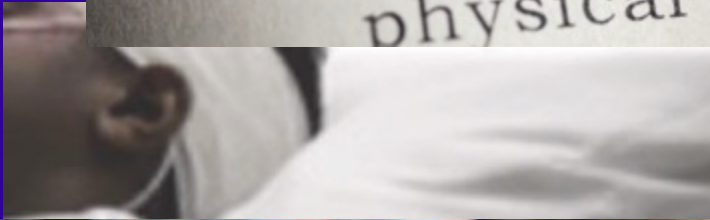








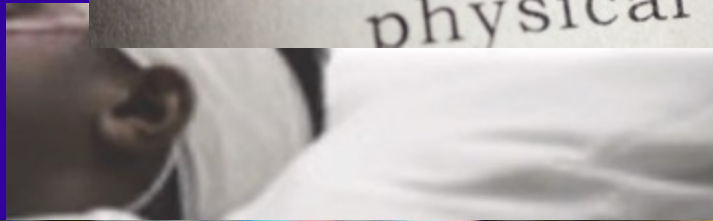
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Rich JA, Grey CM. Pathways to recurrent trauma among young Black men: traumatic stress, substance use, and the "code of the street". *Am J Public Health*. 2005;95(5):816-824.



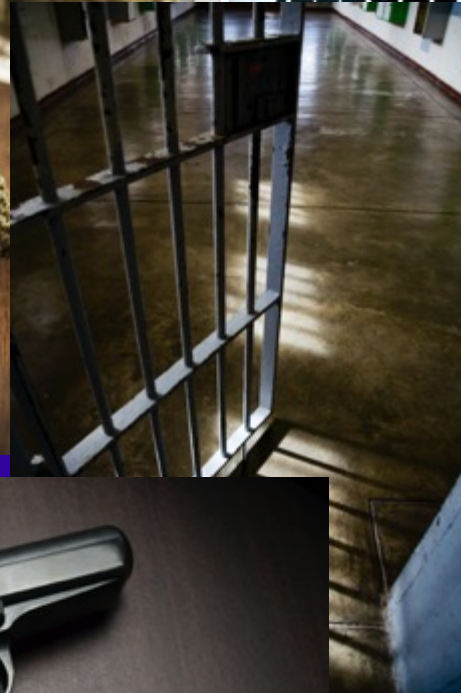
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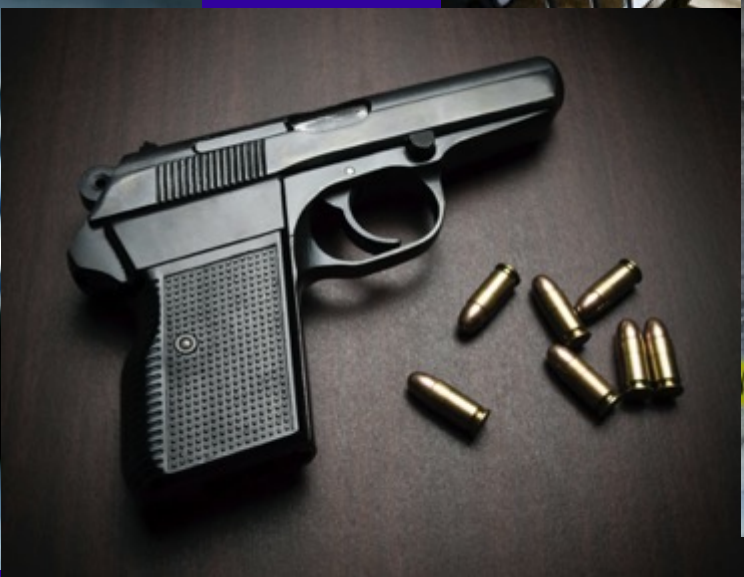
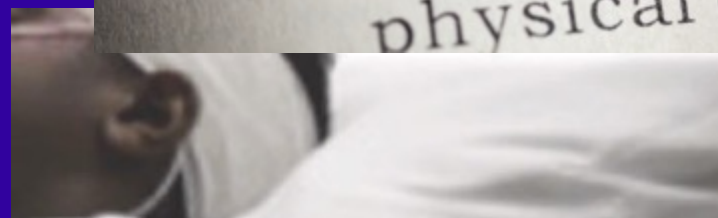
Rich JA, Grey CM. Pathways to recurrent trauma among young Black men: traumatic stress, substance use, and the "code of the street". *Am J Public Health*. 2005;95(5):816-824.



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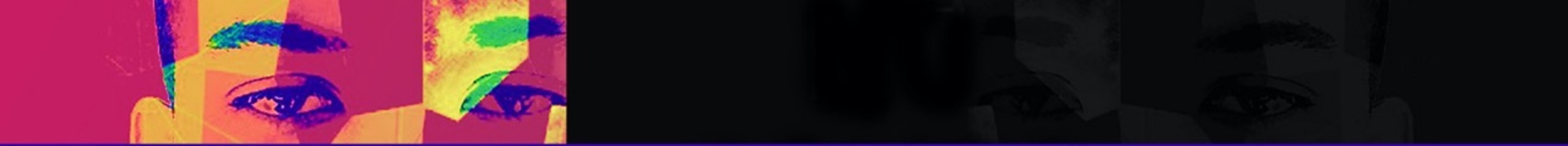


THE HOME DEPOT **NOTICE**
WE TEST ALL APPLICANTS FOR ILLEGAL DRUG USE
USE DRUGS, NEVER TO APPLY!



Rich JA, Grey CM. Pathways to recurrent trauma among young Black men: traumatic stress, substance use, and the "code of the street". *Am J Public Health*. 2005;95(5):816-824.

- INTEGRATING PHYSICAL AND TRAUMA-INFORMED, CULTURALLY RESPONSIVE BEHAVIORAL HEALTH
- ADDRESSING RACIAL TRAUMA
- USING A HEALTH EQUITY LENS
- ADDRESSING STIGMA



INTEGRATION OF PHYSICAL AND BEHAVIORAL HEALTH

HOSPITAL-BASED VIOLENCE INTERVENTION PROGRAMS

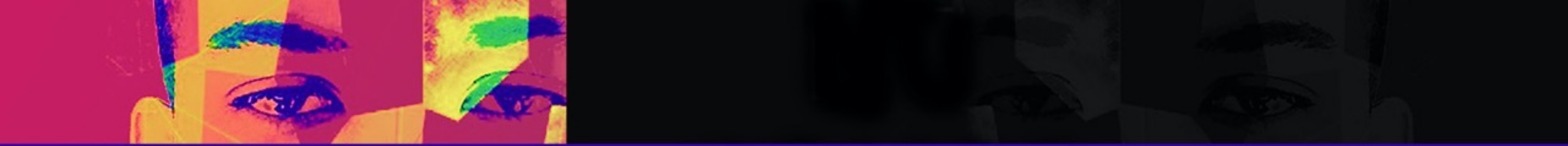


HEALING HURT PEOPLE

CENTER FOR NON-VIOLENCE AND SOCIAL JUSTICE
DREXEL UNIVERSITY COLLEGE OF MEDICINE/SCHOOL OF PUBLIC HEALTH

Community Health Workers





ADDRESSING RACIAL TRAUMA



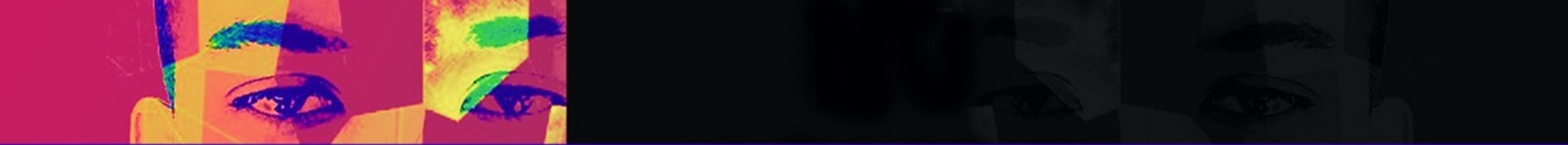
Healing the Hidden Wounds of Racial Trauma

Kenneth V. Hardy

A disproportionate number of children and youth of color fail in school and become trapped in the pipelines of treatment, social service, and justice systems. This article examines racial trauma and highlights strategies for healing and transformation.

All service systems for youth encounter young people of color who can be challenging to treat, reach, and teach. Our difficulty in meeting their needs is not just because of greater “pathology” or “resistance” as some assert. Rather, we fail to appreciate the ways in which race is entangled with their suffering.





HEALTH EQUITY LENS

Health Equity Framework

homophobia

ableism

transphobia

sexism

xenophobia

Racism

Social Capital

Education

Transportation

Employment

Food Access

Health Behaviors

Socioeconomic
Status

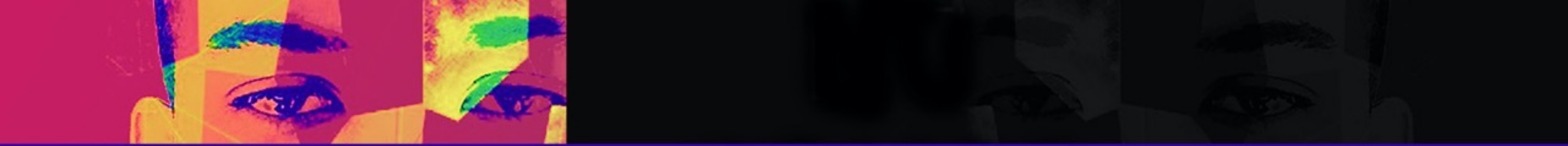
Environmental
Exposure

Access to
Health Services

Housing

Public Safety

Health
Outcomes



ADDRESSING STIGMA

#OurWordsHeal





www.WeCanHealFromTrauma.org





Isha Weerasinghe, MSc
Senior Policy Analyst
Center for Law and Social Policy

clasp.org



CLASP

Isha Weerasinghe, MSc
Senior Policy Analyst

REFRAMING AND REIMAGINING

Pushing for bold policy solutions

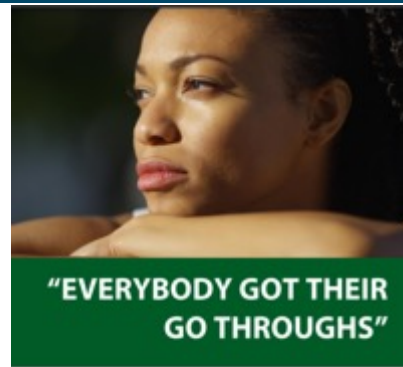
May 2021

About CLASP

CLASP is a national, nonpartisan, anti-poverty nonprofit advancing policy solutions for people living in low-income households.

CLASP works to develop and implement federal, state, and local policies that reduce poverty, remove barriers in the lives of people with low incomes, creating pathways to economic security. That includes directly addressing the barriers people face because of race, ethnicity, and immigration status.

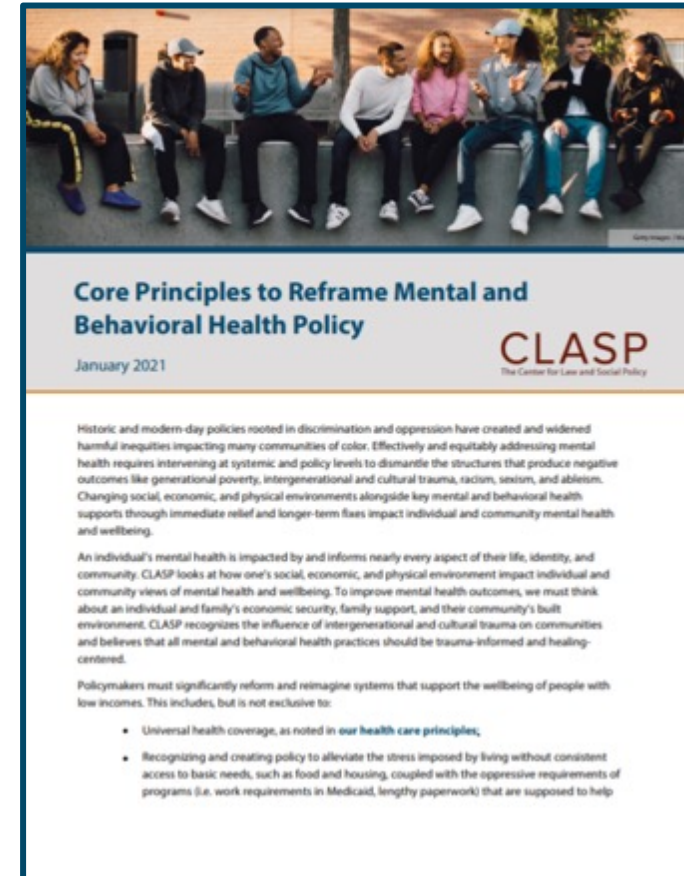
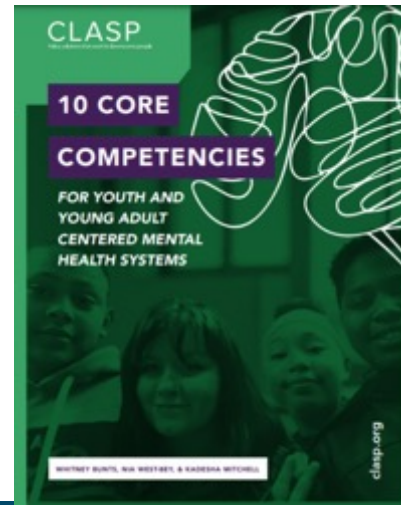
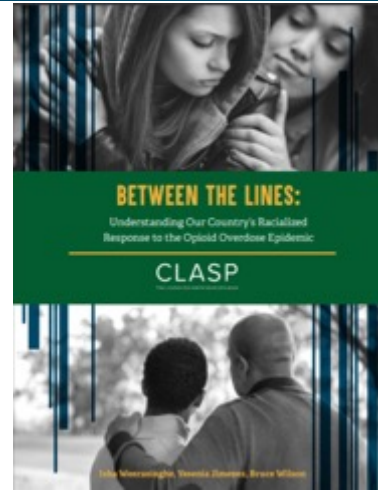
Evolution of CLASP's Core Principles in Mental and Behavioral Health

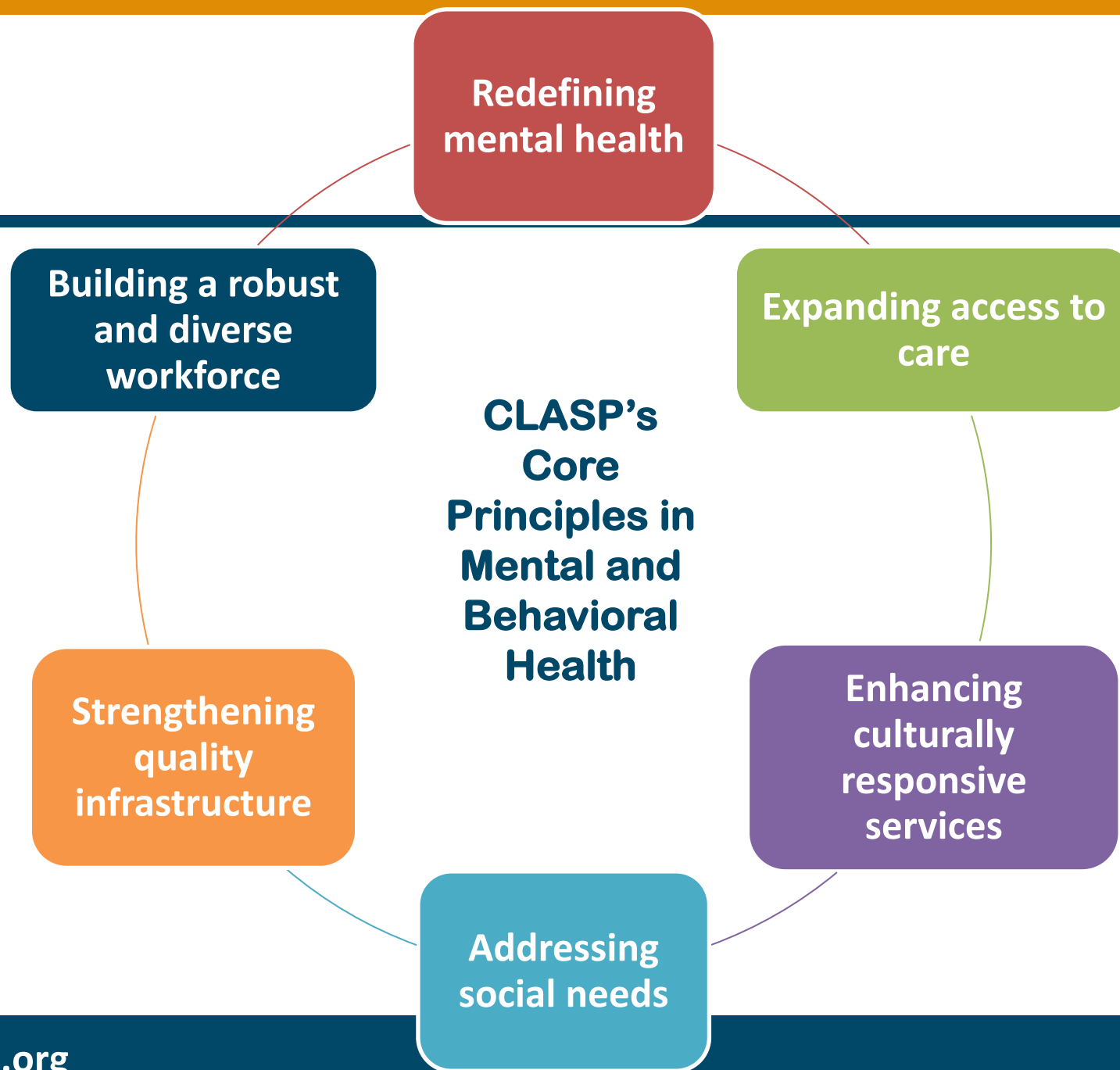


Young Adults on the Frontlines of Mental Health



Nia West-Bey & Stephanie Flores
June 2017





During the pandemic...

Nearly **2 IN 3** young people expressed that they were feeling down, depressed, or hopeless.

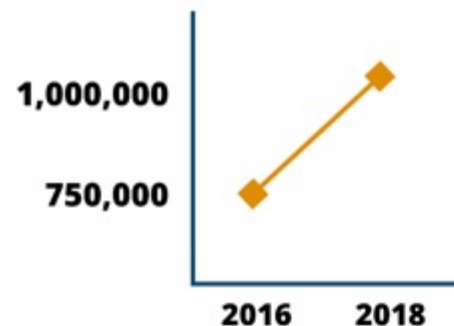


U.S. Census Bureau, 2020 Household Pulse Survey, Week 12.

Data Portrait for young adults in healing and wellbeing, economic justice, safe communities (using Pulse Survey + NSDUH data)

Even before the pandemic...

Growing numbers of young people living in poverty needed mental health services but did not receive them.



Number reporting unmet mental health need

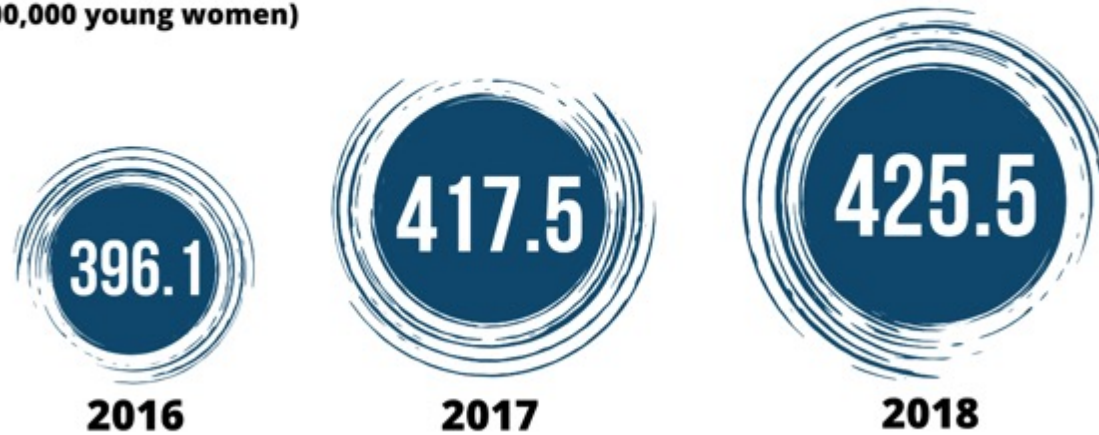
2016 750,000

2018 1.1 MILLION

U.S. Department of Health and Human Services, SAMHSA, Center for Behavioral Health Statistics and Quality, NSDUH, 2018.

Between 2016 and 2018, young women's rates of non-fatal self-harm increased **more than 7%.**

(per 100,000 young women)



Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, NEISS All Injury Program operated by the Consumer Product Safety Commission, 2018.

Deaths by suicide increased for Black and Hispanic young men between 2016 and 2018.



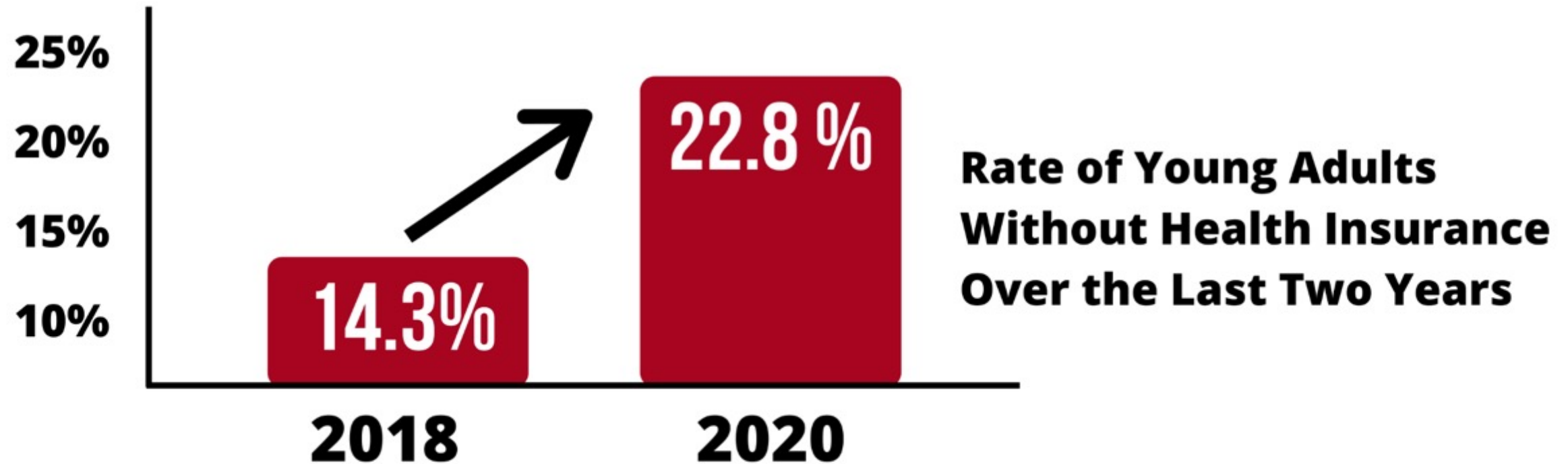
BLACK MEN  **11%**

HISPANIC MEN  **13%**

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, NEISS All Injury Program operated by the Consumer Product Safety Commission, 2018.

During the pandemic...

Uninsured rates for young adults increased



Community Population Survey, Annual Social and Economic Supplement, 2019. U.S. Census Bureau, 2020 Household Pulse Survey, Week 12.

What is A New Deal for Youth?

#WhyWeCantWait: A New Deal for Youth is a call to leaders in the public and private sectors to support youth-led policy solutions that address glaring economic and social injustices facing young people today. It is a partnership of a cohort of 38 young adult Changemakers and the Center for Law and Social Policy (CLASP).



A **NEW DEAL** FOR **YOUTH**

Changemakers chose the following issue areas to work on:

- Healing and Wellbeing
- Economic Justice and Opportunity
- Justice and Safe Communities
- Environmental Justice
- Democracy and Civic Engagement
- Immigration Justice

A NEW DEAL FOR YOUTH



LUIS HERNANDEZ
The Gathering for Justice,
NYC, NY

OUR VISION. OUR DEMANDS.

#WhyWeCantWait

May 26, 2021, 4 – 6 pm EST

Join A New Deal for Youth Changemakers as we unveil our public campaign and share the New Deal for Youth Policy Platform and Demands:

- Meet the New Deal for Youth Changemakers
- Hear our issues and our demands
- Learn about how you join the movement

Videos from two ND4Y Changemakers



Contact information: iweerasinghe@clasp.org



Benjamin F. Miller, Psy.D
Chief Strategy Officer
Well Being Trust

wellbeingtrust.org





Deaths of despair: **Healing** through integrated community solutions

Benjamin F. Miller, PsyD | @miller7

ben@wellbeingtrust.org



An aerial, high-angle photograph of a massive, dense crowd of people. The individuals are packed closely together, filling the entire frame. They are wearing a variety of colorful clothing, including blue, red, white, and yellow. The perspective is from directly above, looking down on the crowd, which creates a sense of scale and collective presence. The lighting is bright, suggesting an outdoor setting during the day.

In the face of a global crisis, we are at a critical pivot point for mental health in our country and policy makers must rise to the challenge.

While progress has been made, work remains to be done.

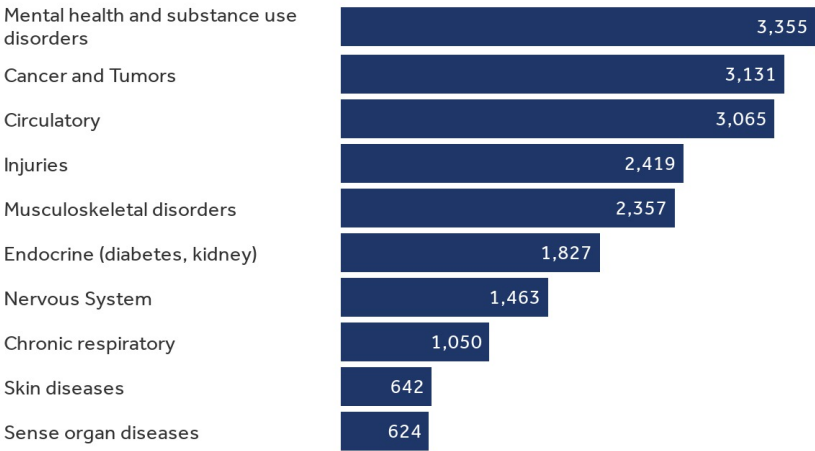




cosmic rays
of science,"
of Technology
laureate who has
developed the

Mental health and substance use disorders are the leading causes of disease burden in the US

Age standardized disability adjusted life years (DALYs) rate per 100,000 population, both sexes, 2015

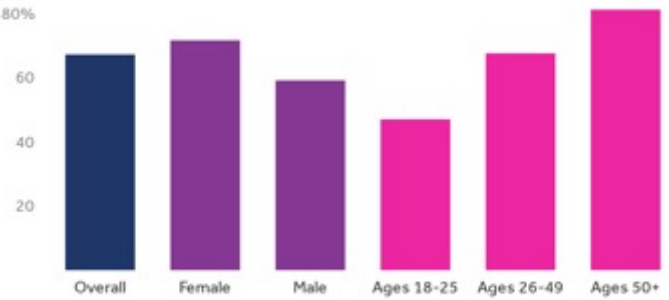


Source: Kaiser Family Foundation analysis of data from Institute for Health Metrics and Evaluation. Global Burden of Disease Study 2015 (GBD 2015) Data Downloads

Peterson-KFF
Health System Tracker

A third of persons with ‘major’ depression receive no mental health care

Percent of adults with major depression who received mental health treatment, by gender and age, 2015



Source: Kaiser Family Foundation analysis of data from SAMHSA 2015 NSDUH (Accessed on July 27, 2017)

Peterson-KFF
Health System Tracker



A STRATEGY TO SAVE LIVES



Solutions

#1) Prioritize prevention

- Reduce traumatic experiences and promote resilience in children, families and communities
- Bolster crisis intervention programs and supports
- Expand substance abuse prevention, mental health, and resiliency programs in schools

#2) Reassess our assumptions about our structures

- Where care is delivered and who delivers it
- Integration
- Flexible financing
- Measure what matters

#3) Address health inequities

- Tailor prevention/intervention programs for communities of color
- Address the community conditions and their role in health and well-being



Reassess our assumptions about our structures

1. What?



2. Where?



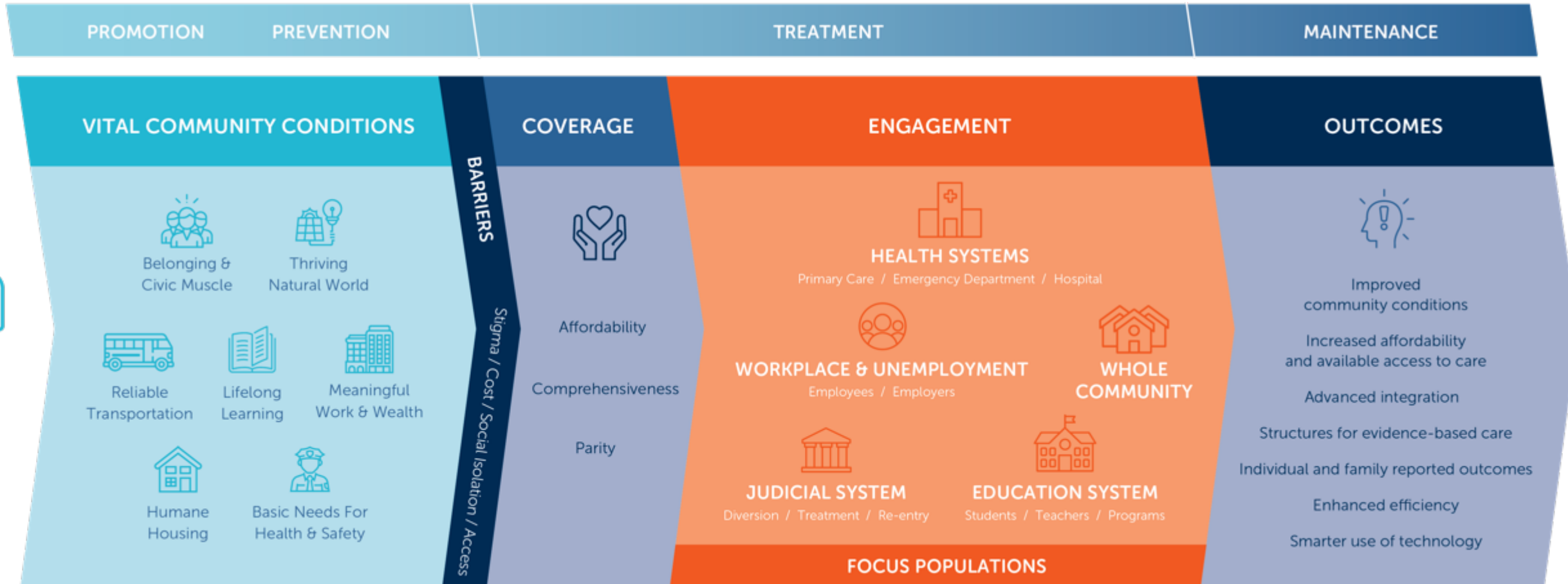
3. Who?



4. How?



Address health inequities by adopting a framework for excellence in mental health and well-being

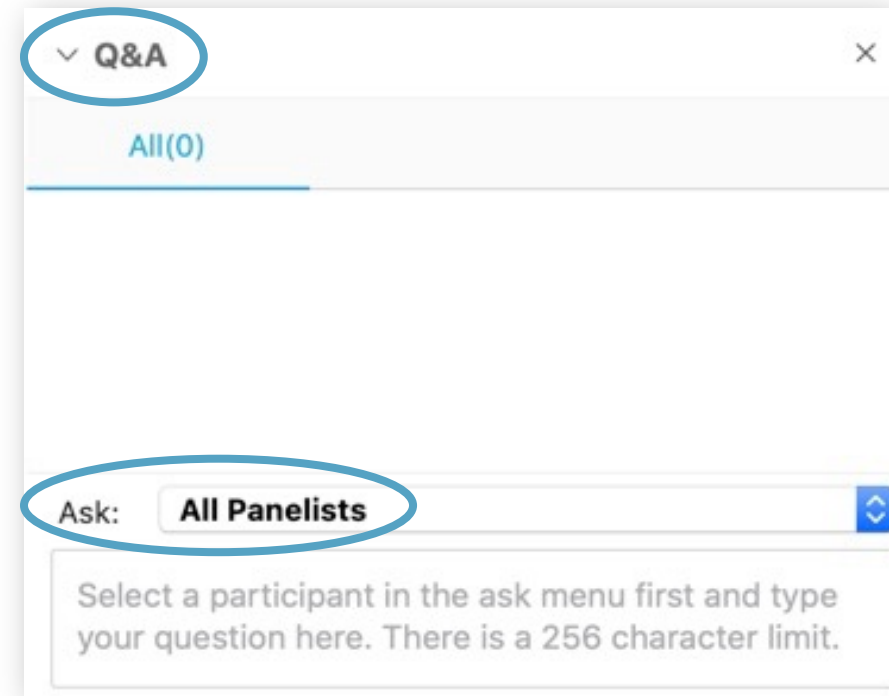




wellbeingtrust.org

Submit Questions for Our Panelists

1. At the bottom of your screen, click to open the Q&A panel
2. Type your question in the **Q&A box**
3. Select **Ask: All Panelists**
4. Hit **Enter**

A screenshot of the Q&A panel interface. The title bar says "Q&A" with a close button. Below it, it says "All(0)". At the bottom, there is a section labeled "Ask:" with a dropdown menu currently showing "All Panelists". Below the dropdown is a text input area with a placeholder message: "Select a participant in the ask menu first and type your question here. There is a 256 character limit." The "Q&A" title and the "Ask: All Panelists" dropdown are circled in blue.

Q&A

All(0)

Ask: All Panelists

Select a participant in the ask menu first and type your question here. There is a 256 character limit.

Thank You to Our Moderator and Panelists



Debra Houry, MD, MPH
Director, National Center for
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Center for Disease Control
and Prevention



John A. Rich, MD, MPH
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Isha Weerasinghe, MSc
Senior Policy Analyst
Center for Law and Social
Policy



Benjamin F. Miller, Psy.D
Chief Strategy Officer
Well Being Trust



John Auerbach, MBA
President and CEO
Trust for America's Health

Moderator



Thank you!

@HealthyAmerica1 

The recording and slides will be available at www.tfah.org

