



Congressional Briefing
and National Webinar

September 26, 2023
2:00–3:00 PM Eastern

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ISSUE REPORT

Pain in the Nation: The Epidemics of Alcohol, Drug, and Suicide Deaths

2023

SPECIAL FEATURE: Youth Mental Health and Well-Being



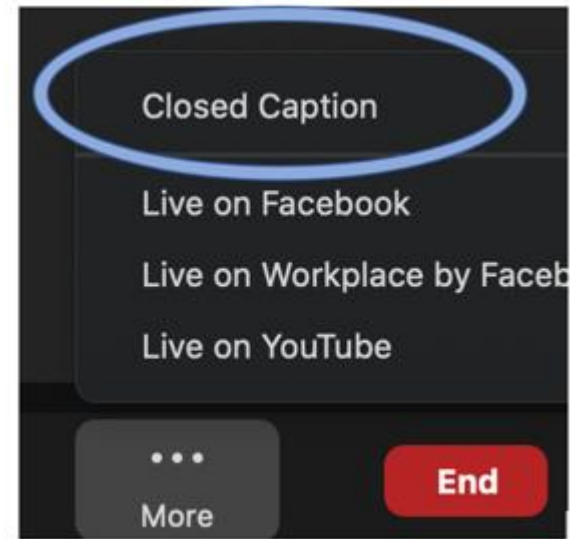
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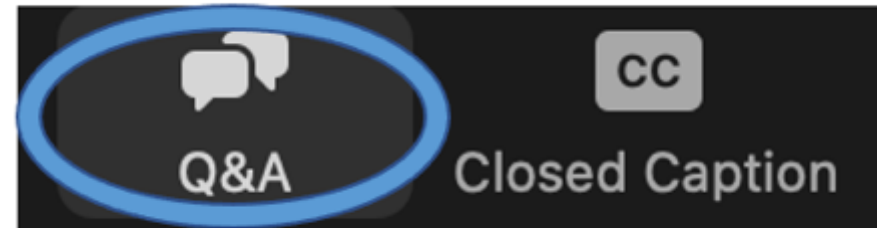
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Q&A Feature

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2. Type your question in the **Q&A box**
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Moderator



J. Nadine Gracia, MD, MSCE

President and CEO

Trust for America's Health

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Agenda

- Welcome and overview of *Pain in the Nation 2023* report
- Presentations from panelists
- Questions and Answers
- Closing



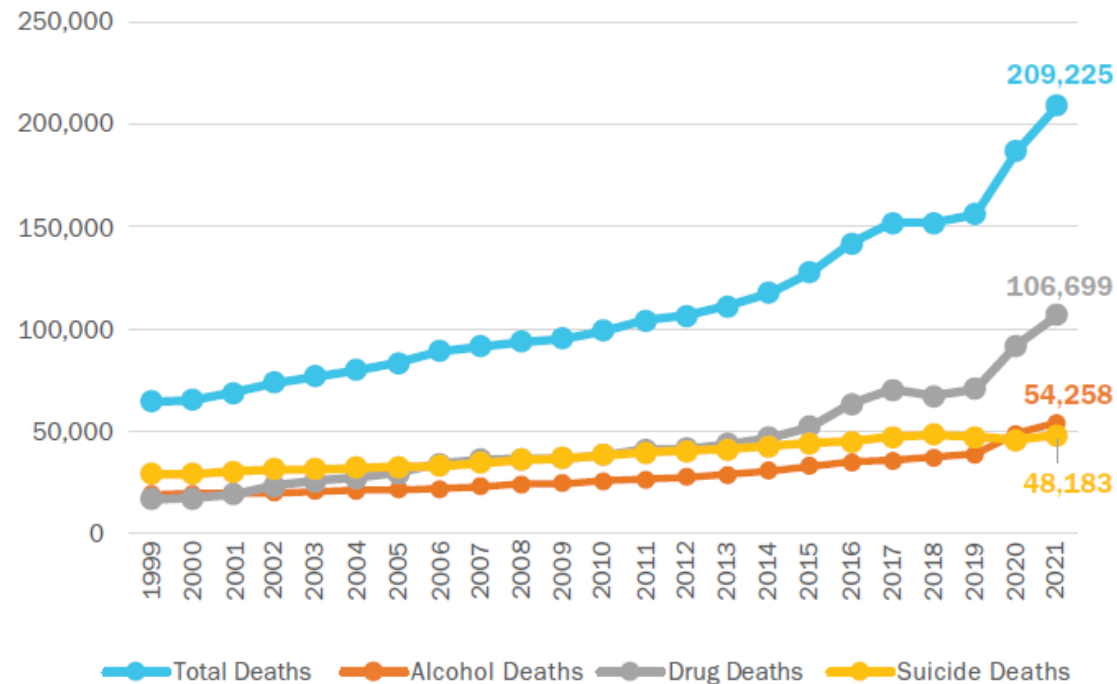
Pain in the Nation 2023 Report: The Epidemics of Alcohol, Drug, and Suicide Deaths

Special Feature: Youth Mental Health and Well-Being

Data from 2021:

- Alcohol, drug, and suicide deaths increased
- Deaths up across the U.S. population, with the largest increases occurring among certain populations of color as well as people living in the South, West, and rural regions of the country.
- **Record number of these deaths in a single year**

Figure 1: Annual Deaths from Alcohol, Drugs, and Suicide In the United States, 1999–2021

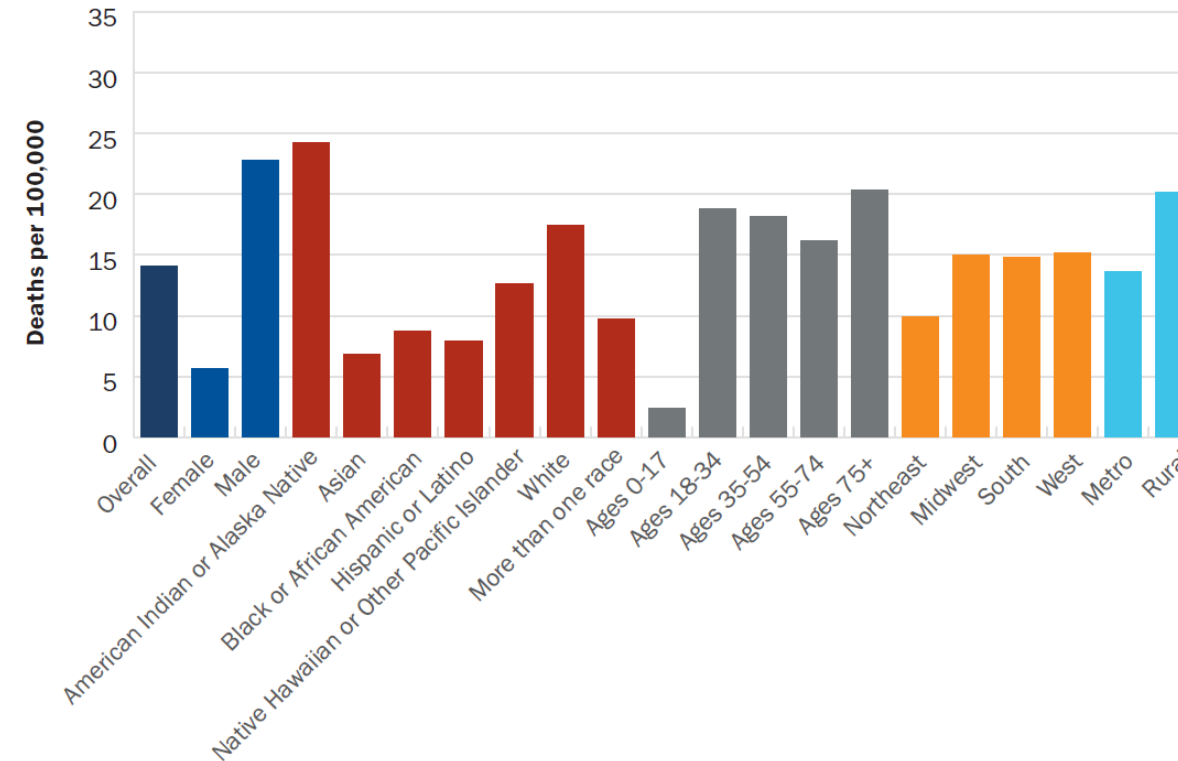


Source: TFAH analysis of National Center for Health Statistics data

2021 Trends and Takeaways

- Combined rate of deaths due to alcohol, drug overdose, and suicide increased by 11 percent between 2020 and 2021.
- Large increases for Native Hawaiian and Pacific Islander people, American Indian/Alaska Native people, and Black people
- Drug overdoses largely driven by fentanyl, cocaine, and psychostimulants

FIGURE 11: Age-Adjusted Suicide Mortality Rate (Deaths per 100,000) Overall and by Select Demographics and Region, 2021



Source: TFAH analysis of National Center for Health Statistics data

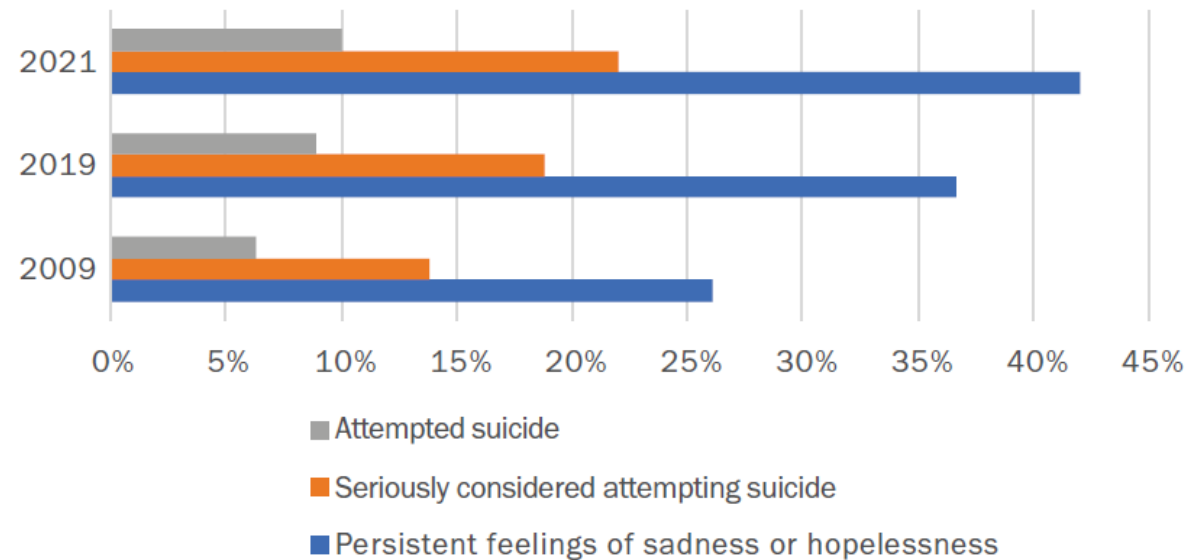


Special Feature: Youth Mental Health and Well-Being

- Significant increases in youth experiencing sadness, considering suicide, or attempting suicide, compounded by the COVID-19 pandemic and other new stressors

- In the last decade, deaths from alcohol, drugs, and suicide rose 65% among youth ages 10-17
- Suicide in this group increased 71% over roughly the same period
- Higher mental health risk for LGBTQ+ and AI/AN youth
- Role of social media and other issues
- New impacts

Figure 2: Percent of American High Schoolers Experiencing Poor Mental Health and Suicidal Behaviors in 2009, 2019, and 2021



Source: Youth Risk Behavior Survey, CDC



Recommendations

Invest

Invest in Prevention and Conditions that Promote Health

- Support policies and programs that reduce adverse childhood experiences and the impact of trauma
- Provide new resources for schools to increase substance use prevention, mental well-being, and resiliency programs


Prevent

Prevent Substance Misuse and Overdose

- Target the prevention of youth substance misuse
- Promote harm-reduction policies to reduce overdoses and infections
- Lower excessive alcohol use through evidence-based policies

Transform

Transform Mental Health and Substance Use Prevention Systems

- Promote equity in mental health and modernize mental health and substance use services
 - Expand the workforce and build community capacity for treatment
 - Improve data accuracy and timeliness
- 

Welcome to Our Panelists



Debra Houry, MD, MPH

Chief Medical Officer and
Deputy Director for Program
and Science

Centers for Disease Control
and Prevention



Shairi R. Turner, MD, MPH

Chief Health Officer
Crisis Text Line



Shelby Rowe, MBA

Executive Director
Suicide Prevention Resource
Center





Debra Houry, MD, MPH

Chief Medical Officer and Deputy Director
for Program and Science
Centers for Disease Control and Prevention

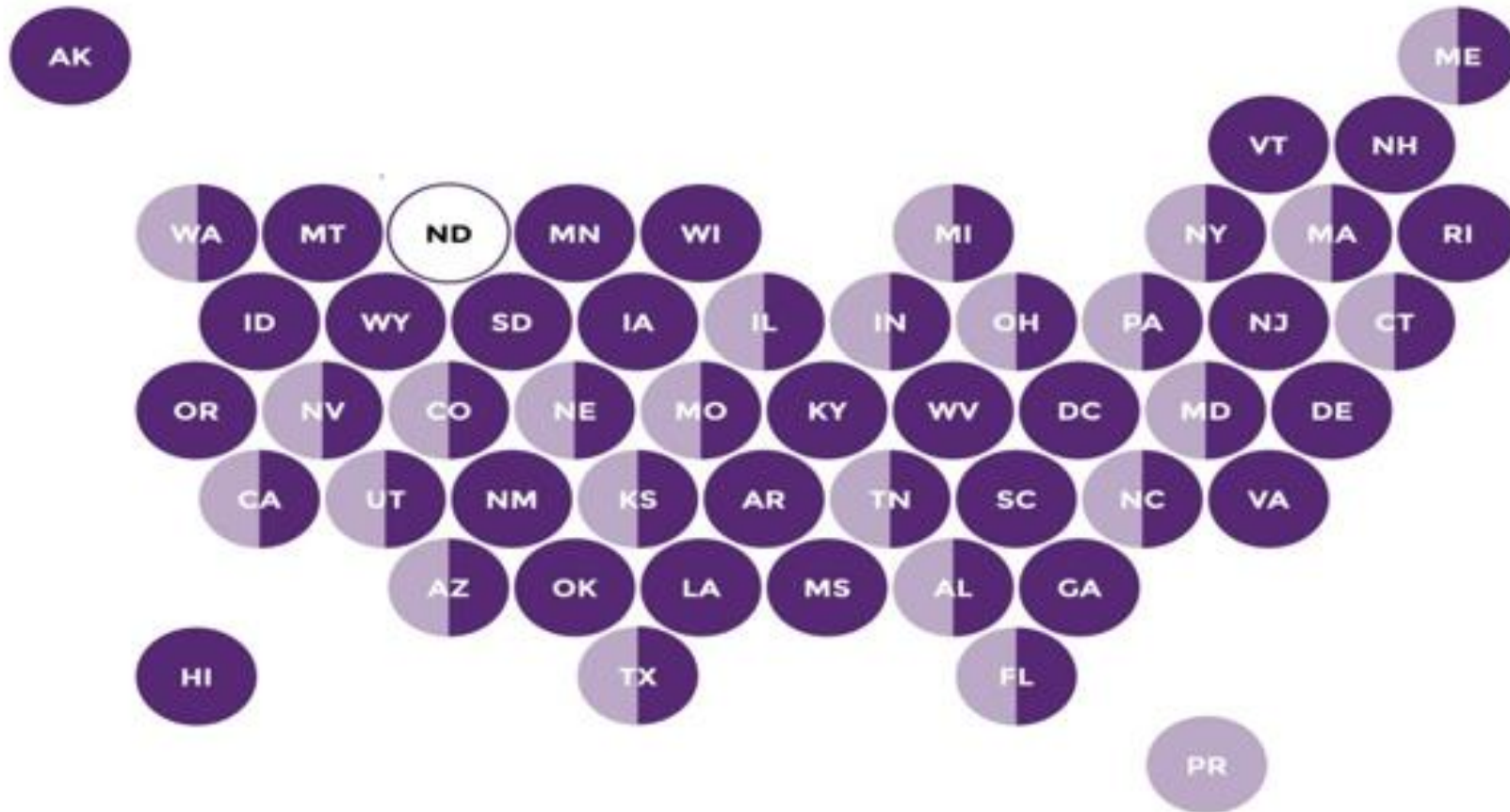
[cdc.gov](https://www.cdc.gov)

Urgent, Related and Preventable Public Health Challenges: Overdose, Suicide, & Adverse Childhood Experiences

Debra Houry, MD, MPH
Deputy Director for Program and Science/Chief Medical Officer



Overdose Data to Action - State and Local OD2A:



LEVEL OF JURISDICTION FUNDING

- OD2A in States
- OD2A: LOCAL
- Did Not Receive OD2A Funding

CDC Approach to Prevent Overdose & Substance- Use Related Harms



Excessive Alcohol Use



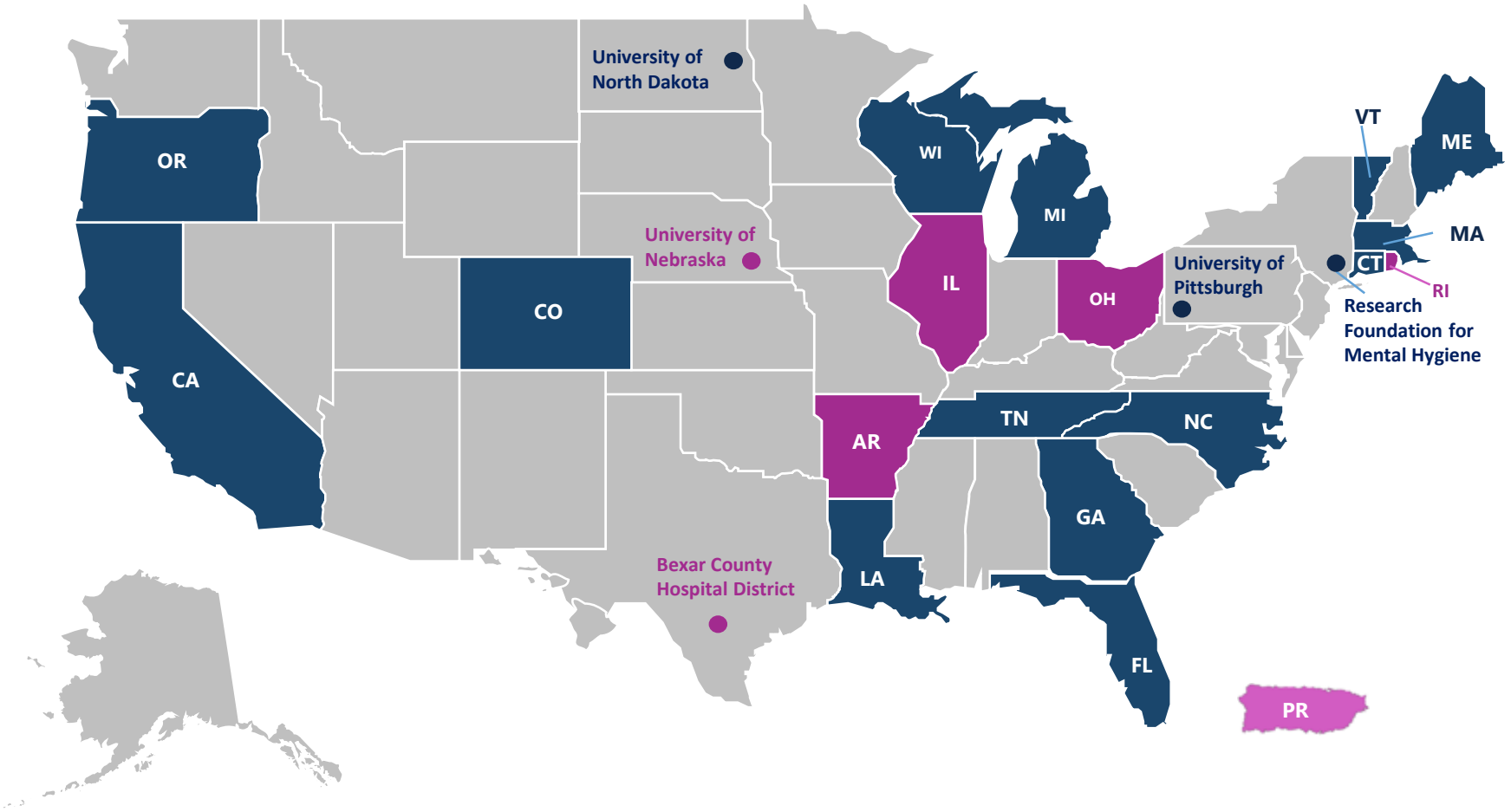
CDC is funding awardees in 12 states to increase capacity in alcohol epidemiology and prevention:

Alaska
Colorado
Idaho
Minnesota
North Carolina
Rhode Island

California
New York
Maryland
New Mexico
Oregon
Texas

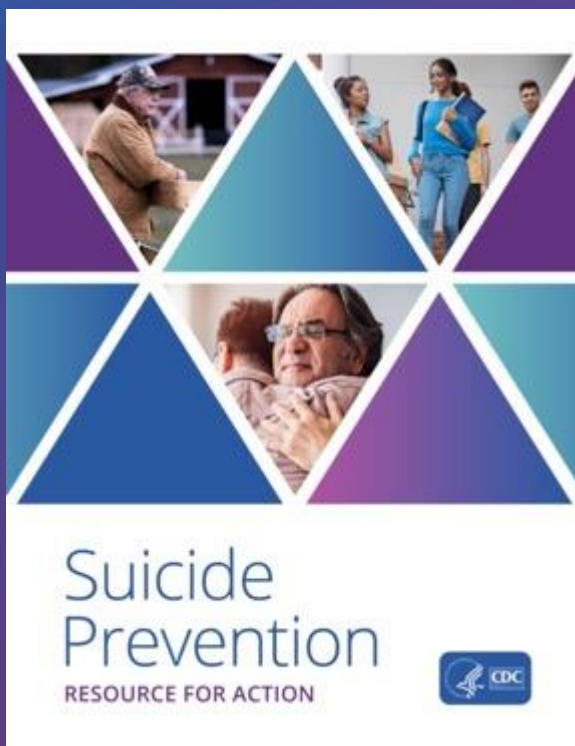
Esser et al. Binge Drinking, Other Substance Use, and Concurrent Use in the U.S., 2016-2018. *Am J Prev Med* 2021;60:169-178.

Comprehensive Suicide Prevention (CSP) Program:



*Locations in pink are new 2023 recipients of CSP, those in blue are continuing recipients funded between 2020-2022.

Summary of Strategies & Approaches to achieve and sustain substantial reduction in suicide



1 Strengthen Economic Supports

- Improve household financial security
- Stabilize housing



2 Create Protective Environments

- Reduce access to lethal means among persons at risk of suicide
- Create healthy organizational policies and culture
- Reduce substance use through community-based policies and practices



3 Improve Access and Delivery of Suicide Care

- Cover mental health conditions in health insurance policies
- Increase provider availability in underserved areas
- Provide rapid and remote access to help
- Create safer suicide care through systems change



4 Promote Healthy Connections

- Promote healthy peer norms
- Engage community members in shared activities



5 Teach Coping and Problem-Solving Skills

- Support social-emotional learning programs
- Teach parenting skills to improve family relationships
- Support resilience through education programs



6 Identify and Support People at Risk

- Train gatekeepers
- Respond to crises
- Plan for safety and follow-up after an attempt
- Provide therapeutic approaches



7 Lessen Harms and Prevent Future Risk

- Intervene after a suicide (postvention)
- Report and message about suicide safely

What are Adverse Childhood Experiences (ACEs)?

Experiences that are potentially traumatic events that occur in childhood (0-17 years) such as experiencing violence or other types of emotionally disturbing exposures in their homes and communities.

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD CHALLENGES



Mental Illness



Parent Treated Violently



Divorce



Incarcerated Relative



Substance Abuse



Some groups are more likely to have experienced ACEs

Multiple studies show that people who identified as members of these groups as adults reported experiencing significantly more ACEs:



Black, Hispanic/Latino, or multiracial people



People who are unemployed or unable to work



People making less than \$15,000 per year

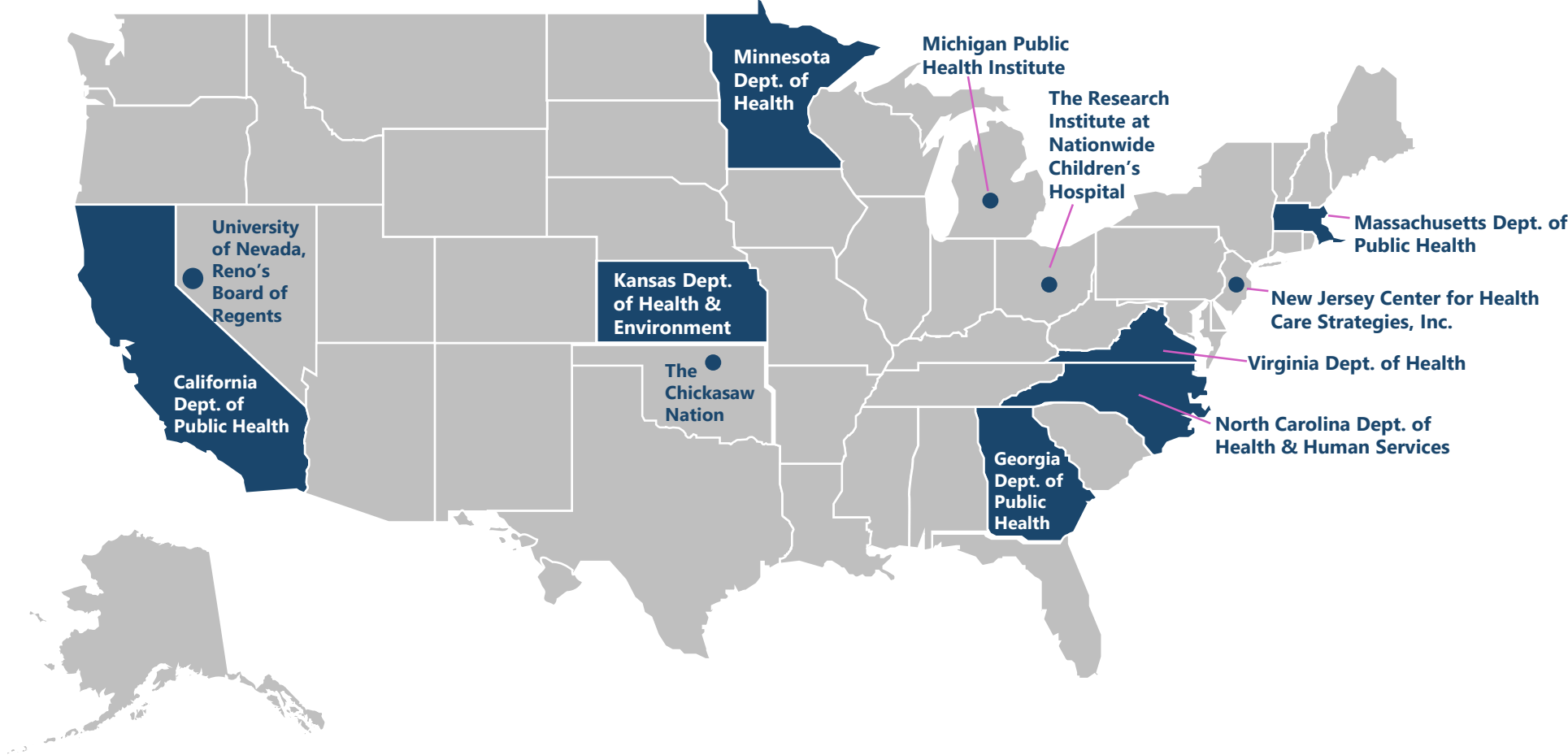


People with less than a high school education



Lesbian, gay, bisexual, or transgender people

Essentials for Childhood: Preventing Adverse Childhood Experiences through Data to Action:



Best Available Evidence to Prevent ACEs

Preventing Adverse Childhood Experiences (ACEs):

Leveraging the Best Available Evidence



Strengthen economic supports for families



Promote social norms that protect against violence and adversity



Ensure a strong start for children



Enhance skills to help parents and youths handle stress, manage emotions, and tackle everyday challenges

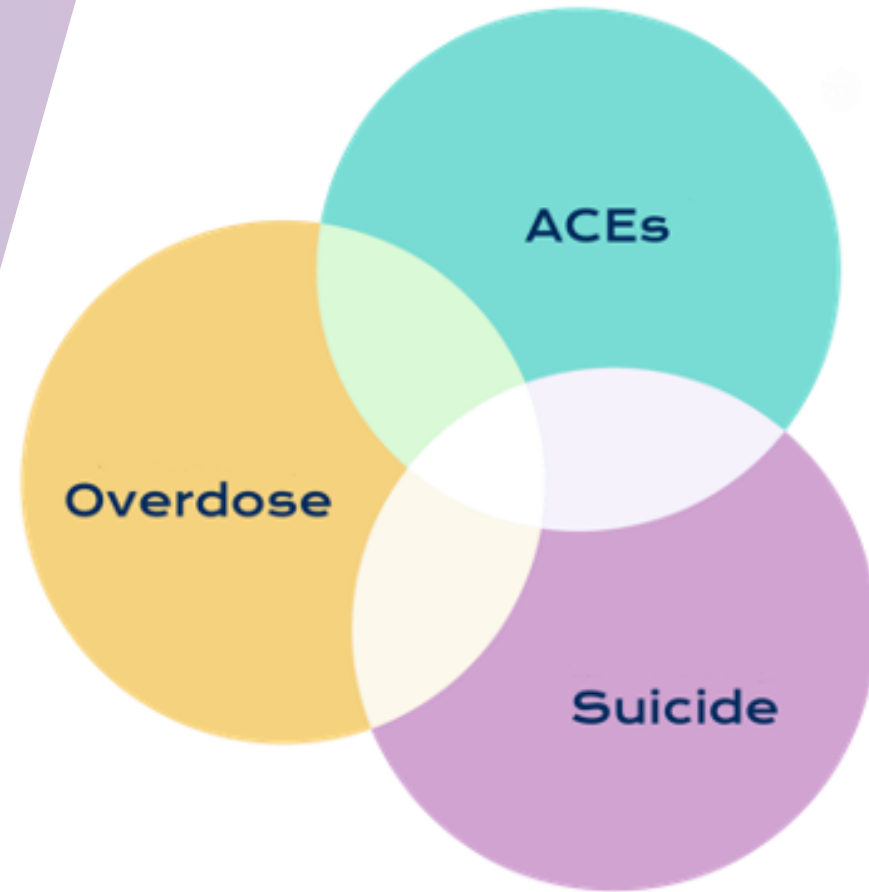


Connect youths to caring adults and activities



Intervene to lessen immediate and long-term harms

ACEs, overdose,
and suicide are
**urgent,
related, &
preventable**



**Poor mental health is both a risk factor
and an outcome of these public health
challenges**



Behavioral Health Coordinating Unit

- Responsive to Congressional Language
- Streamlined and collaborative agency approach
- Amplify and coordinate mental health-related work across CDC and with external partners
- Develop a CDC-wide strategy and strategic framework for advancing mental health and well being

Protection.
Prevention.
Progress.



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



Shairi R. Turner, MD, MPH

Chief Health Officer

Crisis Text Line

crisistextline.org



CRISIS TEXT LINE |

Pain in the Nation 2023:

The Epidemics of Alcohol, Drug and Suicide Deaths






Shairi Turner, MD, MPH

Chief Health Officer

Crisis Text Line

September 26, 2023

Crisis Text Line: Guided by Empathy & Innovation

-  Crisis Text Line is a nonprofit organization that provides free, confidential, 24/7, high-quality text-based mental health support and crisis intervention in both English and Spanish.
-  Since its launch in 2013, Crisis Text Line has trained over 65,000 volunteers and engaged in more than 8 million crisis conversations.
-  Last year, Crisis Text Line engaged in more than 1.3 million conversations and in the process, exchanged nearly 40 million messages with people who reached out to us in need.
-  Individuals seeking support through Crisis Text Line can text **HELLO to 741741 or 443-SUPPORT in WhatsApp** or text **HOLA to 741741 or 442-AYUDAME in WhatsApp** for Spanish or connect with us via [web chat](#).
-  If you would like to make a difference by supporting individuals in need, you can make a huge impact by volunteering as a Crisis Counselor at Crisis Text Line. Visit www.crisistextline.org/become-a-volunteer to learn more and apply.

Crisis Intervention Services

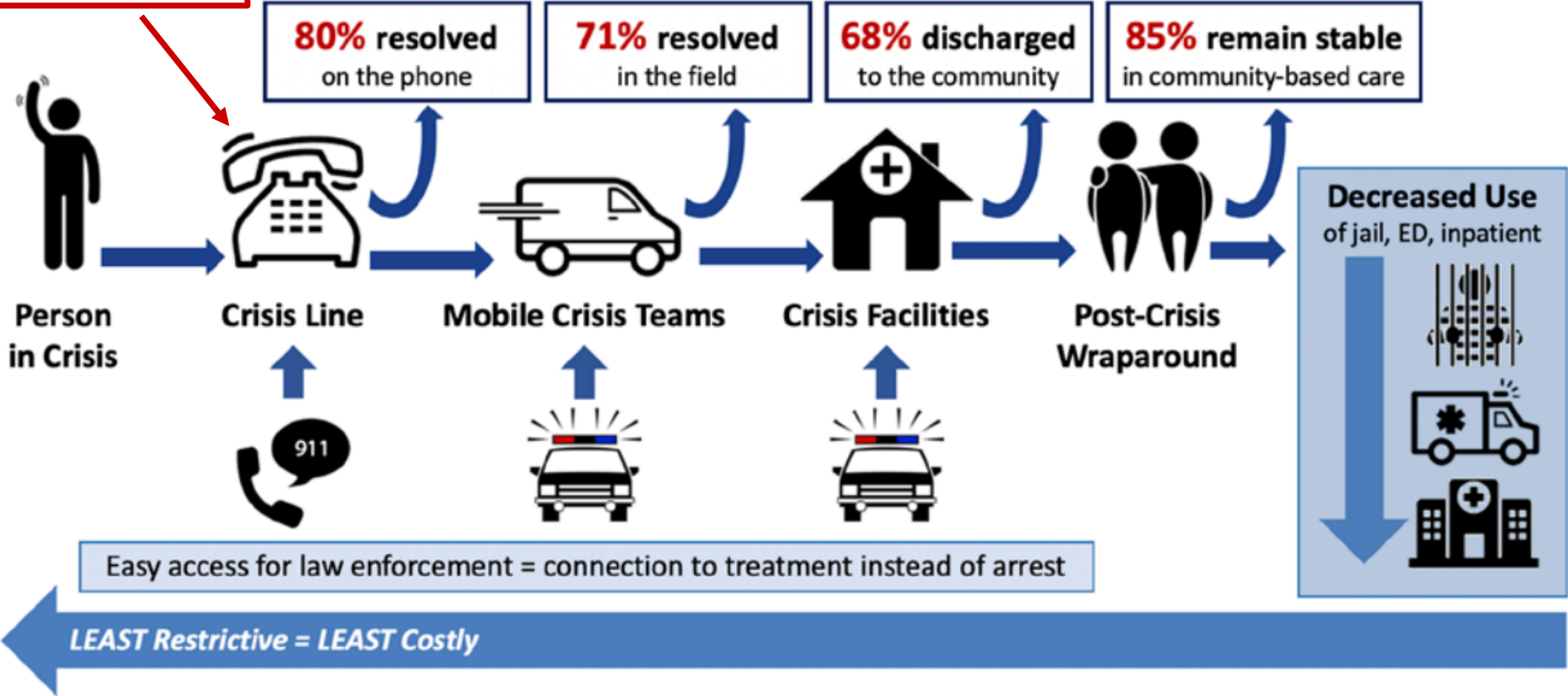
CRISIS TEXT LINE |

A Critical Need: Crisis Intervention Services

- A Continuum from PREVENTION to INTERVENTION
- Prevention/ Early intervention can prevent crises from escalating to more significant problems.
- Immediate help and support
- Services save lives, protect vulnerable populations, and contribute to the overall well-being and resilience of communities.
- Crisis intervention professionals are trained to provide emotional support and nonjudgmental listening during times of crisis.
- Decreased reliance on law enforcement
- MUST be culturally responsive and relevant

Crisis Continuum

Text/Chat 741741
Call / Text / Chat 988

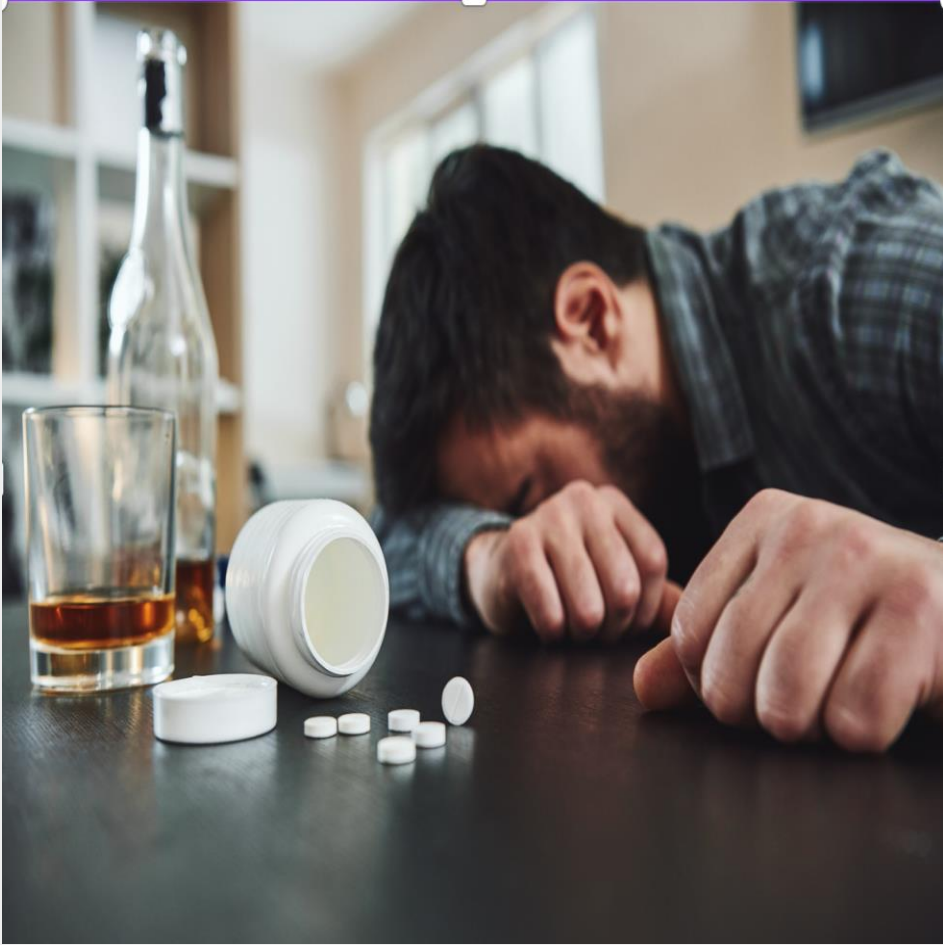


The Impact of Childhood Trauma

Childhood Trauma: Impact and Outcomes

- **Adverse Childhood Experiences:** Abuse, Neglect, Family Dysfunction AND MORE
- **Emotional / Psychological/ Physical Effects:**
 - ◆ Mood disorders, suicidal ideations, chronic health conditions, teen pregnancy
 - ◆ Post-Traumatic Stress Disorder (PTSD)
- **Behavioral Effects:**
 - ◆ Self-Destructive Behaviors: Childhood trauma can lead to self-destructive behaviors such as self-harm, substance abuse, or risky sexual behavior as coping mechanisms.
 - ◆ Drugs and alcohol are self-medication
- **Cognitive Effects:**
 - ◆ Impaired Memory and Concentration: Childhood trauma can affect memory and concentration, making it difficult to focus on tasks or remember important information.
- **Social and Interpersonal Effects:**
 - ◆ Difficulty Trusting Others: Childhood trauma can erode trust in others, making it challenging to form healthy relationships and maintain social connections.

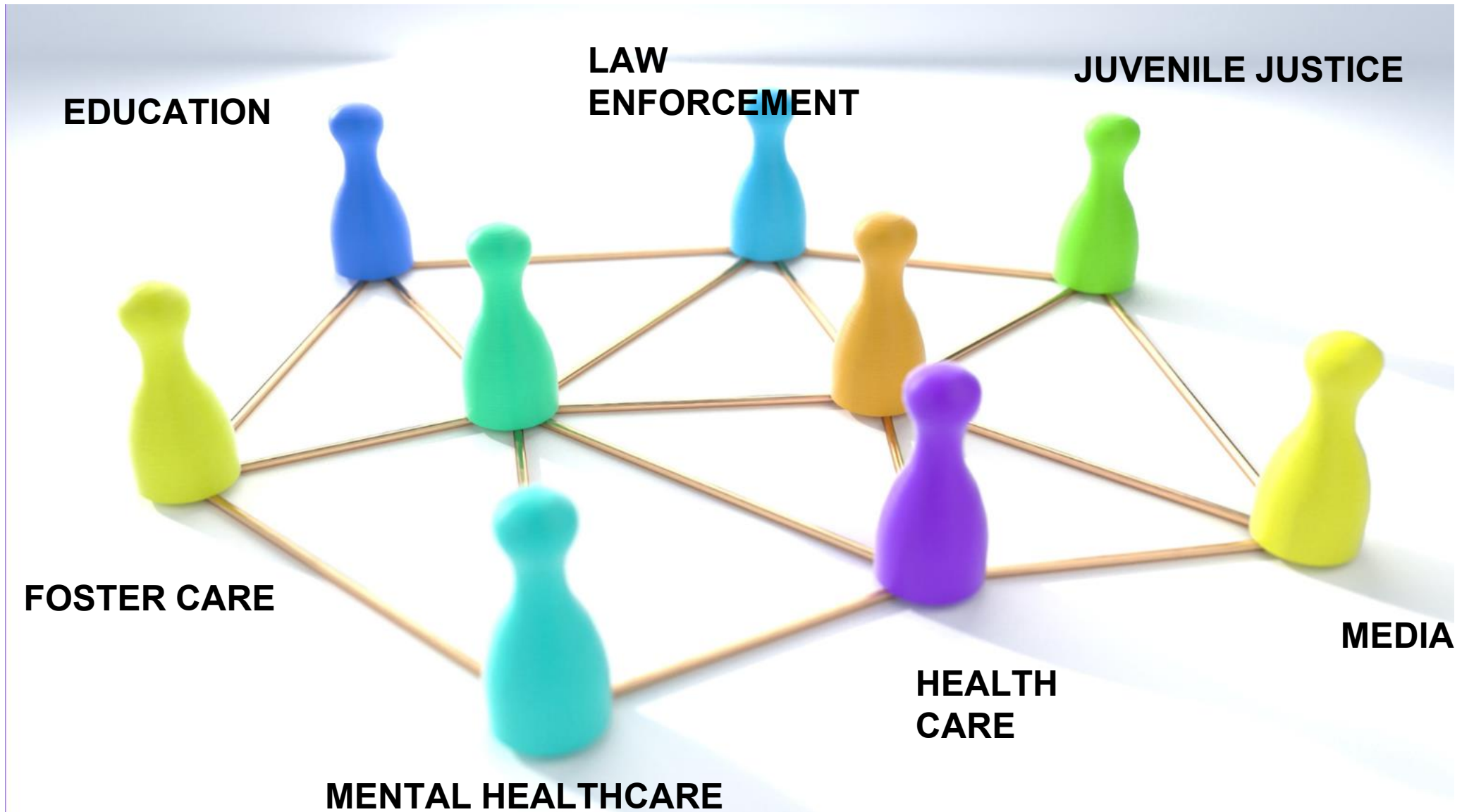
Childhood Trauma Correlated with:



- Alcohol
- Drug Use
- Suicide

The Importance of Trauma-Informed Policies for Youth

The Systems that Impact our Children



The Importance of Trauma-Informed Policies for Youth

- Recognition of Trauma's Prevalence
- Promotion of Safety and Trust
- Understanding Behavioral Challenges
- Reducing Re-Traumatization
- Improved Mental Health Outcomes
- Enhanced Resilience
- Educational Attainment

CDC Prevention Strategies

- Strengthening economic supports to families
- Promoting social norms that protect against violence and adversity
- Ensuring a strong start for children
- Teaching skills
- Connecting youth to caring adults and activities
- Intervening to lessen immediate and long-term harms

-Adverse Childhood Experiences Prevention Resource for Action

How to Get Involved

...

How You Can Get Involved

There are a number of ways you can help Crisis Text Line promote mental well-being for people wherever they are and create an empathetic world where no one feels alone.

Share 741741: We rely on supporters like you to help us get the word out about our number and service. [Learn more.](#)

Volunteer: Join our community of trained volunteer Crisis Counselors who learn reflective listening, collaborative problem solving, and crisis management skills. [Join today.](#)

Become a Partner: Work with Crisis Text Line more deeply to serve and support your customers, constituents, students, and employees in these challenging times. [Learn more.](#)

Support Us Year Round: Become a member of our Empathy Network, a dedicated community of monthly donors who help to keep our service and training free. [Learn more.](#)



Shelby Rowe, MBA

Executive Director

Suicide Prevention Resource Center

sprc.org



Preventing Suicide: A Comprehensive Approach

September 26, 2023

Shelby Rowe, MBA
SPRC Executive Director

Funding and Disclaimer



The Suicide Prevention Resource Center at the University of Oklahoma Health Sciences Center is supported by a grant from the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), under Grant No. 1H79SM083028.

The views, opinions, and content expressed in this product do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS.



The national **Suicide Prevention Resource Center (SPRC)** is your one-stop source for information to help you develop, deliver, and evaluate evidence-informed suicide prevention programs.

What we offer

- Toolkits
- Online trainings
- Effective Suicide Prevention Model
- Research summaries...and more!

Who we serve

- Organizations
- Communities
- Agencies
- Systems

CONNECT WITH US



www.sprc.org



[@SuicidePreventionResourceCenter](https://www.facebook.com/SuicidePreventionResourceCenter)

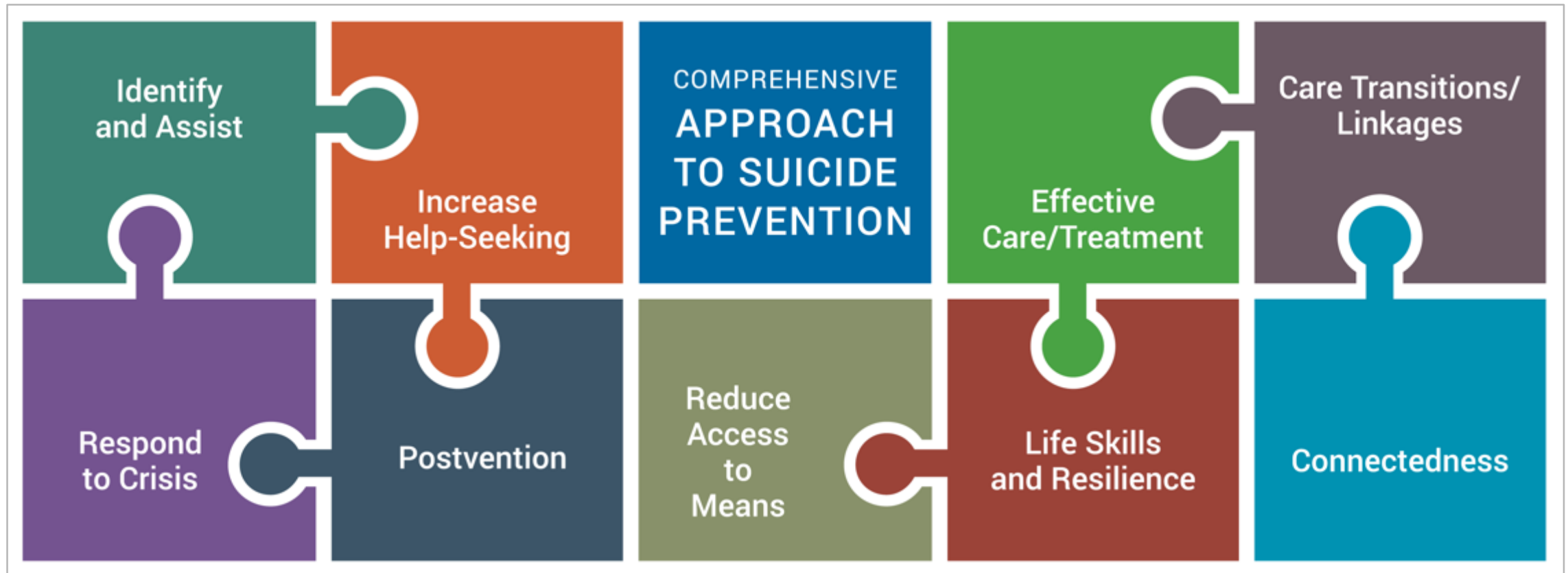


[@SPRCtweets](https://twitter.com/SPRCtweets)

Effective Prevention



A Comprehensive Approach to Suicide Prevention



A Comprehensive Approach to Suicide Prevention



Guiding Principles



Strategic Planning





Questions?

Thank you!

Shelby Rowe
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Submit Questions for Our Panelists



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Thank You to Our Moderator and Panelists



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Thank you!

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The recording and slides will be available at tfah.org

