

Health Economics: Why Invest In Behavioral Health

Dennis O. Romero, MA

SAMHSA Regional Director

DHHS/SAMHSA Region II (NJ, NY, PR, USVI)

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services



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

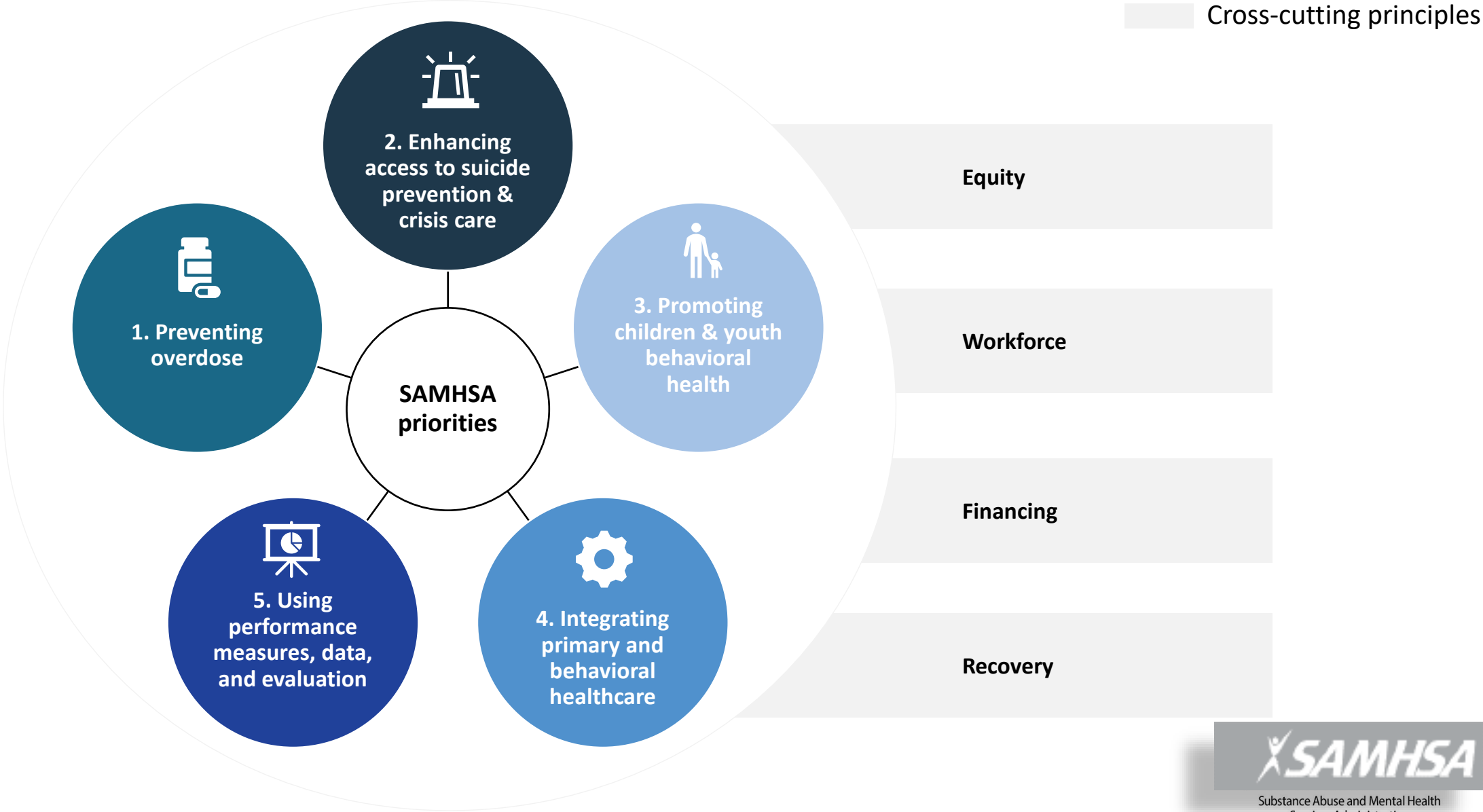
Prevention works

Treatment is effective

People recover

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

SAMHSA Priorities and Cross-Cutting Principles



Mental Illness and Addiction By the Numbers



**It's
OKAY**
not to be
OKAY

- 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
- 1 : 25 U.S. adults experience serious mental illness

Suicide was the second leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages of 35 and 54.

Mental Illness and Substance Use Disorders in America in the Past Year: Among Adults Aged 18+

PAST YEAR, 2020 NSDUH, 18+

Among those with a substance use disorder:

4 IN 9 (44.4% or 17.2M) struggled with illicit drugs
7 IN 10 (71.4% or 27.6M) struggled with alcohol use
2 IN 13 (15.8% or 6.1M) struggled with illicit drugs and alcohol

Among those with a mental illness:

1 IN 4 (26.9% or 14.2M) had a serious mental illness

15.4%
(38.7 MILLION)
People aged 18
or older had a
substance use
disorder (SUD)

6.7%
(17.0 MILLION)
People 18 or older
had BOTH an SUD
and a mental
illness


21.0%
(52.9 MILLION)
People aged 18
or older had a
mental illness

In 2020, **29.3% (73.8M)** Americans had a
mental illness and/or substance use disorder.



Substance Abuse and Mental Health
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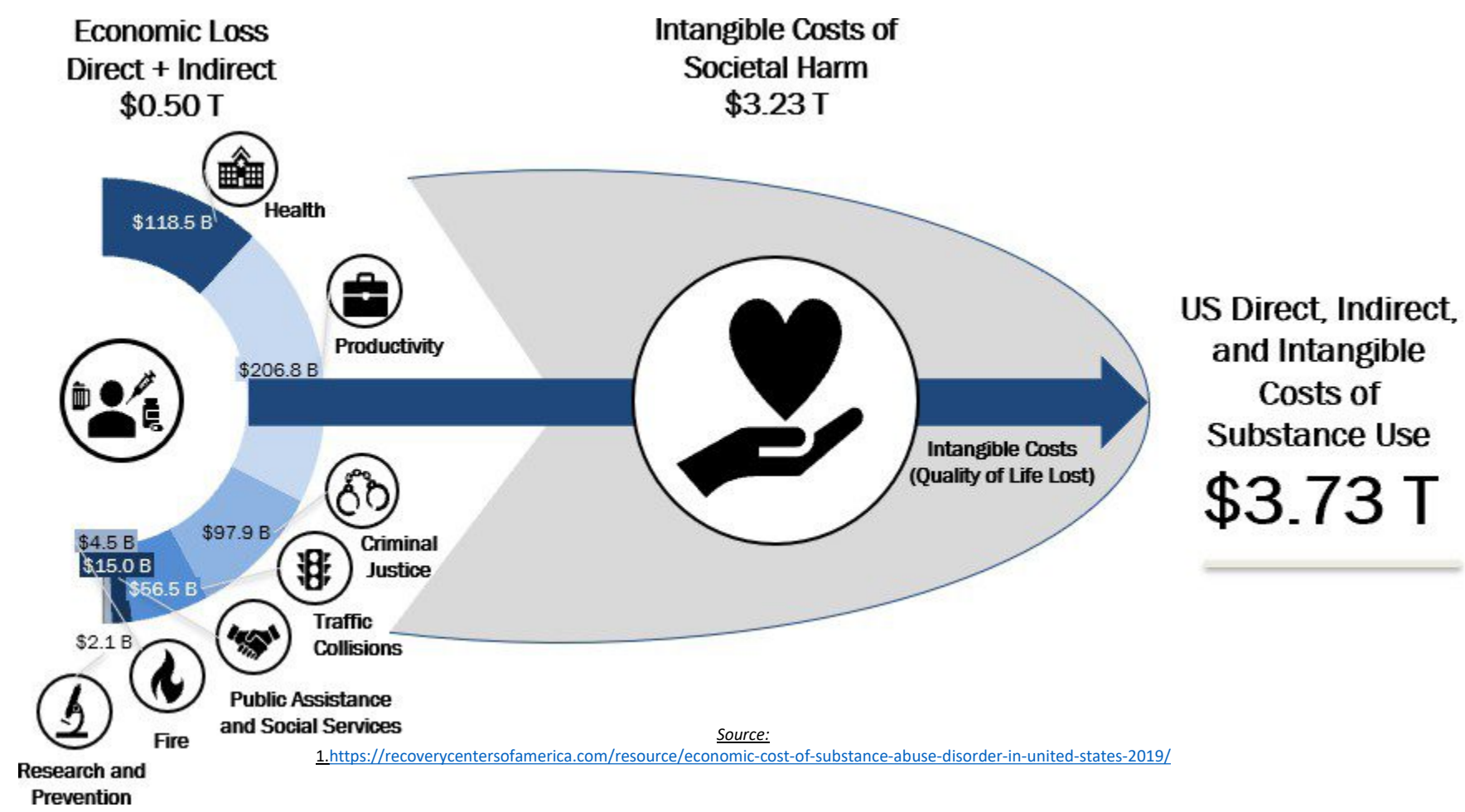
Factors Affecting Mental Illness & Addiction

An iceberg floating in a blue ocean under a blue sky with white clouds. The tip of the iceberg is above the water line, while the much larger base is submerged below the water line. This visual metaphor represents the visible and invisible factors affecting mental illness and addiction.

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

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

Economic Cost of Substance Abuse Disorder in the United States (2019)



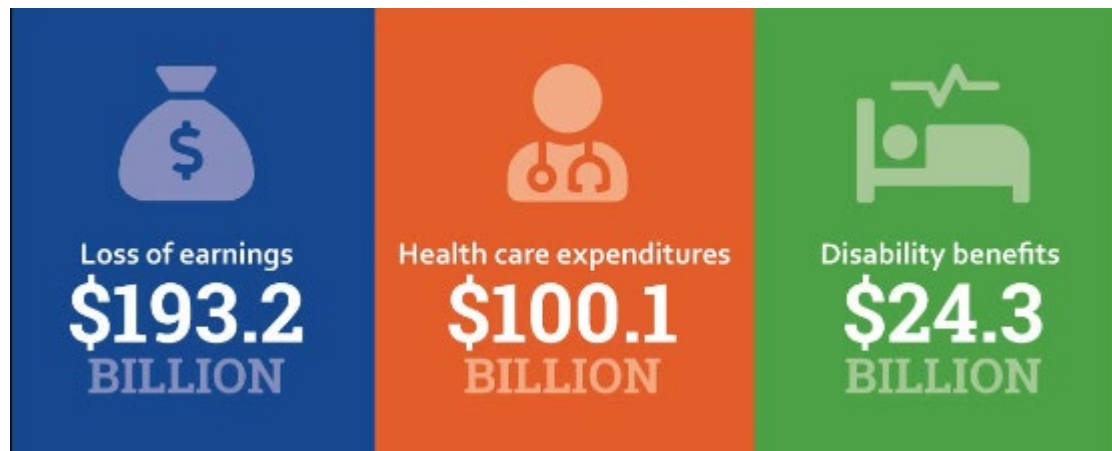
Source:
[1.https://recoverycentersofamerica.com/resource/economic-cost-of-substance-abuse-disorder-in-united-states-2019/](https://recoverycentersofamerica.com/resource/economic-cost-of-substance-abuse-disorder-in-united-states-2019/)

Economic Cost of Mental Illness in the United States (2020)

90% of the nation's \$4.1 trillion in annual health care expenditures are for people with chronic and mental health conditions.^{1,2}



1. Buttorff C, Ruder T, Bauman M. *Multiple Chronic Conditions in the United States* Santa Monica, CA: Rand Corp.; 2017.
2. National Health Expenditure Data: Historical. Center for Medicare & Medicaid Services. December 15, 2021. Accessed May 5, 2022. <https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/NationalHealthAccountsHistorical>



- The economic impact of serious mental illness (SMI) is \$317.6 Billion each year

Cost Benefit of Prevention

- Only a few studies have been conducted on the savings from prevention
- For every \$1 invested in evidence-based prevention for individuals with SUD, there is a yield of **\$10** return to long-term savings of treatment costs alone
- School-based prevention research shows that every \$1 invested would yield **\$18** back in savings
- Approximately \$602 investment in each child (adjusted to 2017 dollars) had yielded an estimated \$7,754 in savings by the time participants were age 23—a \$12.88 return for each dollar invested

Although financial gains exist in investing in prevention, intangible benefits also exist that increase the overall worth of prevention. Research findings listed examples of these benefits and include:

Lower crime rates

Increase in productivity

Decrease in motor vehicle accident rates

Increase in overall life expectancy

Higher employment rates

Sources:

1. <https://recoverycentersofamerica.com/resource/economic-cost-of-substance-abuse-disorder-in-united-states-2019/>
2. <https://www.asam.org/advocacy/advocacy-in-action/toolkits/prevention>
3. <https://ncpreventionta.zendesk.com/hc/en-us/articles/360023746932-The-Power-of-Substance-Use-Disorder-Prevention-Why-Invest-In-Prevention->
4. [Investing in Prevention Makes Good Financial Sense April 2022](#)



Substance Abuse and Mental Health
Services Administration

Building Community

- Relationship building
- Create belonging
- Emphasize purpose/ideals
- Provide service opportunities
- Facilitate cooperative activities
- Provide opportunities for autonomy
- Provide opportunities for influence
- Be aware of MH supports/resources



Thank You

Dennis O. Romero, MA

Regional Director

DHHS Region II

(NJ, NY, PR, US Virgin Islands and
the Federally Recognized Tribes in the Northeast)

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services

dennis.romero@samhsa.hhs.gov

www.samhsa.gov

[SAMHSA Regional Office](#)

988 • 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)

Behavioral Health is Essential to Health • Prevention Works • Treatment is Effective • People Recover



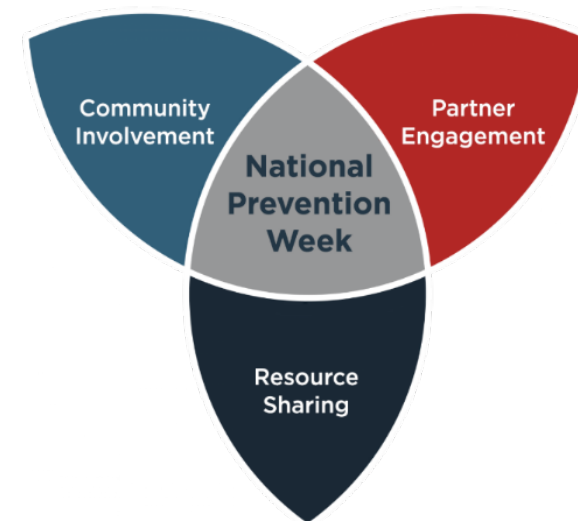
SAMHSA: Annual National Prevention Week

- For more information: <https://www.samhsa.gov/prevention-week>

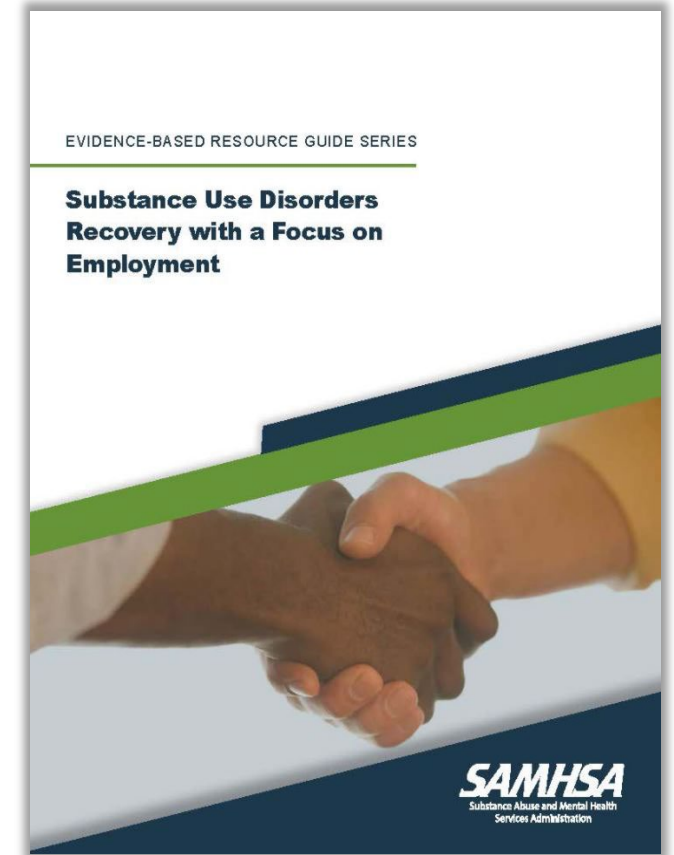
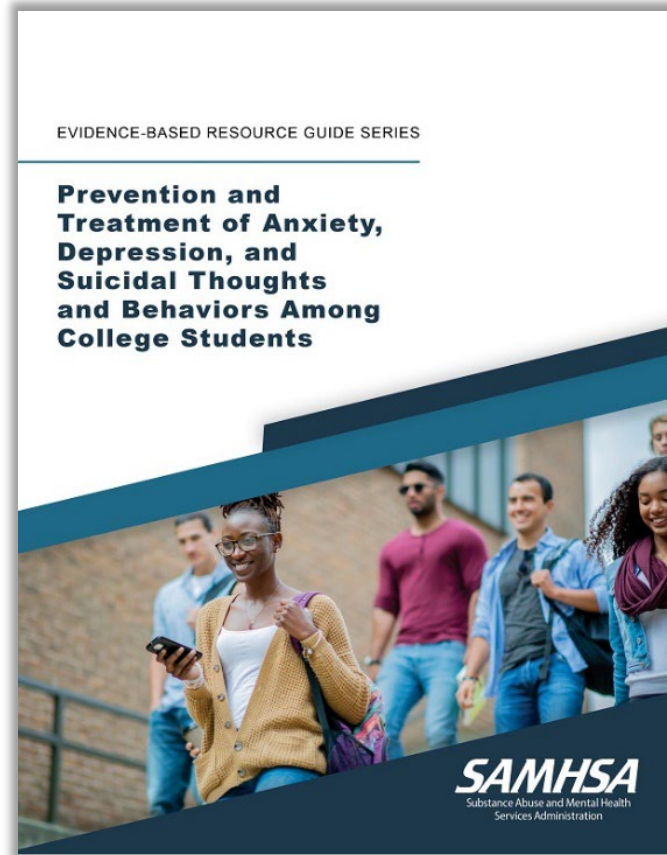
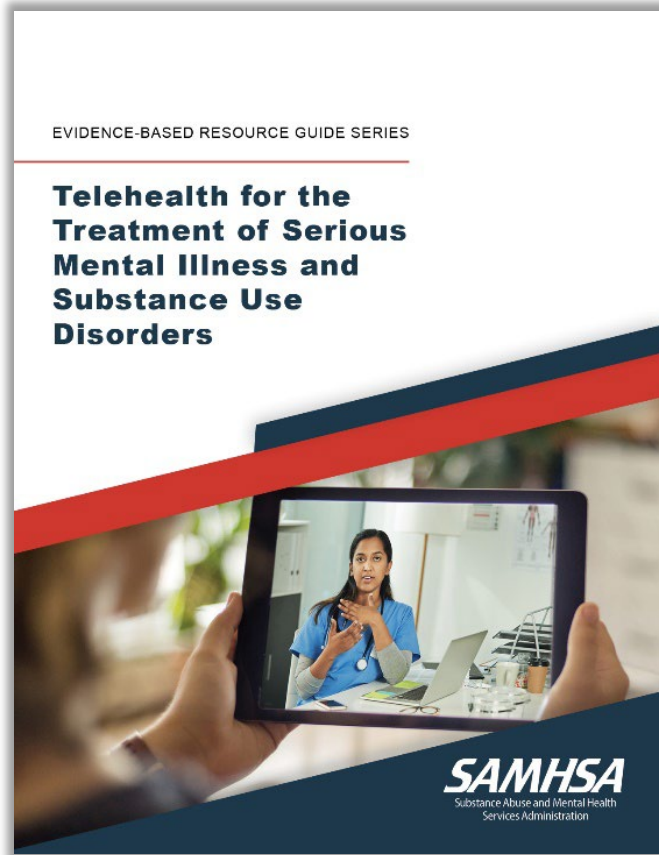


The three primary goals of **National Prevention Week** are to:

- Involve **communities** in raising awareness of substance use and mental health issues and in implementing prevention strategies, and showcasing effectiveness of evidence-based prevention programs;
- Foster **partnerships and collaborations** with federal agencies and national organizations dedicated to improving public health; and
- Promote and disseminate quality **substance use prevention** and **mental health promotion resources and publications**.



Evidence-Based Guides



Evidence-Based Practices Resource Center

<https://www.samhsa.gov/resource-search/ebp>

TALK: They Hear You

Talk: They Hear You Campaign: <https://www.samhsa.gov/talk-they-hear-you> / (Spanish) <https://www.samhsa.gov/hable-ellos-escuchan>

The “Talk. They Hear You.” campaign aims to accomplish the following:

1. Increase parents’ **awareness of the prevalence and risk** of underage drinking and substance use;
2. Equip parents with the **knowledge, skills, and confidence** to prevent underage drinking and substance use; and
3. Increase parents’ **actions to prevent underage drinking and substance use.**

Talk: They Hear You APP:

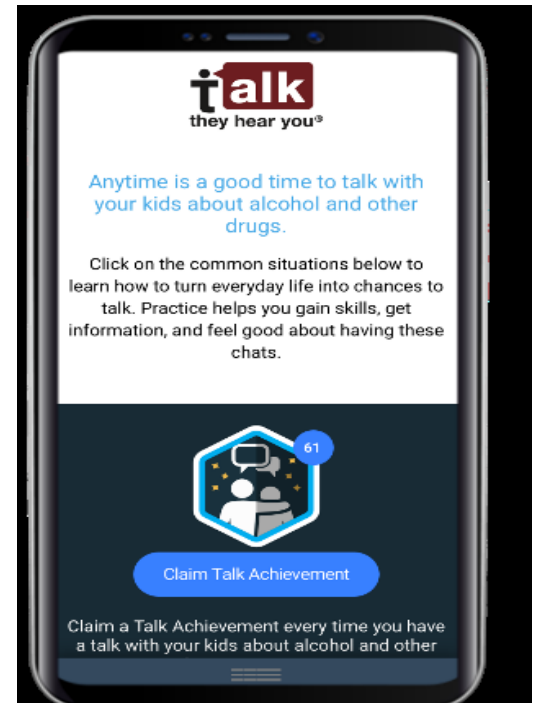
Features of the new app include:

- Sample conversation starters
- Ways to keep the conversation going
- An interactive practice simulation section
- The opportunity to earn badges for practicing and having real-life conversations
- A resources section with informative and useful videos, fact sheets, brochures, infographics, guides/toolkits, and more

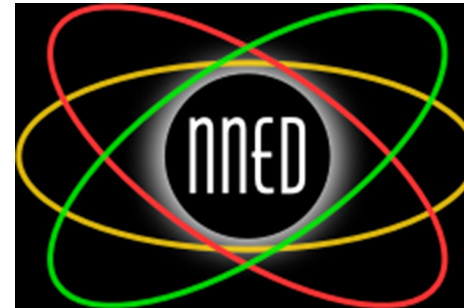
Download the App Today!

Parents, caregivers and educators can **download the app today** to see how easy it can be to talk with their kids about underage drinking and other drug use. Visit <https://www.samhsa.gov/talk-they-hear-you/mobile-application> to:

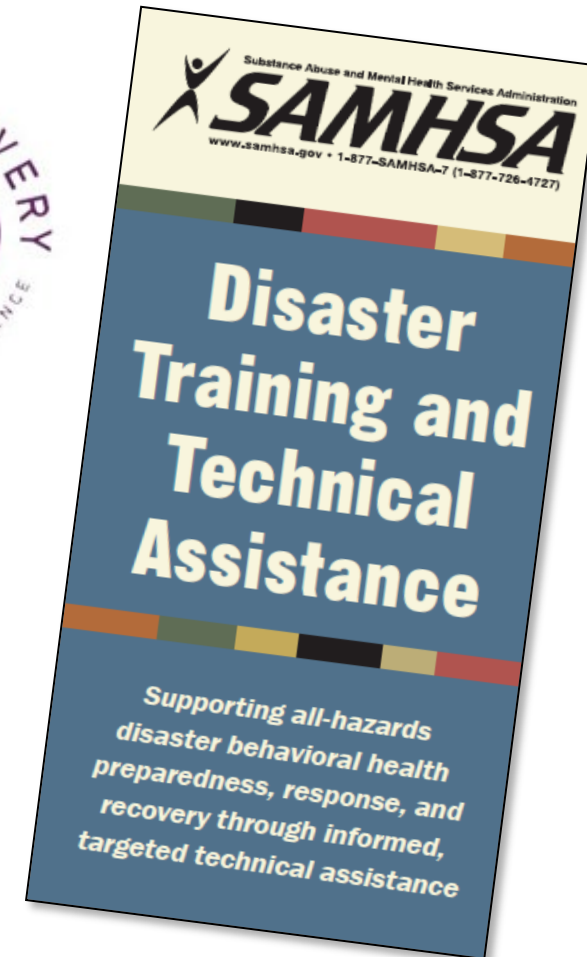
- Watch the app’s promo video.
- Learn more about the app and see how it works.
- Find out how to download the app.



SAMHSA Training Centers to Support Workforce Providers



National Network to Eliminate Disparities in Behavioral Health



Additional SAMHSA Resources



- www.samhsa.gov
- www.988lifeline.org / www.988lifeline.org/help-yourself/en-espanol
- www.findtreatment.gov
- www.samhsa.gov/find-help/disaster-distress-helpline
- www.mentalhealth.gov
- www.integration.samhsa.gov
- www.store.samhsa.gov / Or call [877.726.4767](tel:877.726.4767)

