

Equity in Mental Health and Substance Use Support: Overcoming Challenges to Access for Families

Lynda Gargan, PhD, NFF

Paolo del Vecchio, MSW, SAMHSA

Stephen Loyd, MD, Cedar Recovery

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Disclaimer

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Learning Objectives

Attendees will:

- Be introduced to the differences between access to support for co-occurring diagnoses depending on socio-economic status, geographic location, insurance coverage, and other factors
- Learn about SAMHSA's efforts to advance recovery throughout the U.S.
- Hear about how families of children across the lifespan with serious mental illness, serious emotional disturbance, and/or substance use challenges; medical professionals; and systems staff are advocating for equitable access to quality substance use supports
- Realize the importance of centering family support in an individual's recovery journey



Presenters



Lynda Gargan, PhD
Executive Director
National Federation of
Families



Paolo del Vecchio, MSW
Director
SAMHSA's
Office of Recovery



Stephen Loyd, MD
Chief Medical Officer
Cedar Recovery
Center



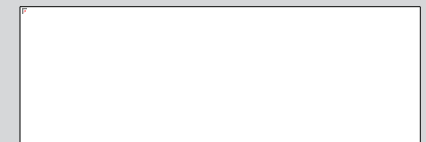
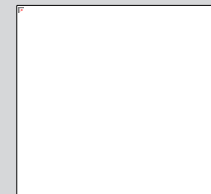
New Federal Efforts to Advance Recovery Across the Nation

Paolo del Vecchio, MSW

Director, Office of Recovery

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services



- **57.8 million adults** (22.8% of the population) 18+ had any **mental illness**
 - **1 in 3** adults aged **18 to 25**
 - **1 in 4** adults **18+**
- **Overdose** remains a **leading cause** of injury-related deaths
 - More than **107,000 lives lost**
- Approximately **one death by suicide every 11 minutes**
 - Leading cause of death for people aged 10 to 14
- Teenagers are experiencing high levels of sadness, anxiety, and substance misuse

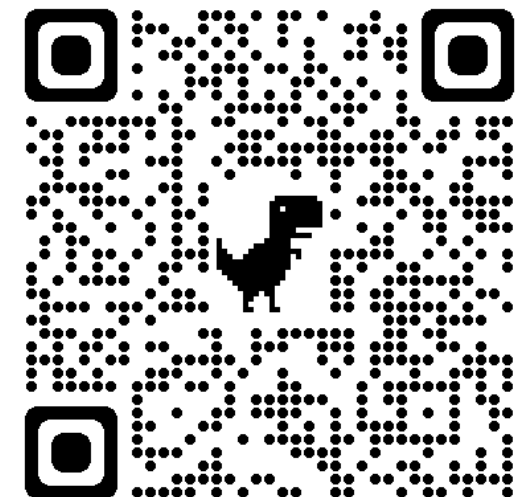
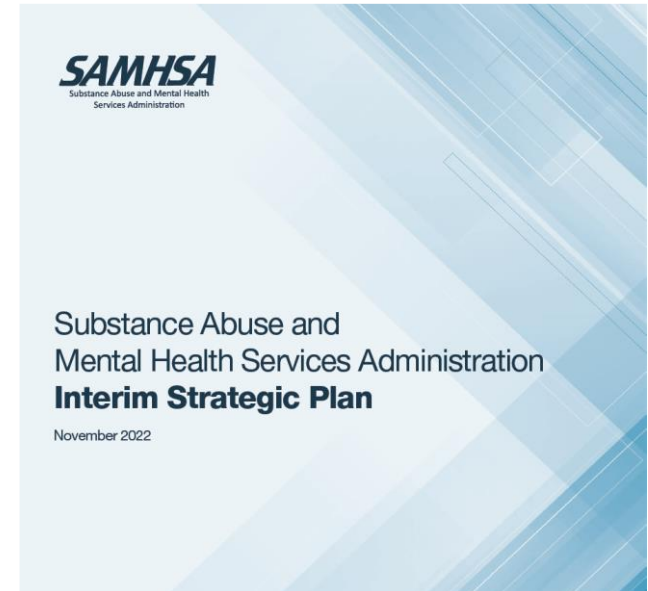
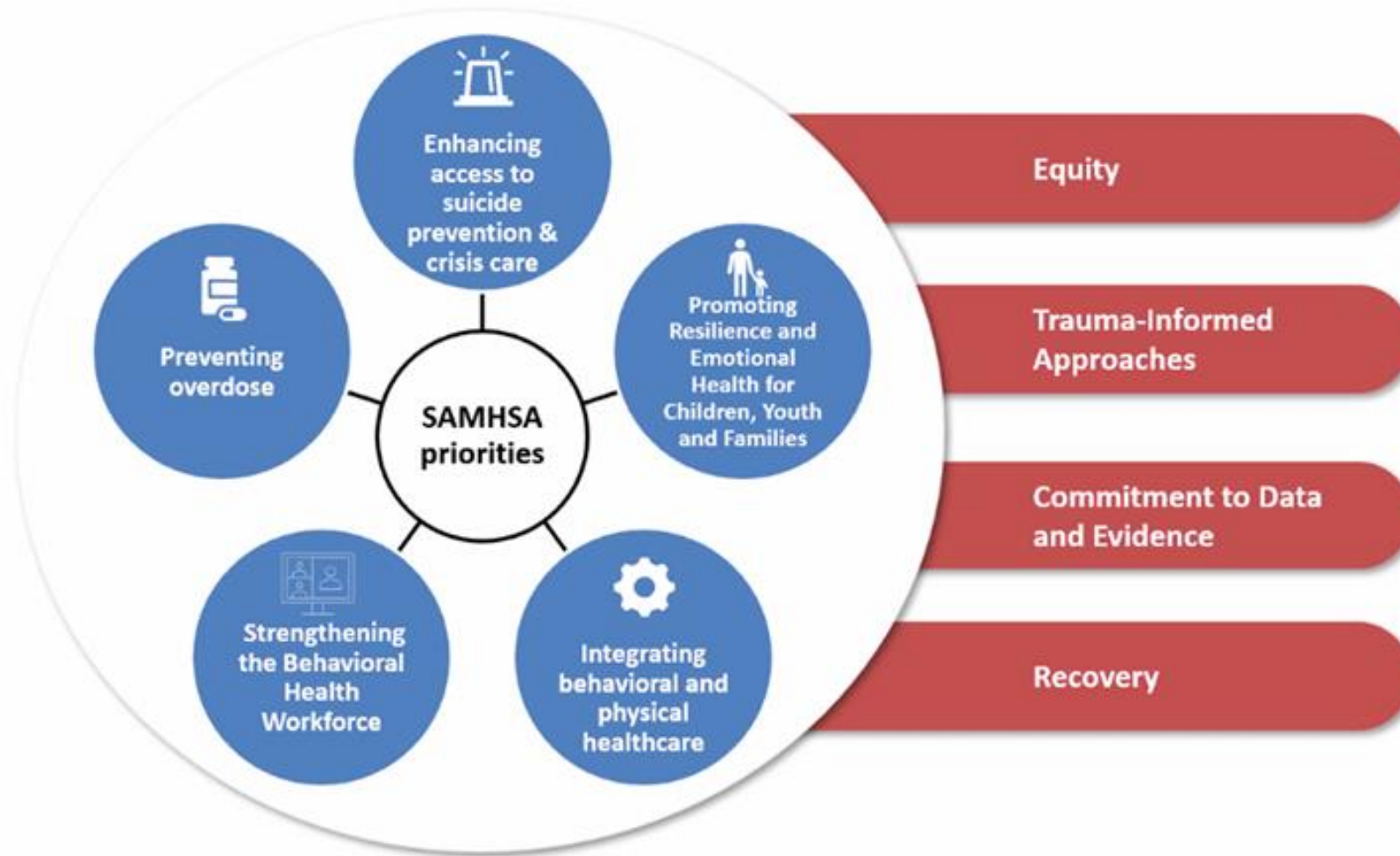




2 in 3 adults who had a **mental health issue** considered themselves to be **in recovery** or **recovering**.

7 in 10 adults who had a **substance use problem** considered themselves to be **in recovery** or **recovering**.

SAMHSA Priorities and Overarching Principles



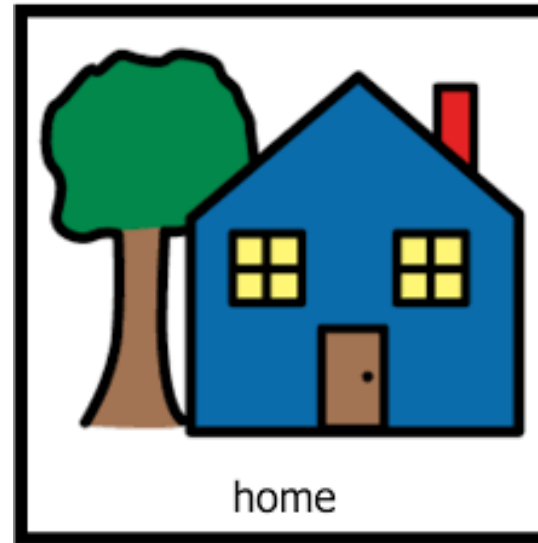
RECO  VERY

SAMHSA's Working Definition of Recovery

A process of change through which individuals:

- ✓ Improve their health and wellness,
- ✓ Live self-directed lives, and
- ✓ Strive to reach their full potential

4 Dimensions of Recovery



SAMHSA National Recovery Agenda

Aim & Purpose

Advancing Recovery Across the Nation

To forge partnerships to support all people, families and communities impacted by mental health and/or substance use conditions to

- pursue recovery,
- build resilience, and
- achieve wellness.

Operating Principles & Values

Hope: Recovery emerges from hope and is the catalyst of the recovery process.

Person Driven: Self-determination and self-direction are the foundations for recovery.

Many Pathways: Pathways are built on individual's unique needs and highly personalized.

Holistic – Recovery encompasses an individual's whole life including mind, body, spirit, and community.

Peer Support: Sharing of experiential knowledge and skills play an invaluable role in the process.

Relational: An important factor is the presence and involvement of people who believe in an individual's ability to recover

Culture: Culture and cultural background including values, traditions, and beliefs are key for a person's journey to recovery.

Addresses Trauma: Supports should be trauma-informed to foster safety and trust.

Strengths and Responsibilities: Individuals, families and communities have strengths and resources that serve as a foundation for recovery.

Respect: Community, systems and societal acceptance and appreciation including rights and eliminating discrimination are crucial in achieving recovery.

- **Accountability** – We take responsibility to follow through our personal commitments and to our stakeholders to deliver on the purpose of the Office of Recovery.
- **Empathy** – The team will strive to understand the experiences of others to ensure communication, promote equity and recognize the diverse needs of American's pathways to recovery and resilience.
- **Passion** – Our team's personal experience leads our commitment to do what we can to elevate recovery and resilience.
- **Teamwork** – We value the voice of our entire team and share ideas and responsibilities to promote recovery and resilience.
- **Innovation** – We encourage and support innovation that advances recovery and resilience across the Nation.

SAMHSA National Recovery Agenda Goals

Inclusion

Equity

Peer Services

Social Determinants

Wellness

Goal #1: Inclusion

*Nothing About Us
Without Us*

To foster the meaningful involvement of a wide array of people with lived experience to improve behavioral health practice & policy and to foster the social inclusion of people with behavioral health conditions.



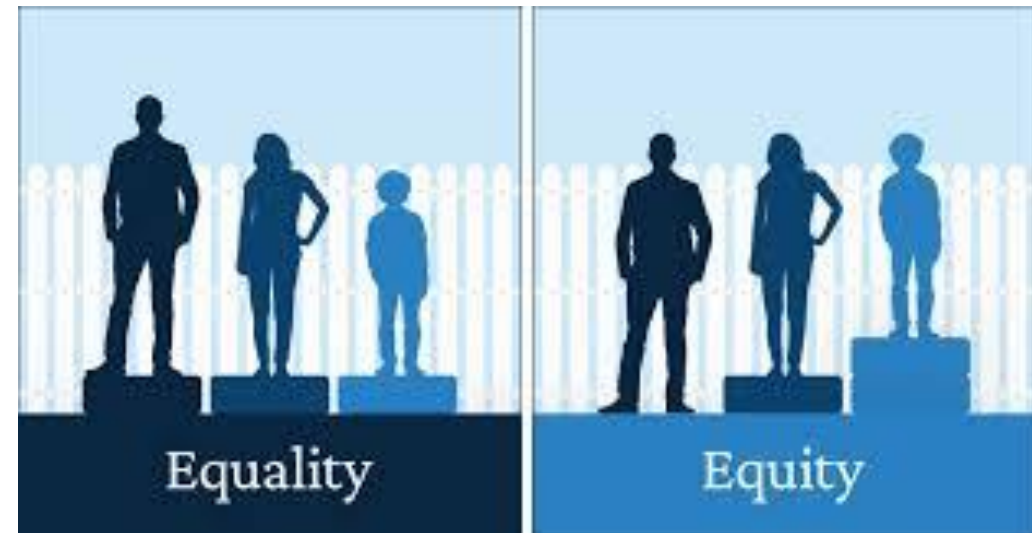
Office of Recovery Events to Foster Inclusion & Knowledge

- Recovery Research Technical Expert Panel (TEP)
- Warm Lines TEP
- Peers & Psychiatrist Dialogue
- Digital Recovery Innovations TEP
- Family Caregiving TEP
- Region 5 Recovery Stakeholder Meeting
- Tribal Recovery Summit
- Criminal Justice Dialogue
- Collegiate Recovery Dialogue
- Region 3 Recovery Stakeholder Meeting
- National Peer Workforce Summit
- Intersection of Housing First and Recovery Housing

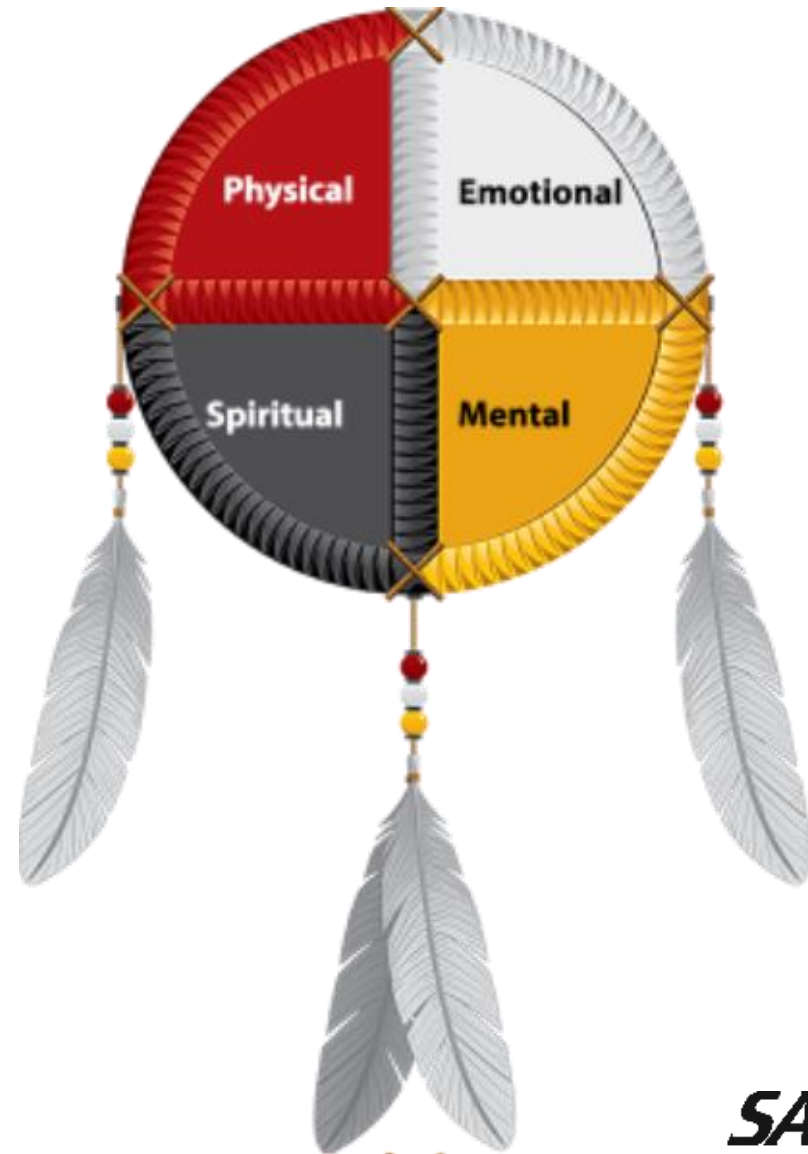
Goal #2: Equity

Recovery for All

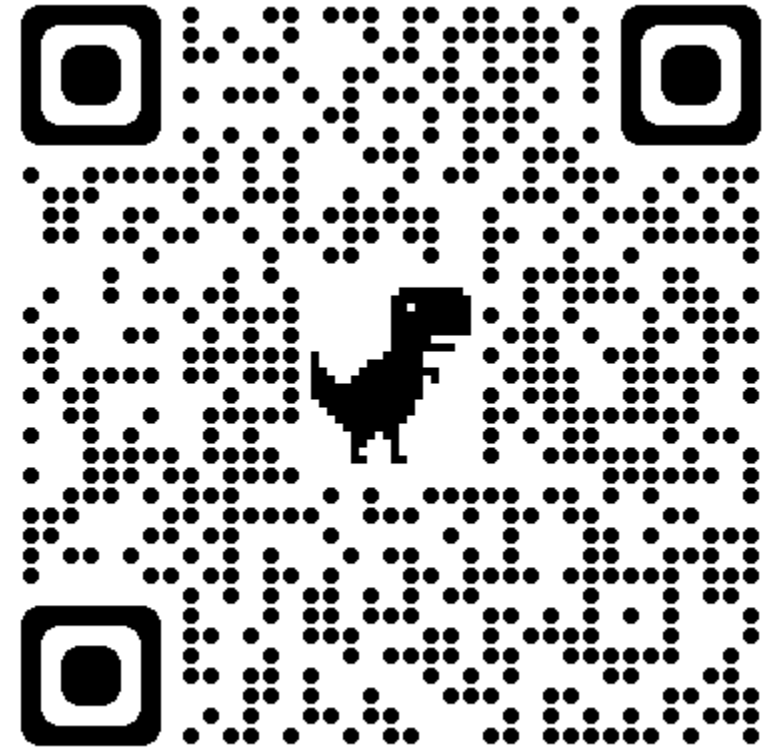
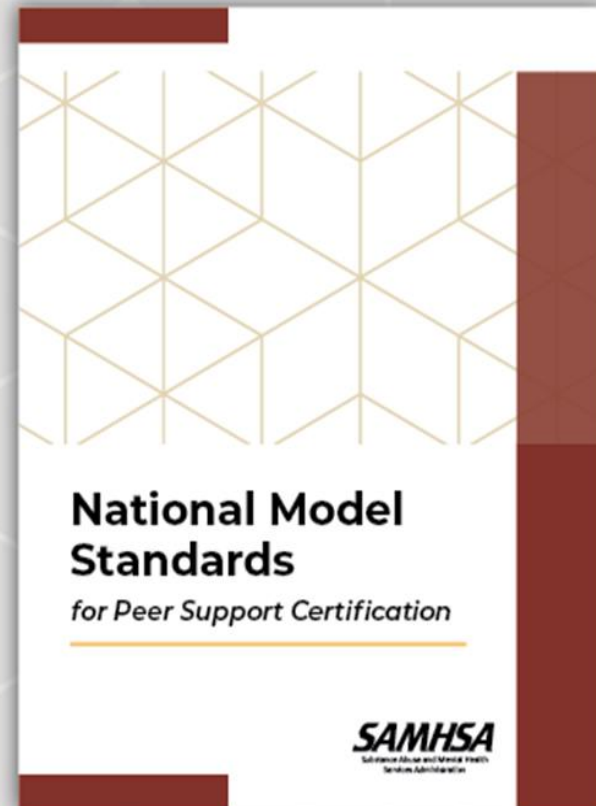
To increase opportunities for recovery for underserved and under-resourced populations and communities including people of color, youth, older adults, LGBTQI+, rural, veterans and people with disabilities.



Tribal Recovery Summit



National Model Standards for Peer Support Specialist Certification



Standards to Guide State Certification

1. Authenticity & Lived Experience
2. Training
3. Examinations
4. Formal Education
5. Supervised Work Experience
6. Background Checks
7. Recovery
8. Diversity, Equity, Inclusion & Accessibility
9. Ethics
10. Costs & Fees
11. Peer Supervision

Goal #4: Social Determinants of Recovery

Whole Health Care

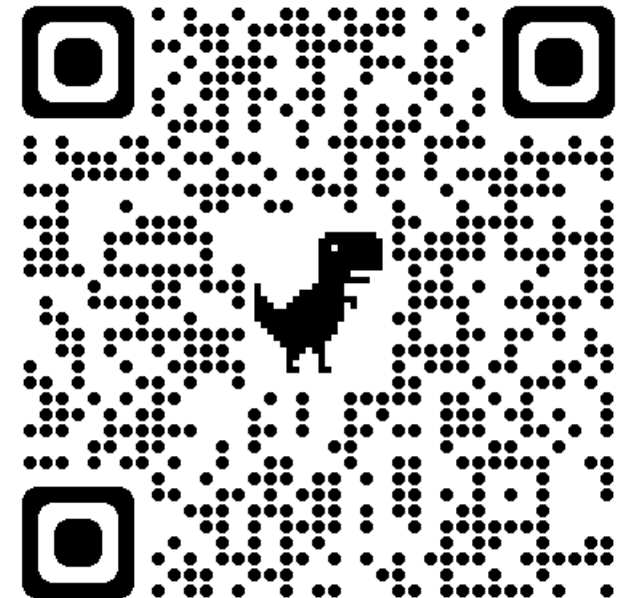
To address key social determinants that support recovery including access to housing, education, social supports, and employment.



Support for Recovery Housing



- SAMHSA's Best Practices & Suggested Guidelines for Recovery Housing are being revised.
- Guidelines are based on the 2018 SUPPORT law that called for Best Practices for operating recovery housing.
- SUPPORT legislation defined 'recovery housing' as a shared living environment free from alcohol and illicit drug use and centered upon peer supports and connection to services that promote sustained recovery from SUDs.
- This ensures that the recovery housing facility adheres to and promotes the use of evidence-based practices.



Goal #5: Wellness

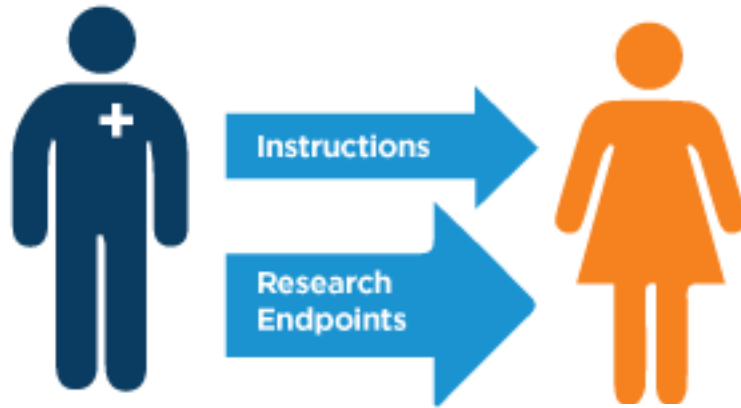
Individual, Family & Community Wellness

To expand holistic, self-care strategies to improve health and behavioral health outcomes - including the reduction of early mortality and impact of co-morbid chronic health conditions – and to integrate recovery-oriented practices and systemic reform into the full continuum of health and behavioral healthcare including prevention, harm reduction, treatment, crisis care, and recovery support

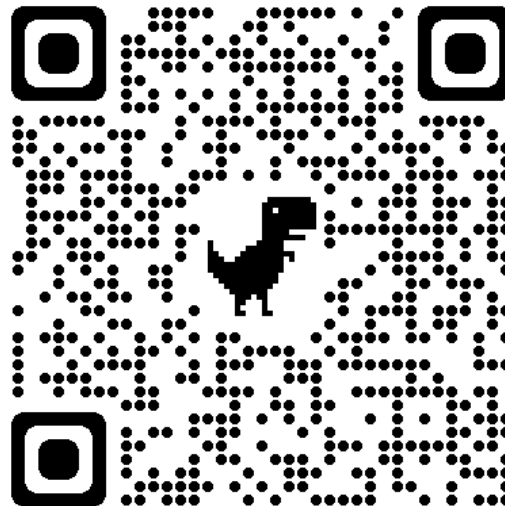
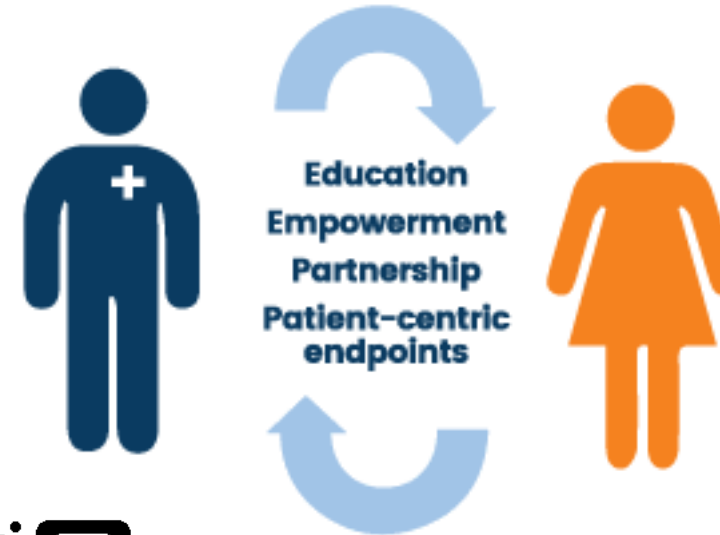


Shared Decision Making

Traditional **uni-directional**
research-centered view



New **bi-directional**
patient-centered view



Office of Recovery Core Principles

Data and evidence

To increase the collection, analysis & reporting of data on recovery and expand the identification & use of evidence and practice-based policies and approaches.



Trauma-informed

To embed trauma-informed practices and approaches in recovery efforts.



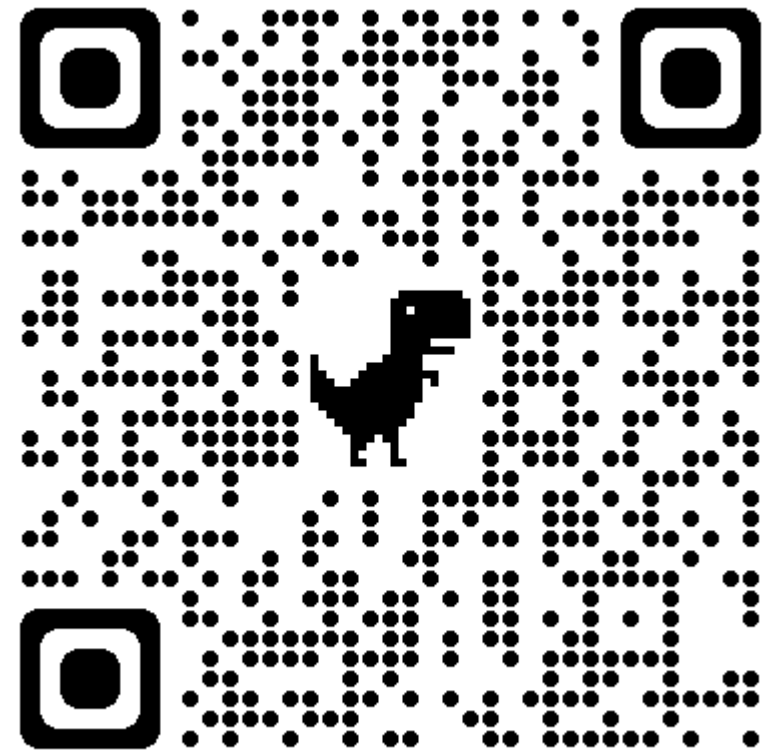
Rights Protection

To protect the human and civil rights of people with lived experience.





Release of NSDUH Short Report on Recovery



A stethoscope with a black chest piece and silver tubing is positioned diagonally across the frame. It rests on an orange book with the words "Patients Bill of Rights" printed in a light green font. The background is a dark, textured surface, possibly wood, with a wooden gavel partially visible in the lower-left corner.

Looking Forward

Establishing a Performance Measure on Recovery

Requesting 10% Set-Aside in Substance Use Block Grants

Updating Recovery Oriented Systems of Care

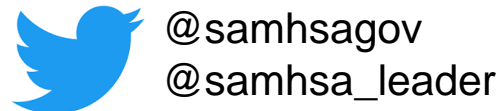
Launching Arts in Recovery Initiative

Igniting SPARK

Thank You!

SAMHSA's mission is to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.

Grant Opportunities
www.samhsa.gov/grants
www.grants.gov/web/grants



Stephen Loyd, MD



Equity In Mental Health and Substance Use Support

107,622

Every system is designed perfectly to get the results that it gets.















Brooke
Anna
Sargent
August 31,
1994 -
December 13,
2020

SARGENT,
Brooke Anna
age 26 of
Morrow, Ohio
passed away
unexpectedly
Sunday,
December 13,
2020 at her
home. Brooke
was b...





SAMHSA Sponsored Webinar Series:

Person-Centered, Family-Driven Mental Health and Substance Use Support - A Path Towards Equity

MAY

Speak Up: Person-Centered Language Drives Equity for Individuals with Co-Occurring Challenges

Presenters: Seth Kahan, Faith Goehring, Zipporah Levi-Shackleford, EdD, Muriel Jones Banks, and Lynda Gargan, PhD

In Partnership with:



JUNE

Mental Health and Substance Use Challenge Prevention, Crisis Intervention, and Recovery: Poverty as an Equity Issue

Presenters: Kimberly Myers, Lynda Gargan, PhD, and others

In Partnership with:



JULY

Informal and Formal Family Peer Support: The Impact and Evidence

Presenters: Raegan and Connie Osborne, Rikki Harris, Teri Brister, PhD, LPC, Kimberly Hoagwood, PhD, and Lynda Gargan, PhD

In Partnership with:



Thank you!



www.ffcmh.org



www.cedarrecovery.com



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