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Understanding the Barriers and Challenges Impacting Access to and Provision of Mental Health and Substance Use Disorder Services in Rural Communities

ILAPSC Annual Conference - October 15, 2020

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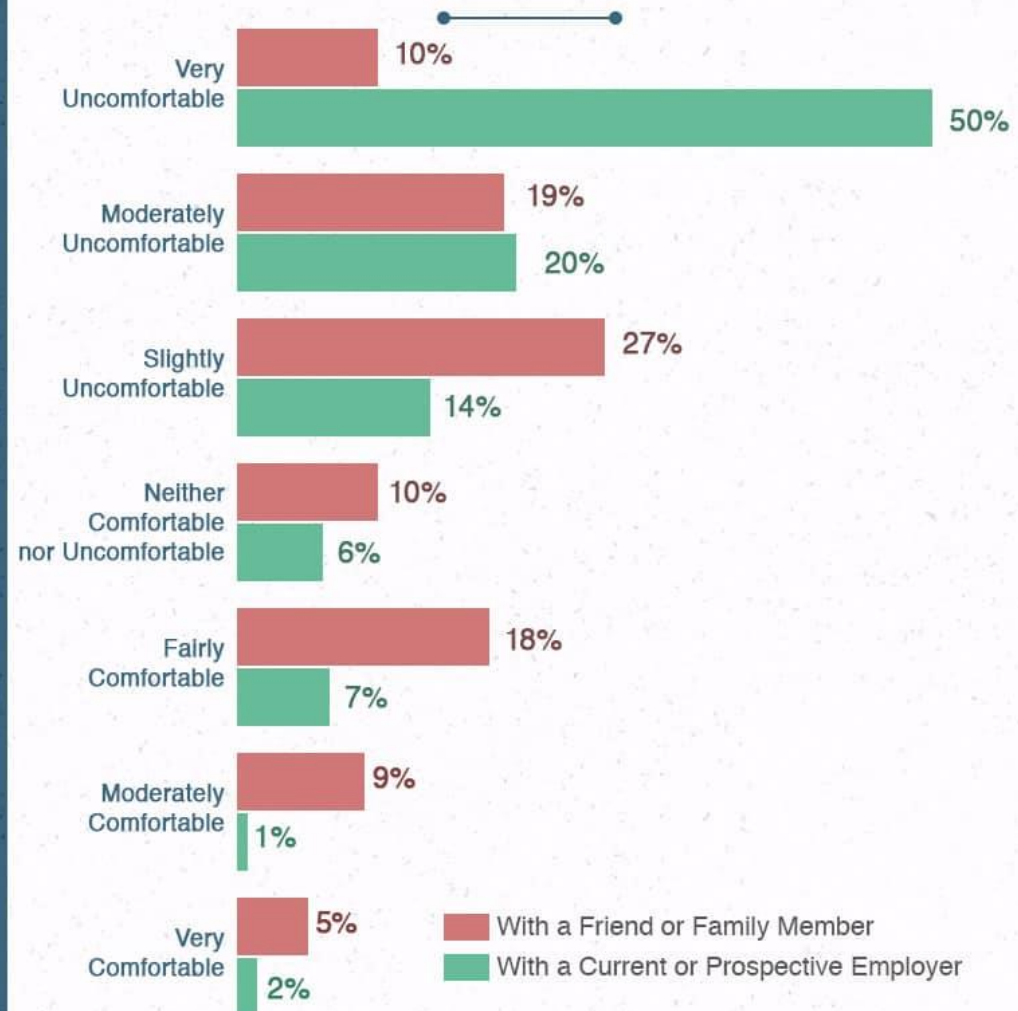
Stigma

- Pervasive
- Damaging
 - Public stigma
 - Self-stigma
- Costly
 - Economically
 - Personally

Stigma

(Mentalhelp.org)

LEVEL OF COMFORT DISCUSSING MENTAL HEALTH



Stigma

(Recovery Research Institute)

The Real Stigma of Substance Use Disorders



In a study by the Recovery Research Institute, participants were asked how they felt about two people
"actively using drugs and alcohol."

One person was referred to as a
"substance abuser"



The other person as
"having a substance use disorder"



No further information was given about these hypothetical individuals.

THE STUDY DISCOVERED THAT PARTICIPANTS FELT THE **"SUBSTANCE ABUSER" WAS:**

- less likely to benefit from treatment
- more likely to benefit from punishment
- more likely to be socially threatening
- more likely to be blamed for their substance related difficulties and less likely that their problem was the result of an innate dysfunction over which they had no control
- they were more able to control their substance use without help

Mental Health: Understanding the Numbers... Adults

■ Mental Health Facts/Prevalence in America:

- 1 in 5 = mental illness
- 1 in 25 = serious mental illness
- 1 in 100 = schizophrenia
- 6.1 million = bipolar disorder
- 16 million = depression
- 42 million = anxiety disorders
- 10.2 million = co-occurring disorders

■ NAMI

Mental Health: Understanding the Numbers... Children & Teens

■ Mental Health Facts/Prevalence in America:

- 50%/14, 75%/24 = onset
- 1 in 5 = serious mental illness
- 20% = mental health condition
- 11% = mood disorder
- 10% = behavior/conduct disorder
- 8% = anxiety disorder
- 8-10 years = symptom onset to intervention

■ NAMI

Mental Health: Understanding the Numbers... Suicide

- **Suicide Facts in America:**
 - 3rd leading cause of death = youth
 - 10th leading cause of death = US
 - >90% have a mental health condition
 - 18-22 veterans die each day
- **Serious Thoughts of Suicide:**
 - 18-25 = 3.7 million
 - 26-49 = 4.7 million
 - 50+ = 2.4 million
- **Plans of Suicide:**
 - 18-25 = 1.2 million
 - 26-49 = 1.5 million
 - 50+ = 702,000
- **Suicide Attempts:**
 - 18-25 = 647,000
 - 26-49 = 521,000
 - 50+ = 274,000

Mental Health: Understanding the Numbers... Treatment

- **Mental Health Facts/Prevalence in America:**
 - 60% of adults = no tx
 - 50% of youth = no tx
 - 50% utilization rate = African Americans & Hispanic Americans
 - 33% utilization rate = Asian Americans
- NAMI

Substance Use: Understanding the Numbers... Adults

- **Substance Use Disorder Facts/Prevalence in America:**
 - **Alcohol use disorder:**
 - 18-25 = 3.4 million
 - 26+ = 11 million
 - **Illicit drug use disorder:**
 - 18-25 = 2.6 million
 - 26+ = 4.8 million
 - **Marijuana use disorder:**
 - 18-25 = 2 million
 - 26+ = 1.9 million
 - **Cocaine use disorder:**
 - 18-25 = 212,000
 - 26+ = 760,000
 - **Heroin use disorder:**
 - 18-25 = 101,000
 - 26+ = 421,000

Substance Use: Understanding the Numbers... Adults

- **Substance Use Disorder Facts/Prevalence in America:**
 - **Methamphetamine use disorder:**
 - 18-25 = 134,000
 - 26+ = 899,000
 - **Stimulant use disorder:**
 - 18-25 = 185,000
 - 26+ = 323,000
 - **Pain reliever use disorder:**
 - 18-25 = 248,000
 - 26+ = 1.3 million
 - **Opioid use disorder:**
 - 18-25 = 312,000
 - 26+ = 1.6 million

Substance Use: Understanding the Numbers... Ages 12-17

- Substance Use Disorder Facts/Prevalence in America:
 - 401,000 = alcohol use disorder
 - 681,000 = illicit drug use disorder
 - 512,000 = marijuana use disorder
 - 5,000 = cocaine use disorder
 - 4,000 = heroin use disorder
 - 18,000 = methamphetamine use disorder
 - 53,000 = stimulant use disorder
 - 104,000 = pain reliever use disorder
 - 108,000 = opioid use disorder

Substance Use: Understanding the Numbers... Treatment

- **Substance Use Disorder Facts/Prevalence in America:**
 - **Need for SU Treatment:**
 - 12-17 = 946,000
 - 18-25 = 5.2 million
 - 26+ = 15.1 million
 - **Received SU Treatment:**
 - “Any”:
 - 12-17 = 159,000
 - 18-25 = 547,000
 - 26+ = 3 million
 - “Specialty Facility” SU Treatment:
 - 12-17 = 83,000
 - 18-25 = 331,000
 - 26+ = 1.9 million

Co-Occurring Disorders

- **AMI & SUD:**

- 18-25 = 2.4 million
- 26-49 = 5 million
- 50+ = 1.7 million

- **SMI & SUD:**

- 18-25 = 879,000
- 26-49 = 1.7 million
- 50+ = 560,000

- **MDE & SUD:**

- 12-17 = 358,000

Accessibility

- **Transportation Barriers**
- **Lack Understanding of Care Options**
- **Reduced/No Provider Choice**
- **Lack of Culturally Appropriate Services**

Affordability

- Financial/Insurance Status
- Increased Costs/Low Reimbursement Rates
- Transportation Costs

Availability

- Practitioner Shortages
- Lack of Specialty Providers
- Lack of Comprehensive Services
- Lack of Pharmacy Access

Acceptability

- Stigma
- Lack of Practitioner Competence
- Use of Informal Supports

How Did We Get Here?

- Stigma/Discrimination
- Lack of Rural MH and SUD Plan
- No Sustained Professional Deployment Plan
- “One Size Fits All” Planning and Funding
- The Idea that Mental Health & Substance Use Treatment are “Optional”

■ WICHE

How Do We Fix This?

- **Telehealth Services**
- **Education & Awareness**
- **Integration of Primary Care, Mental Health Services, and Substance Use Treatment**
- **Mental Health Workforce Development**
- **Stigma: A Public Health Priority**

References

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