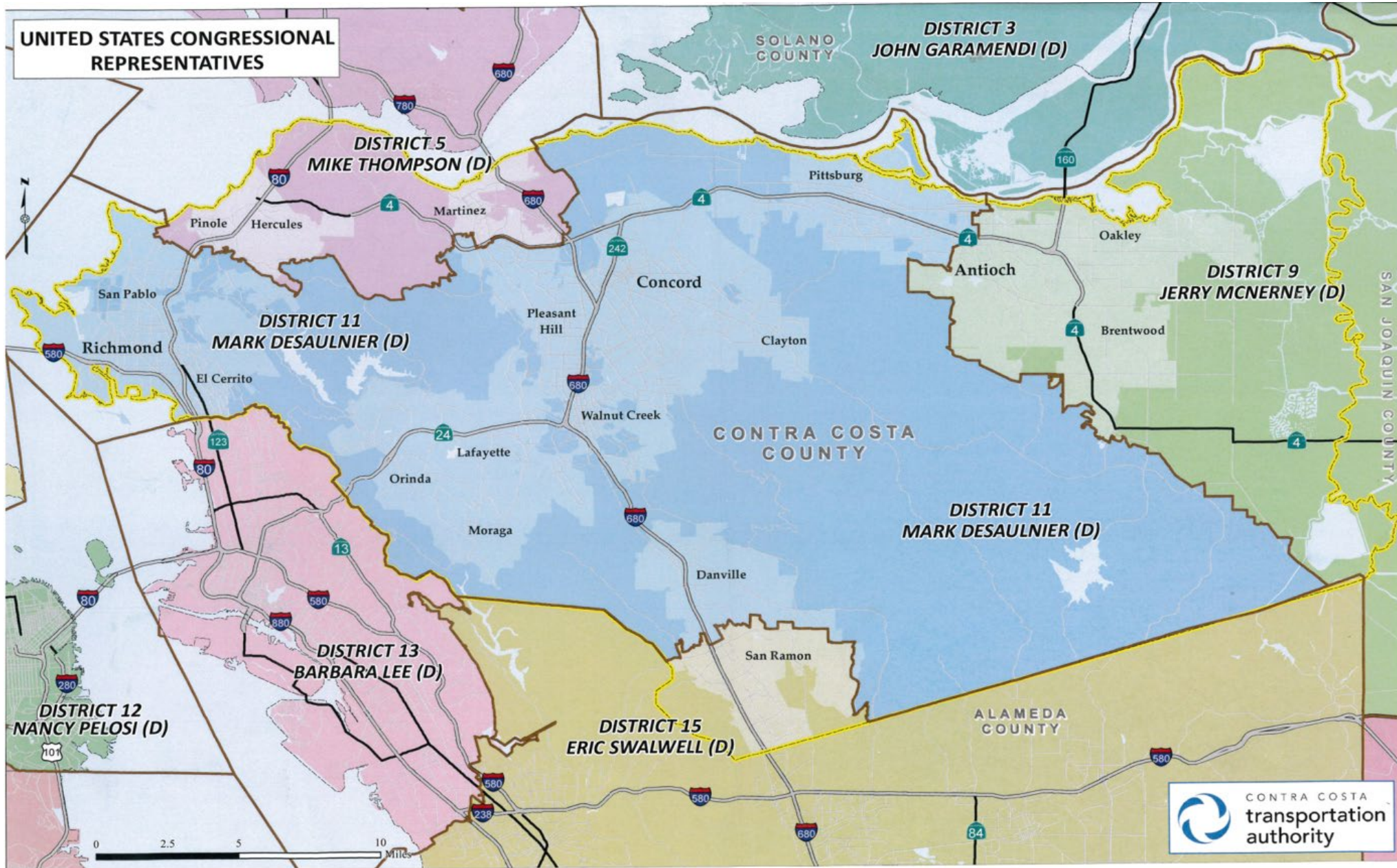


Addressing the Growing Behavioral and Mental Health Crisis

Featuring Dr. Suzanne Tavano and Dr. Elissa Epel

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UNITED STATES CONGRESSIONAL REPRESENTATIVES



Behavioral and Mental Health

- ▶ Behavioral health and mental health defined:
 - ▶ Behavioral health refers to how one's behaviors and habits impact overall well-being, including physical, mental, and emotional wellness.
 - ▶ Mental health is a subset of behavioral health that refers to the well-being of one's mind, specifically related to thoughts and feelings.
- ▶ The complex relationship between behavioral and mental health:
 - ▶ Behavioral health problems, like substance abuse, can negatively affect one's mental health by exacerbating symptoms of a mental health disorder, like anxiety disorder.
 - ▶ Behavioral and mental health disorders can occur in an individual at the same time, which can require behavior modification as well as counseling to promote both behavioral and mental health.

The Need

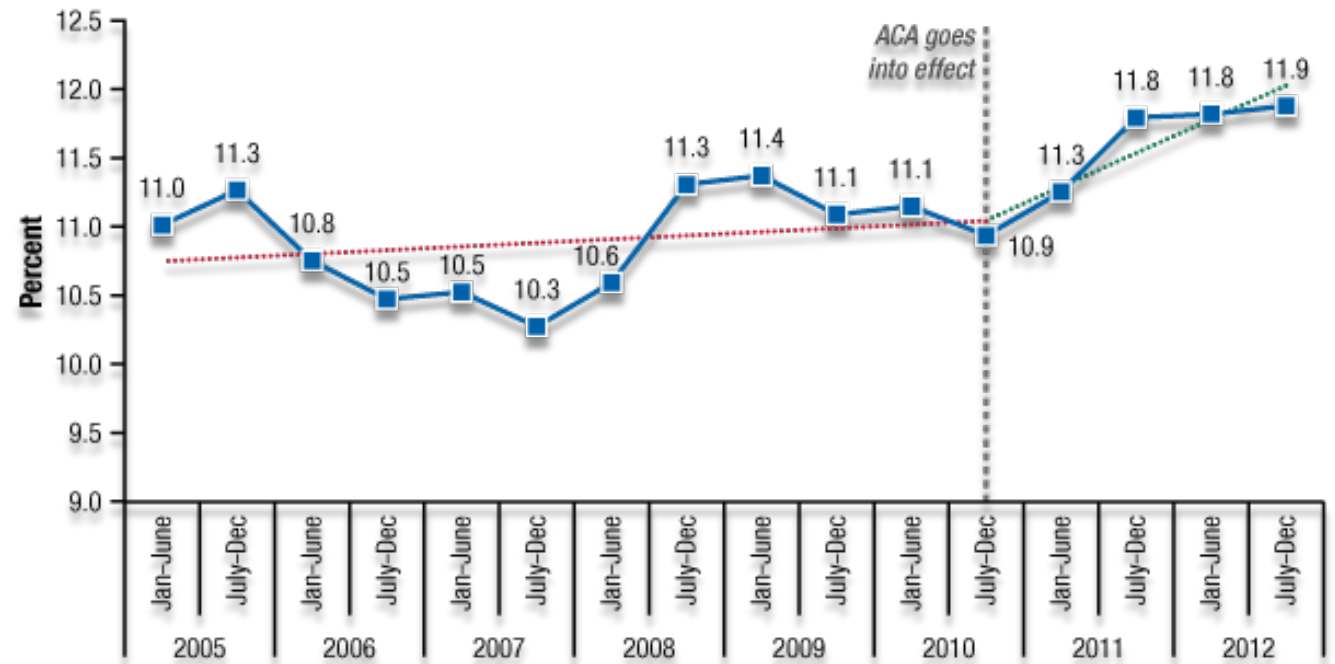
- ▶ 1 in 5 U.S. adults experience mental illness each year
- ▶ 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- ▶ Suicide is the 2nd leading cause of death among people aged 10-34
- ▶ Surveys on mental health **during the pandemic** show that:
 - ▶ 41.1% of Americans reported symptoms of anxiety and/or depressive disorder in January 2021, up from 11% in early 2019
 - ▶ People with children, lower income households, and those experiencing job loss all reported more severe consequences for mental health
 - ▶ Communities of color have reported suffering from anxiety and/or depressive disorder at rates several percentage points higher than America as a whole

The Need (continued)

- ▶ While the coronavirus pandemic exacerbated our nation's behavioral health crisis, a strong need for awareness and treatment already existed.
 - ▶ Based on data from 2018 and 2019, it is estimated that 14.2 million Americans aged 18 and up meet the criteria for having alcohol use disorder
 - ▶ When including all substance abuse, including alcohol, illegal drugs, and misuse of prescription drugs, this number rises to 19.3 million Americans aged 18 and up
 - ▶ An estimated 9% of Americans will suffer from an eating disorder in their lifetime. As an example of the link between behavioral and mental health, around 26% of people with eating disorders will attempt suicide.

The Good News: People Are Seeking Help

- ▶ With the help of increased awareness and access to care, **more people are seeking care and the stigma is decreasing.**
 - ▶ Public figures like **Simone Biles** and **Naomi Osaka** are showing that mental health is just as important as physical health.
- ▶ In particular, young adults ages 19-26 saw an increase in the use of mental health treatment following passage of the Affordable Care Act.



The Next Step: Meeting the Need

- ▶ Two-thirds of all primary care providers in the U.S. say they have trouble finding mental health specialists to refer their patients to.
- ▶ It is estimated that with the current shortage, **124 million Americans are affected by less consistent access to care.**
- ▶ The Health Resources and Services Administration estimates that by 2030, the U.S. will have a shortage of the following professionals in the behavioral health workforce:
 - ▶ 12,530 adult psychiatrists
 - ▶ 11,530 addiction counselors

Emergency Pandemic Funding

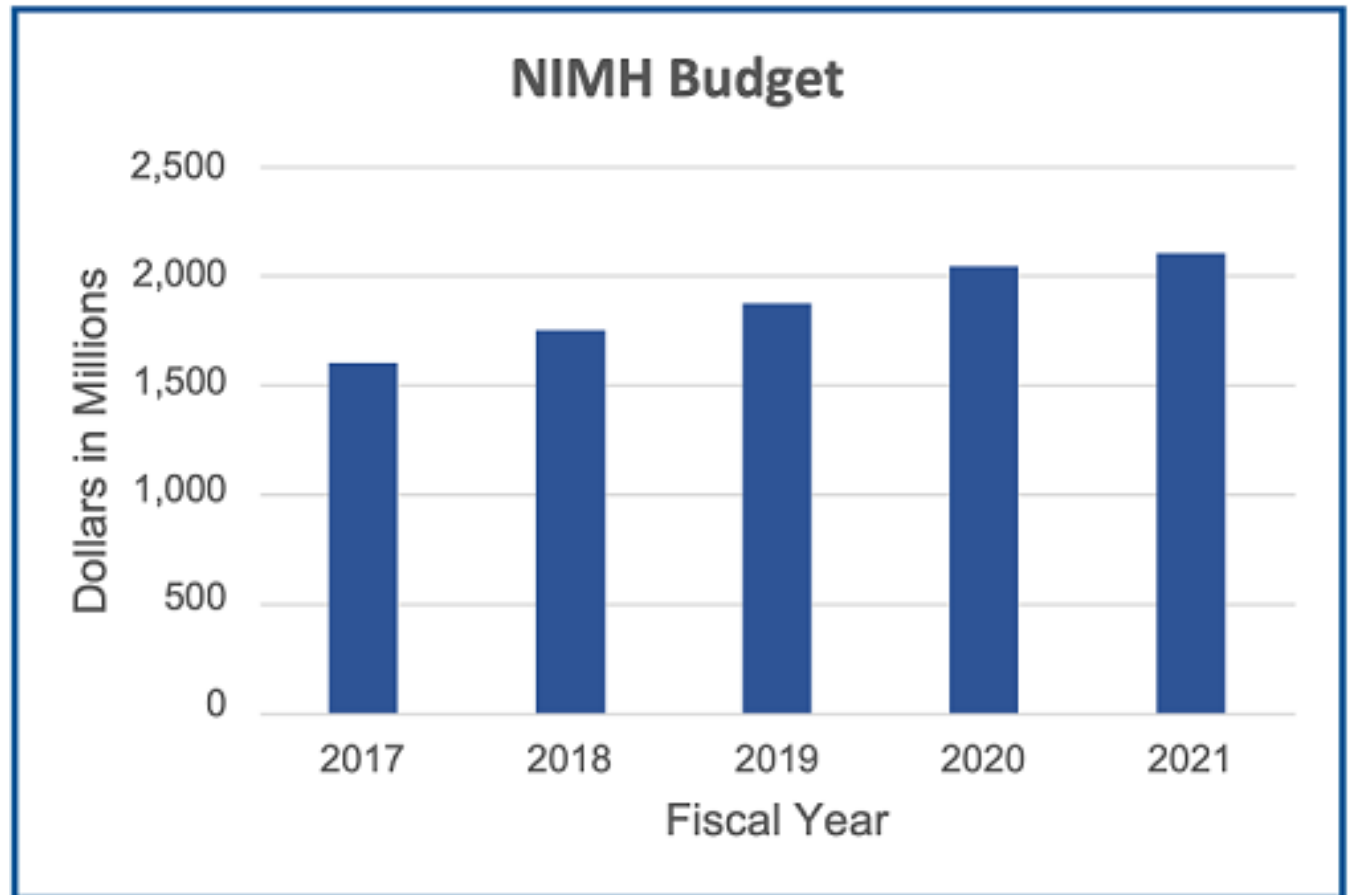
- ▶ The American Rescue Plan Act, signed into law in March 2021, provided emergency funding to mental health programs, including:
 - ▶ \$3 billion in mental health grant funding to states. Funding will target adults with serious mental illnesses, children with serious emotional disturbances, and those struggling with substance abuse
 - ▶ \$140 million to promote mental health in health care workers and first responders
 - ▶ \$100 million for education and training for the behavioral health care workforce
 - ▶ \$20 million for youth suicide prevention
 - ▶ Increased federal Medicaid funding for states to implement mobile mental health crisis intervention services

Federal Funding for Research and Treatment

- ▶ The National Institute of Mental Health (NIMH), housed within the National Institutes of Health (NIH), is the largest source of funding for mental health research in the world. NIMH conducts its own research, and funds research at academic institutions nationwide.
 - ▶ UC San Francisco has been the top public university recipient of NIH research funding for the last 14 years, totaling \$685.6 million in Fiscal Year 2020.
 - ▶ At UCSF, NIMH funding supports postdoctoral programs to train psychologists and psychiatrists, as well as numerous studies on a wide variety of behavioral and mental health-related issues (ex. how family-based treatment can help youth with anorexia).
- ▶ The Substance Abuse and Mental Health Services Administration (SAMHSA) is a leading federal agency responsible for funding mental health and substance abuse treatment programs. With an annual budget of around \$6 billion, SAMHSA collects data on behavioral and mental health, and administers grant programs to help respond to the opioid crisis, treat people with serious mental illness, and fund alcohol and drug abuse recovery programs.

NIMH Budget

- ▶ Congress has worked to increase NIMH's budget from just over \$1.5 billion annually in 2017 to just over \$2 billion annually in 2021.



Congressman DeSaulnier's Efforts

- ▶ **Co-Chair of bipartisan Trauma-Informed Care Caucus**
- ▶ **Suicide Prevention Assistance Act (H.R. 2648)** – This bill would create a grant program to help integrate mental health screenings as part of primary care visits. The legislation was developed after research showed that approximately half of all individuals who die by suicide had visited their primary care doctor within a month prior to death.
- ▶ **Early Childhood Mental Health Support Act (H.R. 5569)** – This bill would increase access to mental health services for young children enrolled in Head Start and early childhood education centers. This legislation was developed based on estimates that one in five children have a diagnosable mental disorder, and evidence of better outcomes in children who receive earlier treatment.
- ▶ **Funding for National Child Traumatic Stress Network** – This program, made up of over 250 centers and affiliates nationwide, provides screening and evidence-based treatment to approximately 60,000 children annually who have been exposed to traumatic events.

Resources

- ▶ Suicide Prevention Lifeline
 - ▶ Provides free and confidential support 24 hours a day, 7 days a week at 1 (800) 273-TALK (8255). Offers resources for people in distress, family members of those in distress, and resources for health care professionals.
- ▶ Contra Costa Health Services
 - ▶ Information on behavioral health services provided by CCHS is available at <https://cchealth.org/bhs/>.
- ▶ Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
 - ▶ Offers free and confidential treatment referrals and information 24 hours a day, 7 days a week at 1 (800) 662-HELP (4357).
- ▶ National Alliance on Mental Illness
 - ▶ Nonprofit organization that provides self-help and family resources for those with mental disorders. More information is available at <https://nami.org>.

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Special Guest

Dr. Elissa Epel, Ph.D.

University of California, San Francisco



Dr. Elissa Epel is Professor and Vice Chair of Adult Psychology at the University of California, San Francisco. Her expertise is in identifying mechanisms of healthy aging and deploying the findings of this research in vulnerable populations.

Special Guest

Dr. Suzanne Tavano, Ph.D.
Contra Costa Health Services



Dr. Suzanne Tavano is the Director of Behavioral Health Services at Contra Costa Health Services. She has clinical experience in behavioral health, as well as deep expertise in behavioral health policy, including deployment, funding, and regulations.