Reducing Youth Substance Misuse by Implementing Mental Health Initiatives

Cynthia Rivera and Derrick Newby

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South Southwest (HHS Region 6)
PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Acknowledgement

SAMHSA
Substance Abuse and Mental Health
Services Administration

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Learning Objectives

Describe the relationship between youth mental health and substance misuse

Develop practical approaches for incorporating mental health initiatives into existing substance misuse prevention programs

Examine various tools and resources available to support young people in maintaining their mental well-being

Roadmap for Today

✓ Introductions

✓ Ice Breaker

✓ Youth mental health

✓ Practical approaches for incorporating mental health initiatives

✓ Group discussion

✓ Tools and resources

✓ Evaluation

Cynthia Rivera

Change Consultant,

Project Director
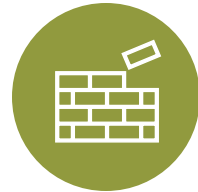

Derrick Newby CPC

T/TA Specialist

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2. Click the checkmark and select a stamp

Mute | Start Video | Security | Participants | Chat | New Share | Pause Share | Annotate | Apps | More

You are screen sharing | Stop Share
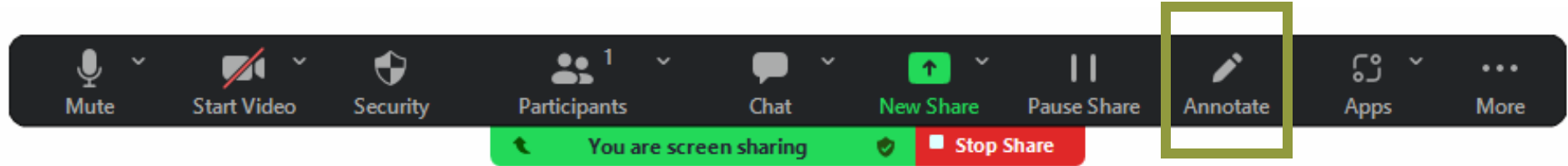
1. Select "Annotate" or "View Options"

Annotate Practice Space

Mental, Emotional, and Behavioral Health Spectrum

Place a stamp on the spectrum where most of your work occurs.
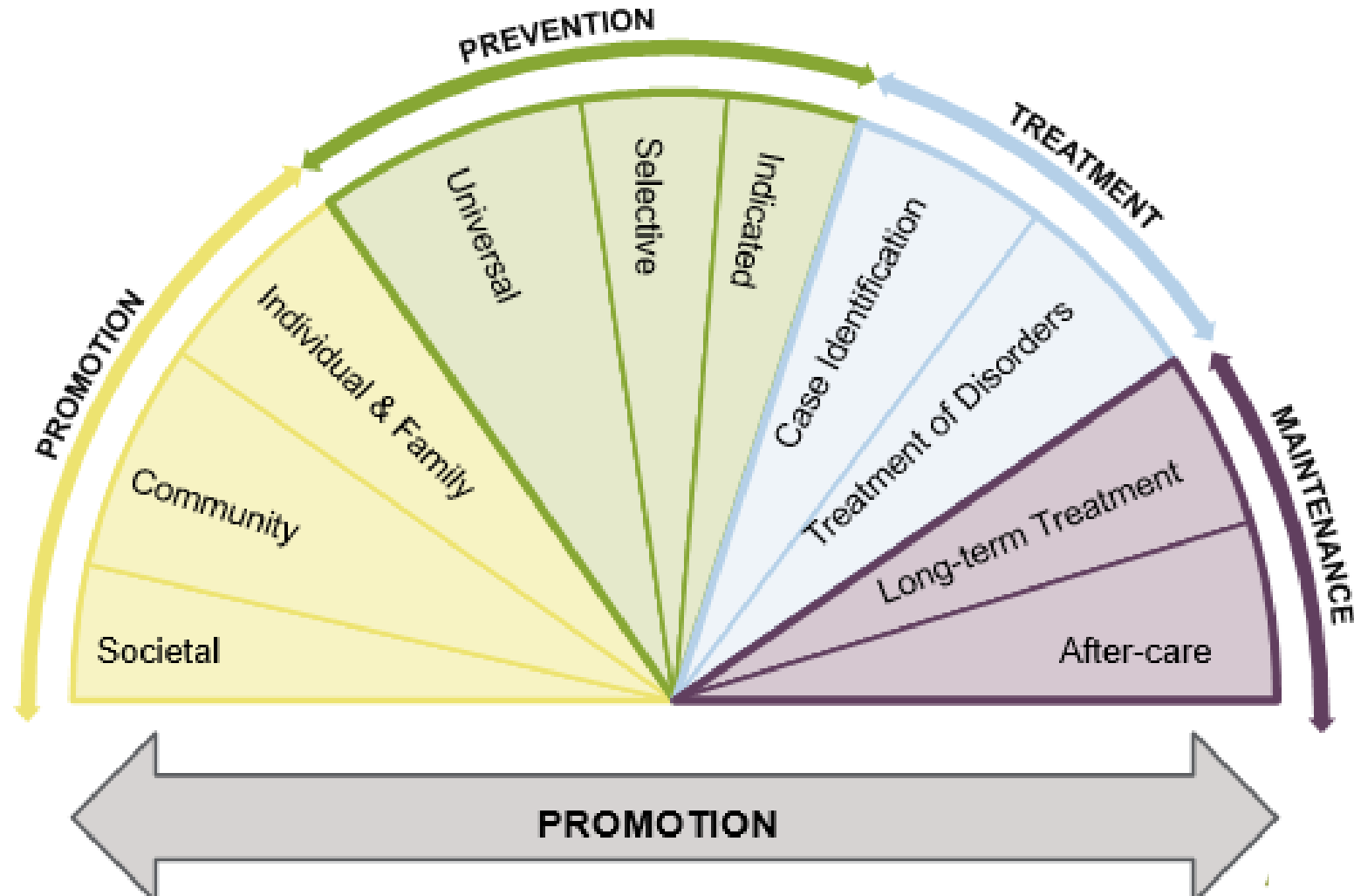
Major Challenges Facing Mental Health Services

- Lack of access and affordability
- A mental health workforce shortage
- Social media
- Systemic inequities and racism

Coombs, et al., 2021

Youth Mental Health, Past 30 Days, 2021

In 2021, multiracial high school students were the most likely racial/ethnic group to have poor mental health.

Percentage of high school students who experienced poor mental health during the past 30 days, by demographic, 2021

Legend: Sex | Race & Ethnicity | Sexual Identity

Demographic	Percentage
Overall	29%
Female	41%
Male	18%
American Indian or Alaska Native	31%
Asian	23%
Black	26%
Hispanic	30%
Native Hawaiian or Pacific Islander	20%
White	30%
Multiracial	33%
Heterosexual	22%
LGBQ+	52%

USAFACTS
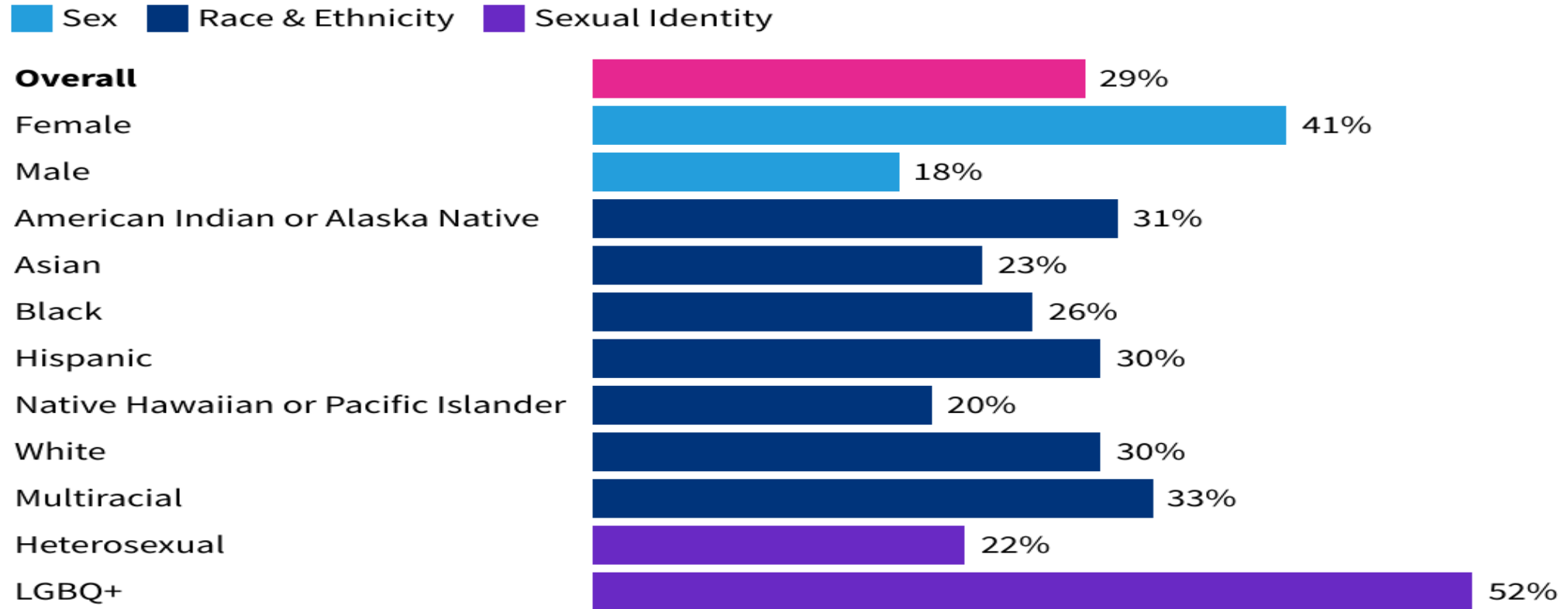
Key Points on Youth Mental Health

- More than 1 in 3 high school students experienced poor mental health during the pandemic

- Nearly half of students felt persistently sad or hopeless.

- Female students and those who identify as lesbian, gay, bisexual, other or questioning (LGBQ) are experiencing disproportionate levels of poor mental health and suicide-related behaviors

- Asian, Black, and Multiracial students reported the highest levels of experiencing racism.

CDC. Last Reviewed: March 31, 2022

The Impact of Major Depressive Disorders on Substance Misuse

PAST YEAR/MONTH, 2020 NSDUH, 12-17
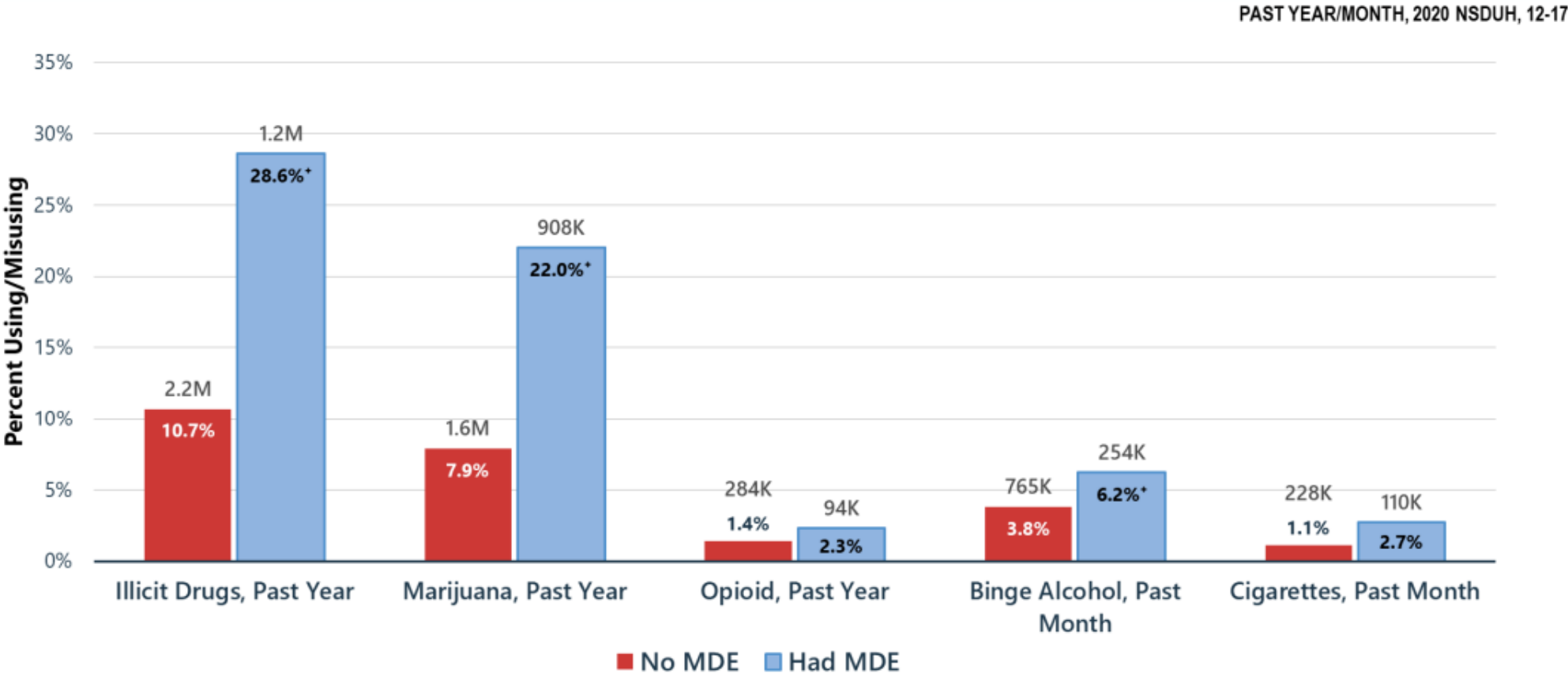
Hunt, et al., 2020

Youth Substance Misuse and Mental Health

- Youth age 12+ with depression have higher rates of other drug use.

- Depression and alcohol use disorder often co-occur.

- Individuals with depression have a three-fold risk for developing alcohol use disorder in their lifetime.

Schouten et al., 2022.

Recognizing Common Mental Health Warning Signs

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NAMI. (2015, February 2)

The Importance of Incorporating Mental Health Strategies

- Improved Health Outcomes

- Reduced Healthcare Costs

- Enhanced Quality of Life

- Person-Centered Care

Reist, et al., (2022)

Substance Misuse and Mental Health

What connections are you seeing in your community?

Risk Factor

Any attribute, characteristic, or exposure that precedes and is associated with a **higher likelihood** of problematic outcomes.

National Research Council, and Institute of Medicine. (2009).

INCREASES PROBLEMATIC OUTCOMES

Protective Factor

Any attribute, characteristic, or exposure that precedes and is associated with lower likelihood of problematic outcomes.

DECREASES PROBLEMATIC OUTCOMES

National Research Council and Institute of Medicine. (2009).

Shared Risk and Protective Factors

A behavioral health lens for prevention. (n.d.-a). (2011)

Risk Factors Contributing to Substance Misuse in Youth

- Early and persistent antisocial behavior
- Internalizing behaviors (e.g., depression, anxiety, social withdrawal)
- Favorable parental involvement in substance use
- Family conflict and family history of substance use
- Academic failure
- Income and parental education

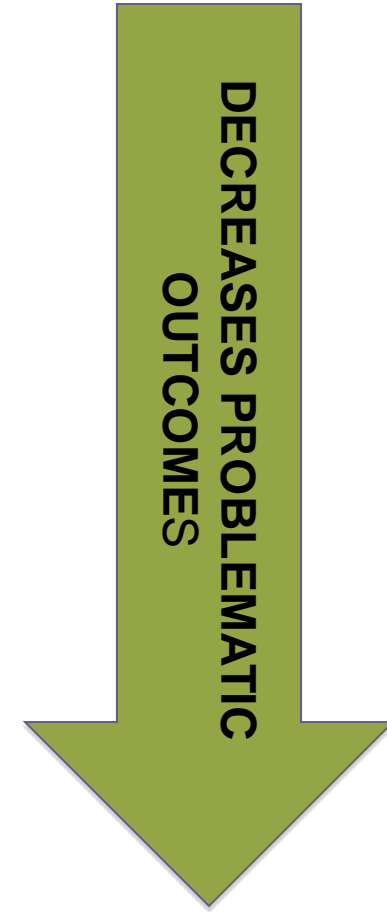Substance Abuse and Mental Health Services Administration, (2019)

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Protective Factors for Substance Misuse in Youth

- Emotional self-regulation
- Gender
- Resilient temperament
- Positive orientation
- Intelligence
- Family support and bonding
- Connection to a caring adult
- Association with prosocial peers

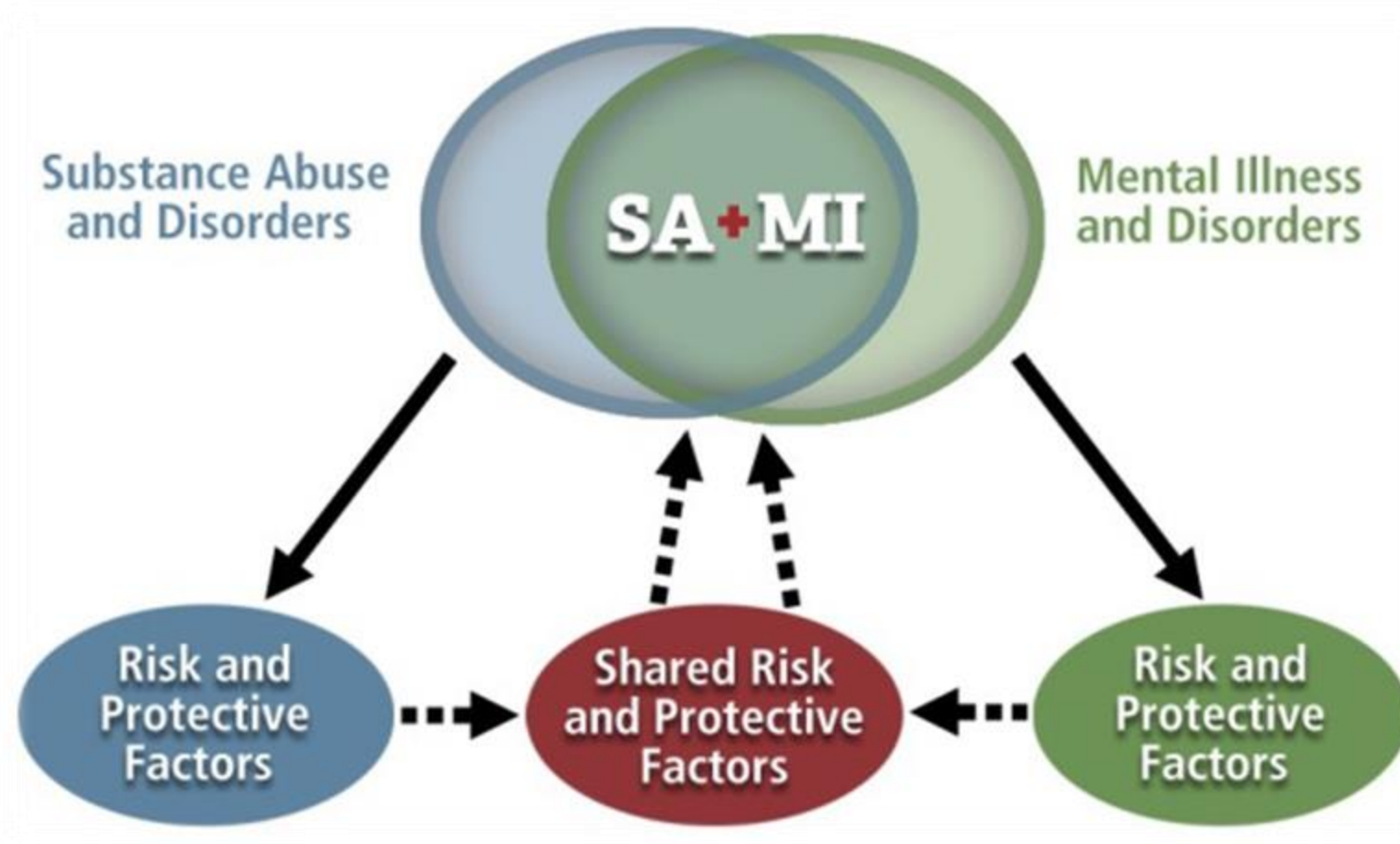Substance Abuse and Mental Health Services Administration, (2019)

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Poll

Which protective factor do you have the most influence on in your community?

1. Family support and bonding

2. Access to mental health resources

3. Connection to a caring adult

Shared Intervention

Evidence-Based Program Guidance for Substance Use
Prevention Education in Schools (2020)

Practical Approaches for Incorporating Mental Health Initiatives

PROMOTION

PREVENTION
Universal
Selective
Indicated

TREATMENT
Case Identification
Treatment of Disorders

MAINTENANCE
Long-term Treatment
After-care

Individual & Family
Community
Societal
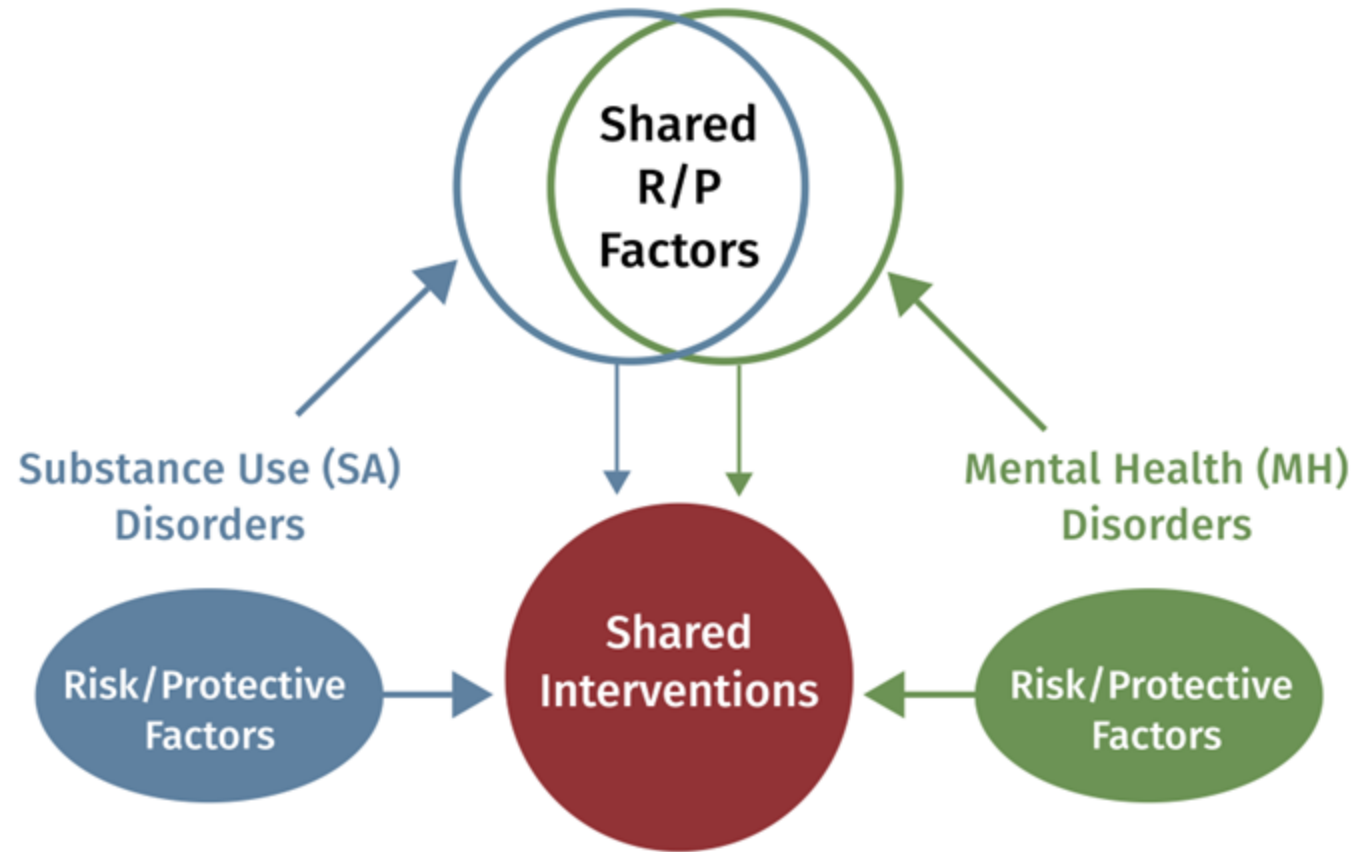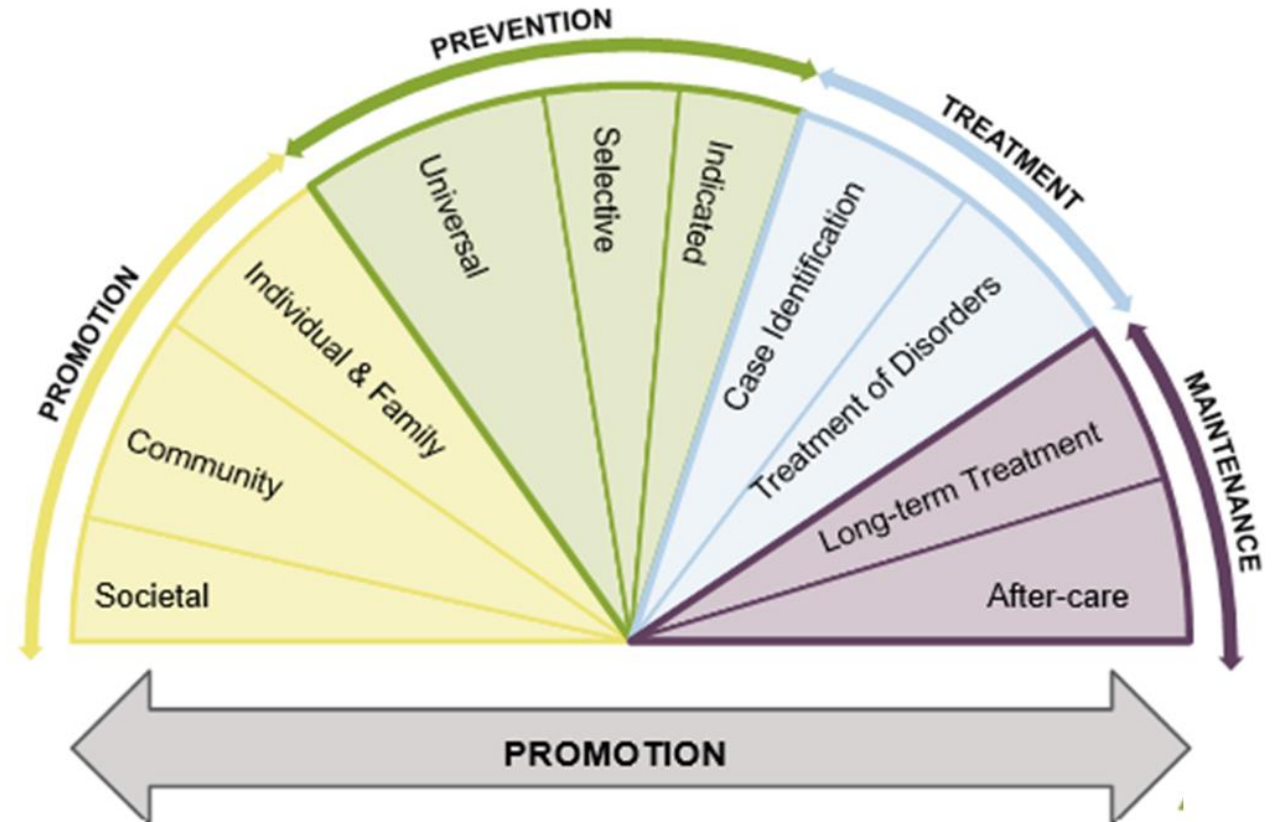
PROMOTION

Interventions by Developmental Phase

National Academies Press (US); 2019

Existing Mental Health Approaches

- Accessibility
- Early Intervention
- Reducing Stigma
- Holistic Approach

Singh et al., 2022

Overview of Existing Substance Misuse Prevention Programs

- Incredible Years
- PAX Good Behavior Game
- Positive Action
- Promoting Alternative Thinking Strategies (PATH)
- Social Emotional Learning (SEL)
- Keeping it REAL (KIR)
- LifeSkills Training (LST)
- Project ALERT

Youth Mental Health Interventions

Group Discussion

How can we implement youth voice initiatives to help reduce mental health challenges and substance use?

Tools and Resources

- Mental health resources: apps, websites, etc.

- Educational material from the Mental Health Technology Transfer Center (MHTTC)

Mental Health Resources

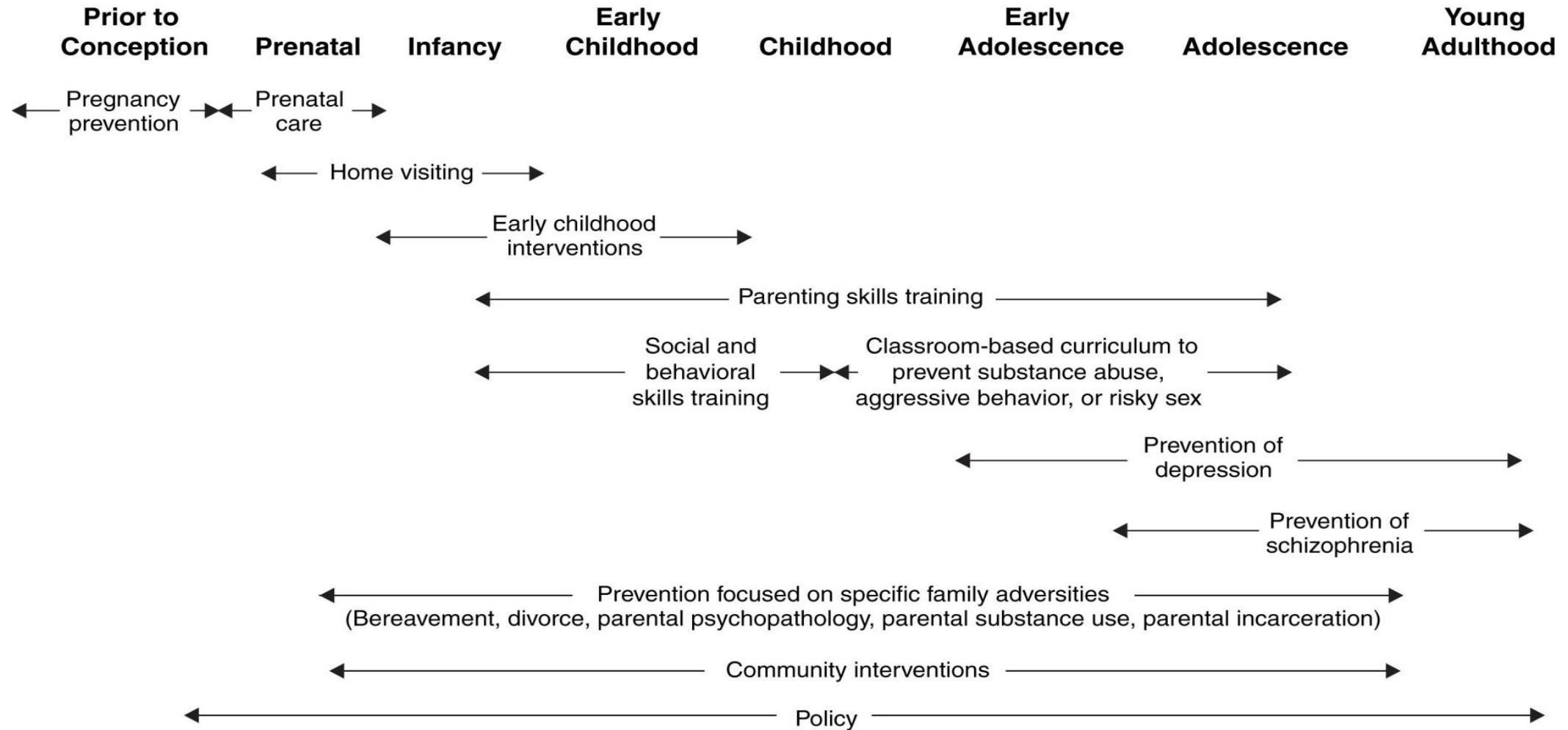| Region 6: South Southwest MHTTC	Region 9: Pacific Southwest MHTTC
Individual Placement and Supports (IPS) in First Episode Psychosis Project	Bold Conversations Peer Learning Community (PLC)
Texas School Mental Health Professional Learning Community and Support of Small and Rural Districts	School Mental Health Grief Readiness Pilot Lab and Series

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Educational Material from MHTTC

Classroom Wise

During the 2022-23 school year, the MHTTC Network partnered with the National Center for School Mental Health to assist 15 schools and school districts in adopting Classroom WISE, our 3-part mental health literacy training package for school staff.

Classroom wise. Classroom WISE. (n.d.).

Violence in School Communities

We conducted environmental scans and gap analysis of resources available in the public domain that address school violence from prevention to postvention. As a result of this work, we aim to address the gaps identified by developing new training, TA, and/or resource(s) related to school violence and student mental health in early 2024.

MHTTC Network. (n.d.-a)

Project Aware TA Partnership

Since 2021, the MHTTC Network has led a TA partnership with SAMHSA-funded Project AWARE (Advancing Wellness and Resiliency in Education), to support the school mental health-related training and TA needs of over 90 AWARE grantees. In the last year, our Network released 68 products and resources

MHTTC Network. (2024, June 24)

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The Best Practices Registry

The Best Practices Registry (BPR) is a resource library of programs and interventions that apply suicide prevention frameworks for specific populations and uses. Our goal is to increase health equity by providing access to a broad selection of programs and interventions (including upstream approaches) that use different types of evidence, such as community and culturally defined evidence, to show effectiveness. Visit us at https://bpr.sprc.org/

Key Points

⊕ **Community Well-being**: Healthier youth contribute to stronger, more resilient communities

⊕ **Enhanced Quality of Life**: Youth with good mental health are more likely to succeed academically and socially.

⊕ **Improved Health Outcomes**: Better mental health leads to overall improved health and well-being.

⊕ **Reduced Substance Misuse**: Addressing mental health issues can significantly reduce the incidence of substance misuse.

Lee, et al., 2012

Final Thoughts

Let's hear from you!

What are your questions?

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For further questions, contact:

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Connect with us @

SSW PTTC website

Join our mailing list

Products and resources

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Resources Continued

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