



# National Prevention Strategy

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November 20, 2014

Empowered  
People



Healthy  
& Safe  
Community  
Environments



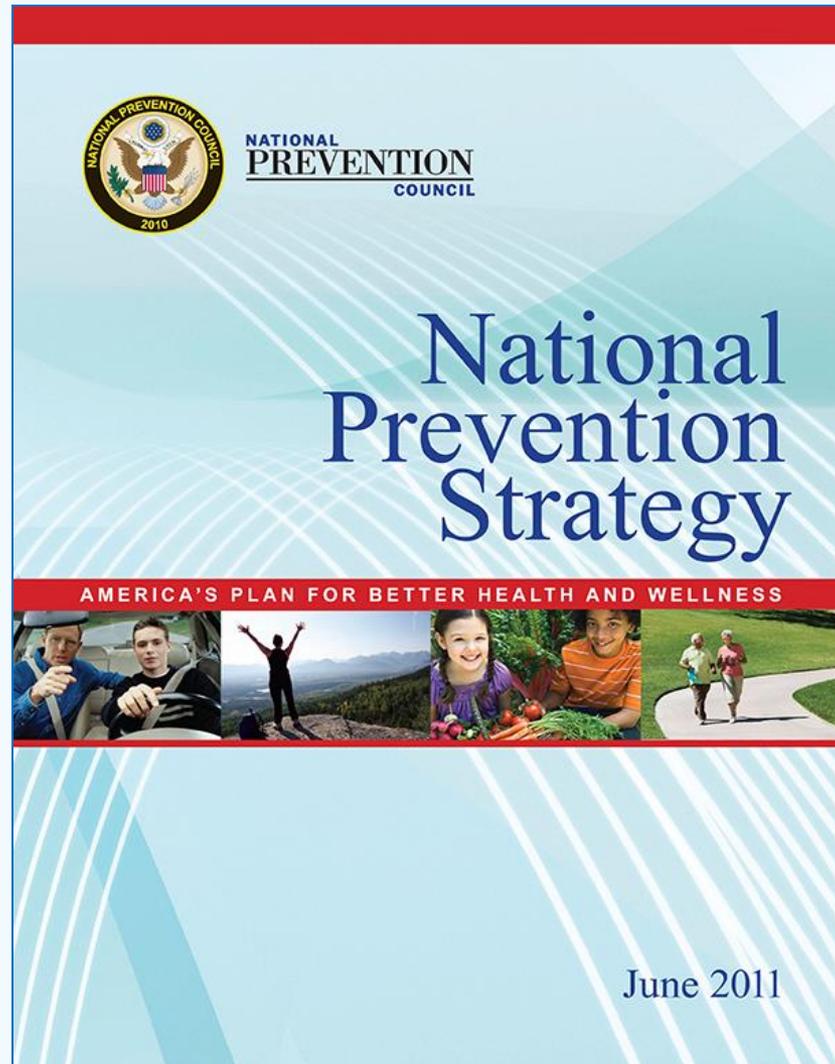
Clinical  
& Community  
Preventive  
Services



Elimination of  
Health  
Disparities



# National Prevention Strategy

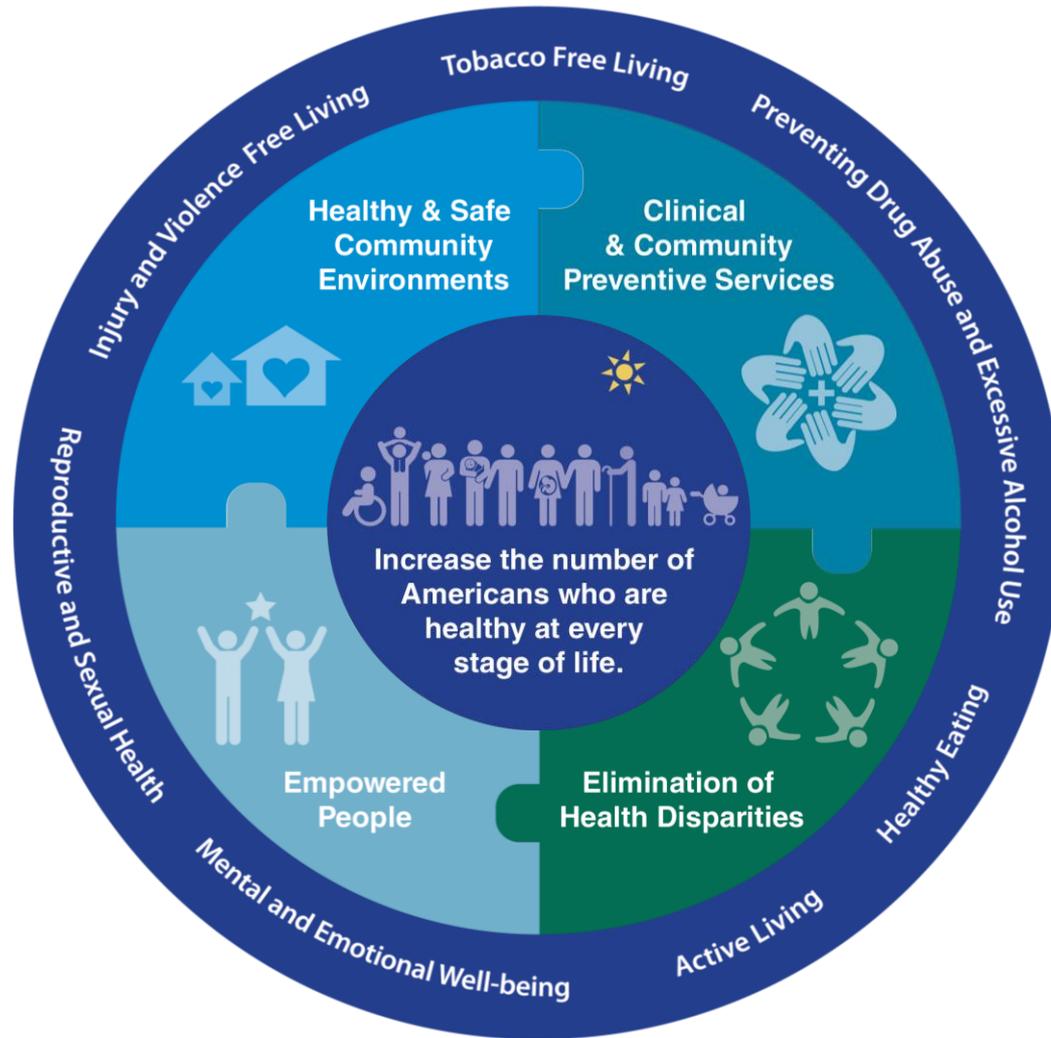


# National Prevention Council

Bureau of Indian Affairs	Department of Labor
Corporation for National and Community Service	Department of Transportation
Department of Agriculture	Department of Veterans Affairs
Department of Defense	Environmental Protection Agency
Department of Education	Federal Trade Commission
Department of Health and Human Services	Office of Management and Budget
Department of Homeland Security	Office of National Drug Control Policy
Department of Housing and Urban Development	White House Domestic Policy Council
Department of Justice	Department of Interior
General Services Administration	Office of Personnel Management

# National Prevention Strategy

## Strategic Directions and Priorities



# Healthy and Safe Community Environments



- Clean air and water
- Affordable and secure housing
- Sustainable and economically vital neighborhoods
- Make healthy choices easy and affordable

# Clinical and Community Preventive Services

- Evidence-based preventive services are effective
- Preventive services can be delivered in communities
- Preventive services can be reinforced by community-based prevention, policies, and programs
- Community programs can promote the use of clinical preventive service (e.g., transportation, child care, patient navigation issues)



# Elimination of Health Disparities

- Health outcomes vary widely based on race, ethnicity, socio-economic status, and other social factors
- Disparities are often linked to social, economic or environmental disadvantage
- Health disparities are not intractable and can be reduced or eliminated with focused commitment and effort



# Empowered People

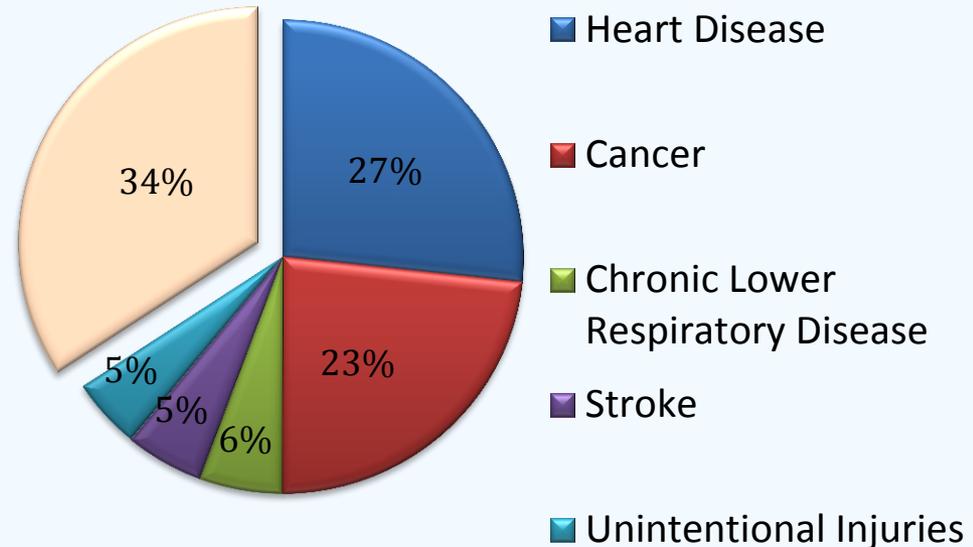


- Even when healthy options are available and affordable, people still must make the healthy choice
- People are empowered when they have the knowledge, resources ability, and motivation to identify and make healthy choices
- When people are empowered, they are able to take an active role in improving their health, supporting their families and friends in making healthy choices, and leading community change

# NPS Priorities

- Tobacco Free Living
- Preventing Drug Abuse and Excessive Alcohol Use
- Healthy Eating
- Active Living
- Mental and Emotional Well-being
- Reproductive and Sexual Health
- Injury and Violence Free Living

**Five Causes Account For  
66% of All Deaths**



Source: National Vital Statistics  
Report, CDC, 2008

For more information go to:

[www.surgeongeneral.gov/initiatives/prevention/strategy/](http://www.surgeongeneral.gov/initiatives/prevention/strategy/)

Contact the National Prevention Council at:

[prevention.council@hhs.gov](mailto:prevention.council@hhs.gov)

# Region VIII NPS Collaborative

- Region VIII Priorities and Strategic Directions
  - Active Living
  - Employee Health and Wellness
  - Healthy Eating
  - Healthy and Safe Communities
  - Mental and Emotional Well-being

# Region VIII NPS Mental and Emotional Well-Being Collaborative Workgroup

## Collaborative Initiatives

- Mental Health First Aid
- Cross Agency Dissemination/Sharing of Mental Health Literature
- National Recovery Month
- Get Outdoors Day: Development of mental and emotional well-being educational program
- Regional Outreach of the National Strategy for Suicide Prevention
- 2014 Regional Webinar Series

## Federal Partner Members

- HHS (ACF, ACL, HRSA, OASH, SAMHSA)
- HUD
- DoE
- USDA
- VA
- SSA
- US Forest Service

# 2014 Region VIII NPS Webinar Series

- “Improving the Mental and Emotional Well-Being of Communities through the National Prevention Strategy”
  - **Suicide Prevention and Response: Successful Community Strategies (November 20, 2014)**

## **Previous 2014 Webinars:**

- Community and Historical Trauma: Surviving and Recovering
- Recognizing and Responding to Trauma: The ACE study and Trauma Informed Care Reducing Stigma and Misunderstanding of Mental Health
- Reducing Stigma and Misunderstanding of Mental Health
- Recovery Oriented Systems of Care

## **Upcoming 2014 Webinar:**

- Prescription Drug Abuse: Why does it matter and what can we do?  
December 11, 2014

# Telling the story...

- Suicide is the 10<sup>th</sup> leading cause of death in the United States – 5 of our 6 states (WY, MT, CO, SD & UT) are in the top 10 for highest rates, all over the national rate of 12.2/100,000<sup>1</sup>
- For those age 15-24-years old, suicide is the third leading cause of death<sup>1</sup>
- Emotional impact: Each death by suicide is estimated to affect at least six other lives<sup>2</sup>
- Financial impact: In 2005, the total cost of suicide to society was estimated to be \$26.7 billion; the average combined medical and work-loss cost for one death by suicide is approximately \$819,000<sup>3</sup>

Another way to put it: “...if one less suicide occurred each day, society would recover about \$300 million in total lifetime costs, [this would be] enough to cover 4 years of college tuition, [plus] room and board for 17,000 students.”<sup>3</sup>

Sources: 1. CDC – WISQARS, 2010; 2. McIntosh & Drapeau, 2012; 3. CDC, 2005

# Our region...

- 5 of our 6 state region (WY, MT, CO, SD & UT) are in the top 10 for highest rates of suicide in the nation<sup>1</sup>

**Suicide rates by state in 2000 compared to 2010 (per 100,000) with current ranking against all 50 states:**

#2. WY – 16.8 → up to **22.4**

#3. MT – 17.5 → up to **22.1**

#8. CO – 14.3 → up to **16.9**

#9. SD – 12.7 → up to **17.5**

#10. UT – 14.8 → up to **18.5**

(#14. ND – 10.4 → up to **15.6**)<sup>1</sup>

- *All six of Region VIII states fall in the top 10 for highest rates of suicide in youth ages 15-24<sup>2</sup>*

Sources: 1. CDC Sortable Stats; National Vital Statistics System-Mortality (NVSS-M)  
2. McIntosh & Drapeau, 2012