



SAMHSA's Current and Future Direction for Prevention in Higher Education

Rich Lucey
Special Assistant to the Director
SAMHSA's Center for Substance Abuse Prevention
richard.lucey@samhsa.hhs.gov

Illinois Higher Education Center
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Strategic Initiatives

2.0

1. Prevention of Substance Abuse and Mental Illness
2. Health Care and Health Systems Integration
3. Trauma and Justice
4. Recovery Support
5. Health Information Technology
6. Workforce Development

Strategic Initiative #1 - Prevention of Substance Abuse and Mental Illness

1.1

Promote emotional health and wellness, prevent or delay the onset of and complications from substance abuse and mental illness, and identify and respond to emerging behavioral health issues.

1.2

Prevent and reduce underage drinking and young adult problem drinking.

1.3

Prevent and reduce attempted suicides and deaths by suicide among populations at high risk.

1.4

Prevent and reduce prescription drug and illicit opioid misuse and abuse.

GOALS

Prevention of Substance Abuse and Mental Illness—Focus Areas

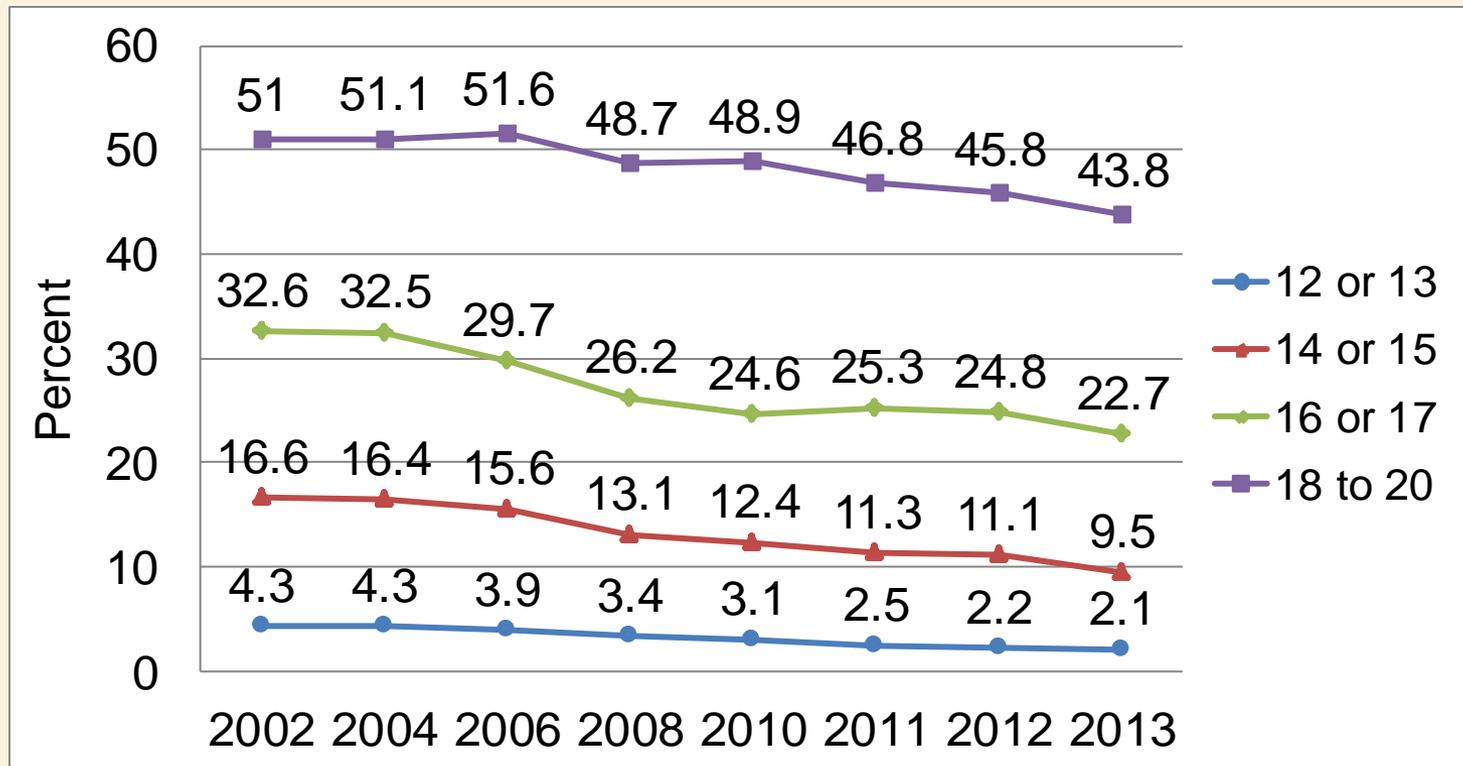
Focus on several populations at high risk, including:

- College students
- Transition age youth, especially those at risk of first episodes of mental illness or substance abuse
- American Indian/Alaska Natives
- Ethnic minorities experiencing health and behavioral health disparities
- Service members, veterans, and their families
- Lesbian, gay, bisexual, and transgender individuals



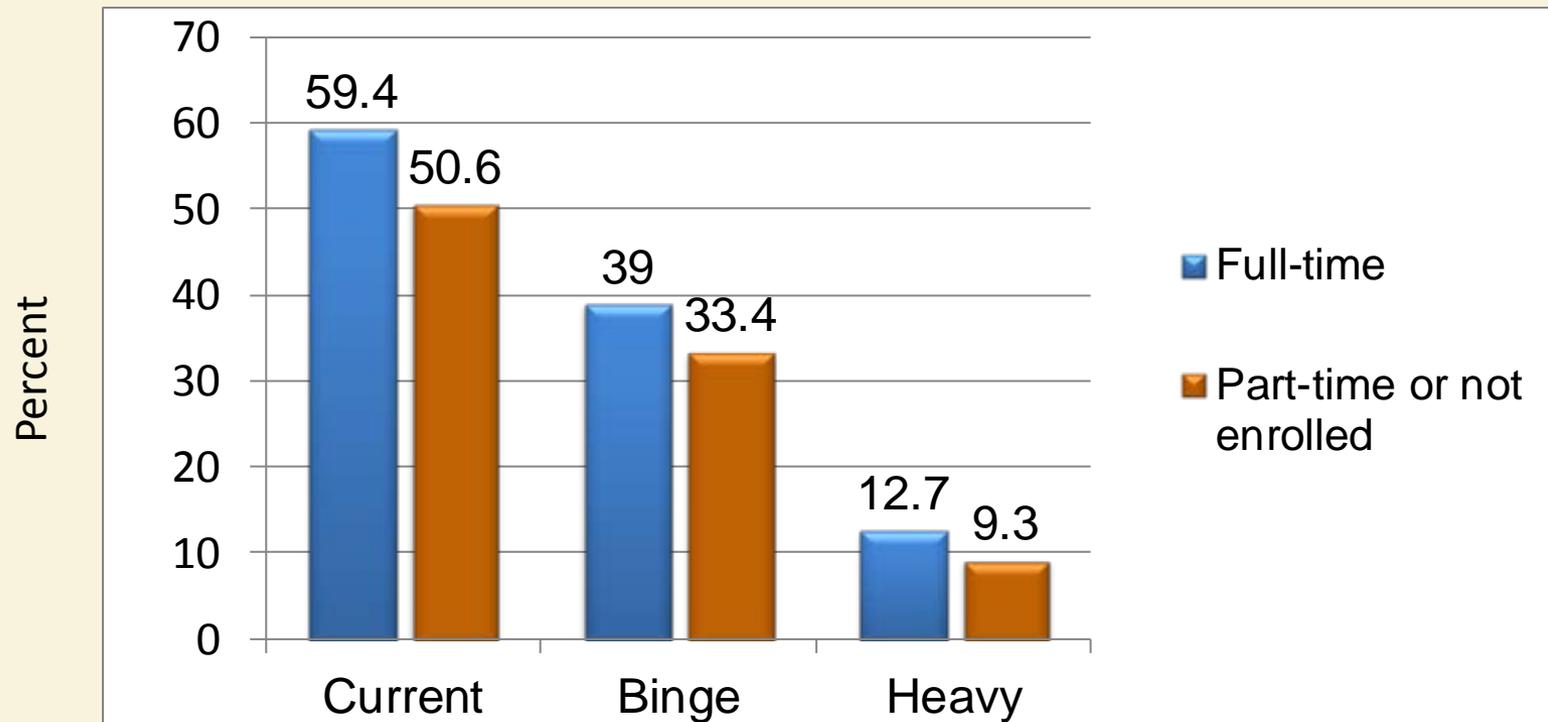
Trends in Alcohol Use among Youth and Young Adults

Past-month alcohol use by 12- to 20-year-olds

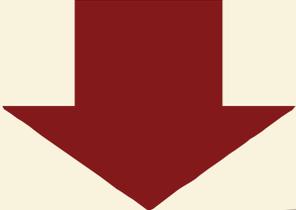


Alcohol Use by College Students

Rates of alcohol use by 18- to 22-year-olds attending college full time compared to those attending part time or not enrolled



Marijuana – Changing Landscape

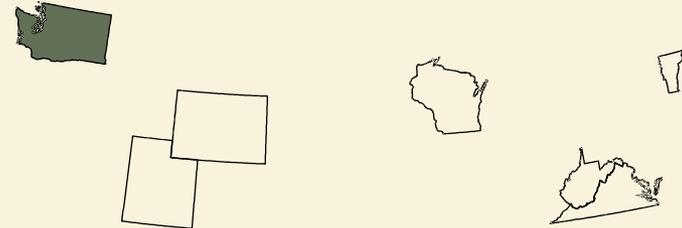


**Falling
perceptions
of risk**

**Increased
use**



Changes in state and local laws



Softening of public attitudes

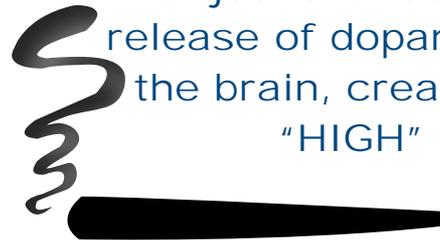
Marijuana: Link Between Use and Mental Illness



Associated with mental health disorders such as: depression, anxiety, and suicidal thoughts among adolescents



Impairs short-term memory, judgment and motor coordination and causes slowed reaction time



Marijuana effects the release of dopamine in the brain, creating a "HIGH"



Raises heart rate by

20-100%

shortly after smoking (effect can last up to 3 hours)

Mental Health of College Students



In the past 12 months:

- 44.6 percent of college students felt things were hopeless.
- 30.8 percent felt so depressed it was difficult to function.
- 51 percent felt overwhelming anxiety.
- 55.6 percent felt very lonely.
- 35.6 percent felt overwhelming anger.
- 7.5 percent seriously considered suicide.
- 1.4 percent attempted suicide.

Source: American College Health Association (Fall 2014)

Suicide among Youth



Age 15-24: 2nd leading cause of death, behind accidents

Preventing Suicide



- At-risk youth and adult populations
- Integrated approaches
- Healthcare system emphasis
- Follow-up of attempted suicides/suicidal crises
- Zero suicides goal
- Public awareness/knowledge

SAMHSA's Efforts to Curb Prescription Drug Abuse

Not Worth The Risk
even if it's legal



YOU'RE IN CONTROL
Using Prescription Medicine Responsibly

 U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov

- Partnerships for Success grants
- Prescription Drug Monitoring Program grants
- Prevention of Prescription Abuse in the Workplace (PAW) Technical Assistance Center
- Promotion of DEA's national take-back days
- Not Worth the Risk, Even If It's Legal (pamphlet series)
- Opioid Overdose Prevention Toolkit

SAMHSA
Opioid Overdose
TOOLKIT



Got Drugs?

Turn in your unused or expired medication for safe disposal
Saturday, April 28th

Click here
for a collection
site near you.



Technology—based Products to Prevent High-Risk Drinking among College Students Challenge

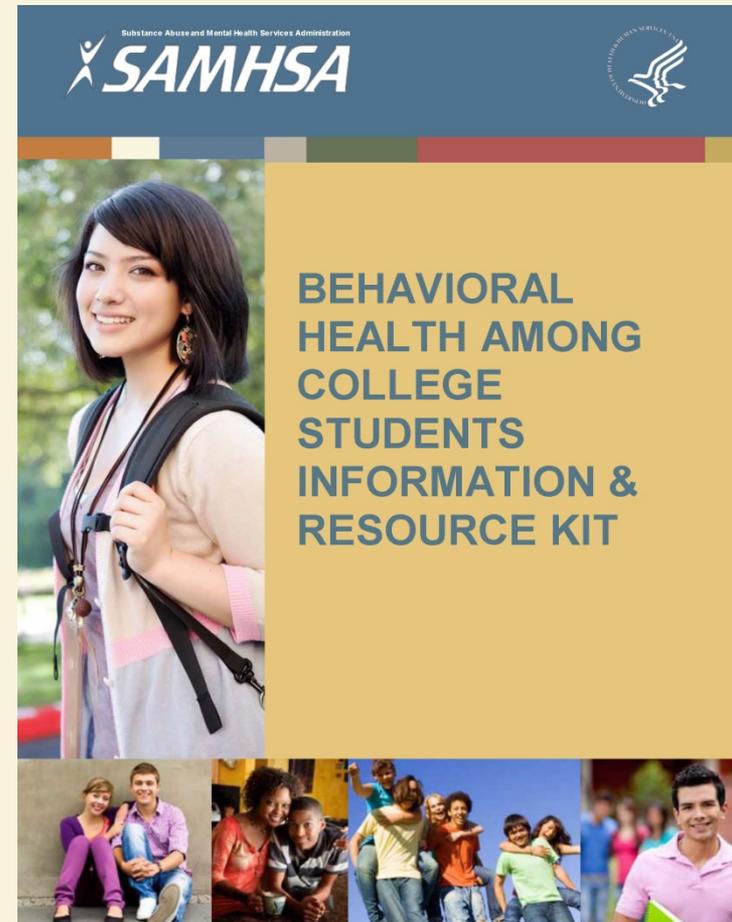
<http://collegestudentdrinking.challenge.gov/>

- First place (\$60,000) – Syracuse University
 - BeWise – interactive website re: alcohol poisoning
- Second place (\$30,000) – University of Central Florida
 - Expectancy Challenge Alcohol Literacy Curriculum – mobile app
- Third place (\$10,000) – University of Tennessee
 - Alcohol and You – Online module for all first-year students

Behavioral Health Among College Students Information and Resource Kit

Sections include:

- Introduction and Overview
- Alcohol Use, Abuse, and Underage Drinking
- Alcohol Access, Availability, and Norms
- Illicit Drug Use and Nonmedical Use of Medications
- Tobacco Use
- Mental Health Issues
- Selected Web-based Prevention Resources
- PowerPoint slides (with speaker notes)



Core Resources

- www.stopalcoholabuse.gov – Website of federal resources on underage drinking prevention
- www.collegedrinkingprevention.gov – National Institute on Alcohol Abuse and Alcoholism
- www.thenetwork.ws – Network Addressing Collegiate Alcohol and Other Drug Issues
- www.collegesubstanceabuseprevention.org/index.html - Coalition of Higher Education Associations for Substance Abuse Prevention
- ED's Safe and Supportive Learning Environment Technical Assistance Center – includes focus on institutions of higher education (<http://safesupportivelearning.ed.gov/>)

Questions and Discussion

