

# Consensus Study: Supporting the Whole Student-Mental Health, Substance Use and Well-Being in Higher Education

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**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# Agenda

- 21<sup>st</sup> Century Cures Act
- Data Trends Related to Mental Health and Substance Use
- Scope of Work for the Consensus Study: Supporting the Whole Student
- SAMHSA's Evidence-based Practice Resource Center/Training and Technical Assistance Transfer Centers.

# 21<sup>st</sup> Century Cures Act

- December 2016 in the 21<sup>st</sup> Century Cures Act

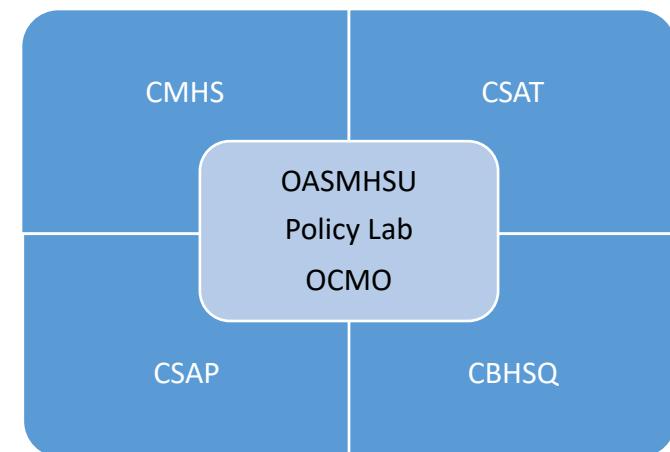


- The Cures Act created the Assistant Secretary position, as well as the National Policy Laboratory and the Office of the Chief Medical Officer
- Central Function of the National Policy Laboratory and the Office of the Chief Medical Officer:
  - Assist the Assistant Secretary and SAMHSA leadership in a refocus of SAMHSA priorities and processes and to have a coordination role across Centers/office at SAMHSA.

# Organization of SAMHSA

## General SAMHSA Organization:

- **OASMHSA:** Offices of the Assistant Secretary for Mental Health and Substance, the National Policy Lab and the Office of the Chief Medical Officer
- **CMHS:** Center for Mental Health Services
- **CSAT:** Center for Substance Abuse Treatment
- **CSAP:** Center for Substance Abuse Prevention
- **CBHSQ:** Center for Behavioral Health Statistics & Quality



# 21<sup>st</sup> Century Cures Act

- Creation of the Policy Lab and Office of the Chief Medical Office to liaison between the Administration (SAMHSA) and providers of mental and substance use disorder prevention, treatment, and recovery services
- Develop the evaluation, organization, integration, and coordination of programs operated by SAMHSA
- Participate in regular strategic planning with the Administration (SAMHSA)

# 21<sup>st</sup> Century Cures Act

- Provide leadership in identifying and coordinating policies and programs, including evidence-based programs, related to mental and substance use disorders
- Coordinate and facilitate the implementation of policy changes likely to have a significant effect on mental health, mental illness, recovery supports, and the prevention and treatment of substance use disorder services

## **SAMHSA shall consult with:**

- NIH on an ongoing basis
- Clinical and analytical experts with expertise in psychiatric medical care and clinical psychological care, corrections health care and mental health court systems, as appropriate
- Other individuals and agencies as determined appropriate by the Assistant Secretary

# SAMHSA's Strategic Plan

– SAMHSA.GOV/about-us/strategic-plan



The screenshot shows the SAMHSA website with a focus on the Strategic Plan. The top navigation bar includes links for Home, Site Map, and Contact Us. A search bar is present. The main content area features a large title 'SAMHSA Strategic Plan FY2019-FY2023' and a summary of the plan's purpose. A sidebar on the left lists links for Who We Are, Interagency Activities, Advisory Councils, Strategic Plan FY2019-FY2023 (which is highlighted in red), Budget, Jobs and Internships, and Social Media.

Secure | <https://www.samhsa.gov/about-us/strategic-plan>

Apps For quick access, place your bookmarks here on the bookmarks bar. [Import bookmarks now...](#)

U.S. Department of Health & Human Services

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About Us » SAMHSA Strategic Plan FY2019-FY2023

**SAMHSA Strategic Plan FY2019-FY2023**

The SAMHSA Strategic Plan FY2019-FY2023 provides a roadmap to carry out the vision and mission of SAMHSA over the next four years.

In order to achieve its mission, SAMHSA has identified five priority areas to better meet the behavioral health care needs of individuals, communities, and service providers. The five priority areas are:

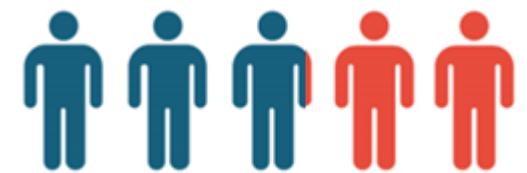
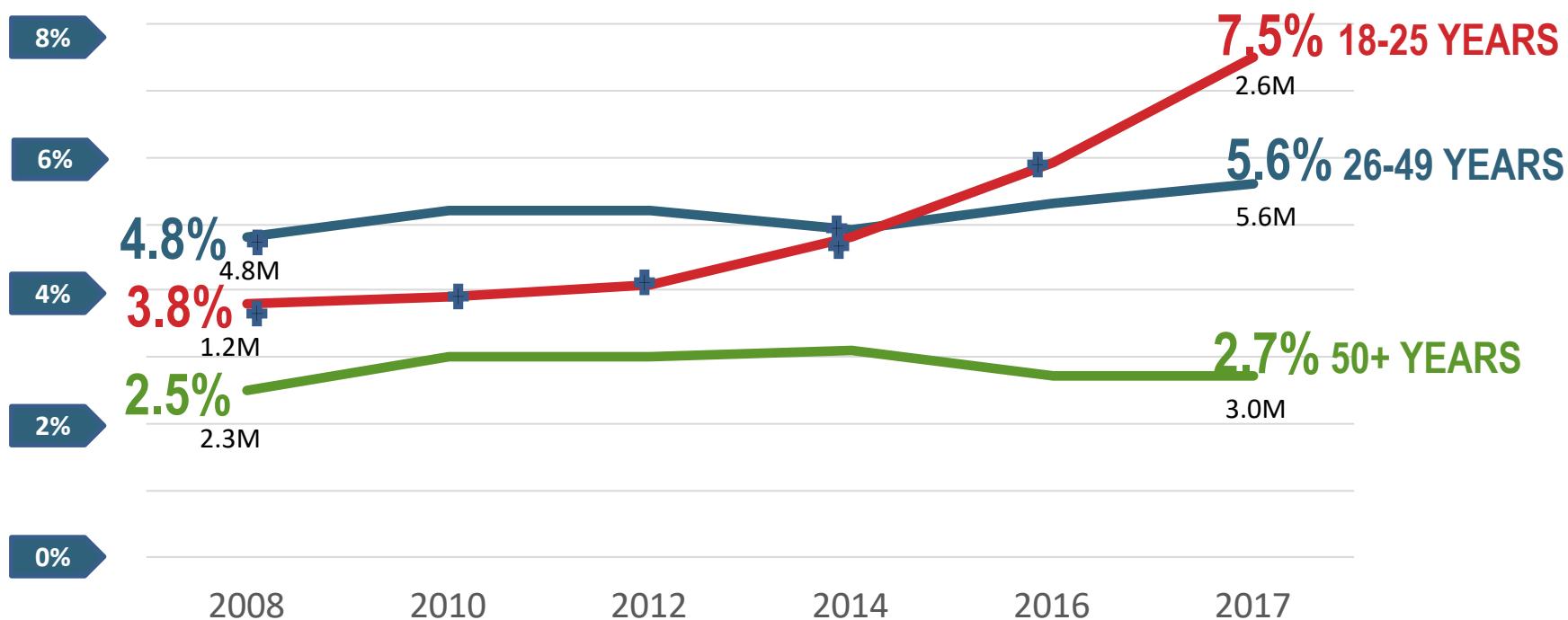
1. Combating the Opioid Crisis through the Expansion of Prevention, Treatment, and Recovery Support Services.
2. Addressing Serious Mental Illness and Serious Emotional Disturbances.
3. Advancing Prevention, Treatment, and Recovery Support Services for Substance Use.
4. Improving Data Collection, Analysis, Dissemination, and Program and Policy Evaluation.

# Strategic Plan: Overview of Priorities

1. Combating the Opioid Crisis through the Expansion of Support Services
2. Addressing Mental Illness and Emotional Disturbances
3. Advancing Prevention, Treatment, and Recovery Support Services for Substance Use
4. Improving Data Collection, Analysis, Dissemination, and Program and Policy Evaluation
5. Strengthening Health Practitioner Training and Education

# Serious Mental Illness (SMI) among Young Adults Rising and Treatment Increased Compared to Prior Years

PAST YEAR, 2017, 18+



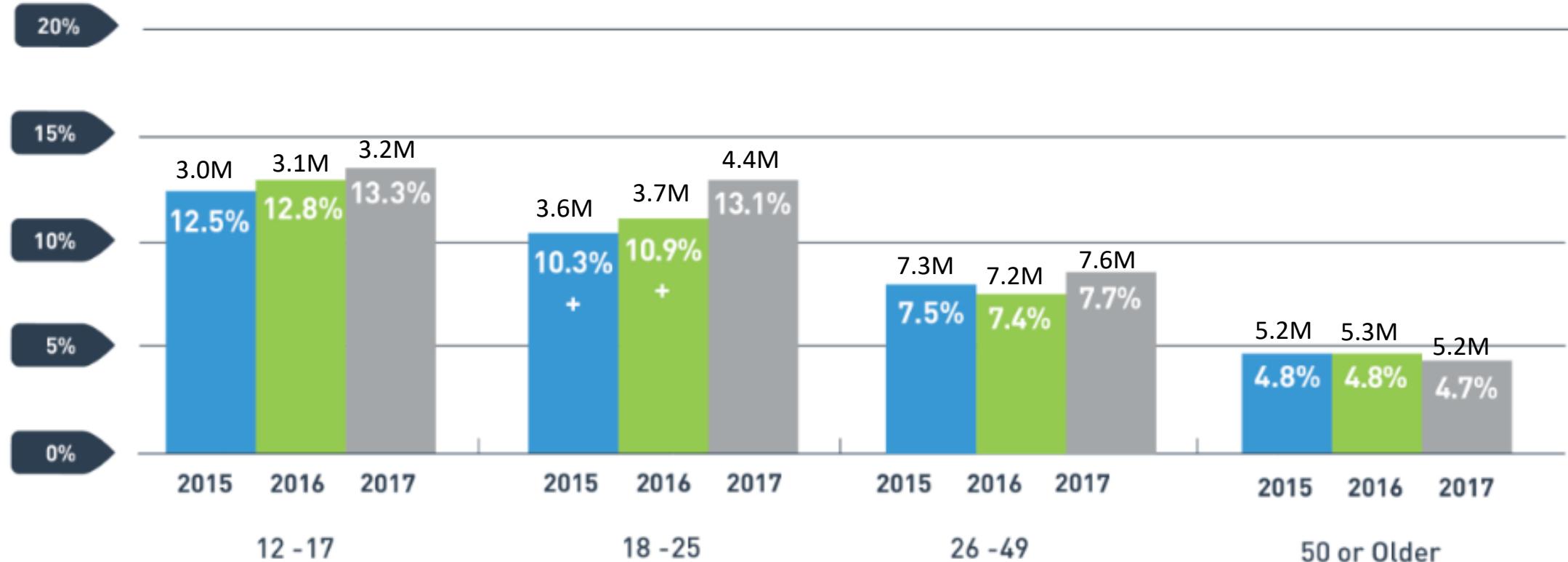
**57.4%**  
**1.5 MILLION YOUNG  
ADULTS WITH SMI  
RECEIVED TREATMENT**  
Higher than 2015 (50.7%)  
and 2016 (51.5%), but  
42.6% get NO treatment

See figure 49 and table A.46 in the 2017 NSDUH Report for additional information.

+ Difference between this estimate and the 2017 estimate is statistically significant at the .01 level.

# Major Depressive Episodes among Young Adults (18-25) Rising

PAST YEAR, 2017, 12+



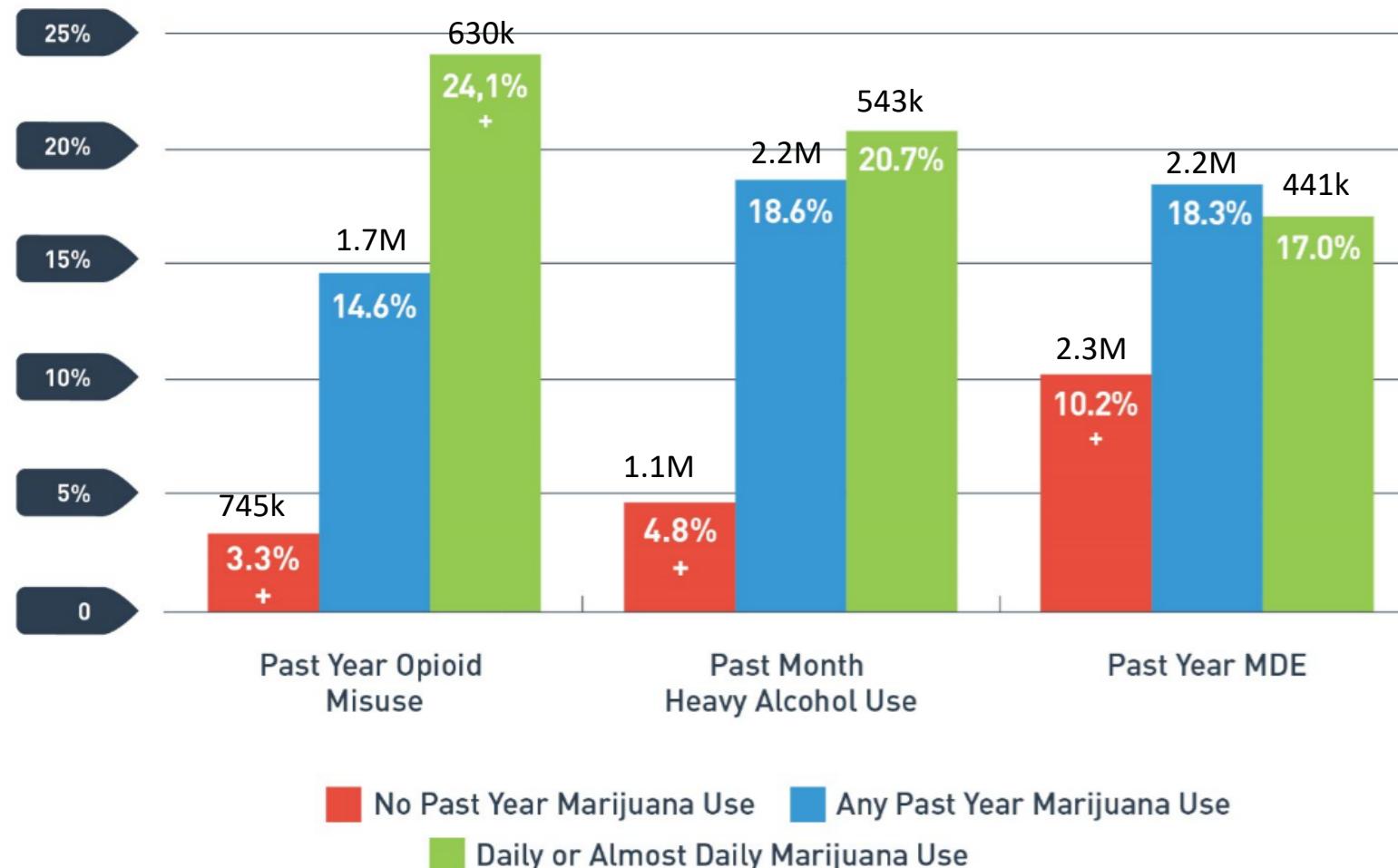
See figures 43 and 45 in the 2017 NSDUH Report for additional information.

+ Difference between this estimate and the 2017 estimate is statistically significant at the .05 level.

Note: The adult and youth MDE estimates are not directly comparable.

# Co-Occurring Disorders: Young Adult (18-25y) Opioid Misuse, Heavy Alcohol Use, and Major Depressive Episode by Marijuana Use Status

PAST YEAR, 2017, 18 - 25

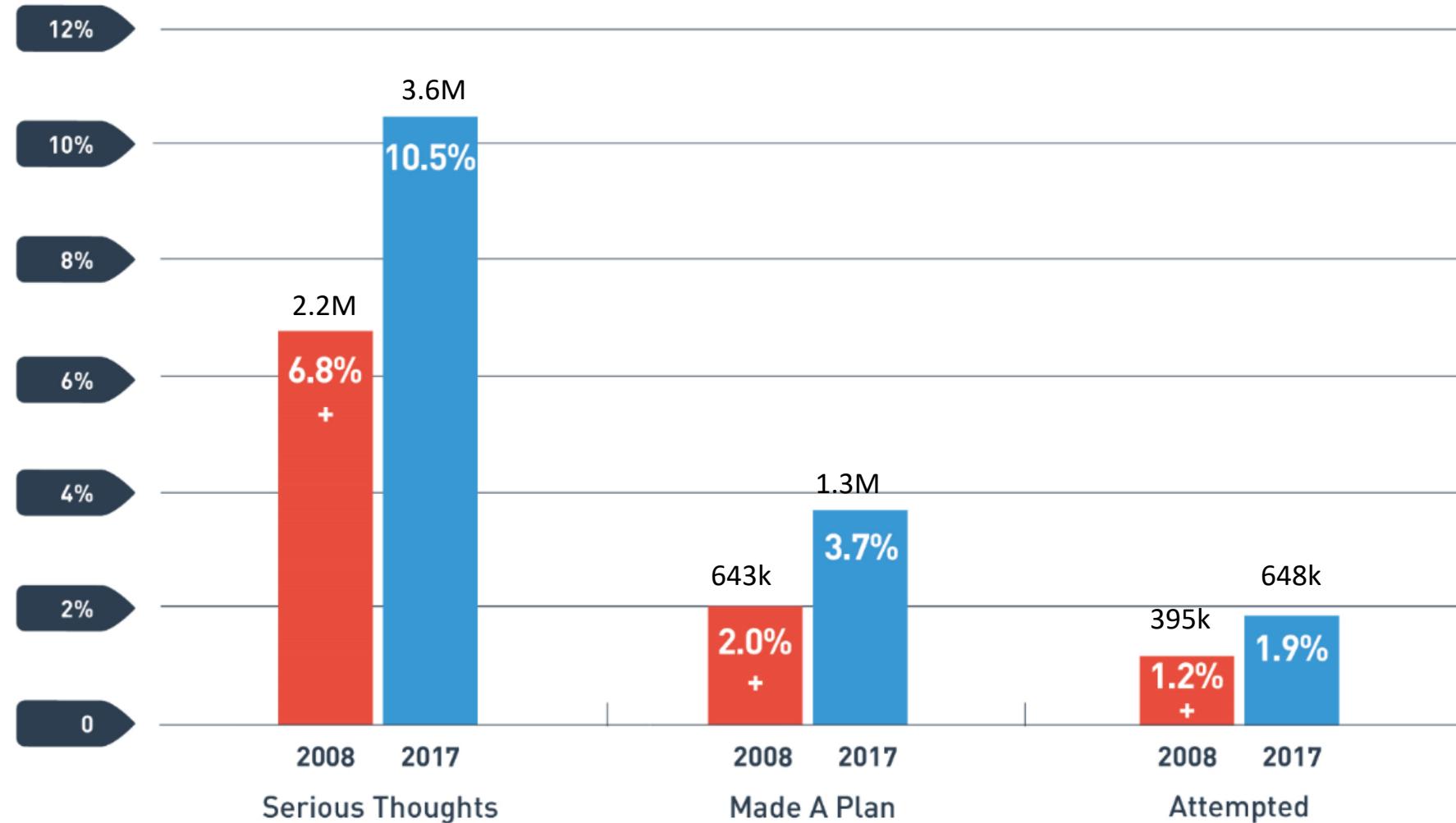


Special analysis of the 2017 NSDUH Report.

+ Difference between this estimate and the estimate with past year marijuana use is statistically significant at the .05 level.

# Suicidal Thoughts, Plans, and Attempts Increase for Young Adults

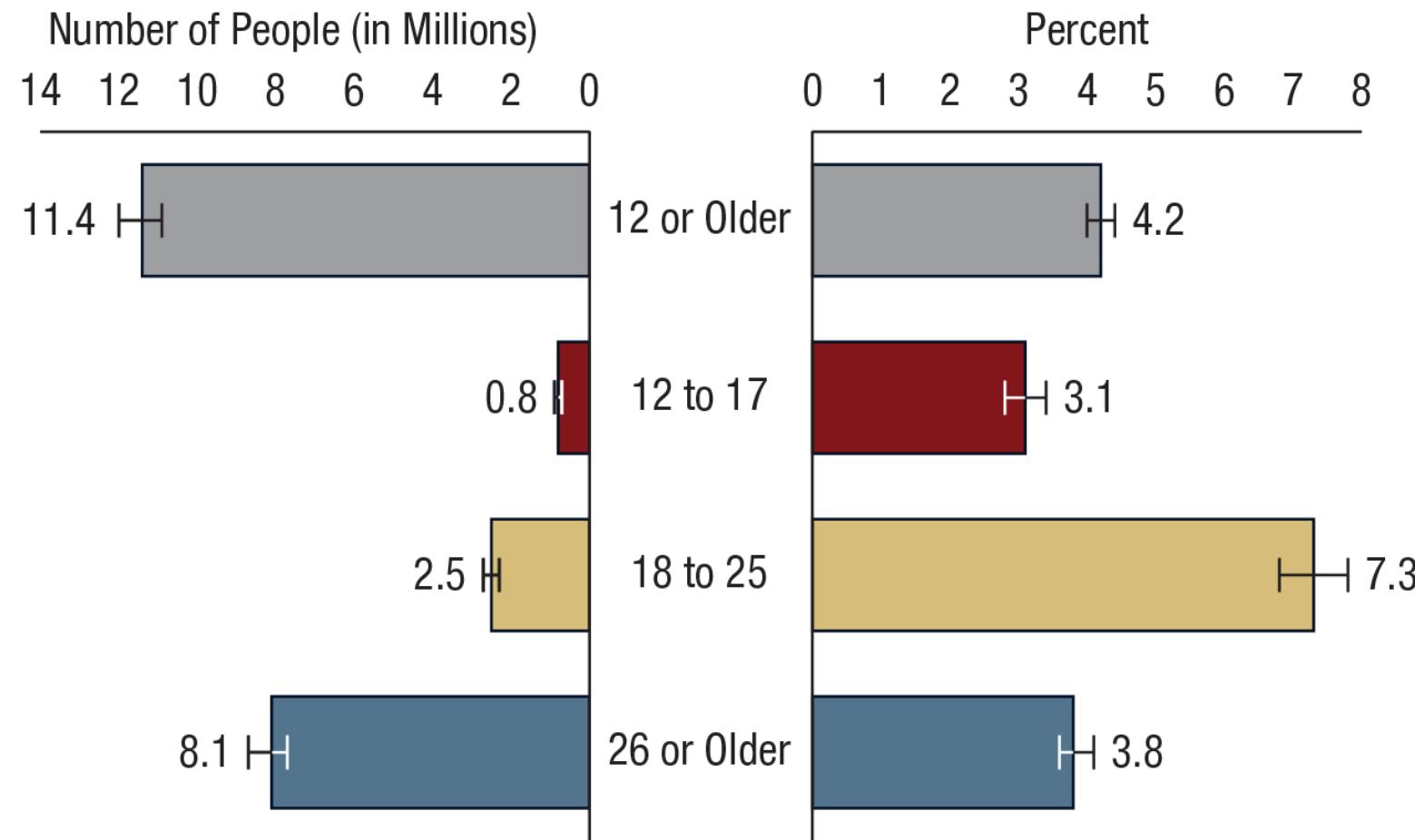
PAST YEAR, 2008 and 2017, 18 - 25



See figures 59 to 61 in the 2017 NSDUH Report for additional information.

No difference between this estimate and the 2017 estimate is statistically significant at the 0.05 level.

# Past Year Opioid Misuse among People Aged 12 or Older, by Age Group



Note: Opioid misuse is defined as heroin use or prescription pain reliever misuse.

# Mental Health and Substance Use Concerns in Higher Education

- In cases of clinically diagnosable depression, 60.8% of students reported feeling overwhelming anxiety; 38.2% reported feeling so depressed it was difficult to function (American College Health Association, 2016)
- Mental illness can have detrimental effects on students' academic progress, as 62% of undergraduate students who dropped out identified they did so due to a mental health issue (NAMI, 2014)
- Data show that college students have consistently higher rates of heavy alcohol use than their non-college peers (NIDA, 2016)

# Consensus Study: Supporting the Whole Student: Mental Health, Substance Use and Well-Being in Higher Education

## **Study purpose is to examine:**

- The prevalence and etiology of reported mental health concerns among all undergraduate and graduate students (at all types of 2-year campuses, 4-year campuses, and R1 universities)
- The research on the policies, programs, models, and practices that institutions have implemented to address mental health, substance misuse, and well-being of students

# Consensus Study: Supporting the Whole Student: Mental Health, Substance Use and Well-Being in Higher Education

## **Research Questions:**

- What is known about evidence-based approaches to improving mental health and well-being for students?
- How can institutions ensure adequate support for all students, including historically underrepresented groups?
- How can institutions best serve the nation's veterans?
- How can institutions create a comprehensive strategy that acknowledges the ways different cultures recognize mental health and well-being?

# Scope of Work

## Landscape Analysis:

- Drawing on available literature and survey data, the committee will examine research on and trends in mental health and substance use service needs and over the last decade
- Review programs, practices, resources, and policies that institutions of higher education have developed to treat mental health and substance use issues among students and to support student well-being on campuses

# Scope of Work

**The committee will organize a series of stakeholder meetings and listening sessions with:**

- Undergraduate and graduate students, faculty who mentor students, deans and department chairs at various types of institutions
- Campus mental health administrators at 2-year, 4-year, and R1 institutions of higher education
- Scholars and researchers that have conducted extensive research on this topic
- Education policymakers at the state and local levels

# Scope of Work

**Develop a set of recommendations that would be aimed at multiple audiences, including:**

- Mental health professionals on campuses
- University administrators (presidents, provosts, deans, department chairs and faculty; student associations; professional societies)
- Federal agencies such as HHS and the U.S. Department of Education
- Congress, and state legislatures

# Evidence-Based Practices Resource Center

[www.samhsa.gov/ebp-resource-center](http://www.samhsa.gov/ebp-resource-center)

- Repository of EBPs for prevention, treatment and recovery
- Committee review to ensure effectiveness of practice
- Focus on practical implementation tools
- Updated routinely

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Programs » EBP Resource Center



## Evidence-Based Practices Resource Center

SAMHSA is committed to improving prevention, treatment, and recovery support services for mental and substance use disorders.

This new Evidence-Based Practices Resource Center aims to provide communities, clinicians, policy-makers and others in the field with the information and tools they need to incorporate evidence-based practices into their communities or clinical settings. The Resource Center contains a collection of scientifically-based resources for a broad range of audiences, including Treatment Improvement Protocols, toolkits, resource guides, clinical practice guidelines, and other science-based resources.

[Learn more about the Evidence-Based Practices Resource Center.](#)

[View additional emerging practices.](#)

## Featured Resources



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### Technical Assistance

- » [Clinical Support System for Serious Mental Illness \(CSS-SMI\)®](#)
- » [Addiction Technology Transfer Center \(ATTC\) Network®](#)
- » [Prevention Technology Transfer Center \(PTTC\) Network®](#)
- » [Mental Health Technology Transfer Center \(MHTTC\) Network®](#)
- » [Bringing Recovery Supports to Scale Technical Assistance Center Strategy \(BRSS TACS\)](#)
- » [National Center on Substance Abuse and Child Welfare \(NCSACW\)](#)
- » [National Training and Technical Assistance Center for Child, Youth & Family Mental Health \(NTTAC\)](#)
- » [Center of Excellence for Protected Health Information \(CoE-PHI\)®](#)
- » [Rural Opioid Technical Assistance \(ROTA\)](#)



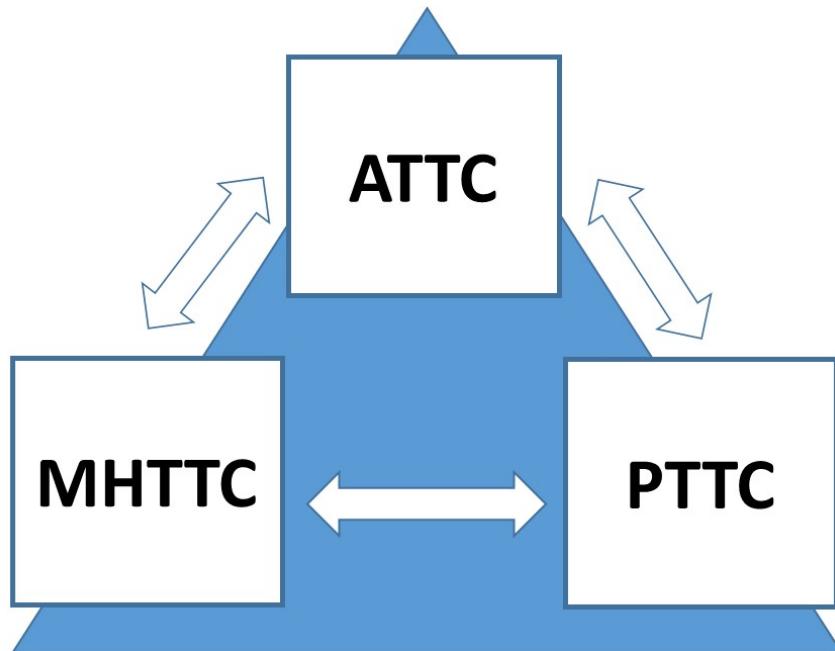
# Evidence-based Practice Resource Center (EBRC)

- **Evidence Based-Practice Review Committee:**
  - Team made up of staff from SAMHSA, NIH and other HHS agencies who review existing guidance for EBRC website and make recommendations for new products.
- **Six new products be developed in FY2019:**
  - Marijuana Prevention
  - Transitional Age Youth
  - Co-occurring disorders
  - MOUD use in criminal justice setting
  - MOUD use in emergency departments
  - Recovery

## New products be developed in FY2020:

- Vaping
- Suicide Prevention
- Serious Emotional Disturbance
- Methamphetamine
- HIV/AIDS (Prevention/Treatment/Mental Health)

# Technology Transfer Centers - 3 Networks



**Addiction Technology Transfer Centers - ATTC**  
<https://attcnetwork.org/>

**Mental Health Technology Transfer Centers - MHTTC**  
<https://mhtcnetwork.org/>

**Prevention Technology Transfer Centers - PTTC**  
<https://pttcnetwork.org/>

# The TTC Networks

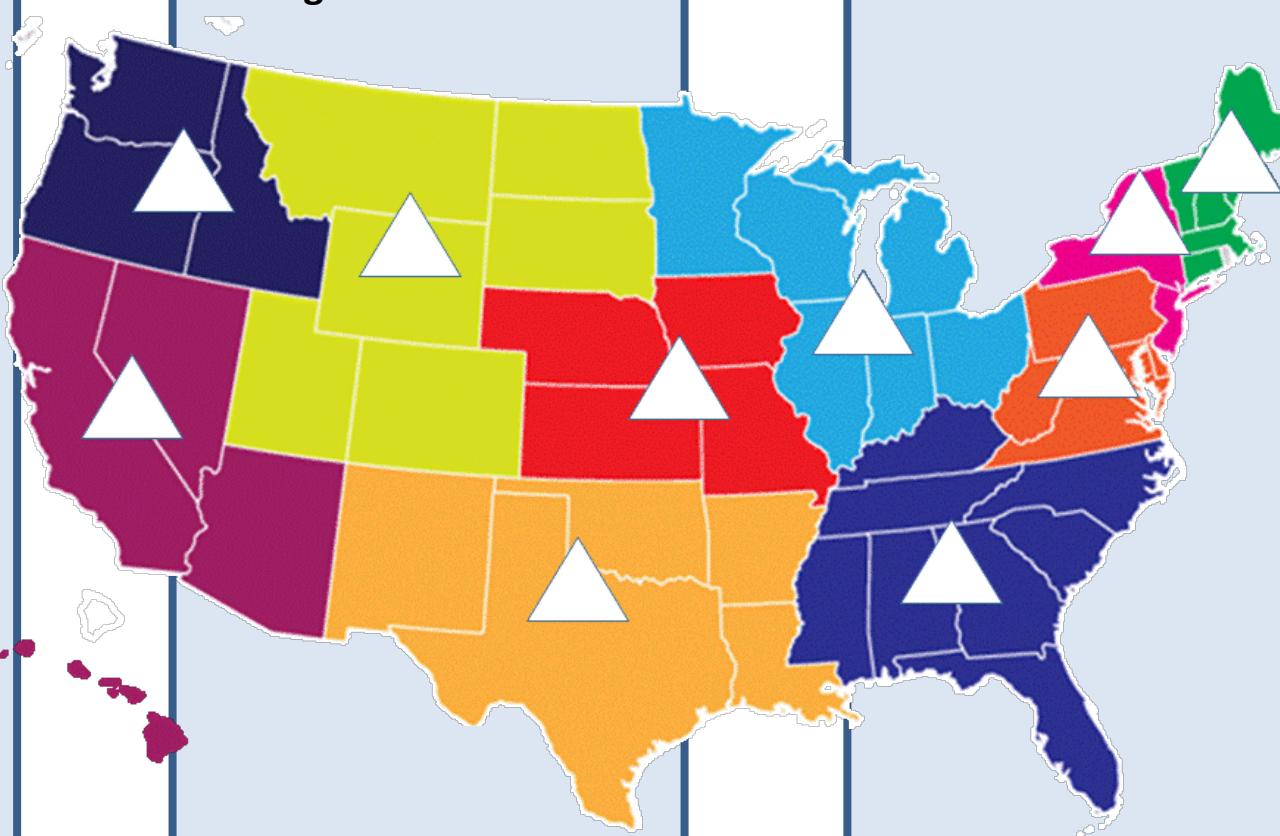
## ATTC

- 1 Network Coord. Office
- 1 AI/AN Center
- 1 Hispanic & Latino Ctr.
- 10 Regional Centers



## MHTTC

- 1 Network Coord. Office
- 1 AI/AN Center
- 1 Hispanic & Latino Ctr.
- 10 Regional Centers



## PTTC

- 1 Network Coord. Office
- 1 AI/AN Center
- 1 Hispanic & Latino Ctr.
- 10 Regional Centers

25

# Accessing Training and TA

- Friendly website:
  - ATTC: <https://attcnetwork.org/>
  - MHTTC: <https://mhttcnetwork.org/>
  - PTTC: <http://pttcnetwork.org/>
- Online trainings
- In person trainings
- Access to protocols, training materials, infographics, curriculums, etc.
- Webinars
- Regional and national meetings
- Virtual technical assistance – ECHO Model
- Consultation



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

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