



Healing the Nation: Advancing Comprehensive Mental Health and Addiction Policy

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In the face of a global crisis, we are at a critical pivot point for mental health in our country and policy makers must rise to the challenge.

While progress has been made, work remains to be done.

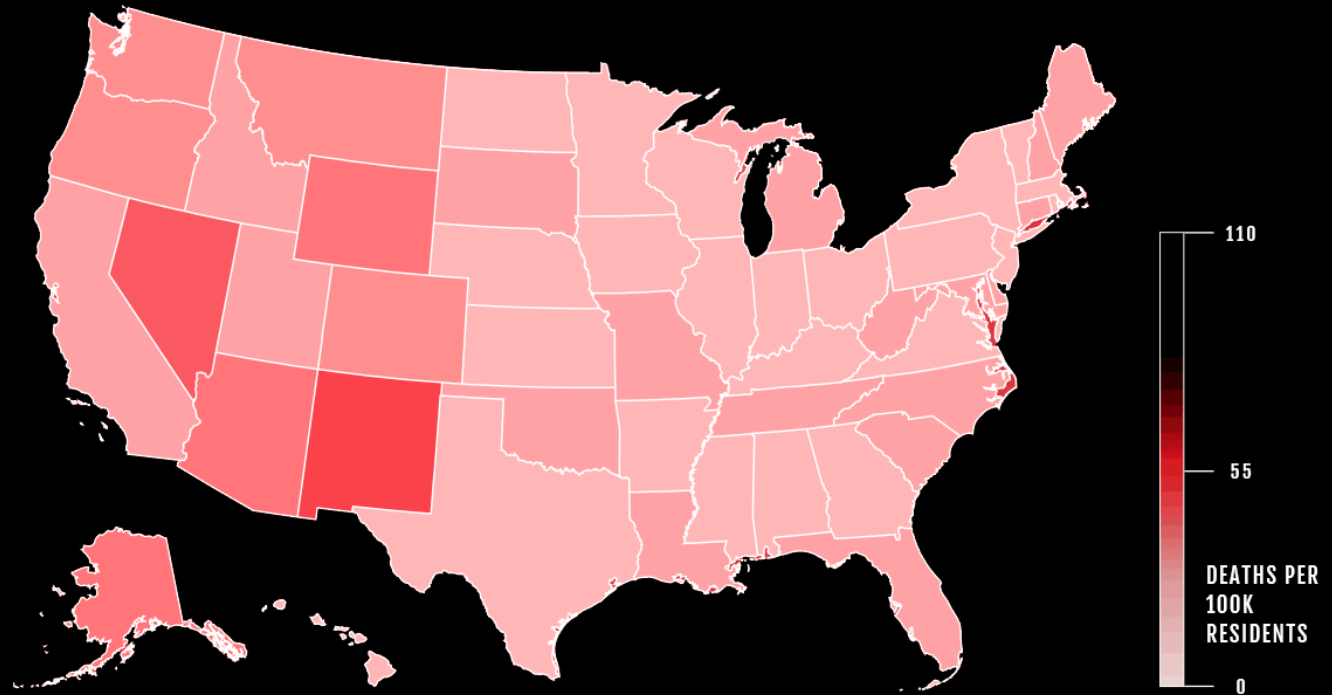




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PAIN IN THE NATION

Deaths from drugs, alcohol and suicide 1999 to 2025 (PROJECTED)

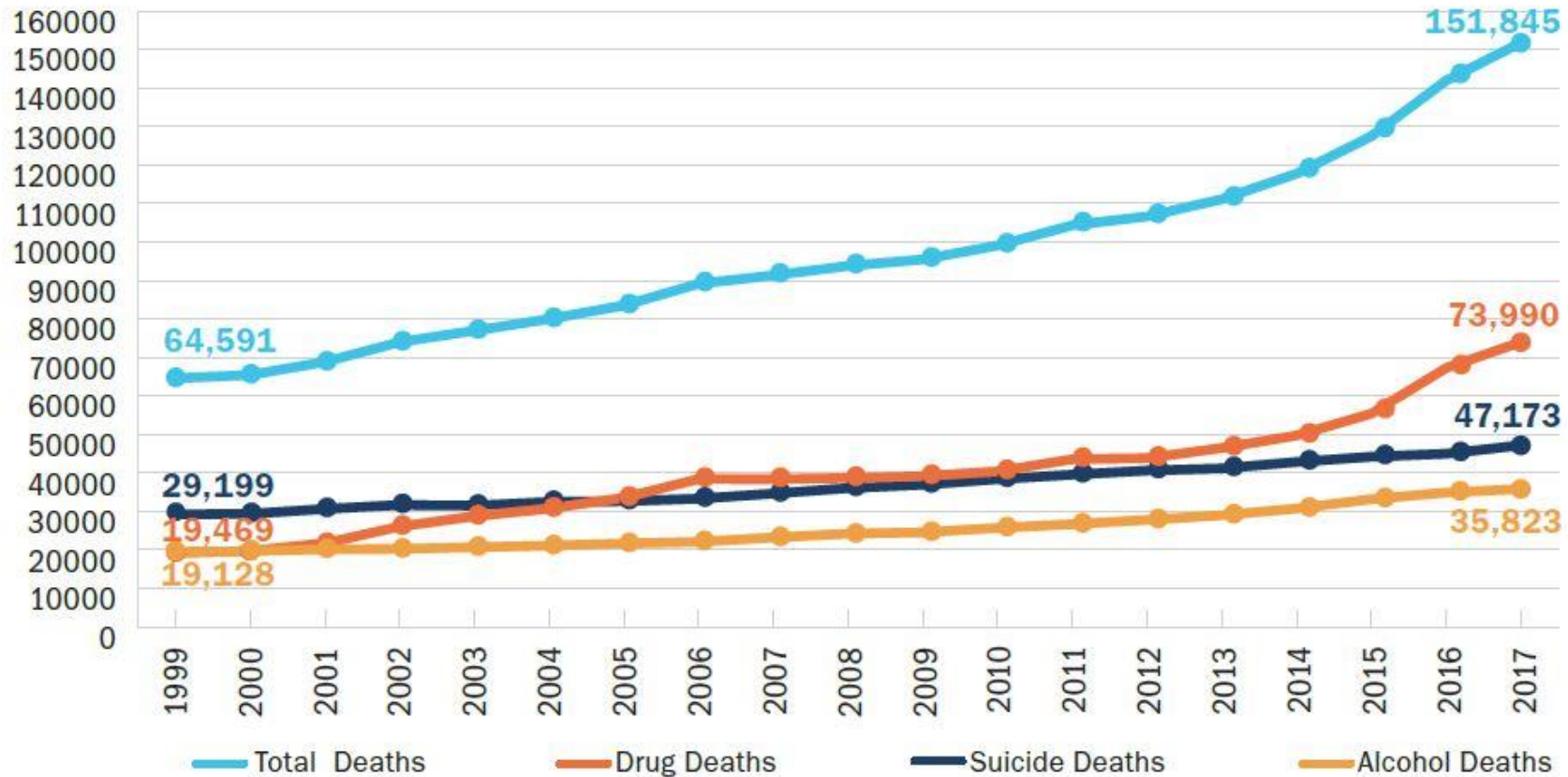


1999



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Annual Deaths from Alcohol, Drugs, and Suicide in the United States, 1999–2017



Source: Trust for America's Health and Well Being Trust analysis of data from National Center For Health Statistics, CDC

\$425M

is just .56% of the total
amount invested in the airline
industry

OR

2%

of the \$185 billion sent to
health care as a whole



OPINION This piece expresses the views of its author(s), separate from those of this publication.

Mental illness is epidemic within the coronavirus pandemic

In the face of a global crisis, we are at a critical pivot point for mental health in our country and policymakers must rise to the challenge.

Benjamin F. Miller Opinion contributor

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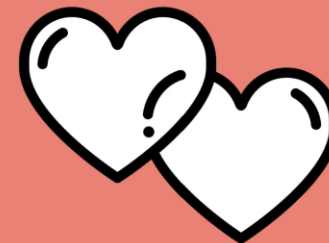
The New York Times

The Science of Helping Out

During a crisis, the people who cope best are those who help others.

HEALTH • COVID-19

'We Carry That Burden.' Medical Workers Fighting COVID-19 Are Facing a Mental Health Crisis

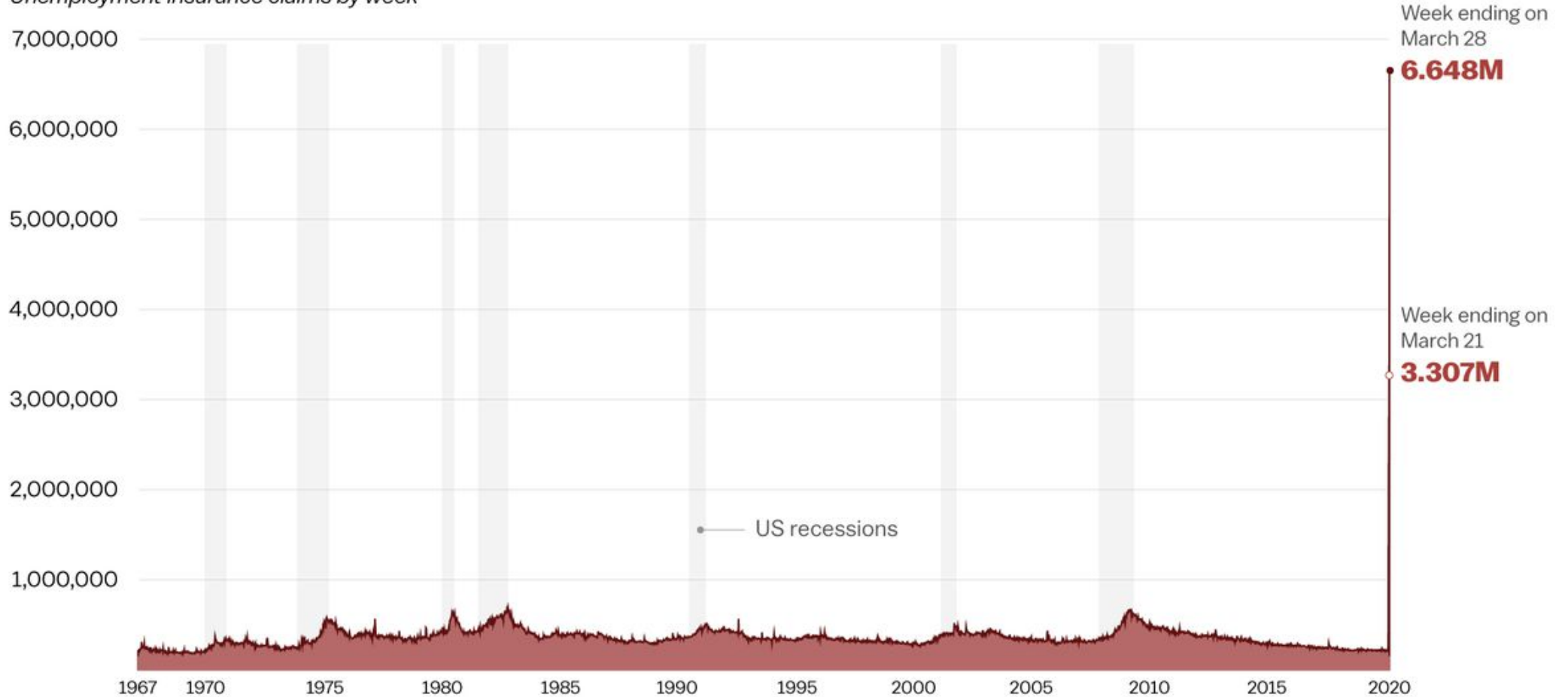




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An unprecedented rise in unemployment

Unemployment insurance claims by week

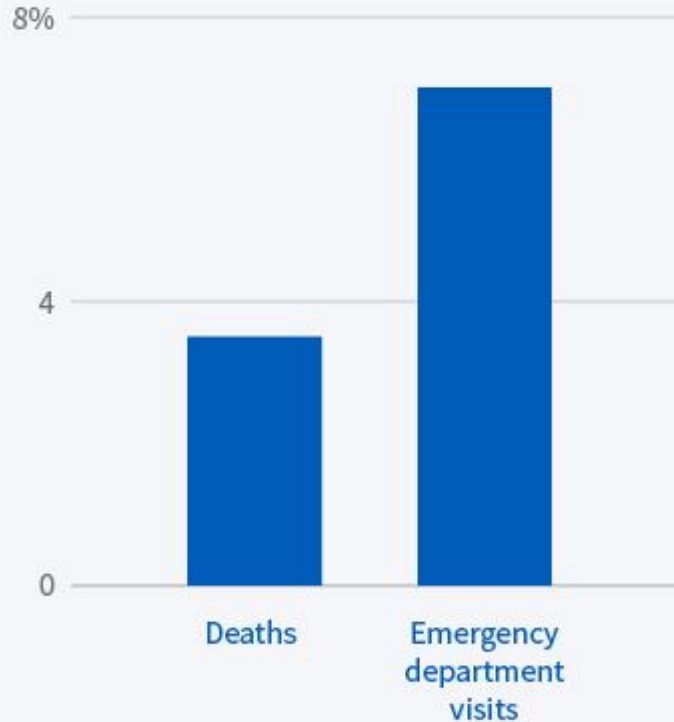


Source: US Department of Labor

Vox

Opioid Events and Unemployment

Increase in opioid overdose events per
1 percentage point increase in unemployment



Source: Researchers' calculations using data from the
Centers for Disease Control and Prevention and from
the State Emergency Department Databases

Macroeconomic Conditions and Opioid Abuse

Alex Hollingsworth, Christopher J. Ruhm, Kosali Simon

NBER Working Paper No. 23192

Issued in February 2017, Revised in March 2017

NBER Program(s): Health Care, Health Economics, Labor Studies, Public Economics

We examine how deaths and emergency department (ED) visits related to use of opioid analgesics (opioids) and other drugs vary with macroeconomic conditions. As the county unemployment rate increases by one percentage point, the opioid death rate per 100,000 rises by 0.19 (3.6%) and the opioid overdose ED visit rate per 100,000 increases by 0.95 (7.0%). Macroeconomic shocks also increase the overall drug death rate, but this increase is driven by rising opioid deaths. Our findings hold when performing a state-level analysis, rather than county-level; are primarily driven by adverse events among whites; and are stable across time periods.

Opinion

Mental Health in the Age of the Coronavirus

The struggle between fear and comfort.



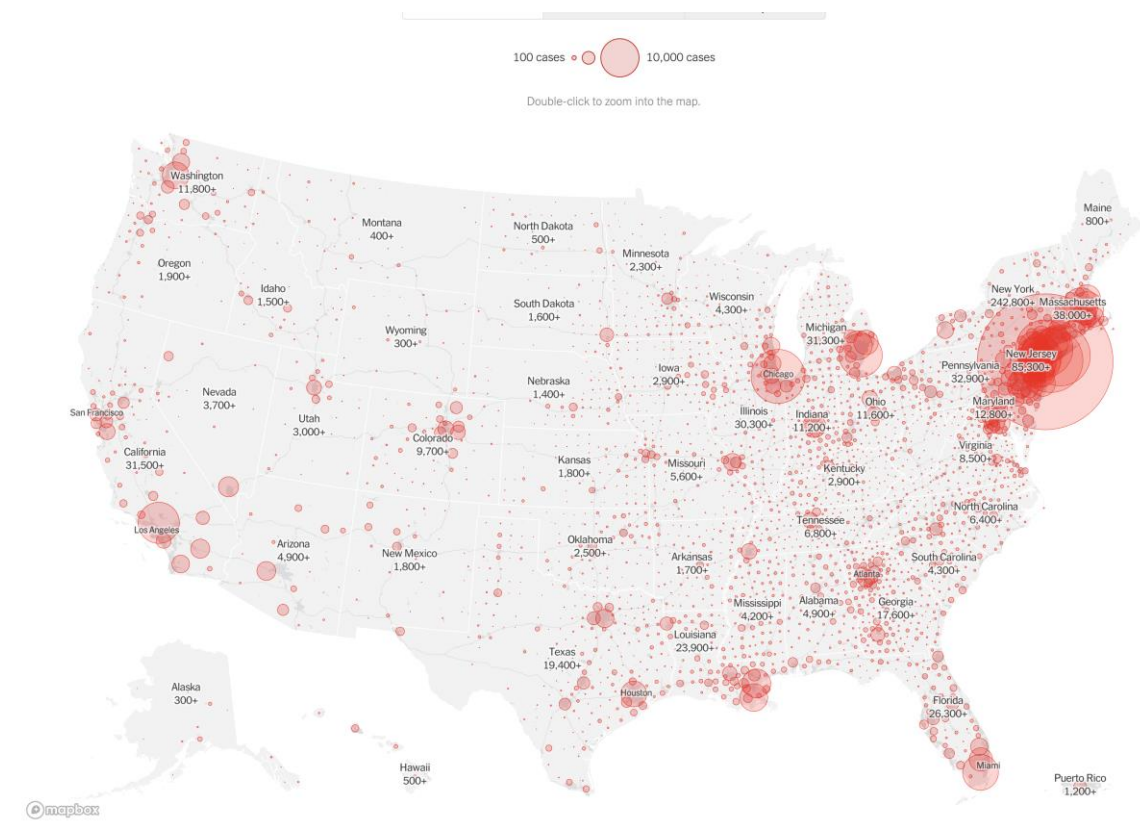
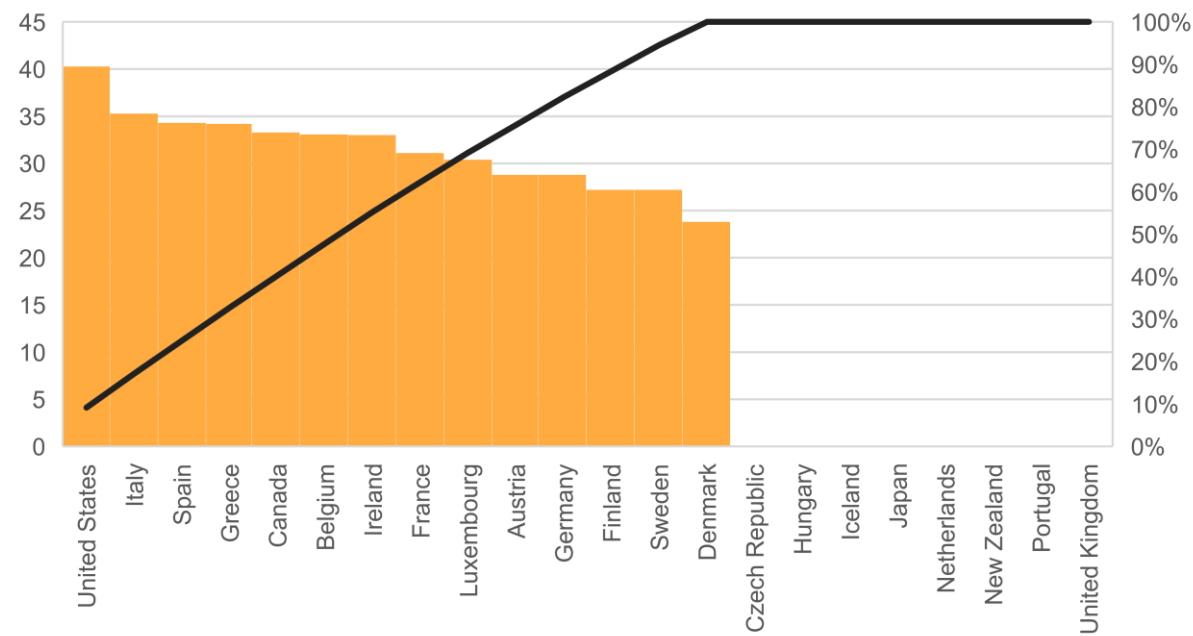
By David Brooks
Opinion Columnist

April 2, 2020



Structural Inequality: The Story and Opportunity of the COVID-19 Pandemic

Inequality in OECD Nations (2000-2017)
Composite GINI Index
Based on World Bank Data



Interventions: Focus on Minority Mental Health

- Mental health impacts will mirror disproportionalities in the physical health impacts of the COVID-19 pandemic
- Identify Direct, Indirect, and Structural Racism as a Determinant of Mental Health (Paradies et al, 2015)
- Direct resources to screen and treat depression, anxiety, stress disorders, and other outcomes to African American, LatinX, and Asian communities
- Direct design of mental health interventions towards outcomes that are associated with **structural disparities** such as employment, education and housing inequities, rather than focusing on individualized narrative re co-morbidities and health behaviors



Table. Possible Additional Deaths of COVID-19 Recession on Deaths of Despair, Alternative Scenarios

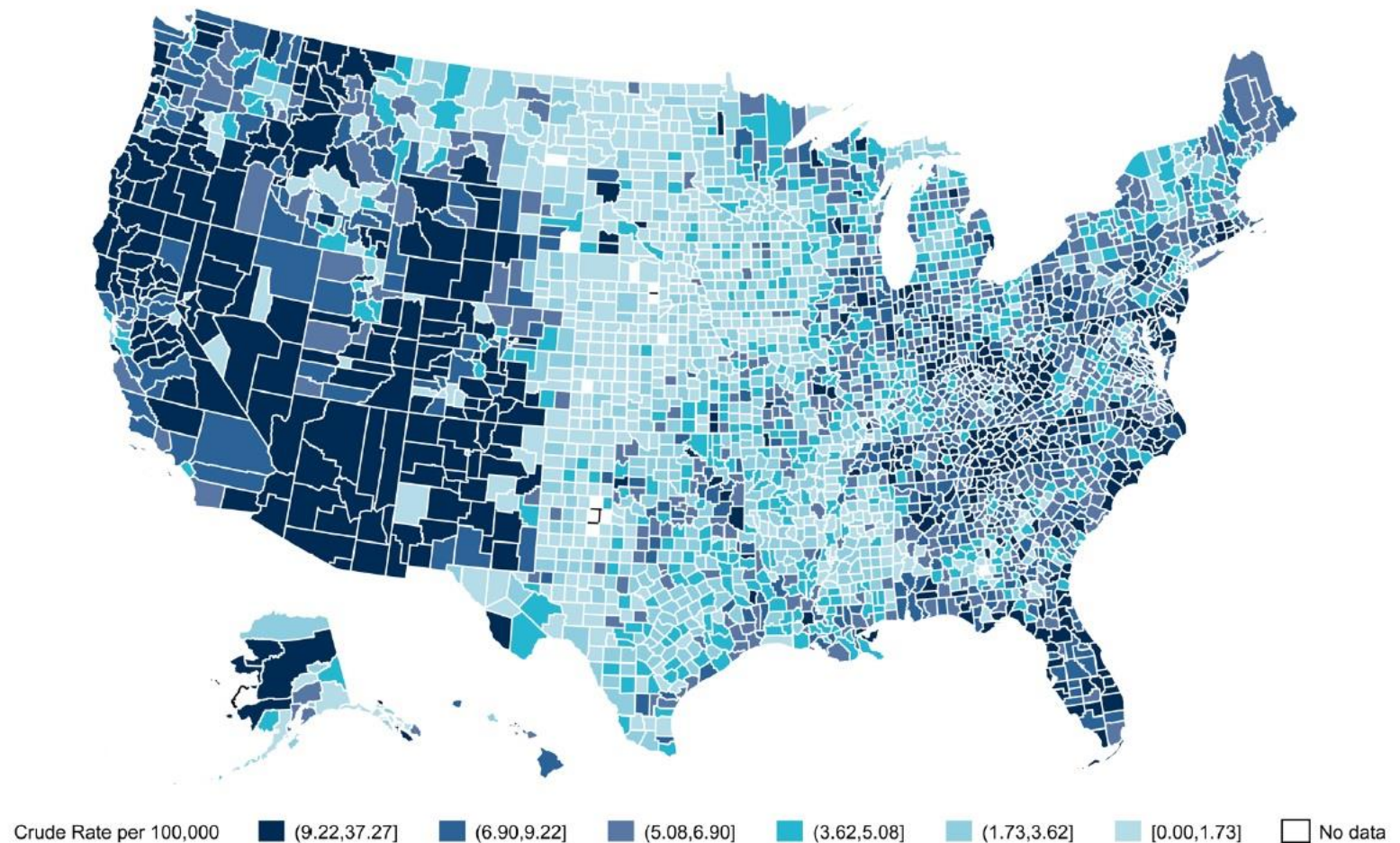
	Percent Change in Mortality with One Point Increase in Unemployment								
	1% increase			1.3% increase			1.6% increase		
	Slow	Medium	Fast	Slow	Medium	Fast	Slow	Medium	Fast
2020	9,859	9,333	8,343	12,817	12,133	10,846	15,774	14,932	13,349
2021	18,347	16,103	12,209	23,851	20,934	15,871	29,355	25,765	19,534
2022	15,879	11,840	5,832	20,642	15,392	7,581	25,406	18,944	9,331
2023	13,410	8,025	1,261	17,434	10,433	1,639	21,457	12,841	2,017
2024	10,394	3,973	-	13,512	5,164	-	16,630	6,356	-
2025	7,651	870	-	9,947	1,131	-	12,242	1,392	-
2026	7,103	316	-	9,234	411	-	11,365	506	-
2027	5,732	-	-	7,451	-	-	9,171	-	-
2028	4,086	-	-	5,312	-	-	6,538	-	-
2029	3,812	-	-	4,956	-	-	6,099	-	-
Total	96,273	50,460	27,644	125,155	65,598	35,937	154,037	80,735	44,230

Types of Recovery: Slow—Same as Great Recession; Medium—Twice as Fast; Fast—Four Times as fast.



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ESTIMATED ADDITIONAL DEATHS OF DESPAIR, COUNTIES 2020-2029



<https://wellbeingtrust.org/news/new-wbt-robert-graham-center-analysis-the-covid-pandemic-could-lead-to-75000-additional-deaths-from-alcohol-and-drug-misuse-and-suicide/>



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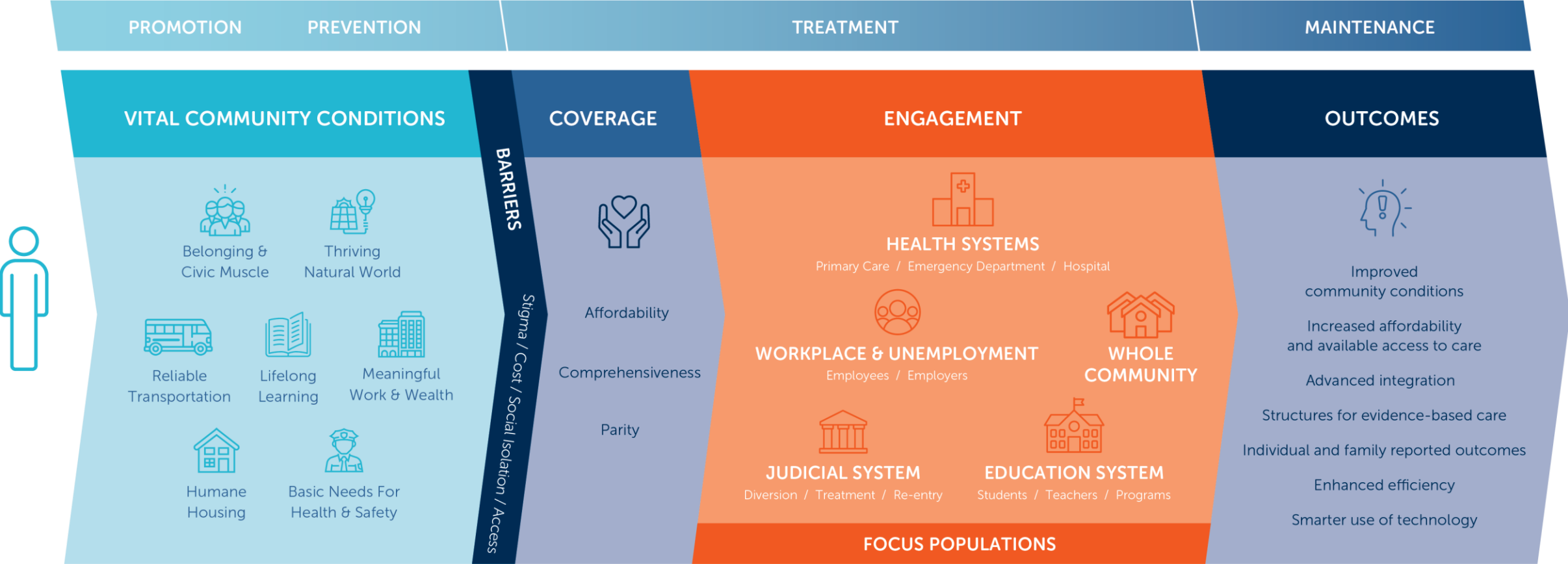
HEALING

THE NATION

Advancing Mental Health and Addiction Policy

Framework for excellence in mental health and well-being

The framework for excellence in mental health is a guide for changemakers at every level of society who seek to improve mental health outcomes and promote well-being for millions of Americans.





HEALING THE NATION
Advancing Mental Health
and Addiction Policy

SOLUTIONS FOR:
Health Systems ▼

Judicial System ▼

Education System

Workplace & Unemployment

Whole Community

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Advancing Mental Health and
Addiction Policy



<https://healingthenation.wellbeingtrust.org/>

**Health Systems**

Integrate mental health
care where people seek
physical care

[See Solutions](#)

**Judicial System**

Avenues to aid those with
mental health concerns

[See Solutions](#)

**Education System**

Childhood is a critical time
to improve mental health

[See Solutions](#)

**Workplace &
Unemployment**

Maximize mental health
outcomes across
situations

[See Solutions](#)

**Whole Community**

Concrete steps to span
sectors

[See Solutions](#)

What can be done?

- Get people working
- Get people connected
- Get people facts
- Get people care

What are we doing?

- Advancing the social movement for mental health
 - Policy and political muscle
 - Financial engine
 - Consistency in vision and goal



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Thank you!

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