

DMHAS Regional Prioritization and Reports: Process and Selected Results

**A presentation to the CT Alcohol and Drug
Policy Council**

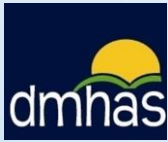
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The Process



- 1. Identify regional behavioral health priority setting workgroup (RBHPSW) members;**
- 2. Review and update process and content for focus groups and surveys;**
- 3. Administer provider/stakeholder surveys and implement focus groups;**
- 4. Review and analyze data;**
- 5. Prepare epidemiological profiles by priority problem;**
- 6. Identify strengths, services and resources, gaps, and needs;**
- 7. Understand and utilize criteria for selecting priorities;**
- 8. Convene RBHPSW and select priorities;**
- 9. Prepare comprehensive report, utilizing specified report template;**
- 10. Submit and disseminate report.**



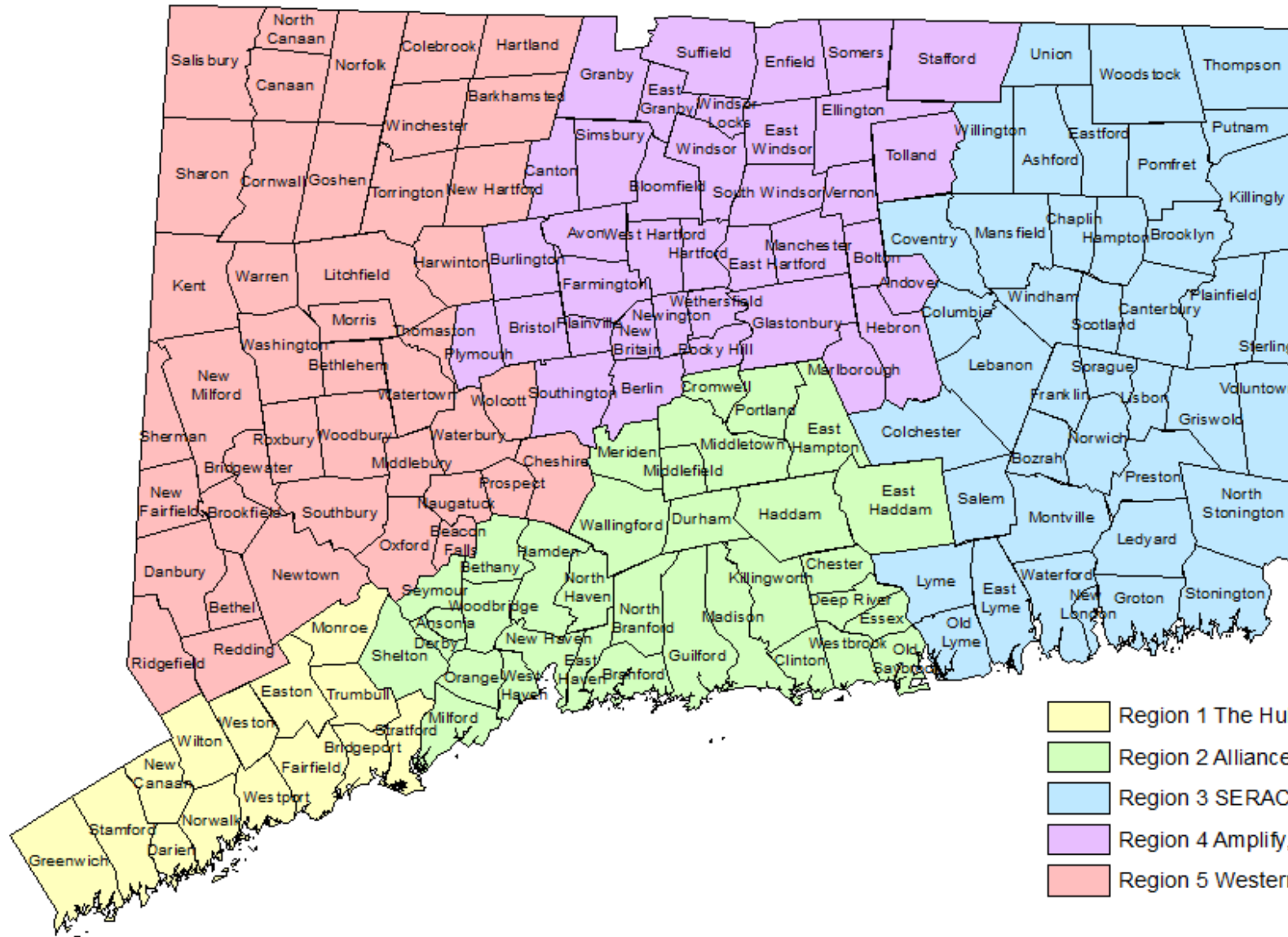
State and Local Data Used in the Regional Priority Setting Process



- YRBSS/CT School Health Survey (DPH)
- Behavioral Risk Factor Survey (DPH)
- Community level student, college, parent, and community survey data (local sources)
- State Census Data/American Community Survey (CTData)
- Overdose death data (OCME)
- Treatment data (DMHAS, local sources)
- Community Wellbeing Survey (DataHaven)
- CPMRS data (DCP)
- NSDUH (SAMHSA)
- Community Readiness Survey (CPES/DMHAS)
- Hospital and ED data (CHA, DPH)
- Gambling Helpline calls (CCPG)
- Gambling Treatment Data (DMHAS PGS)

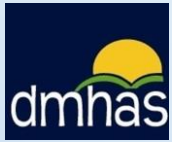
- Retail registrations- tobacco/vaping (DCP)
- Calls to the CT Quitline (DPH)
- Suicides (VDRS/DPH)
- Alcohol-impaired driving fatalities (NHTSA)
- Focus group data (PFS FG initiative and local FG)
- 2-1-1 Calls data (United Way)
- Crisis Text Line data (CrisisTextLine.org)
- Mobile Crisis data (211, United Way, CHDI)
- Young Adults Statewide Survey (CPES/DMHAS)
- Suspected fatal overdoses (SWORD)
- Drug seizure data (HIDTA, local law enforcement)

DMHAS Regional Behavioral Health Action Organizations (RBHAOs)



NOTE:
Lyme and Old Lyme are considered part of the Region 3 catchment area for practical purposes

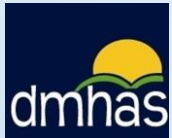
- Region 1 The Hub
- Region 2 Alliance for Prevention and Wellness
- Region 3 SERAC
- Region 4 Amplify, Inc.
- Region 5 Western CT Coalition



Substance Misuse/Addiction Priorities



Priority	Region 1	Region 2	Region 3	Region 4	Region 5
1	Alcohol	Heroin/Fentanyl	Alcohol	Alcohol	Alcohol
2	Marijuana	Prescription Drugs	Heroin/Fentanyl	Heroin/Fentanyl	Heroin/Fentanyl
3	Tobacco/ENDS	ENDS	Prescription Drugs	Marijuana	ENDS
4	Prescription Drugs	Alcohol	ENDS	Prescription Drugs	Marijuana
5	Heroin	Marijuana	Marijuana	ENDS	Prescription Drugs
6	Problem Gambling	Tobacco	Tobacco	Tobacco	Tobacco
7	Cocaine	Cocaine	Problem Gambling	Cocaine	Cocaine
8		Problem Gambling	Cocaine	Problem Gambling	Problem Gambling



Mental Health Priorities



Priority	Region 1	Region 2	Region 3	Region 4	Region 5
1	Suicide	Anxiety	Suicide	Depression	Suicide
2	Anxiety	Depression	Depression	Anxiety	Anxiety
3	Depression	Early SMI	Anxiety	Suicide	Depression
4	SMI	Suicide	Trauma	SED (youth)	Early SMI
5	Trauma	SED	PTSD	Trauma	Trauma
6	SED	SMI	SMI	PTSD	PTSD
7	PTSD	PTSD	Early SMI	Early SMI	SED
8	Early SMI	Trauma	SED	SMI	SMI

SMI= Serious Mental Illness, SED= Serious Emotional Disturbance

Emerging Issues: Substance Misuse

	Region 1	Region 2	Region 3	Region 4	Region 5
Substance Misuse	<ul style="list-style-type: none"> Vaping increase (subpopulations) Vaping marijuana Decrease in perception of harm of marijuana, other substances Increase in use of rx drugs: Adderall, counterfeit pills (youth, young adults) Illicit drugs: xylazine, Flualprazolem, eutylone Polysubstance use 	<ul style="list-style-type: none"> Tobacco and marijuana common in treatment & recovery, not addressed by providers Alcohol delivery services a concern, increased access due to COVID-19 Methamphetamine and PCP more available (New Haven) Perception of risk for heroin/fentanyl use declining due to Narcan use Increase in larceny connected to illicit substance use Marijuana-related ED visits have increased due to dependence, misuse, and co-morbidity with psychotic disorder. Vaping CBD (adolescents) 	<ul style="list-style-type: none"> Marijuana legalization concerns Cocaine use, cocaine-involved deaths Increase in stimulant, methamphetamine use Vaping (youth, young adults) Vaping THC Substance use increase due to COVID-19 Technology barriers, telehealth issues due to COVID-19 (Need access to services) 	<ul style="list-style-type: none"> Increase in overdose death rates: fentanyl, and stimulants, methamphetamine Marijuana legalization concerns Alcohol use increase due to COVID-19 	<ul style="list-style-type: none"> Marijuana legalization, perception of risk declining Vaping marijuana Kratom Benzodiazepine misuse Xylazine, methampethamine Polysubstance use Alcohol use increase due to COVID-19 (adults)

Top Emerging Issues: Substance Use

Marijuana
(legalization, declining perception of risk/harm, ED visits, vaping)

Vaping (Vaping CBD, THC)

Stimulants (cocaine, methamphetamine) New Haven

COVID-19 effects (alcohol use, substance use, telehealth barriers)

	Region 1	Region 2	Region 3	Region 4	Region 5
Mental Health & Suicide	<ul style="list-style-type: none"> Increase in MH disorders, suicides (<i>teens, young adults</i>) Increased use of psychiatric medications, concern of benzodiazepine dependence Mental health effects of COVID-19 (<i>youth</i>) 	<ul style="list-style-type: none"> First Responders seeing more suicidal ideation and hoarding (<i>elderly</i>) 	<ul style="list-style-type: none"> Anxiety due to COVID Concerns of MH, suicide (<i>youth transitioning to college</i>) Sleeping issues (<i>youth, young adults</i>) Effects of social media (COVID-19 related) Access to services, staff, funding (barriers in virtual treatment) 	<ul style="list-style-type: none"> Mental health effects of COVID-19 	<ul style="list-style-type: none"> Increased stress, anxiety, depression, suicide Isolation (<i>youth, elderly</i>)
Problem Gambling	<ul style="list-style-type: none"> Concern that increased access due to legalization of online gambling and sports betting will result in increased number of individuals with unsafe gambling practices Gaming continues to grow in popularity, increasing the need for gaming disorder education. 	<ul style="list-style-type: none"> Lack of skilled workforce in outpatient treatment Clinical / social work staff are unaware of problem gambling certification increased access on electronic devices for gaming, connection (COVID-19) (<i>adolescents, young adults</i>) 	<ul style="list-style-type: none"> Expansion of online gambling (<i>youth, college students</i>) Sports betting (<i>youth, college students</i>) 	<ul style="list-style-type: none"> Expansion of online gambling lack of awareness about problem gambling 	<ul style="list-style-type: none"> Expansion of online gambling (<i>youth</i>)

Top Emerging Issues: Mental Health and Gambling

Suicide (teens, young adults, youth transitioning to college, elderly)

Mental health effects of COVID-19 (youth, access to tx, staff, funding)

Expansion of online gambling (youth, college students)

Gaming and gaming disorder (COVID-19 increase)

Lack of awareness of problem gambling, gaming disorder

Resource Gaps and Needs

Region 1	Region 2	Region 3	Region 4	Region 5
<p style="text-align: center;">Main Themes:</p> <ul style="list-style-type: none">• Funding, resources (human, staff, financial)• Resources to address stigma, cultural barriers• Education and awareness resources, in schools and community• Mental health screening for youth• Local data (behavioral health)				

Underserved Populations

Region 1	Region 2	Region 3	Region 4	Region 5
<ul style="list-style-type: none"> • Undocumented immigrants • Those with cultural/language differences • Middle-class individuals (families face cost barriers in accessing services) • Individuals with autism or other disabilities overlooked in BH system • EMS and other first responders • Essential workers reporting elevated MH challenges 	<ul style="list-style-type: none"> • Senior citizens/elderly pop. due to financial barriers • POC, women, LGBTQ+ in need of culturally responsive treatment 	<ul style="list-style-type: none"> • Senior citizens/elderly (SU, MH, gambling) • Spanish-only speakers (SU, MH, gambling) • LGBTQI (SU, MH, gambling) • Low income individuals (SU, MH, gambling) • Minorities and POC (SU, gambling) • Veterans (SU, gambling) • Very young (SU) • Caregivers of elderly (MH) • Children of substance using parents (MH) • Asian population (gambling) 	<ul style="list-style-type: none"> • Young adults (SU, MH, gambling, suicide) • Youth (SU, suicide) • African American/Black pop. (SU, MH, gambling) • Veterans (MH, gambling, suicide) • LGBTQ (suicide) 	<ul style="list-style-type: none"> • Undocumented immigrants • Homeless individuals with BH needs • People for whom English is not their spoken language • Veterans • Young adults not enrolled in school or employed • Senior citizens/elderly • People coming out of incarceration • People coming out of inpatient treatment • Caregivers, providers • Individuals discharged from ED post suicide attempt

Underserved Populations/Groups

<ul style="list-style-type: none"> :People of color, minority groups :Children/youth/young adults :LGBTQ(+ I) :Caregivers/providers/first responders 	<ul style="list-style-type: none"> :Veterans :Non-English speakers :Senior citizens/elderly :Undocumented immigrants
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Substance Misuse

Prevention

- Adapt and share local campaigns (Let's #MentionPrevention), target vaping, counterfeit medication, cannabis
- Target decreased perception of harm (cannabis), increase awareness about impact on youth
- Continue to encourage use of drop boxes
- Increase financial resources to support sustainable prevention funding
- Expand behavioral health screening among providers

Treatment

- Increase number of providers for underserved populations (Bilingual, multilingual, LGBTQ+, BIPOC, women)
- Increase access to treatment for teens including inpatient
- Increase MAT – ie. raise awareness, expand suboxone access, prescribe at discharge
- Expand services and resources for crisis (24/7 behavioral health crisis center, mobile crisis lines)

Recovery

- Support Recovery Friendly Communities and Recovery Friendly Workplaces
- Improve support after discharge- provide plans, tools, resources
- Expand access to recovery coaches

Mental Health

Mental Health Promotion/Suicide Prevention

- Coordinate and promote MHFA, QPR, etc., in community settings and for school personnel, youth grades 10-12
- Increase availability of trainings and other mental health promotion strategies in other languages

Mental Health Treatment

- Increase number of providers for underserved populations (Bilingual, multilingual, LGBTQ+, BIPOC, women)
- Expand services and resources for crisis (24/7 behavioral health crisis center, mobile crisis lines)
- Improve discharge planning and solidify community connections
- Increase inpatient mental health services for youth and children

Problem Gambling

Prevention

- Efforts need to be more inclusive of youth and young adults
- Educate parents and youth on gaming, include gaming in trainings
- Increase awareness of online gambling, increase age verification for online gambling
- Support and expand trainings (including AAPI Ambassadors)
- Improve outreach to high risk groups

Treatment

- Educate providers about gambling, gaming, and increase screening.
- Expand treatment access to youth, including gaming disorders
- Increase workforce capacity, ie. certified staff to treat gaming disorder, ensure providers have capacity to address subpopulations (veterans, teens)

Recovery

- Expand gambling support groups
- Increase peer support, promote inclusion of problem gambling/gaming in recovery coach and RSS training
- Increase recovery resources across the lifespan

System Recommendation: Increase awareness of problem gambling and gaming certificate training, as a means to increase workforce.

Regional Behavioral Health Action Organization (RBHAO)

website links and contacts can be found [here](#):

<https://portal.ct.gov/DMHAS/Commissions-Councils-Boards/Index/Regional-Behavioral-Health-Action-Organizations-RBHAs>

For more information on the
Regional Priority Setting Process or results, contact:

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