

Helping people navigate the path to addiction treatment

Ensuring you and your employees feel
covered, protected, and confident



Agenda

- The state of our nation's mental health
- Recognizing a substance use disorder
- How to find care and resources

Our nation's mental health

The COVID-19 pandemic and stressors like social injustice, elections, and economic concerns have negatively impacted our nation's mental health*

50% of adults

say that **pandemic-related worry or stress** has impacted their mental health

42% of adults

under age 30 have reported experiencing symptoms of anxiety or depression

4 in 10 adults

reported having symptoms of **anxiety and depression** in 2021 – up from **1 in 10** in 2019

46% of parents

say they've noticed a new or **worsening mental condition in their teen** since the start of the pandemic


However, the number of people seeking mental health treatment has **not** increased.

Anxiety and **PTSD** were among the only mental health diagnoses to increase in 2020 vs. 2019.*



Our nation's mental health

Mental health treatment and diagnoses **have decreased** in children, teens, and older adults since 2019*



	Children under 12	Adolescents	Baby Boomers	Adults 75+
Mental health treatment rates	10%	5%	1%	5%
ADHD diagnoses	13%	8%		
Depression diagnoses			3%	3%
Dementia diagnoses				8%

Mental health providers predict long-lasting effects from the COVID-19 pandemic¹

55%

believe the pandemic has impacted our nation's overall behavioral health

2/3

believe their patients' mental health was worse in the second six months of the pandemic²

Nearly
3 in 4

estimate that mental health repercussions will last 3+ years

They also report positive news about discussing mental health concerns¹

70%

say patients are more willing to proactively bring up mental health issues during appointments

Recognizing a substance use disorder

- ✓ Does the person seem to be taking the substance in **large (or larger) amounts**?
- ✓ Are they taking the substance for **longer than intended**?
- ✓ Do they **want to cut down** or stop, but can't?
- ✓ Do they spend **a lot of time** getting, using, or recovering from the substance?
- ✓ Do they take **more and more of the substance** to experience the wanted effect?
- ✓ Have they developed **withdrawal symptoms**?
- ✓ Are withdrawal symptoms relieved **by taking more** of the substance?

Withdrawal symptoms can include:*

- Anxiety
- Insomnia
- Nervousness
- Irritability
- Difficulty concentrating
- Sweating
- Rapid heart rate
- Aggression

Recognizing a substance use disorder

- ✓ Do they have **cravings or urges** to use the substance?
- ✓ Are they **unable to manage responsibilities** at work, home, or school?
- ✓ Do they continue to use a substance, even if it causes **relationship problems**?
- ✓ Are they **giving up** social, recreational, or work-related activities?
- ✓ Do they **use substances again and again**, even when it puts them in danger?
- ✓ Do they continue to use a substance, even knowing that a **physical or mental problem** could be caused or worsened by it?



9.5 million adults over the age of 18 have both a substance use disorder and a mental health condition.

Among individuals with a substance use disorder, only **1 in 10** will undergo treatment for their condition.*





Finding substance use and addiction treatment resources

Common sources of information

Where do most people look for addiction treatment services?



Google or
internet search



Referrals



Treatment
location services



Advertisements
or other marketing



Word of mouth

The challenges of seeking appropriate treatment



Personal challenges

- Stigma
- Fear
- Uncertainty



System challenges


- A lack of unbiased information
- Glossy advertisements and predatory marketing
- Patient brokering schemes
- No way to determine which facilities offer high-quality care





How to find evidence-based care


The Shatterproof National Principles of Care


These are evidence-based practices helping improve outcomes for individuals with a substance use disorder.*


1  A routine screening in every medical setting


2  A personal plan for every patient


3  Fast access to treatment services

4  Long-term disease management help

5  Coordinated care for every illness

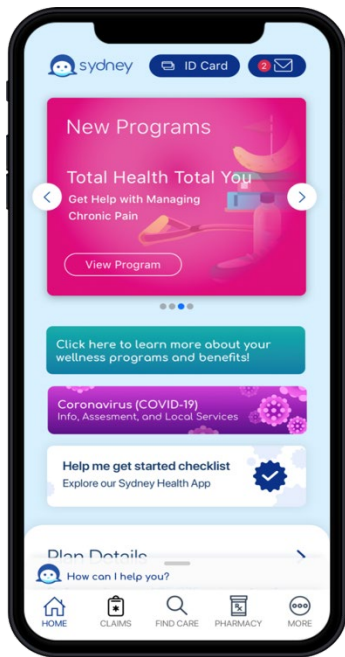
6  Behavioral healthcare from legitimate providers

7  Medication for addiction treatment, if needed

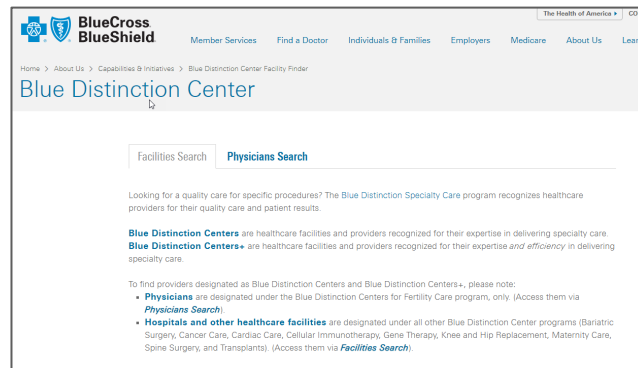
8  Recovery support beyond medical care

Helpful support resources

Sydney HealthSM app



Blue Distinction[®] Centers for Substance Use Treatment and Recovery



Blue Distinction Centers are nationally-recognized treatment facilities aiming to improve patient outcomes through evidence-based care principles.

Substance Use Treatment and Recovery facilities allow qualified providers to treat substance use disorders, including opioid addiction.

A Blue Distinction treatment facility can be found using the [Facility Locator](#).

Thank you for attending

Our ongoing purpose is to improve the health of the individuals and communities we serve.

If you or one of your employees is struggling with a mental health concern or substance use disorder, we're here to help.





Questions?