

The background features several concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large red speech bubble shape is centered on the page, containing the main text.

# Understanding the Barriers and Challenges Impacting Access to and Provision of Mental Health and Substance Use Disorder Services in Rural Communities

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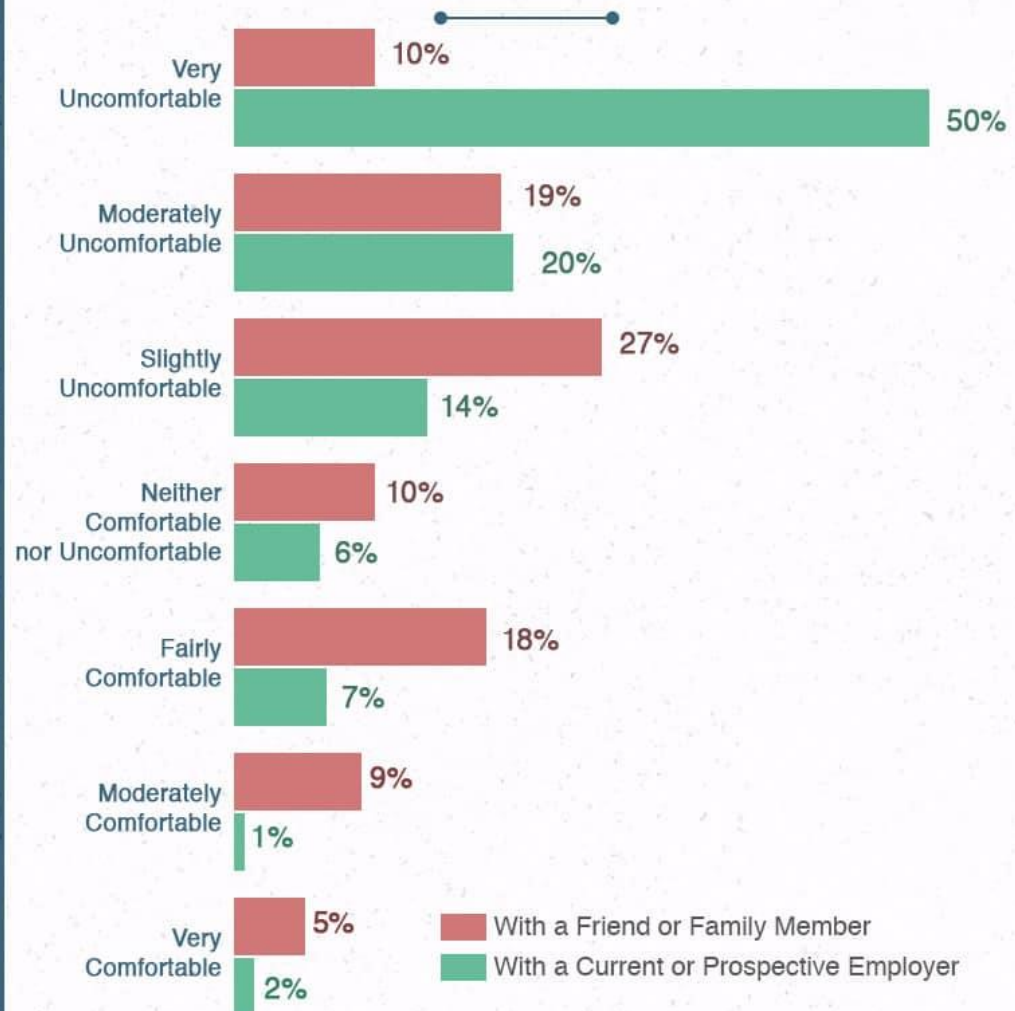
# Stigma

- Pervasive
- Damaging
  - Public stigma
  - Self-stigma
- Costly
  - Economically
  - Personally

# Stigma

(Mentalhelp.org)

## LEVEL OF COMFORT DISCUSSING MENTAL HEALTH



# Stigma

(Recovery Research Institute)

## The Real Stigma of Substance Use Disorders



In a study by the Recovery Research Institute, participants were asked how they felt about two people *"actively using drugs and alcohol."*

One person was referred to as a  
*"substance abuser"*



The other person as  
*"having a substance use disorder"*



No further information was given about these hypothetical individuals.

### THE STUDY DISCOVERED THAT PARTICIPANTS FELT THE **"SUBSTANCE ABUSER" WAS:**

- less likely to benefit from treatment
- more likely to benefit from punishment
- more likely to be socially threatening
- more likely to be blamed for their substance related difficulties and less likely that their problem was the result of an innate dysfunction over which they had no control
- they were more able to control their substance use without help

# Mental Health: Understanding the Numbers... Adults

- **Mental Health Facts/Prevalence in America:**
  - 1 in 5 = mental illness
  - 1 in 25 = serious mental illness
  - 1.5 million = schizophrenia
  - 7 million = bipolar disorder
  - 17.7 million = depression
  - 48 million = anxiety disorders
  - 9 million = co-occurring disorders

■ NAMI

# Mental Health: Understanding the Numbers... Children & Teens

- **Mental Health Facts/Prevalence in America:**
  - 50%/14, 75%/24 = onset
  - 1 in 5 = serious mental illness
  - 20% = mental health condition
  - 11% = mood disorder
  - 10% = behavior/conduct disorder
  - 8% = anxiety disorder

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## Mental Health: Understanding the Numbers... Suicide

- **Suicide Facts in America:**
  - 2<sup>nd</sup> leading cause of death = youth
  - 10<sup>th</sup> leading cause of death = US
  - 31% increase in overall rates since 2001
  - >90% have a mental health condition
  - 18-22 veterans die each day
- **Serious Thoughts of Suicide:**
  - 18-25 = 3.7 million
  - 26-49 = 4.7 million
  - 50+ = 2.4 million
- **Plans of Suicide:**
  - 18-25 = 1.2 million
  - 26-49 = 1.5 million
  - 50+ = 702,000
- **Suicide Attempts:**
  - 18-25 = 647,000
  - 26-49 = 521,000
  - 50+ = 274,000

# Mental Health: Understanding the Numbers... Treatment

- **Mental Health Facts/Prevalence in America:**
  - 11 years = average delay from symptom onset to treatment
  - 60% of adults = no tx
  - 50% of youth = no tx
  - 50% utilization rate = African Americans & Hispanic Americans
  - 25% utilization rate = Asian Americans
- NAMI



## Substance Use: Understanding the Numbers... Adults

- **Substance Use Disorder Facts/Prevalence in America:**
  - **Alcohol use disorder:**
    - 18-25 = 3.4 million
    - 26+ = 11 million
  - **Illicit drug use disorder:**
    - 18-25 = 2.6 million
    - 26+ = 4.8 million
  - **Marijuana use disorder:**
    - 18-25 = 2 million
    - 26+ = 1.9 million
  - **Cocaine use disorder:**
    - 18-25 = 212,000
    - 26+ = 760,000
  - **Heroin use disorder:**
    - 18-25 = 101,000
    - 26+ = 421,000

## Substance Use: Understanding the Numbers... Adults

- **Substance Use Disorder Facts/Prevalence in America:**
  - **Methamphetamine use disorder:**
    - 18-25 = 134,000
    - 26+ = 899,000
  - **Stimulant use disorder:**
    - 18-25 = 185,000
    - 26+ = 323,000
  - **Pain reliever use disorder:**
    - 18-25 = 248,000
    - 26+ = 1.3 million
  - **Opioid use disorder:**
    - 18-25 = 312,000
    - 26+ = 1.6 million
- SAMSHA

## Substance Use: Understanding the Numbers... Ages 12-17

- Substance Use Disorder Facts/Prevalence in America:
  - 401,000 = alcohol use disorder
  - 681,000 = illicit drug use disorder
  - 512,000 = marijuana use disorder
  - 5,000 = cocaine use disorder
  - 4,000 = heroin use disorder
  - 18,000 = methamphetamine use disorder
  - 53,000 = stimulant use disorder
  - 104,000 = pain reliever use disorder
  - 108,000 = opioid use disorder

■ SAMSHA

## Substance Use: Understanding the Numbers... Treatment

- **Substance Use Disorder Facts/Prevalence in America:**
  - **Need for SU Treatment:**
    - 12-17 = 946,000
    - 18-25 = 5.2 million
    - 26+ = 15.1 million
  - **Received SU Treatment:**
    - “Any”:
      - 12-17 = 159,000
      - 18-25 = 547,000
      - 26+ = 3 million
    - “Specialty Facility” SU Treatment:
      - 12-17 = 83,000
      - 18-25 = 331,000
      - 26+ = 1.9 million

# Co-Occurring Disorders

- **AMI & SUD:**
  - 18-25 = 2.4 million
  - 26-49 = 5 million
  - 50+ = 1.7 million
- **SMI & SUD:**
  - 18-25 = 879,000
  - 26-49 = 1.7 million
  - 50+ = 560,000
- **MDE & SUD:**
  - 12-17 = 358,000

# Accessibility

- **Transportation Barriers**
- **Lack Understanding of Care Options**
- **Reduced/No Provider Choice**
- **Lack of Culturally Appropriate Services**

# Affordability

- **Financial/Insurance Status**
- **Increased Costs/Low Reimbursement Rates**
- **Transportation Costs**

# Availability

- **Practitioner Shortages**
- **Lack of Specialty Providers**
- **Lack of Comprehensive Services**
- **Lack of Pharmacy Access**



# Acceptability

- **Stigma**
- **Lack of Practitioner Competence**
- **Use of Informal Supports**

# How Did We Get Here?

- Stigma/Discrimination
- Lack of Rural MH and SUD Plan
- No Sustained Professional Deployment Plan
- “One Size Fits All” Planning and Funding
- The Idea that Mental Health & Substance Use Treatment are “Optional”

■ WICHE

# How Do We Fix This?

- **Telehealth Services**
- **Education & Awareness**
- **Integration of Primary Care, Mental Health Services, and Substance Use Treatment**
- **Mental Health Workforce Development**
- **Stigma: A Public Health Priority**

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