



NCIOM Task Force on Substance Abuse and Mental Health

Overview of the Task Force Process

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June 5, 2015





Overview

- Background on the North Carolina Institute of Medicine
- Task Force Process
- Charge to the Task Force



NC Institute of Medicine

- Quasi-state agency chartered in 1983 by the NC General Assembly to:
 - Be concerned with the health of the people of North Carolina
 - Monitor and study health matters
 - Respond authoritatively when found advisable
 - Respond to requests from outside sources for analysis and advice when this will aid in forming a basis for health policy decisions

NCGS §90-470





NCIOM Membership

- Members appointed to the Board of Directors
 - Includes leaders from the major health professions, the hospital industry, the health insurance industry, State and county government and other political units, education, business and industry, the universities, and the university medical centers.



NCIOM Studies

- NCIOM studies issues at the request of:
 - North Carolina General Assembly
 - North Carolina state agencies
 - Health professional organizations
 - NCIOM Board of Directors
- Often work in partnership with other organizations to study health issues



Task Force Process

- NCIOM creates broad-based task forces to study health issues facing the state
 - Task Forces generally comprised of 30-60 people
 - Task Forces are guided by co-chairs who run the meetings
 - Task Force members typically include representatives of state and local policy makers and agency officials, health professionals, insurers, business and community leaders, consumers and other interested individuals
 - Meetings are open to the public

Task Force Process (cont'd)

- Task Force work guided by a smaller steering committee
 - People with expertise or knowledge of the issue
 - Help shape the agenda and identify potential speakers
- Presentations
 - May include research summaries and/or statistics, descriptions of programs, challenges or barriers to best practices, national developments
 - Presenters may include task force members, researchers, national or state leaders, state health care professionals, consumers, or NCIOM staff

Task Force Process (cont'd)

- NCIOM staff

- NCIOM staff will prepare agendas, invite speakers, gather information, and identify evidence-based studies when available to inform the Task Force's work
- Staff write first draft of the report, and seek input from the Task Force and Steering Committee members

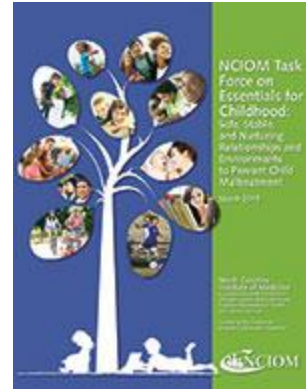
Task Force Process (cont'd)

- Task Force report
 - Report is circulated several times before being finalized
 - Task Force members may be asked to prioritize recommendations
 - Task Force members will take final vote on the recommendations and report
- NCIOM Board of Directors
 - Board members must review and approve the report before it is finalized
- Reports distributed widely
 - Shorter 4-6 page Issue Brief

Recent NCIOM Studies

Some recent studies include:

- Task Force on Essentials for Childhood: Safe, Stable, and Nurturing Relationships and Environments to Prevent Child Maltreatment (2015)
- Rural Health Action Plan (2014)
- Promoting Healthy Weight for Young Children: A Blueprint for Preventing Early Childhood Obesity in North Carolina (2013)
- The North Carolina Oral Health Action Plan for Children Enrolled in Medicaid and NC Health Choice (2013)
- Examining the Impact of the Patient Protection and Affordable Care Act in North Carolina (2013)
- Improving North Carolina's Health: Applying Evidence for Success (2012)





NCMJ



- NCIOM also publishes the *NCMJ*
 - Each issue contains a special focus area with articles and commentaries discussing specific health issues
 - One of the issues of the *NCMJ* will include an issue brief (4-6 pages) about the Task Force's work and recommendations
 - *NC Medical Journal* circulated to more than 30,000 people across the state



Task Force on Substance Abuse and Mental Health

- In partnership with the Division of Mental Health, Developmental Disabilities, and Substance Abuse Services
- Funded by the Kate B. Reynolds Trust
- Goal: Develop a set of recommendations for the optimal community-based, evidence-informed system for the prevention and treatment of mental illness and substance use disorders

Task Force on Substance Abuse and Mental Health

- Three areas of focus

- Cross-cutting issues: telebehavioral health, work force, integrated care, and array of services
- Older Adults: examine the requirements for an ideal continuum of services in communities



- Adolescents: identify gaps in the system and make recommendations on how to improve coordination and transitions between systems



General Population

Adult Substance Use in NC, 2013

- 634,000 report alcohol or illicit drug dependence or abuse
 - 448,000 report alcohol dependence or abuse
 - 428,000 (or 96%) needed but did not receive treatment
 - 240,000 adults report illicit drug dependence or abuse
 - 213,000 (or 89%) needed but did not receive treatment

Adult Mental Health in NC, 2013

- ~1.3 million (or 18%) report any mental illness
 - Of those, ~46% receive mental health treatment or counseling in a given year
- 346,000 report major mental illness
- 316,000 report serious thoughts of suicide



All data from SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2012 and 2013 North Carolina results
<http://www.samhsa.gov/data/sites/default/files/NSDUHsaeSpecificStates2013/NSDUHsaeNorthCarolina2013.pdf>

Older Adults

Substance Use

- Emergency room visits for pharmaceutical misuse or abuse by older adults doubled between 2004 and 2008 (SAMHSA Drug Abuse Warning Network)

In North Carolina

- Adults 50+ accounted for 7,500+ admissions to substance abuse treatment in 2010
 - Most for alcohol (65%), followed by cocaine(27%), marijuana (12%), and opiates (9%)(North Carolina Policy Academy State Profile 2012, US DHHS Agency on Aging)
- 3% of adults 65+ report binge drinking in the past month; 7.4% those 55-64 (NC BRFSS 2013)



Mental Health

- Nationally, 20% adults 65+ met criteria for a mental disorder (Karel, Gatz & Smyer, 2012)

In North Carolina

- ~5% of adults 65+ report that a mental health condition or emotional problem kept them from doing work or other usual activities in the past month (NC BRFSS, 2013)
- ~12% of adults 65+ report taking medicine or seeing a doctor for a mental health condition or emotional problem (NC BRFSS, 2013)
- ~3.5% of people served by the NC mental health system were 65+ in 2011 (make up ~18% of total pop) (North Carolina Policy Academy State Profile 2012, US DHHS Agency on Aging)



Adolescents



Substance Use

- Illicit Drug Use: ~68,000 adolescents (9.2% of all adolescents 12-17) reported using illicit drugs within the month prior to being surveyed
- Binge Drinking: ~134,000 people aged 12–20 (12.0% of all people in this age group) reported binge alcohol use within the month prior to being surveyed

Mental Health

- ~58,000 adolescents (8.1% of all adolescents) had at least one major depressive episode within the year prior to being surveyed.
- ~22,000 adolescents with MDE (36.0% of all adolescents with MDE) received treatment for their depression within the year prior to being surveyed

All data represent combined data for North Carolina respondents 2009-2013 from the National Survey on Drug Use and Health
http://www.samhsa.gov/data/sites/default/files/State_BHBarometers_2014_2/BHBarometer-NC.pdf



Meeting Schedule (all meetings from 10-3)

Full Task Force: (meetings at the NCIOM in Morrisville)

- June 5, 2015
- November 20, 2015
- February 19, 2016
- June 24, 2016

Cross-cutting Working Group (meetings at the NCIOM in Morrisville)

- August 14, 2015
- September 18, 2015
- October 16, 2015
- November 6, 2015

Older Adults Working Group: (meetings at the NCIOM in Morrisville)

- October 23, 2015
- December 11, 2015
- January 8, 2016
- February 5, 2016

Adolescent Working Group: (meetings in the Triad location TBD)

- January 22, 2016
- March 18, 2016
- April 15, 2016
- May 6, 2016



Meeting Materials on NCIOM Website



- We know that Task Force members may have conflicts for some of the meetings
 - We host webinars and conference calls for each meeting so that you can follow online or participate over the phone
 - We post meeting summaries and all meeting presentations on our website: www.nciom.org
 - Calendar and directions also available on the NCIOM website



For More Information

- Websites: www.nciom.org
www.ncmedicaljournal.com
- Key contacts:
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