

Mental Health, Opioids, and Suicide in the Workforce and Beyond



**American
Foundation
for Suicide
Prevention**

NASWA BOD Meeting
St. Louis, MO
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Mental Health, Opioids, and Suicide

—Stop the Stigma—

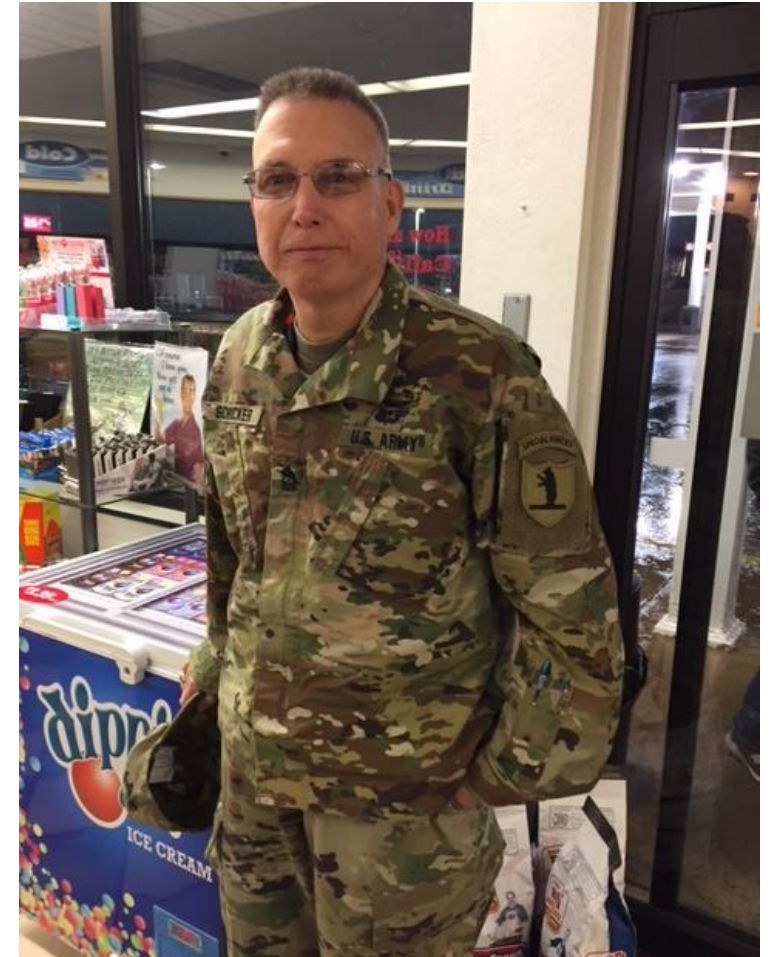
- Introduction
- Mental Health
- Opioids/Heroin Crisis
- Suicide
- Action Plan

Mental Health

- What is Mental Health
 - <https://www.youtube.com/watch?v=6YbWRqsnHdo>
- 1 in 5 adults have a mental disorder/year
 - Approx 44m people
 - >46% will experience a MH problem in lifetime
 - Only 41% of people w/ a MH disorder received professional care/services
- WHO projects that by 2020 MH will be 2nd leading cause of disability
- **Common problems**
 - Depression
 - Anxiety
 - SUD: Alcohol/drug misuse

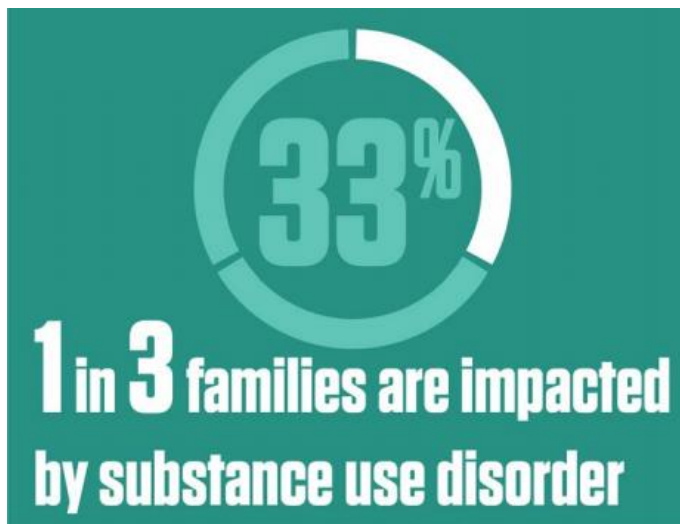
The Opioid / Heroin Crisis

- What is OUD?
 - 67-80% heroin users began w/ prescribed opioids
 - USA = 5% of world population
 - 80% of world's opioid painkillers (2009)
 - 99% of world's Vicodin (2008)
- How did we get here?
 - Pain
 - Big Pharma
 - Over-selling
 - Doctors
 - Over-prescribing
 - Congress
 - Over-reaching
 - CDC
 - 5th vital sign: body temp/pulse/BP/resp rate/PAIN
- This is a brain disease
 - Not a moral deficiency



OUD in the workplace

Employees with a substance use disorder miss **50% more** workdays than their peers



Healthcare costs for employees who misuse or abuse prescription drugs are

3x

the costs for an average employee



Average cost of addiction for every 1 000 people in a workforce is

\$370,000

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

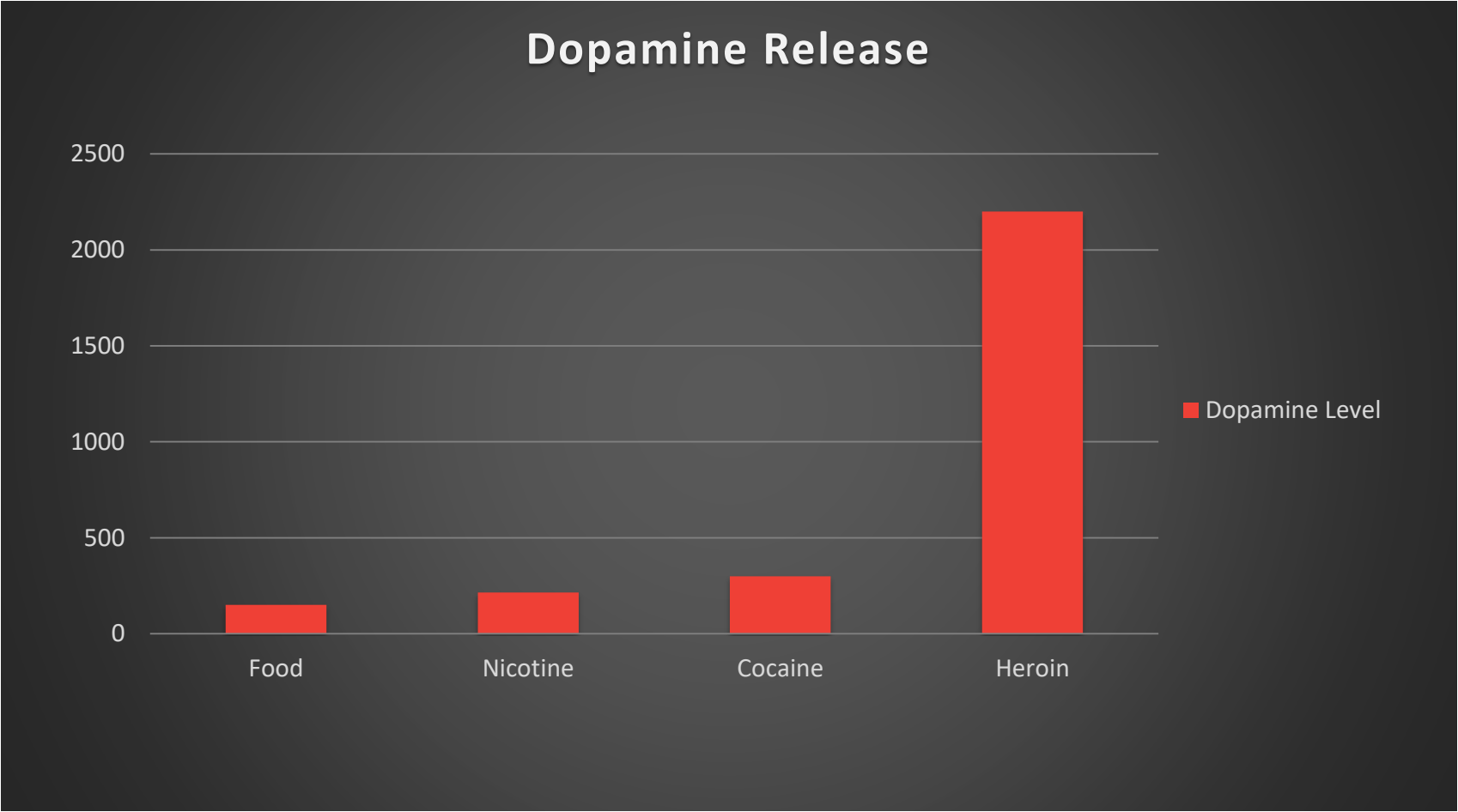
are

40x

...more likely to be addicted to heroin.

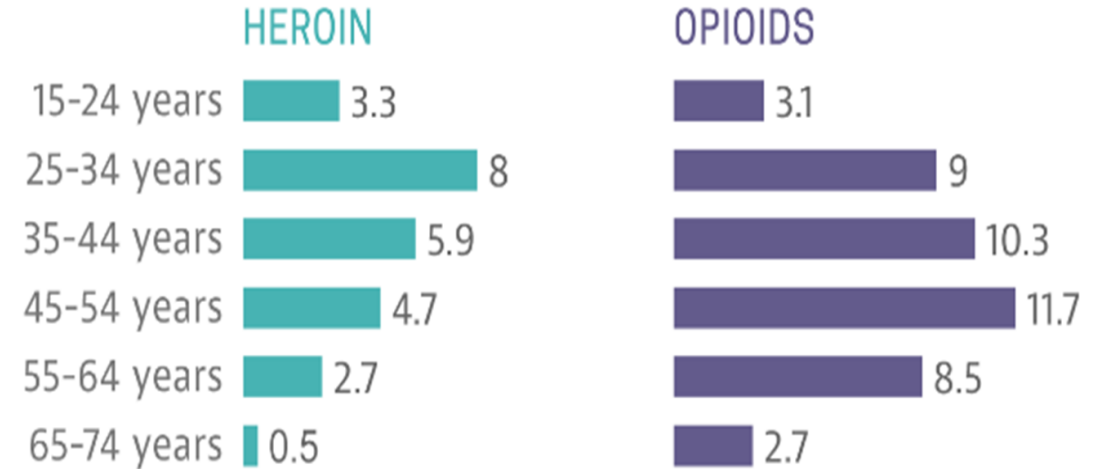
SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

That's why it feels good!



- **What are the costs?**
 - MO: Approx \$13b (2016)
 - \$35m/day
 - US: 64,000 deaths (2016)
 - >170/day
- **Are there solutions?**
 - MAT
 - 3 types
 - M/S/V
 - +Counseling
 - Self
 - Support Group(s)
 - +Therapy
 - CBT
- **What can “we” do about it?**
 - Narcan
 - Rehab
 - PDMP
 - Alternatives first

Overdose Deaths by Age in 2014 per 100,000 people



Data: CDC

Suicide...

“is an issue not only for the mentally ill but for anyone struggling with serious lifestyle problems.”

HS Seniors

7 in 10 Think

4 in 10 Try

1 in 10 Do

Adults (2016)

9.8m Think

1.3m Try

>44k Do

50% by firearms

Those w/ OUD 13x more likely than gen. pop. (2015)

Just Released CDC Study (1999-2016)

>30% increase in >½ states

54% no known MH condition

Why?

life stressors (often involving work or finances)

physical health conditions

Preventing suicide involves everyone in the community

teach coping skills

promote safe/supportive environments

expand temp options

substance use problems

recent or impending crises

ask but listen

connect people to effective HC

prevent risk to recent survivors



ACTION PLAN

- **Policy changes**
 - Drug testing
 - Medicine Dosages
 - Rehab formats
 - Data mining>>>Research
- **MHFA training**
 - AFSP.org
- **Be proactive**
 - 'Talk about it' (NCADA campaign)
- **Self-awareness**
 - <https://www.curestigma.org/>



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Q & A



CONCUSSION AWARENESS FOUNDATION

IN MEMORY OF JOHN STEFAN GAAL, JR.

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Thank you!

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