

# Cities Thrive Coalition

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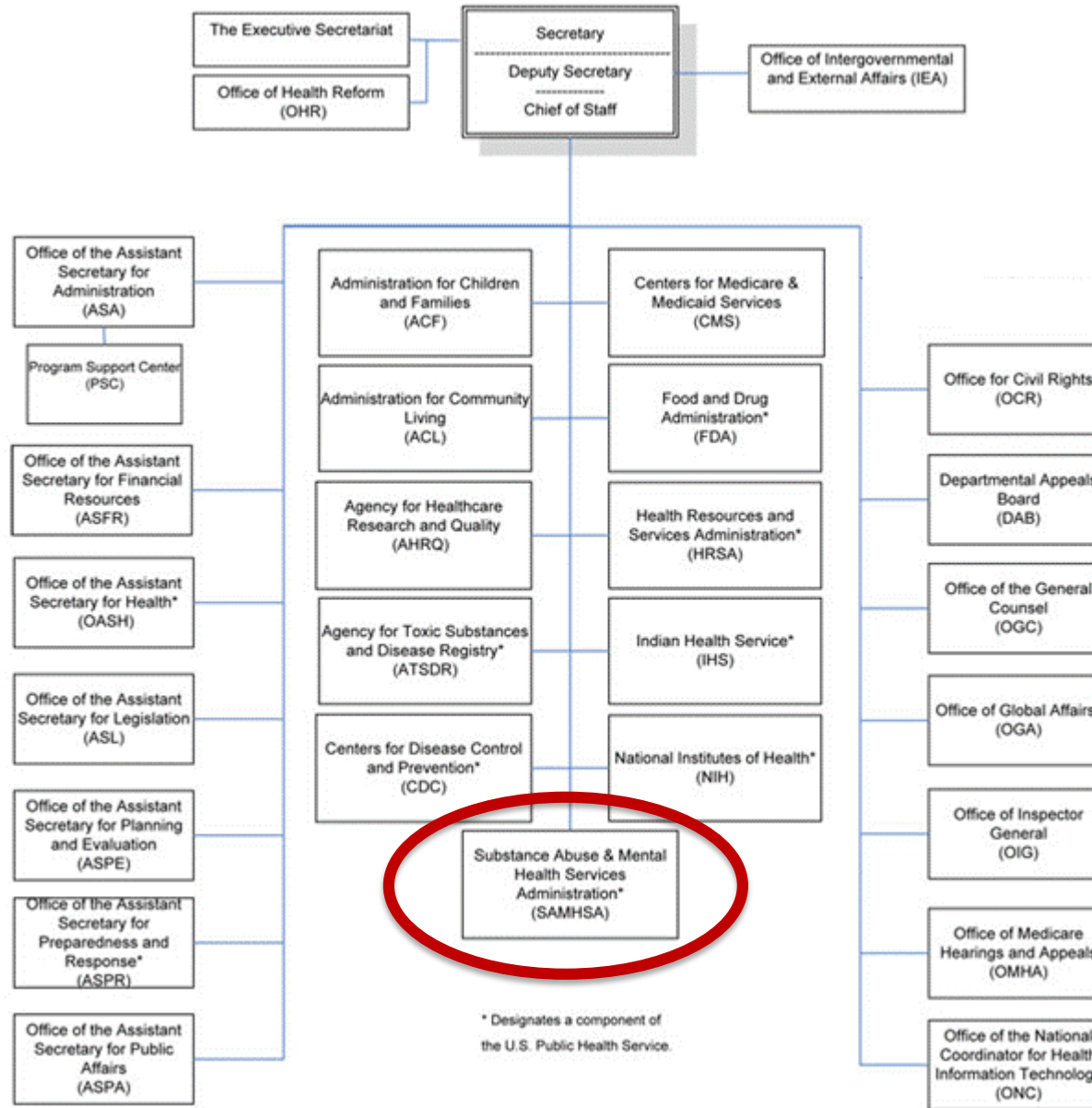


***SAMHSA***  
Substance Abuse and Mental Health  
Services Administration

# Presentation Overview

- Overview of the Department
- Current mental health landscape/context
- Mental health response to COVID-19
- Racial equity programming

# U.S. Department of Health and Human Services

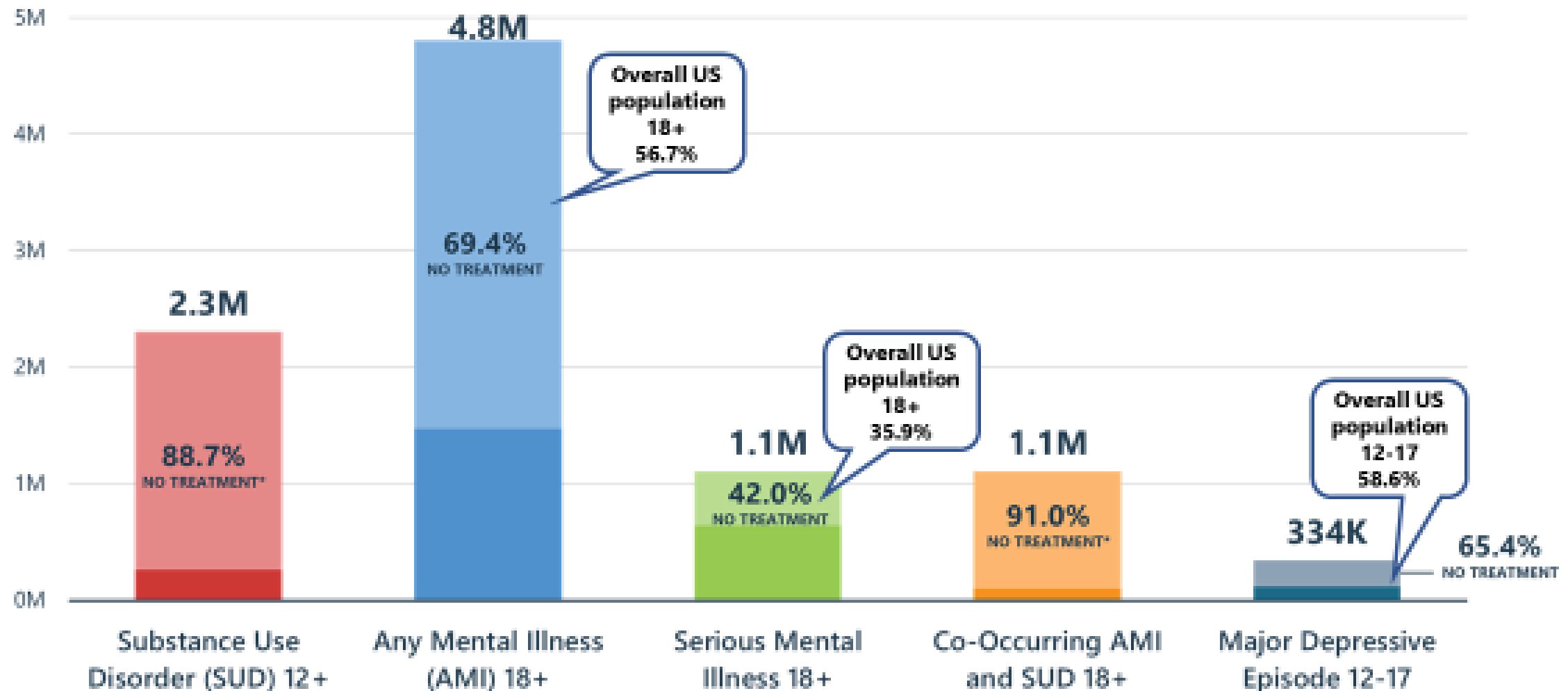


# Mental Health Landscape

- The current mental health **workforce** lacks racial and ethnic diversity.<sup>1,2</sup> Among psychologists, a key practitioner group in the mental health workforce<sup>3,4</sup>, minorities are significantly underrepresented.
- **Suicide** is one of the leading causes of death in the US and like most public health problems, is preventable.<sup>5</sup>
  - Uptick in suicide death rate among Black youth has been detected and rising faster than any other racial/ ethnic group.<sup>6</sup>
- The **impact of COVID-19** on the emotional wellbeing and mental health of Americans, especially in minority populations, is paramount.

# Despite Consequences and Disease Burden, Treatment Gaps among African Americans Remain Vast

PAST YEAR, 2018 NSDUH, African American 12+



\* No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.

# Mental Health and COVID-19

**TABLE. Weighted prevalence estimates of current depression,\* suicidal thoughts/ideation,<sup>†</sup> and substance use increase or initiation<sup>§</sup> among adults aged ≥18 years, by race/ethnicity — Porter Novelli View 360 survey, United States, April and May 2020**

Race/Ethnicity	Unweighted no. of persons	Weighted % (95% CI)		
		Current depression	Suicidal thoughts/ideation	Substance use increase or initiation
Total	1,004	28.6 (25.6–31.5)	8.4 (6.6–10.2)	18.2 (15.7–20.7)
White, NH	657	25.3 (21.9–28.7)	5.3 (3.6–6.9)	14.3 (11.6–17.0)
Black, NH	100	27.7 (18.7–36.7)	5.2 (0.7–9.7)	15.6 (8.4–22.7)
Hispanic/Latino	118	40.3 (31.3–49.3)	22.9 (15.2–30.6)	36.9 (28.1–45.7)
Other, NH <sup>¶</sup>	129	31.4 (22.8–40.0)	8.9 (3.6–14.1)	15.1 (8.4–21.7)

**Abbreviations:** CI = confidence interval; DSM-IV = *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*; NH = non-Hispanic/Latino.

\* Defined as a score of ≥10 on the eight-item Patient Health Questionnaire (PHQ-8). The PHQ-8 is adapted from the nine-item PHQ (PHQ-9), which is based on the nine criteria for diagnosis of depressive disorders in the DSM-IV.

<sup>†</sup> Defined as an affirmative response to the question “At any time in the past 30 days, did you seriously think about trying to kill yourself?”

<sup>§</sup> Defined as an affirmative response to the question “Have you started or increased using substances to help you cope with stress or emotions during the COVID-19 pandemic? Substance use includes alcohol, legal or illegal drugs, or prescriptions drugs that are taken in a way not recommended by your doctor.”

<sup>¶</sup> Includes participants who identified as Native American/Alaska Native, Asian, multiracial, or another race/ethnicity.

Source: McKnight-Eily LR, Okoro CA, Strine TW, et al. Racial and Ethnic Disparities in the Prevalence of Stress and Worry, Mental Health Conditions, and Increased Substance Use Among Adults During the COVID-19 Pandemic — United States, April and May 2020. *MMWR Morb Mortal Wkly Rep* 2021;70:162–166. DOI: <http://dx.doi.org/10.15585/mmwr.mm7005a3>

# Mental Health and COVID-19

- To address the mental health and substance use disorder effects of COVID -19.
  - FY 2020 \$425 million in funding
  - FY 2021 \$4.25 billion in funding
- Emergency Grants address:
  - Mental and Substance Use Disorders During COVID-19
  - Certified Community Behavioral Health Clinics
  - Tribal Behavioral Health
  - Suicide Prevention Lifeline Crisis Center Follow-Up
  - Suicide Lifeline/Disaster Distress Helpline
  - Emergency Response for Suicide Prevention

# Disparity Impact Statement (DIS)

	Outreach	Enrolled
<b>Direct Services: Number to be served</b>	400	200
<i><b>By Race/Ethnicity</b></i>		
African American	7	3
American Indian/Alaska Native	8	1
Asian	17	3
White (non-Hispanic)	160	151
Hispanic or Latino (not including Salvadoran)	86	10
Salvadoran	84	46
Native Hawaiian/Other Pacific Islander	10	1
Two or more Races	8	5
<i><b>By Gender</b></i>		
Female	220	110
Male	133	135
Transgender	2	0
<i><b>By Sexual Orientation/Identity Status</b></i>		
Lesbian	6	0
Gay	20	3
Bisexual	3	0



# Racial Equity Programming



Thank you!

**BEHAVIORAL  
HEALTH  
MATTERS  
BLACK  
HISTORY  
MONTH**

LIMITED SAMHSA SERIES  
FEBRUARY 2021

# Citations

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