



THE CENTENNIAL BRIEFING

CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

ADDICTION & THE BRAIN

MENTAL HEALTH FOR US

ADDICTION & THE BRAIN

Addiction is the most severe form of substance use disorder caused by repeated drug use that hijacks key functions of the brain.

The limbic system is responsible for our basic survival instincts:

- Eating
- Drinking
- Finding shelter
- Building relationships
- Caring for our young

The prefrontal cortex is where decision-making and impulse control live. This is what separates us from other animals.

When we do these things, the brain releases dopamine — our reward for surviving. The brain remembers this feeling of pleasure and seeks it again.

When a drug or alcohol is used, it activates the same dopamine process. And when use is repeated, it can hijack the brain, making it think that it needs the substance in order to survive.

Over time, the hijacker needs more of the substance to get the same feeling of pleasure — causing increased brain damage.

The Good News: Addiction is preventable and treatable!

Brain scans show that once in recovery, the brain can get better.

Advancements have been made in assessments, treatment programs, recovery supports and medications to treat addiction.

Delaying substance use until the brain reaches maturity (early twenties) is the most important step in preventing addiction.

preventionactionalliance.org

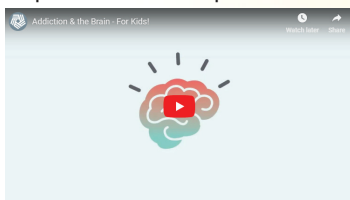
Prevention
Action Alliance

ADDITION
POLICY FORUM

addictionpolicy.org

The Addiction Policy Forum and the Prevention Action Alliance has developed a video, "Addiction & The Brain: A Video for Kids" that explains how substance use can hijack the brain, and why delaying use until the brain has fully developed is so important in preventing addiction.

Click link to view video:
Addiction & The Brain



The National Council has joined Mental Health for US to better support the one in five Americans who will experience a mental health condition in their lifetime. Mental Health for US is a nonpartisan educational initiative focused on elevat-

ing mental health and addiction in national policy conversations by improving policymakers' knowledge and awareness.

Share these statistics >>> with your representatives, friends, and family to elevate mental health and addiction in policy conversations.

"With nearly one in five Americans living with mental illness and one in 12 living with addiction, and deaths from suicide and overdose at an all-time high, prevention and breaking down barriers to quality treatment and care should be a top priority for all policymakers."

For more information on this movement follow the website below:
<https://www.mentalhealthforus.net/>

QUICK FACTS ABOUT MENTAL HEALTH AND ADDICTION

Share these statistics with your representatives, friends, and family to elevate mental health and addiction in policy conversations.

PREVALENCE

- One in five American adults — tens of millions of people — will experience a mental health or substance use disorder in any given year.¹
- The prevalence of any mental illness is higher among women (22.3%) than men (15.1%).²
- Adults reporting two or more races had the highest prevalence of any mental illness (28.6%) followed by White adults (20.4%), Native Hawaiian/Other Pacific Islander adults (19.4%), American Indian/Alaskan Native adults (18.9%), Black adults (16.2%), Hispanic adults (15.2%), and was lowest among Asian adults (14.5%).²
- More than one in four adults living with a serious mental illness also have a substance use disorder.²
- 46% of homeless adults within the U.S. live with severe mental illness and/or substance use disorders.²
- The rate of youth with Major Depressive Episodes increased from 11.93% to 12.63% in 2018.³

46.6 MILLION AMERICANS
experience mental illness each year¹

ACCESS AND INTERVENTION

- Less than half of Americans with a mental illness receive treatment.
 - Only 42.6% of adults received mental health services in the past year.⁴
 - One in five (nine million) adults experiencing a mental illness still report having an unmet need.⁵
 - 62% of youth with major depressive episodes received no treatment.⁶
- Despite recent efforts, there is a shortage in mental health workforce.
 - In states with the lowest workforce ratio, there are almost four times the number of individuals in need to only one mental health provider.⁷

HUMAN AND FINANCIAL COST

- 47,173 people died by suicide in 2017, making suicide the 10th leading cause of death in the United States.⁸
- Each day, an estimated 17 veterans die by suicide.⁹
- Untreated mental illness costs the country at least \$444 billion per year, according to Dr. Thomas Insel, former Director of the National Institute of Mental Health.¹⁰
- In 2017, over 70,000 people died of overdose, according to the Centers for Disease Control.¹¹

MORE THAN 70,000 AMERICANS
die from drug overdose each year¹¹

Suicide is the 10TH LEADING CAUSE OF DEATH
in the US⁸

42% of Americans with mental illness and substance use disorders saw cost and poor insurance coverage as the top barriers for accessing mental health care.⁴

¹ Substance Abuse and Mental Health Services Administration. (2018). Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (NSDUH) Publication No. 2018-10-108. NCJ2581 Series 10-108. Bethesda, MD: Center for Behavioral Health Statistics and Quality. Substance Abuse and Mental Health Services Administration. Retrieved from: <https://www.samhsa.gov/2k18/key-substance-use-and-mental-health-indicators-in-the-united-states>
² The National Health and Medical Research Council. (2018). Australian Burden of Disease Study: Results for 2017. Canberra: Australian Government. Retrieved from: <https://www.aihw.gov.au/reports/australian-burden-of-disease>
³ The State of Mental Health in America. (2018). Retrieved from: <https://www.mentalhealthinamerica.net>
⁴ National Health and Medical Research Council. (2018). Australian Burden of Disease Study: Results for 2017. Canberra: Australian Government. Retrieved from: <https://www.aihw.gov.au/reports/australian-burden-of-disease>
⁵ National Health and Medical Research Council. (2018). Australian Burden of Disease Study: Results for 2017. Canberra: Australian Government. Retrieved from: <https://www.aihw.gov.au/reports/australian-burden-of-disease>
⁶ National Health and Medical Research Council. (2018). Australian Burden of Disease Study: Results for 2017. Canberra: Australian Government. Retrieved from: <https://www.aihw.gov.au/reports/australian-burden-of-disease>
⁷ National Health and Medical Research Council. (2018). Australian Burden of Disease Study: Results for 2017. Canberra: Australian Government. Retrieved from: <https://www.aihw.gov.au/reports/australian-burden-of-disease>
⁸ National Health and Medical Research Council. (2018). Australian Burden of Disease Study: Results for 2017. Canberra: Australian Government. Retrieved from: <https://www.aihw.gov.au/reports/australian-burden-of-disease>
⁹ National Health and Medical Research Council. (2018). Australian Burden of Disease Study: Results for 2017. Canberra: Australian Government. Retrieved from: <https://www.aihw.gov.au/reports/australian-burden-of-disease>
¹⁰ National Health and Medical Research Council. (2018). Australian Burden of Disease Study: Results for 2017. Canberra: Australian Government. Retrieved from: <https://www.aihw.gov.au/reports/australian-burden-of-disease>
¹¹ National Health and Medical Research Council. (2018). Australian Burden of Disease Study: Results for 2017. Canberra: Australian Government. Retrieved from: <https://www.aihw.gov.au/reports/australian-burden-of-disease>

CENTENNIAL CALENDAR

JUNE 2019

19th - New Employee Orientation - Sterling Office
18th-19th - 8:30 am - 4:30 pm - ASIST Training - Burlington Ambulance Building, Burlington, CO **RESCHEDULED DATES**

JULY 2019

11th - Board of Director's Meeting
17th - New Employee Orientation - Sterling Office