



Virginia Department of
Behavioral Health &
Developmental Services

NEW INITIATIVES IN BEHAVIORAL HEALTH WELLNESS

Office of Behavioral Health Wellness

*Virginia Department of Behavioral Health and Developmental
Services*

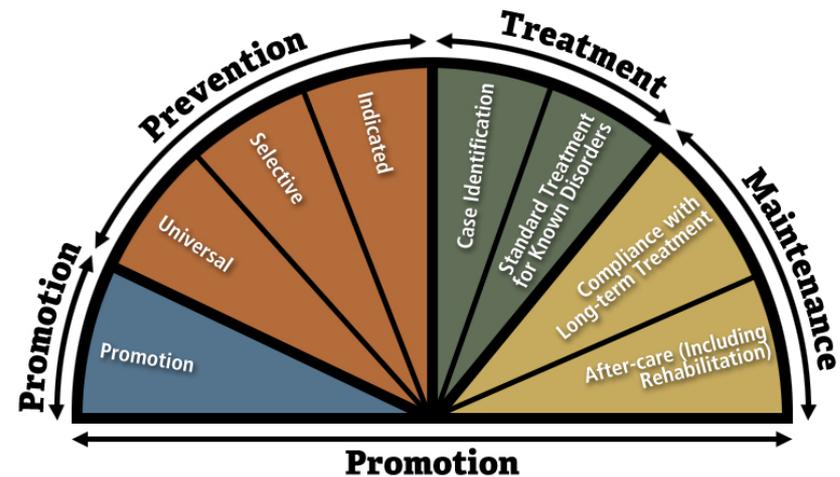
Substance Abuse Services Council (SASC)

Wednesday, April 6th, 2016

DBHDS Vision: A life of possibilities for all Virginians

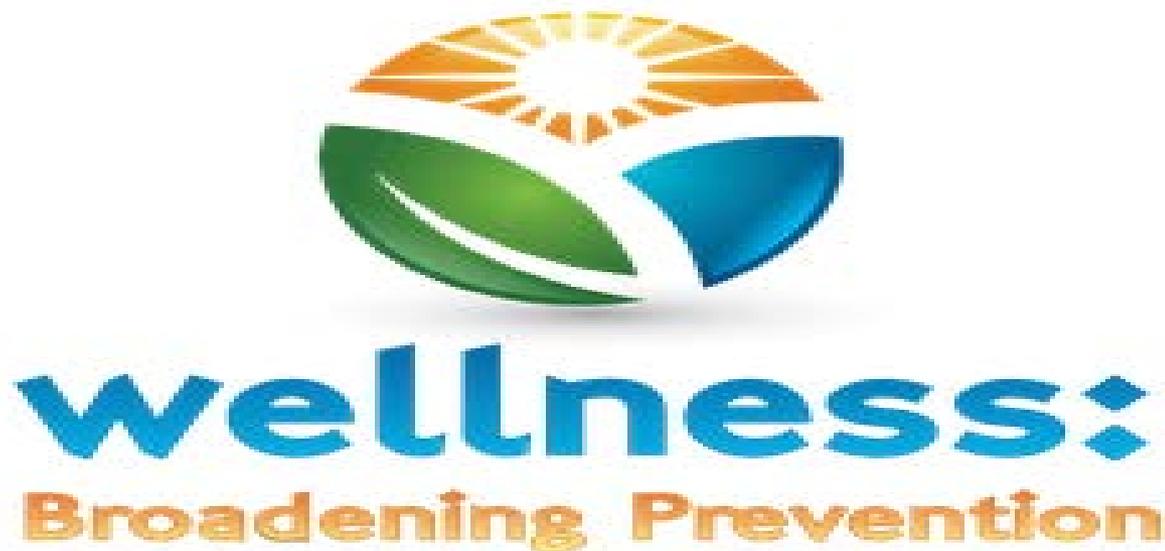
Behavioral Health Continuum of Care Model

- **Promotion:** These strategies are designed to create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services.
- **Prevention:** Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use.



Shifting the Paradigms

Integration of substance abuse prevention, mental health promotion and primary care across the lifespan



Wellness

- Wellness means overall well-being. It incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life.
- Each aspect of wellness can affect overall quality of life, so it is important to consider all aspects of health. This is especially important for people with mental health and substance use conditions because wellness directly relates to the quality and longevity of your life.

Definition of Behavioral Health

Behavioral health is a state of mental/emotional being and/or choices and actions that affect wellness. Substance abuse and misuse are one set of behavioral health problems. Others include (but are not limited to) serious psychological distress, suicide, and mental illness (SAMHSA, 2011).

Behavioral Health Concepts

- In the past, practitioners and researchers saw substance abuse prevention as distinct from the prevention of other behavioral health problems.
- But mounting evidence indicates that the populations affected by these problems overlap significantly, as do the factors that contribute to these problems.
- *Consequently, improvements in one area often have direct impacts on the other.*

Behavioral Health Concepts

- Mental and physical health is also connected. Good mental health often contributes to good physical health. Similarly, the presence of mental health disorders, including substance abuse and dependence, is often associated with physical health disorders (O'Connell, 2009).
- A large number of studies provide strong evidence that drinking alcohol is a risk factor for primary liver, breast, and colorectal (colon) cancer. Positive lifestyle adjustments, however—like sleep, diet, and activity and physical fitness—can also significantly strengthen mental health (O'Connell, 2009).

Population and Individual Strategies

**Coalitions and Community
Based Process**

Environmental Approaches



**Education
Information Dissemination
Alternatives
Problem ID and Referral**



Community



Coalitions



Coalitions Change the Health of Communities!!





COMMUNITY WORKS

Environmental Approaches



Prevention System Development

Shifting from the delivery of prevention services to the development of ***Prevention Systems*** that deliver prevention services based on the **Strategic Prevention Framework**

Strategic Prevention Framework- SPF



Assessment



Social Indicator Study- Data linked to risk and protective factor indicators, consumption and consequences at the State and County/City/Regional levels for Substance Abuse, Mental Health and Adverse Childhood Experiences (ACE) factors. Results will provide State and County/City Epidemiological Profiles that are aligned.

Feedback – Social media ethnographic research

Why is this important?

- Allows to establish priorities based on data, i.e. target populations, substances, key issues, geographic areas, etc.
- Outcome measures for State and CSB performance
- Informed decisions around resource allocations

Capacity Building



Infrastructure Enhancements

- **New** Grantee Performance Management Data Reporting System – *Social Solutions ETO Software*
- **Revisions** to the Performance Contract that align with SPF
- **New** Pre-site, Onsite and Post Site Visit Audit Tools that align with SPF
- **New** Monitoring Tools that align with SPF and provide the opportunity to identify CSB technical assistance needs

Partnerships

- Virginia Office on Substance Abuse Prevention (VOSAP)
- Virginia Commonwealth University School Community Collaborative
- Virginia Foundation for Healthy Youth (VFHY)
- Virginia Suicide Prevention and Mental Health Promotion Steering

Capacity Building



Workforce Development

- Partnered with VFHY to provide Substance Abuse Prevention Skills Training (SAPST) to CSBs and their partner coalitions
- Provided scholarships to each CSB for the CSB Prevention leader to attend the 2014 and 2015 National Prevention Network Research Conference

Strategic Planning



- Waiting on Social Indicator Study to create measurable goals/objectives, and Logic Model, at the State and CSBs
- Developed a standard DBHDS OBHW Logic Model
- OMNI Institute providing training and technical assistance to the CSBs on the development of a logic model

Implementation

- Evidenced Based Programs, practices, strategies
- 25% Coalitions/Community Based Process
- 25% have to be environmental
- Must partner with local community coalitions



In SFY14:

- CSBs implemented 59 EBPs
- Served 32,380 (unduplicated count) in individual/family based programs
- Served 582,720 population based/environmental strategies.

Major initiatives:

- Family Wellness Initiative
- CounterTools Geomapping and Store Audits for Synar and Merchant Education
- Mental Health 1st Aid
- ASIST Suicide Prevention
- SPF SIG Prevention of Alcohol Related Motor Vehicle Crashes by 18- 24 year olds
- PFS SPF Rx Drug Abuse and Heroin Overdose Prevention

Evaluation



OMNI Institute

- Creating data matrices for consistent data entry across CSBs
- Creating an evaluation plan for each CSB and DBHDS OBHW
- Five Regional Technical Assistance providers

We need to be able to measure system performance and the behavioral outcomes achieved for our \$8,098,544 investment!

Contact Information

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