



Addressing Behavioral Health in Michigan: MSU Extension's Approach

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Overview

- What is Michigan State University Extension?
- How does MSU Extension consider behavioral health?
- What is MSU Extension offering related to behavioral health?
- How effective are MSU Extension's efforts?



What is Michigan State University (MSU) Extension?

- “MSU Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities, and businesses.”
- Presence in all 83 Michigan counties
- Offer programming and information in areas of agriculture, agribusiness, child and youth development including 4-H, health and nutrition, community food systems, natural resources, government and public policy, and community prosperity



How does MSU Extension consider behavioral health?

- Behavioral health:
 - Mental health and substance use issues across the lifespan, including variations by gender, gender identity, race, ethnicity, occupational status, veteran status, and socioeconomic status.
 - Includes mental illness as well as mental well-being.
 - May be influenced by social factors (i.e., social determinants of health)

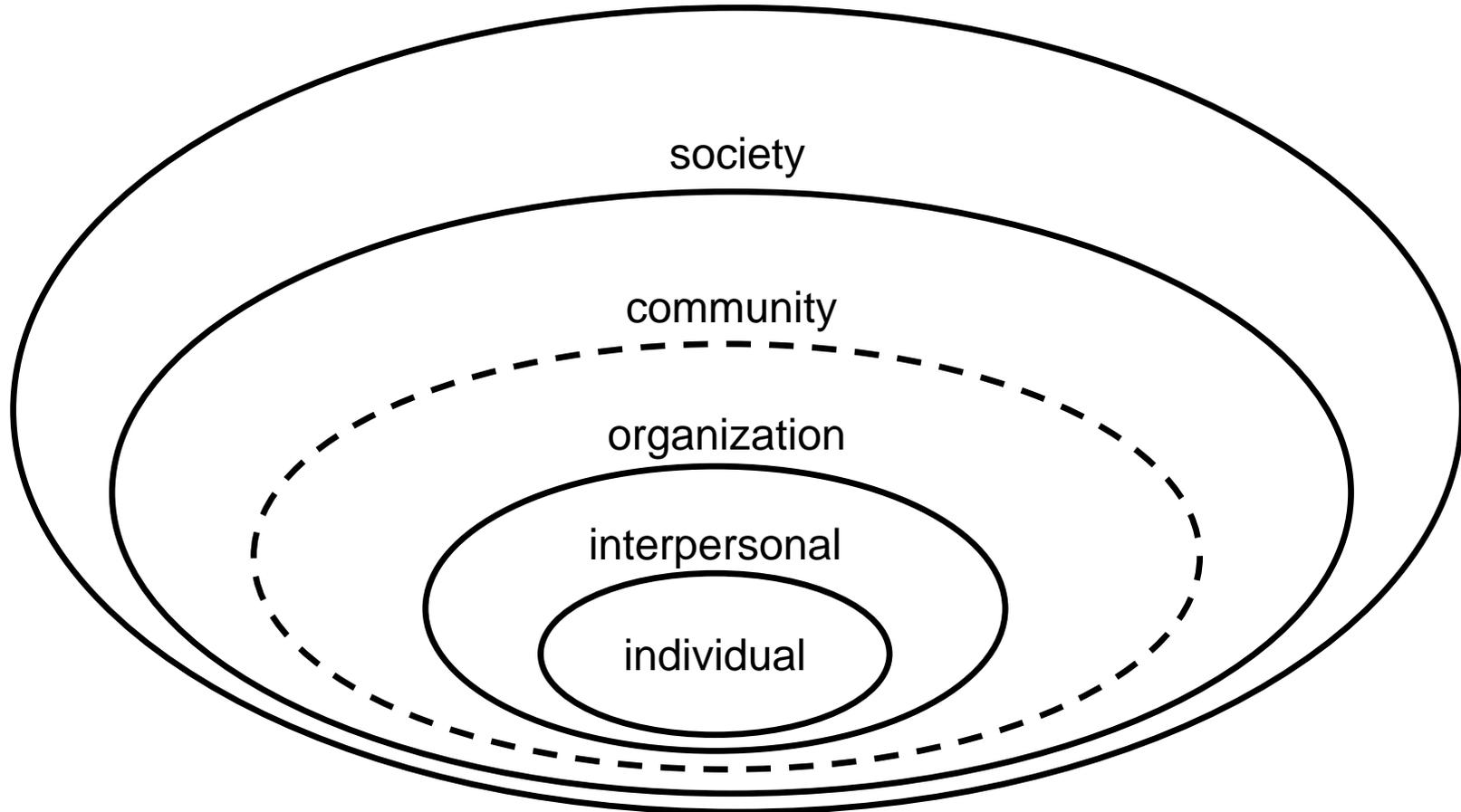


How does MSU Extension consider behavioral health?

- Behavioral health literacy
 - Knowledge about what mental health and substance use are
 - Signs and symptoms of emerging problems
 - How to talk with someone experiencing behavioral health problems
 - Connecting people to resources that can help
 - Reducing stigma



How does MSU Extension consider behavioral health?





What is MSU Extension offering related to behavioral health?

- Current focus areas:
 - Mental Health First Aid
 - Opioid misuse/opioid crisis
 - Farm stress and suicide
- Additional ongoing work:
 - Stress Less with Mindfulness
 - RELAX: Alternatives to Anger



What is MSU Extension offering related to behavioral health?

- Mental Health First Aid
 - 8-hour evidence-based program to increase knowledge of signs and symptoms of mental health and substance use issues
 - Specific trainings for rural, higher education, older adult





Mental Health First Aid Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information



Encourage appropriate professional help



Encourage self-help and other support strategies



Government Support

Mental Health First Aid Act of 2015



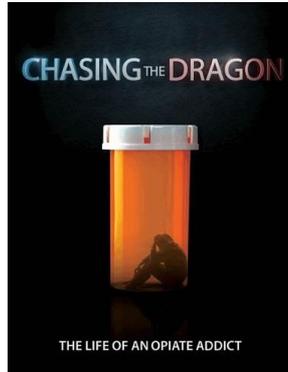
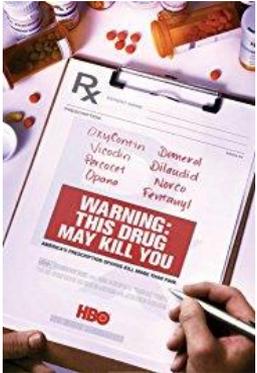
- ✚ The Mental Health First Aid Act of 2015 (S. 711/H.R. 1877) would authorize \$20 million for Mental Health First Aid.
 - > Has 49 bipartisan cosponsors
- ✚ Offered to emergency services personnel, police officers, teachers/school administrators, primary care professionals, students, and others
- ✚ Introduced in the Senate by Senators Kelly Ayotte (R-NH) and Richard Blumenthal (D-CT) and in the House by Congresswomen Lynn Jenkins (R-KS) and Doris Matsui (D-CA)
- ✚ \$15 million annually in Mental Health First Aid appropriations





What is MSU Extension offering related to opioids?

- Educational presentations
- Documentary film screenings and panel discussions
- Displays at health fairs
- Fact sheets





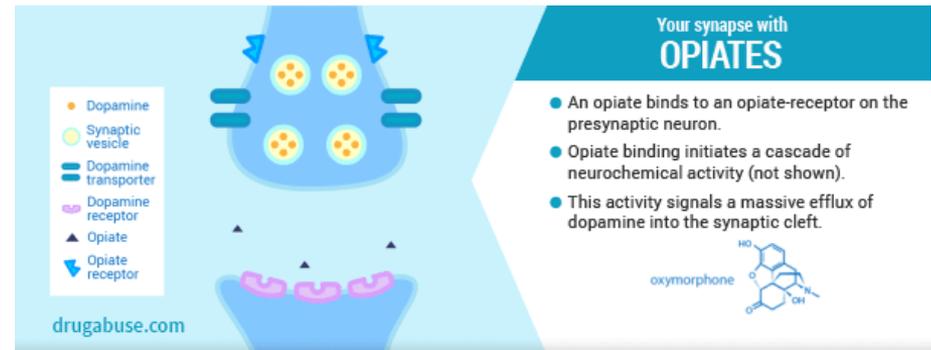
What are opioids?

- Drugs that block pain signals in the body and increase dopamine release, usually used to treat moderate to severe pain.
- Some opioids are legal when prescribed to you by a doctor.
 - oxycodone (OxyContin, Percocet), hydrocodone (Vicodin, Lortab, Lorcet, Norco), hydromorphone (Dilaudid), meperidine (Demerol), oxymorphone (Opana), fentanyl, morphine, codeine, tramadol
- Some opioids are illegal:
 - Heroin



How do opioids work in the brain?

- Opioids attach to receptors in the brain
- Cause overstimulation and damage to normal brain function
- Increase dopamine levels
 - Normal levels: 50 nanograms per deciliter (ng dL)
 - Really good day: 100 ng dL
 - Heroin: 975 ng dL



Source: National Institute on Drug Abuse



What is opioid misuse?

- Taking an opioid medication prescribed by your doctor, but in higher quantities or frequencies than indicated.
- Taking an opioid medication prescribed by your doctor for a time period longer than indicated.
- Taking an opioid medication prescribed by someone else's doctor.
- Using an opioid to feel a high.

- Opioid misuse can begin accidentally with safe use of painkillers.

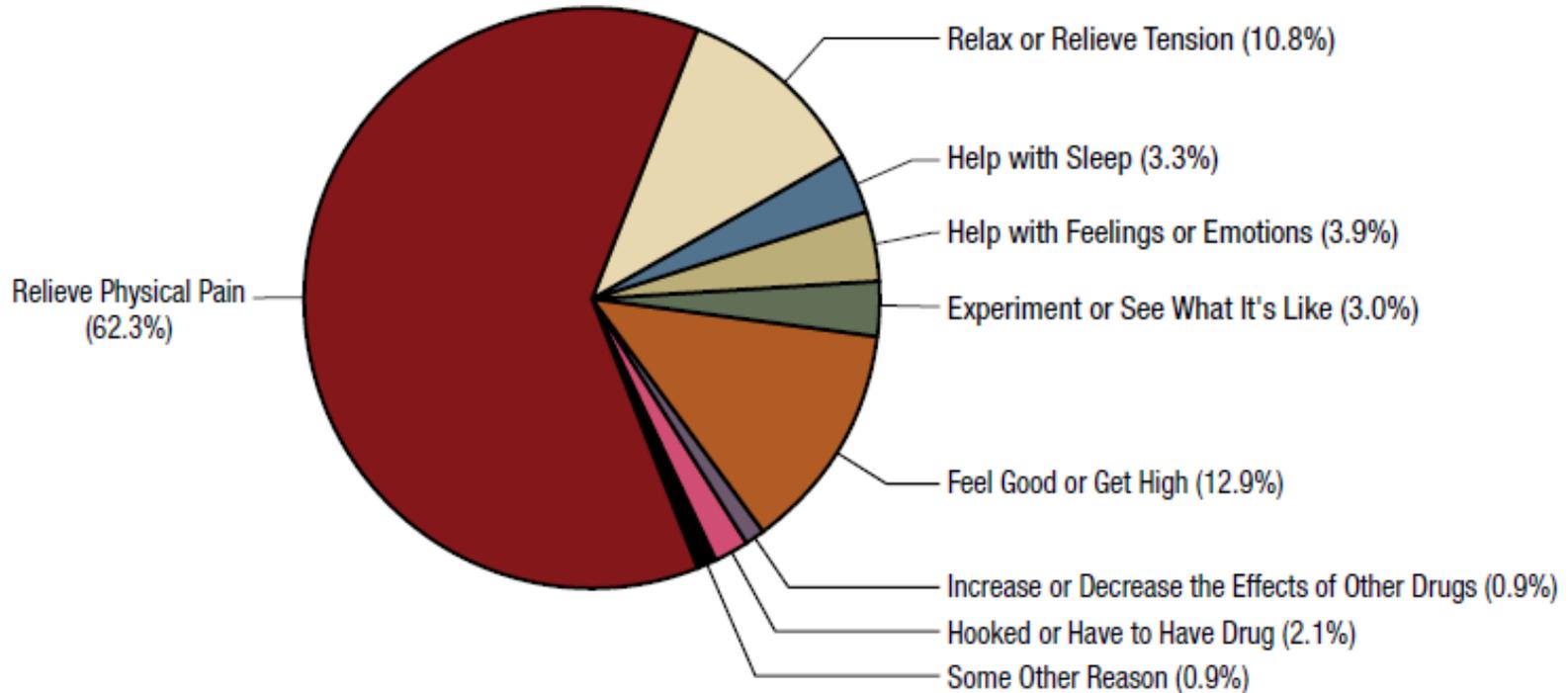


Signs and symptoms of opioid misuse

- Constricted pupils
- Runny nose or nose sores
- Sweaty, clammy skin
- Moving slower than usual
- Slurred speech
- Unable to move in a coordinated way
- Lack of awareness or inattention to people/things around them
- Being sedated/acting drowsy
- Needle marks on the skin (if injecting drugs)
- Feeling unusually happy, excited, or “high”
- Problems with attention and memory
- Feeling sad or losing interest in activities one normally enjoys
- Less sensitive to pain
- Feeling hopeless
- Confusion
- Constipation



Why do people misuse opioids?

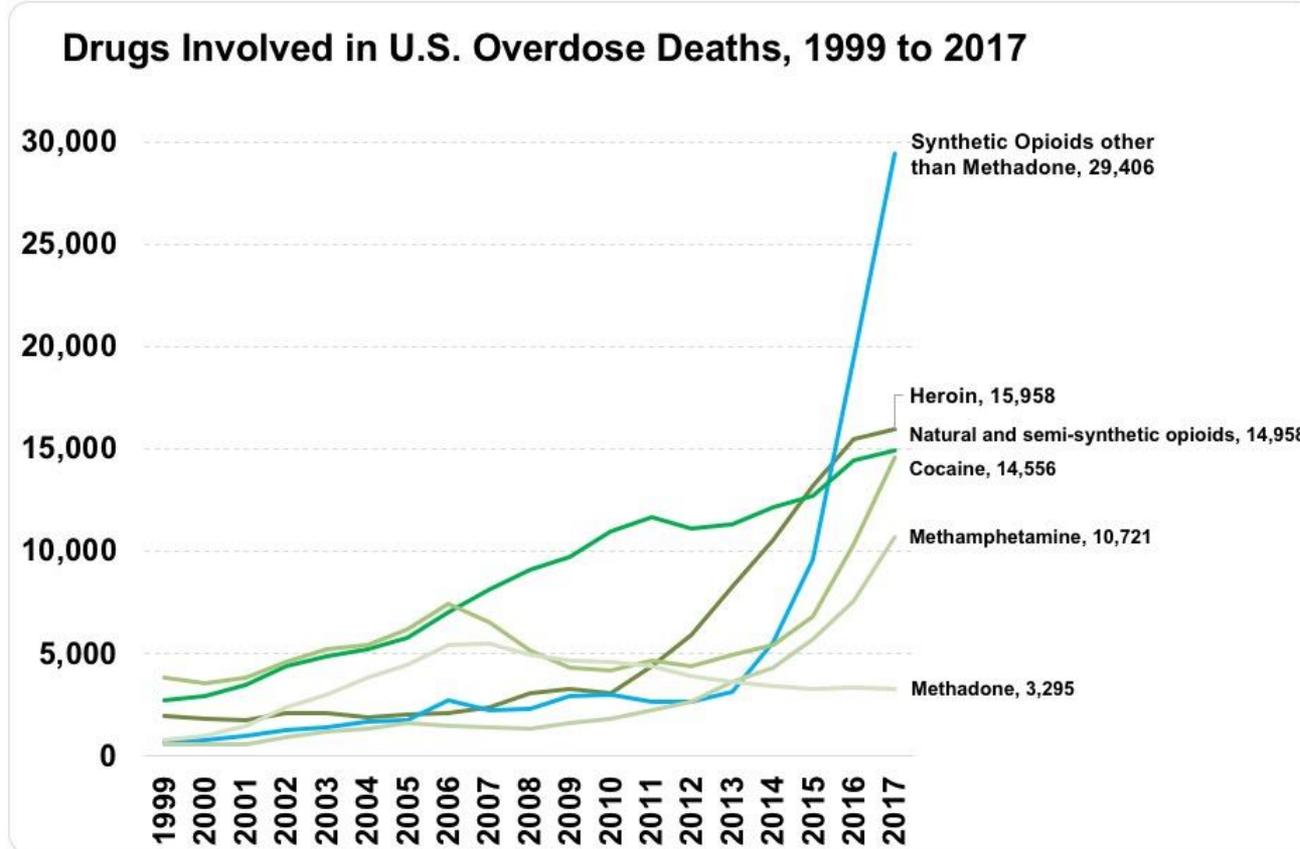


11.5 Million People Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year

Source: SAMHSA 2017

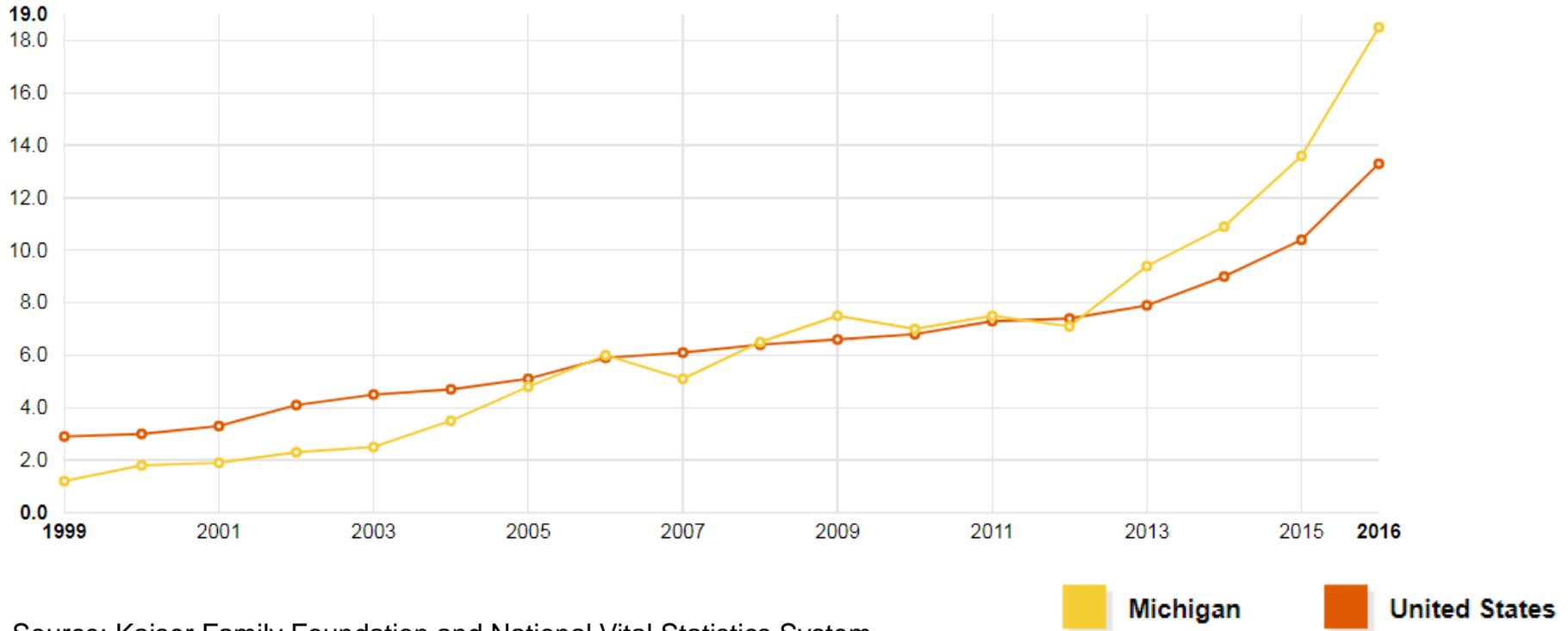


What is the impact of the opioid crisis in the US?





What is the impact of the opioid crisis in Michigan?

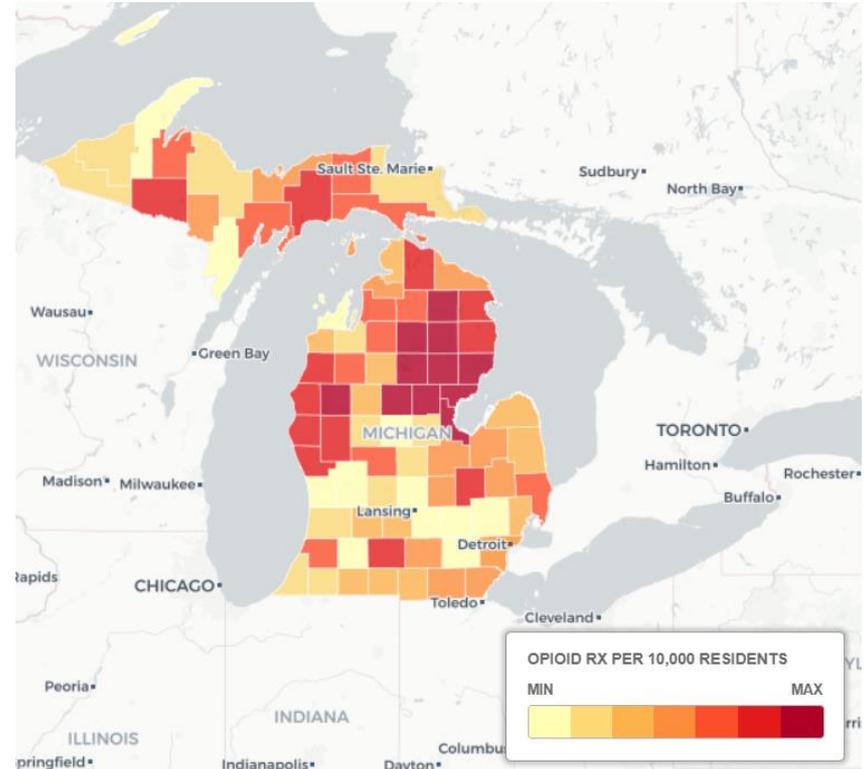


Source: Kaiser Family Foundation and National Vital Statistics System



Opioid Prescriptions

- 10th in nation in per capita prescribing rates of opioid pain relievers.
- 11.4 million prescription for painkillers written in 2015.
 - about 115 opioid prescriptions per 100 people
- 2016: Enough Rx for each resident to have over 80 doses.





What can we do about the crisis, personally?

- Store medications for you, your family, and/or your animals safely by locking them up.
- Do not share prescription medications.
- Take unused medications to prescription drop-off points or events.
- Learn to recognize the signs and symptoms of opioid abuse.
- Educate others about addiction as a chronic disease.
- Be ambassadors for reducing stigma.



What can we do about the crisis, in our community?

- Form local substance misuse prevention coalitions
- Offer educational prevention programs
- Use prescription drug monitoring systems
- Make naloxone available in case of overdose, training in its use
- Work with pharmacies, law enforcement, and others to host drug take-back events
- Encourage law enforcement that addresses doctor shopping
- Remove barriers to treatment



What is MSU Extension offering related to farm stress?

- Developed and offered two workshops:
 - For farmers: Weathering the Storm: How to Cultivate a Productive Mindset
 - For people who work with and/or support farmers: Communicating with Farmers under Stress
- Topics for workshops:
 - Commodity price trends, identifying stress in yourself and others, effective coping strategies, skills for approaching a person under chronic stress, warning signs of suicide, helpful resources
- Fact sheets and website
 - www.canr.msu.edu/managing_farm_stress



What is the impact of farm stress?

- Compared to general population, farmers have...
 - Higher levels of psychological distress (Roy et al. 2013)
 - Higher levels of depression (Roy et al. 2013)
 - Highest suicide rate of any occupation (McIntosh 2016)
 - Lower levels of help-seeking for mental health (Roy et al. 2013)
- Depression is associated with farm injury (Xiao et al. 2013).
- Poor mental health associated with lower adoption of new technology, products, and policies (Hounsome et al. 2006).



How effective have MSU Extension's efforts been?

- 281 farmers have attended Weathering the Storm in 2018
 - 90% reported workshop increased knowledge of current agricultural financial situation
 - 84% reported workshop increased knowledge of effects of stress on the body
 - 90% improved in recognizing warning signs of mental illness and suicide
 - 93% increased knowledge of where to go if mental health help is needed



How effective have MSU Extension's efforts been?

- Approximately 1,000 people have taken Communicating with Farmers Under Stress
 - 80% report workshop improved their understanding of current financial situation in agriculture
 - 85% reported workshop increased their understanding of impact of stress on our bodies
 - 91% reported they were better able to recognize warning signs of depression, suicide, mental illness
 - 91% said workshop increased knowledge of where to send people for help



How effective have MSU Extension's efforts been?

- Over 475 people have been trained in Mental Health First Aid
 - 97% more confident recognizing signs of mental health problem/crisis
 - 95% better able to actively and compassionately listen to someone in distress
 - 94% more confident connecting someone to resources
 - 92% more confident recognizing and correcting misconceptions



How effective have MSU Extension's efforts been?

- Approximately 200 people have attended opioid documentary film screenings.
- Approximately 500 people have attended presentations about opioids.
 - 95% said they learned something new about opioid misuse.
 - Because of the presentation, 98% would do something personally and 100% would do something in their communities to lessen the impact of the opioid crisis.



What will MSU Extension focus on next?

- **Youth mental health and suicide.**
 - Suicide is the second leading cause of death for young people age 5-34.
- **Mental health and substance use among lesbian, gay, bisexual, and transgender people.**
 - LGBT people are 3 times more likely to experience a mental health issue.
 - LGBT youth are 4 times more likely to attempt suicide, experience suicidal thoughts, or engage in self-harm.
- **Older adult mental health and substance use.**
 - Suicide risk increases in old age, especially among men.



Thank you.

Questions?

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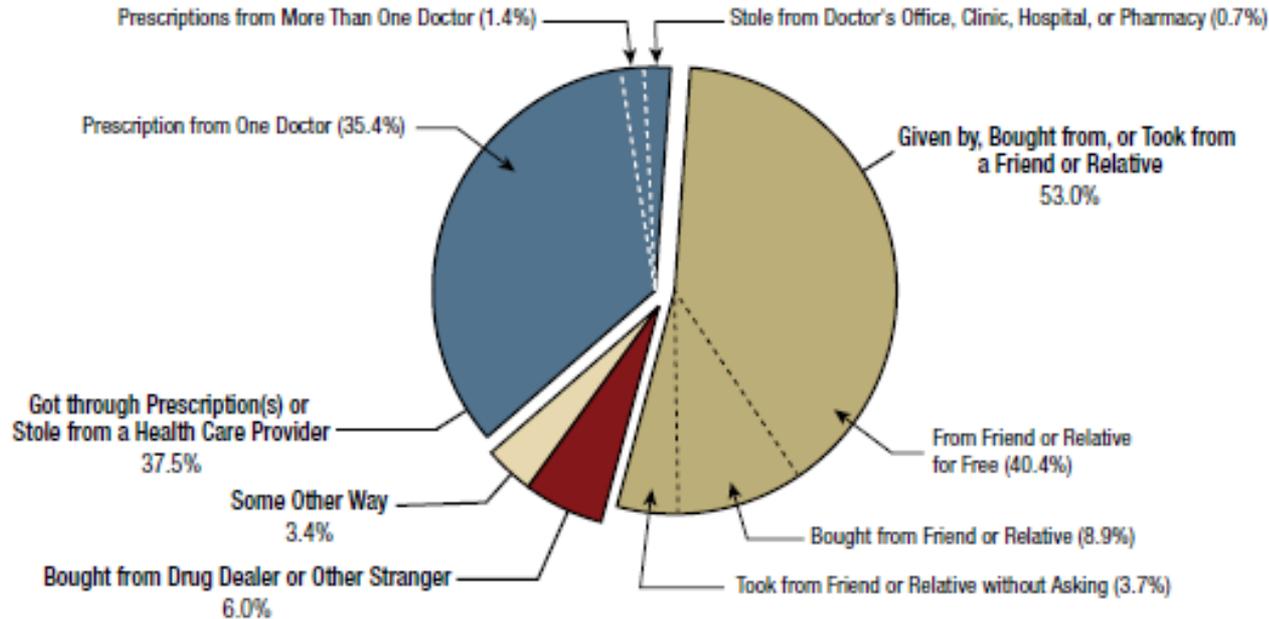
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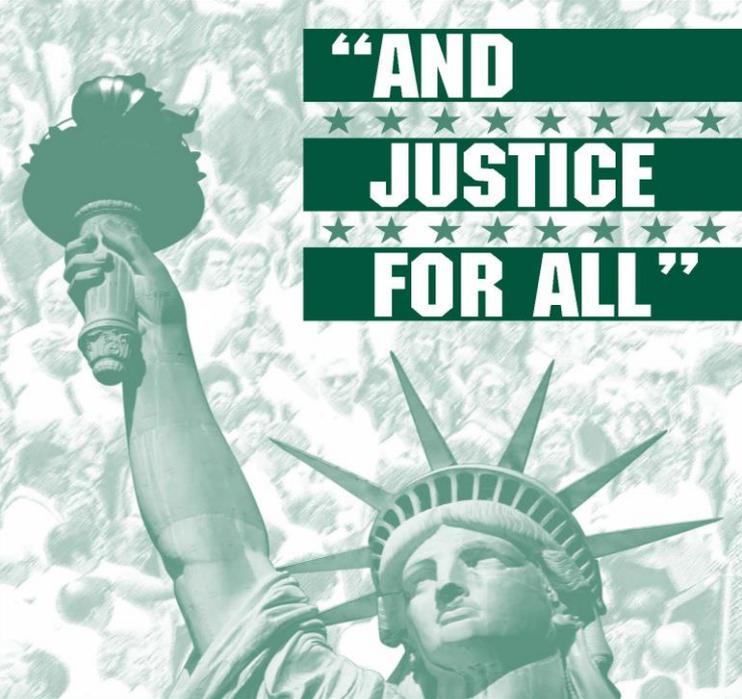
How do people get opioids?

- Prescribed by a doctor for serious injury, recovery from surgery, cancer, chronic pain, or other physical health issues



11.5 Million People Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year

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