

# Health Priority Area

## Promote Well-Being & Prevent Mental Health and Substance Use Disorders



### OVERVIEW

A person's overall wellbeing is dependent on both mental and physical health. Good mental health allows individuals to be productive, engage in health-seeking behaviors, adapt to life changes, and maintain positive relationships with others.<sup>1</sup>

Poor mental health and substance misuse sometimes occur together. Substance misuse is the use of any substance that causes harm to one's self or others. Substance use disorders (SUDs) may develop when prolonged use leads to physical dependence.<sup>1</sup>



### ALCOHOL MISUSE

The most frequently used substance in the United States is alcohol. Alcohol misuse is a pattern of drinking that negatively impacts a person's health, relationships, and/or ability to work. This includes binge drinking and any alcohol use by people under 21 years or who are pregnant.<sup>3</sup>

About 1 in 4 Madison County adults report binge drinking compared to 15.7% of NYS adults. Among 7-12<sup>th</sup> grade students in Madison County, 42.0% have tried alcohol.<sup>4</sup>

Alcohol misuse can have a significant impact on individuals and communities. Alcohol-related deaths are most often caused by chronic conditions (e.g. alcoholic liver disease or liver cirrhosis, cancer, heart disease, stroke), but can also be caused by acute incidents (e.g. poisoning, suicide, homicide, motor vehicle crashes).<sup>3</sup> Madison County has a higher rate of alcohol-related motor vehicle injuries and deaths than NYS (72.9 vs 45.0 per 100,000).<sup>2</sup>



### CANNABIS (MARIJUANA)

Marijuana, made from cannabis plant, contains more than 100 compounds; the most commonly used are tetrahydrocannabinol (THC) and cannabidiol (CBD). THC is known for its mind-altering effects, while CBD is generally used for medicinal purposes.<sup>5</sup> Both forms are legal in NYS. In 2021, 12.0% of Madison County adults report using marijuana for both recreational and medicinal purposes, while 13.9% report using it for recreation only.<sup>6</sup> About 32% of youth (grades 7-12) have tried marijuana.<sup>4</sup>



### MENTAL HEALTH DISORDERS

Mental health disorders (MHDs) refer to a broad group of conditions that affect thinking, mood, and behavior. Common MHDs include: anxiety, depression, and post-traumatic stress disorder (PTSD).<sup>1</sup> In 2018, nearly 17.0% of Madison County adults reported 14 or more poor mental health days in the past month compared to 11.2% of NYS adults.<sup>2</sup> Since the COVID-19 pandemic, the Madison County Health Department has experienced a 38.0% increase in the number of clients served.

MHDs can increase a person's risk of self-harm and suicide. The rate of suicide deaths in Madison County is higher than New York State (NYS) (9.6 vs 8.2 per 100,000).



### OPIOIDS

For the past thirty years, there has been a rise in opioid use among residents, including prescription pain medication, illicit heroin, and the increasingly common synthetic fentanyl. In 2021, Madison County had a higher rate of opioid deaths than NYS (18.4 vs 14.9 per 100,000).<sup>2</sup>



### COMMUNITY HEALTH IMPROVEMENT PLAN

In addition to ongoing efforts, the Community Health Improvement Plan process identified the following strategies to address Mental Health and Substance Use Disorders in Madison County (see page 2).

# Work Plan: Goals & Interventions

## GOAL #1:

Prevent underage drinking and excessive alcohol consumption by adults.

## INTERVENTIONS

**Madison County Council on Alcoholism & Substance Abuse Inc. (BRiDGES)** will establish a coalition with representation from diverse community organizations in order to reduce harm related to underage drinking/excessive alcohol use by adults and cannabis (marijuana).

The **Madison County Department of Health (MCDOH)** will publish a Health Issue Profile on Alcohol Use in Madison County with a summary of county-level data and evidence-based practices.

## INTERVENTION

**Oneida Health** and partner agencies received funding to establish behavioral health care services in the primary care setting based on the evidence-based Collaborative Care Model (CoCM).

## GOAL #2:

Reduce the prevalence of major depressive disorders.

## GOAL #3:

Prevent opioid and other substance misuse and deaths.

## INTERVENTIONS

**MCDOH & BRiDGES** partnered to increase community access to naloxone (Narcan®) through the distribution of wall-mounted Naloxone Emergency Boxes. Training and naloxone is provided free to agencies.

**MCDOH** will establish a Wastewater Surveillance Program for Cannabis and Opioids. Data will establish a baseline and results inform the public and key stakeholders on substance use trends in the community.

## INTERVENTIONS

**BRiDGES** will establish a coalition with representation from diverse community organizations in order to reduce harm related to underage drinking/excessive alcohol use by adults and cannabis (marijuana).

**MCDOH** will establish a Wastewater Surveillance Program for Cannabis and Opioids. Data will establish a baseline and results inform the public and key stakeholders on substance use trends in the community.

## GOAL #4:

Prevent harm related to cannabis (marijuana) use.

## GOAL #5:

Facilitate supportive environments that promote respect and dignity for people of all ages.

## INTERVENTIONS

**Madison County Rural Health Council (MCRHC)** will implement Mental Health First Aid training in local school districts for youth and school staff.

**MCRHC** will expand the Walk with a Doc series, which provides physical activity, outdoor time, social connection, and health education on various topics like chronic disease and mental health.

**MCRHC** is seeking funds to expand their Mobility Management Program with the goal of improving quality of life among older adults in Madison County by connecting them to social support and healthcare services via transportation services.

# References

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2. Centers for Disease Control and Prevention. Excessive Alcohol Use. National Center for Chronic Disease Prevention and Health Promotion. Published November 23, 2021. Accessed March 22, 2022. <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/alcohol.htm>
3. Louis T, Dudrick J. *Teen Assessment Project Report for Madison County, New York*. Youth Bureau; 2018:1-91. Accessed March 22, 2022. <https://www.madisoncounty.ny.gov/151/2014-Teen-Assessment-Project-Report>
4. New York State Prevention Agenda Dashboard. New York State Department of Health. Accessed March 22, 2022. [https://webbi1.health.ny.gov/SASStoredProcess/guest?\\_program=/EBI/PHIG/apps/dashboard/pa\\_dashboard&p=sh](https://webbi1.health.ny.gov/SASStoredProcess/guest?_program=/EBI/PHIG/apps/dashboard/pa_dashboard&p=sh)
5. Health Effects of Marijuana | Health Effects | Marijuana | CDC. Published November 17, 2021. Accessed March 25, 2022. <https://www.cdc.gov/marijuana/health-effects/index.html>
6. Joel LaLone Consulting. *Community Adult Survey Regarding Recent Legalization of Recreational Marijuana Use and Sales in New York State*. Madison County Council on Alcoholism and Substance Abuse, Inc. (BRiDGES); 2022:1-62.