

# **Well-Being and Mental and Substance Use Disorders Prevention**

## ***Response to Prevention Agenda Feedback***

### **Presented to Ad Hoc Committee to Lead the Prevention Agenda**

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**May 16, 2018**

# Focus on Community Feedback related to Well-Being

the inclusion of “well-being” in the priority area of MH/SU isn’t ideal. Wellbeing is a cross-cutting issue for all people and all communities and means more than just the absence of illness. This could be the domain where many of the other social

- **Rationale?**
- **Defined?**

Goals seem vague and confusing - finding measures might be difficult  
Before including these broad goals, we need to use lens of accountability to assess

- **Actionable?**
- **Measurable?**

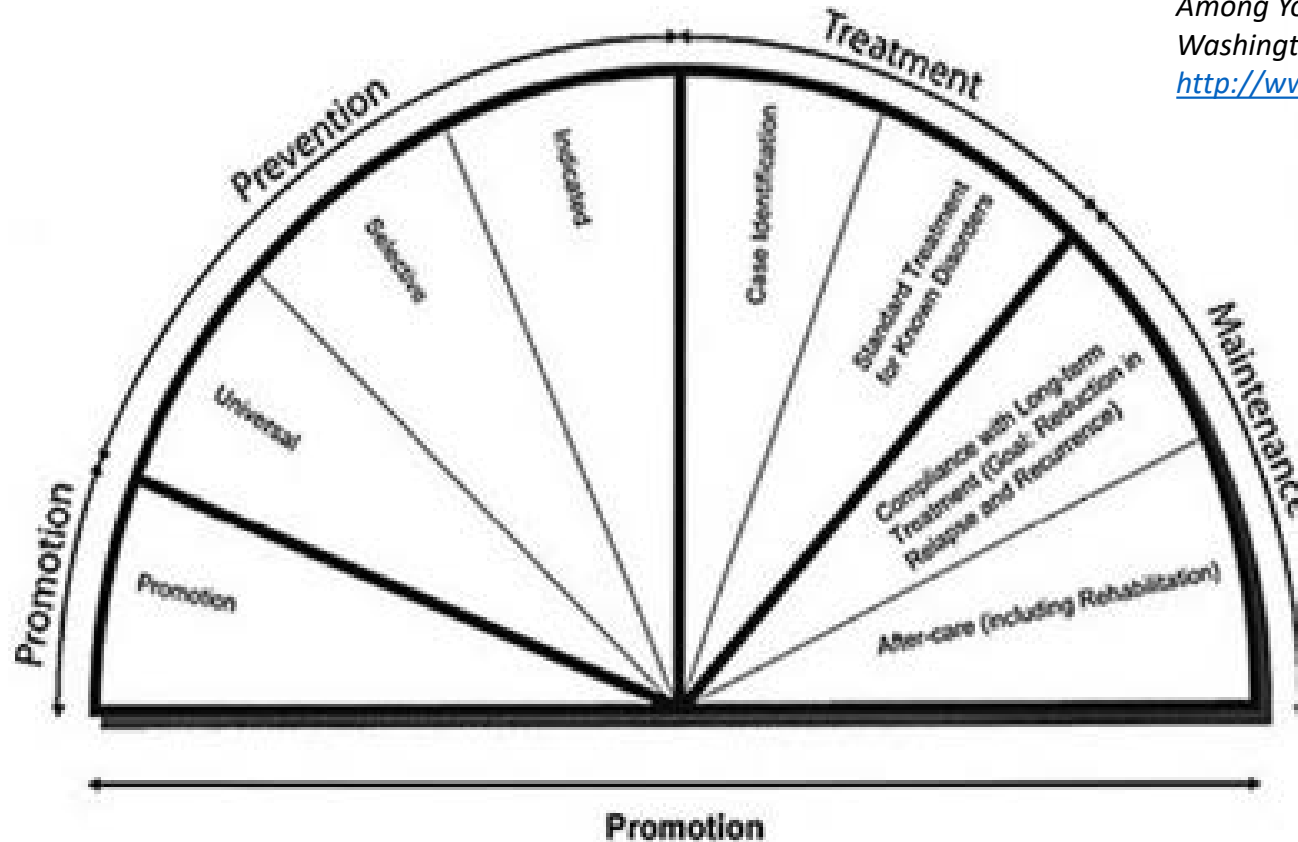
# “Well-Being, Mental and Substance Use Disorders Prevention” Framework

## RECONSIDERING MENTAL HEALTH PROMOTION

Go to

Mental health promotion is characterized by a focus on well-being rather than prevention of illness and disorder, although it may also decrease the likelihood of disorder. The 1994 IOM report included a general call for assess

National Research Council and Institute of Medicine.  
*Preventing Mental, Emotional and Behavioral Disorders Among Young People: Progress and Possibilities*, 2009.  
Washington, DC: The National Academies Press. P. 65-66.  
[http://www.nap.edu/catalog.php?record\\_id=12480](http://www.nap.edu/catalog.php?record_id=12480)



Mental Health Intervention Spectrum, 2009 version, Institute of Medicine

<https://www.samhsa.gov/prevention>

# CDC Working Group Well-Being Definition

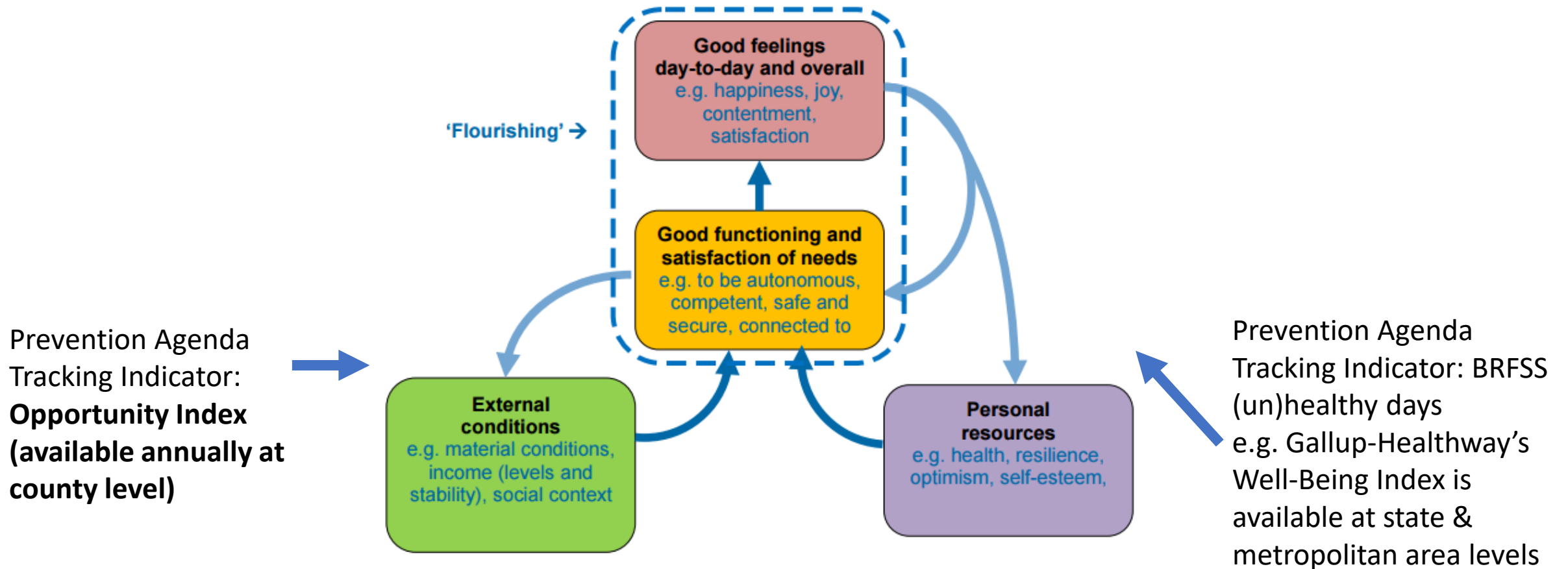
Well-being as a **relative and dynamic** state where **one maximizes his/her physical, mental and social functioning** in the **context of supportive environments** to live a full, satisfying and productive life<sup>1,2</sup>.

1 Office of Disease Prevention and Health Promotion. Healthy People 2020. Health-Related Quality of Life & Well-Being. <https://www.healthypeople.gov/2020/topics-objectives/topic/health-related-quality-of-life-well-being>.

2 Kobau R, Sniezek J, Zack MM, [Measuring subjective well-being: an opportunity for National Statistical Offices?](#) ISQOLS Conference: Measures and goals for the progress of societies. Satellite Meeting. 2009.

3 [Measuring Well-being. A guide for practitioners](#). NEF

# Dynamic Model of Well-Being



New Economics Foundation (NEF) Dynamic Model of Well-Being  
<http://www.neweconomics.org/publications/entry/measuring-well-being>

# Five Ways to Enable Well-Being: Interventions

*(Adapted from New Economics Foundation 5 Ways to Well-Being)*

Mnemonic: SMILE

Social Capital



- Strengthening families
- Mixed housing (i.e. age, income, race/ethnicity)
- Community wealth building
- Public meeting spaces

Mindset



- Cognitive Behavioral Therapy
- Growth mindset training

Inclusion



- Power sharing
- Identifying & responding to microaggression
- Recruitment of minorities

Learn



- Trauma-informed approaches
- Nurture will, skill, thrill at school, work and play

Environment



- Prosocial involvement
- Engage to advocate for green space, housing, natural resources, access
- Facilitate connecting to larger purpose (economy, outdoors, community)
- Civic participation

← **Creating Connections** →

Adapted from: [http://b.3cdn.net/nefoundation/8984c5089d5c2285ee\\_t4m6bhqq5.pdf](http://b.3cdn.net/nefoundation/8984c5089d5c2285ee_t4m6bhqq5.pdf)

# Five Ways to Enable Well-Being: Measures

Social Capital



Mindset



Inclusion



Learn

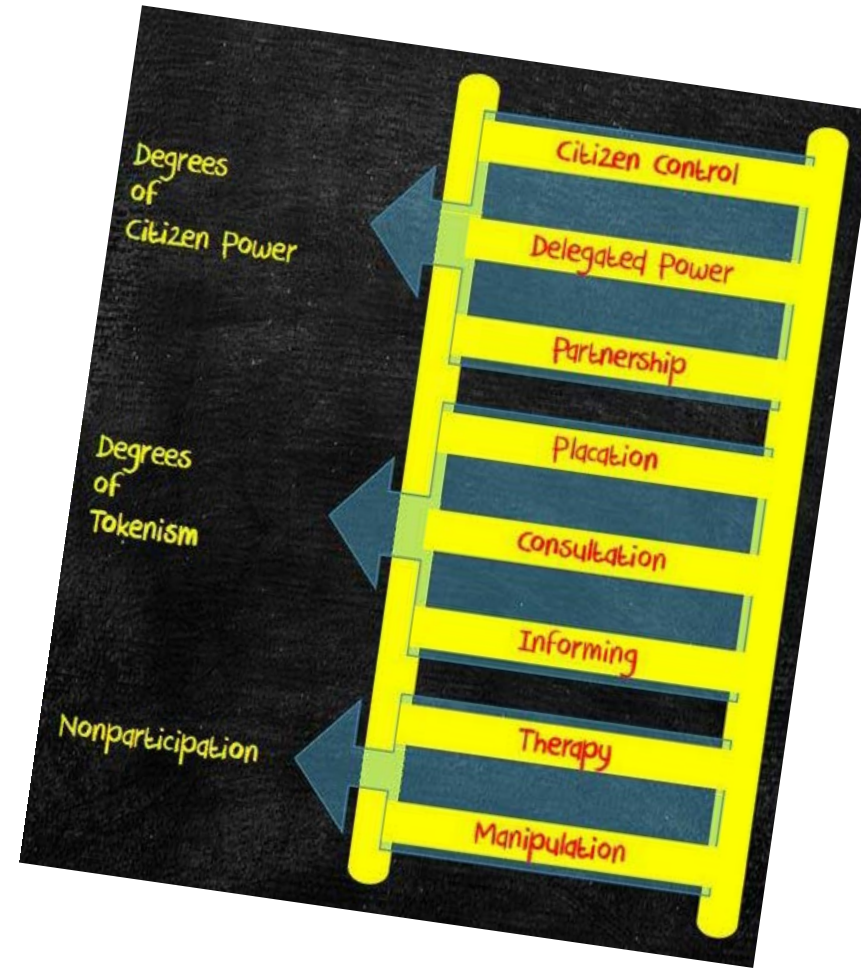


Environment



- Observation
- Validated surveys that ask about perception
- Evaluation of learning and intermediate outcomes
- Policy changes, implementation and enforcement

# Observe: Participation and Level of Engagement



Arnstein, Sherry R. "A Ladder of Citizen Participation," JAIP, Vol. 35, No. 4, July 1969, pp. 216-224. Has been adapted for the Prevention Agenda.



# Survey to measure subjective wellbeing



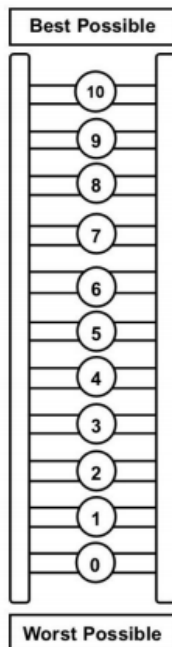
Name (optional) \_\_\_\_\_  
 Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_



Thank you for participating in the 100 Million Healthier Lives initiative. Please **circle the answer** that best represents your response to the questions below.

## Adult Well-Being Assessment

For the first three questions please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the **best possible life for you** and the bottom of the ladder represents the **worst possible life for you**.



1. Indicate where on the ladder you feel you personally stand right now.

0 1 2 3 4 5 6 7 8 9 10

2. On which step do you think you will stand about five years from now?

0 1 2 3 4 5 6 7 8 9 10

3. Now imagine the top of the ladder represents the **best possible financial situation for you**, and the bottom of the ladder represents the **worst possible financial situation for you**. Please indicate where on the ladder you stand right now.

0 1 2 3 4 5 6 7 8 9 10

4. In general, how would you rate your physical health?

Excellent      Very Good      Good      Fair      Poor

5. In general, how would you rate your mental health, including your mood and your ability to think?

Excellent      Very Good      Good      Fair      Poor

6. How often do you get the social and emotional support you need?

Always      Usually      Sometimes      Rarely      Never

7. How strongly do you agree with this statement? "I lead a purposeful and meaningful life."

Strongly Agree      Agree      Slightly Agree      Neither Agree nor Disagree      Slightly Disagree      Disagree      Strongly Disagree

8. What is your age? \_\_\_\_\_ years

9. What is your gender?      Male      Female      Transgender      Other

10. Are you of Hispanic, Latino/a, or Spanish origin?      Yes      No

a. If YES, are you? (select all that apply)

Mexican, Mexican American, Chicano/a      Puerto Rican      Cuban      Another Hispanic, Latino/a, or Spanish Origin

11. Which one or more of the following would you say is your race? (select all that apply)

White      Black or African American      American Indian or Alaska Native      Asian:      Pacific Islander:      Other

- Asian Indian
- Chinese
- Filipino
- Japanese
- Korean
- Vietnamese
- Other Asian
- Native Hawaiian
- Guamanian or Chamorro
- Samoan
- Other Pacific Islander

12. What is the highest grade or year of school you completed?

Never attended school or only kindergarten      Grades 1-8 (Elementary-middle school)      Grades 9-11 (Some high school)      Grade 12 or GED (High school graduate)      College 1 year to 3 years (Some college or technical school)      College 4 years or more (College graduate)

13. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in the National Guard or Reserves?      Yes      No

14. What is the ZIP code where you live? \_\_\_\_\_

Administrative Use Only      Source: [https://www.buildhealthyplaces.org/content/uploads/2017/06/US-Version\\_Adult-Wellbeing-Assessment-v2.pdf](https://www.buildhealthyplaces.org/content/uploads/2017/06/US-Version_Adult-Wellbeing-Assessment-v2.pdf)

- ID number: \_\_\_\_\_
- Event or location completed: \_\_\_\_\_
- How was this assessment completed?

Independently by respondent      With assistance      Other

# CDC efforts at measuring well-being: psychometrically-based, utility-based or single items

Survey	Questionnaires/questions
National Health and Nutrition Examination Survey (NHANES)	<ul style="list-style-type: none"> <li>• General Well-Being Schedule (1971–1975).<sup>43,44</sup></li> </ul>
National Health Interview Survey (NHIS)	<ul style="list-style-type: none"> <li>• Quality of Well-being Scale.<sup>45</sup></li> <li>• Global life satisfaction.</li> <li>• Satisfaction with emotional and social support.</li> <li>• Feeling happy in the past 30 days.</li> </ul>
Behavioral Risk Factor Surveillance System (BRFSS)	<ul style="list-style-type: none"> <li>• Global life satisfaction.</li> <li>• Satisfaction with emotional and social support.<sup>47, 48</sup></li> </ul>
Porter Novelli Healthstyles Survey	<ul style="list-style-type: none"> <li>• Satisfaction with Life Scale.<sup>49</sup></li> <li>• Meaning in life.<sup>50</sup></li> <li>• Autonomy, competence, and relatedness.<sup>51</sup></li> <li>• Overall and domain specific life satisfaction.</li> <li>• Overall happiness.</li> <li>• Positive and Negative Affect Scale.<sup>52</sup></li> </ul>

Source: <https://www.cdc.gov/hrqol/wellbeing.htm#four>

# Focus Areas and Goals

## 2019-2024 Focus Areas

## 2019-2024 Goals

Well-Being	Strengthen economic, education and community opportunities to promote well-being across the lifespan (moved to cross-cutting principle – Enable Well-Being)
	Increase overall satisfaction with life for people of all ages
	Increase support for people seeking help for mental, emotional and substance use disorders
Mental and Substance Use Disorders Prevention	Prevent underage drinking and excessive alcohol consumption by adults
	Prevent opioid and other substance misuse and deaths
	Prevent, reduce and address adverse childhood experiences (ACES)
	Reduce the prevalence of major depressive episodes
	Prevent suicides
	Reduce tobacco use among adults who report poor mental health

**Unchanged**

**New or revised**

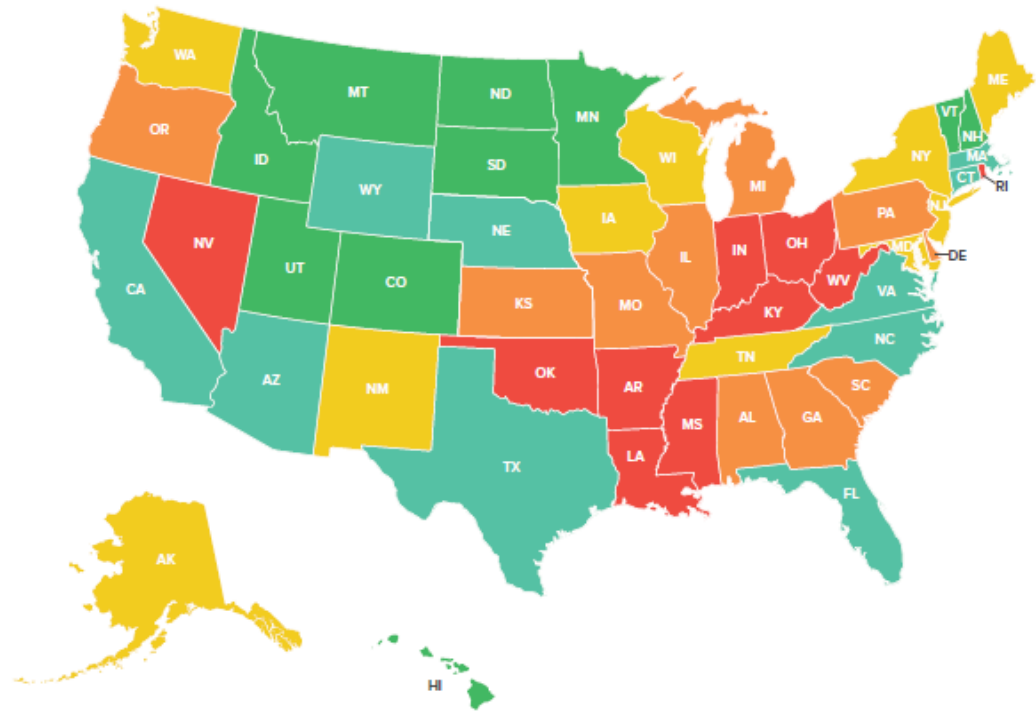
# Summary

- area seem more, even risky
- the inclusion of “well-being” in the priority area of MH/SU isn’t ideal. Wellbeing is a cross-cutting issue for all people and all communities and means more than just the absence of illness. This could be the domain where many of the other social determinants of health sit, such as education, transportation, housing, employment, violence, criminal justice involvement, social cohesion, food insecurity, poverty, etc., all of which are components of individual and community wellbeing. These could either be incorporated into the other domains, or as a separate section.

Prevention Agenda Feedback, 2018

- Well-Being is a cross-cutting issue
- Foundational framework of Well-Being and Mental and Substance Use Disorders Prevention Priority
- Offers structure to build resources for Well-Being
- Provides a platform for cross-sectoral collaboration

# Extra Slides



Top Quintile	2 <sup>nd</sup> Quintile	3 <sup>rd</sup> Quintile	4 <sup>th</sup> Quintile	5 <sup>th</sup> Quintile
1 South Dakota	11 Massachusetts	21 Iowa	31 Georgia	41 Rhode Island
2 Vermont	12 Florida	22 Washington	32 Michigan	42 Indiana
3 Hawaii	13 Texas	23 New York	33 Kansas	43 Nevada
4 Minnesota	14 California	24 Maine	34 Pennsylvania	44 Ohio
5 North Dakota	15 Arizona	25 Alaska	35 Oregon	45 Kentucky
6 Colorado	16 Wyoming	26 New Mexico	36 Illinois	46 Oklahoma
7 New Hampshire	17 Nebraska	27 Wisconsin	37 South Carolina	47 Mississippi
8 Idaho	18 Virginia	28 New Jersey	38 Alabama	48 Arkansas
9 Utah	19 North Carolina	29 Tennessee	39 Missouri	49 Louisiana
10 Montana	20 Connecticut	30 Maryland	40 Delaware	50 West Virginia

2017 Rank	Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
1. South Dakota	64.1	1	28	2	3	7
2. Vermont	64.1	30	2	4	1	1
3. Hawaii	63.4	3	3	10	4	9
4. Minnesota	63.1	23	15	3	7	8
5. North Dakota	63.1	5	7	1	16	29
6. Colorado	62.9	25	24	13	14	2
7. New Hampshire	62.8	16	4	11	8	6
8. Idaho	62.8	19	45	17	2	17
9. Utah	62.8	12	9	7	5	24
10. Montana	62.6	22	33	18	6	13
11. Massachusetts	62.5	47	8	9	13	4
12. Florida	62.4	4	1	31	17	14
13. Texas	62.3	2	11	32	18	22
14. California	62.3	13	12	28	27	3
15. Arizona	62.2	6	5	34	23	18
16. Wyoming	62.1	17	38	23	10	28
17. Nebraska	62.1	21	40	14	11	23
18. Virginia	61.9	20	19	15	30	15
19. North Carolina	61.8	7	6	35	19	35
20. Connecticut	61.7	33	14	8	43	5
21. Iowa	61.7	35	46	6	12	38
22. Washington	61.7	41	30	21	24	16
23. New York	61.7	28	18	26	28	10
24. Maine	61.6	43	27	39	9	26
25. Alaska	61.6	45	28	5	36	20
26. New Mexico	61.6	9	13	33	47	12
27. Wisconsin	61.6	36	44	12	20	30
28. New Jersey	61.5	34	22	27	35	11
29. Tennessee	61.5	10	21	29	15	40
30. Maryland	61.3	32	20	22	44	19

31. Georgia	61.3	15	17	43	32	36
32. Michigan	61.3	28	25	19	28	37
33. Kansas	61.2	42	47	20	26	32
34. Pennsylvania	61.2	31	16	24	34	33
35. Oregon	61.1	49	34	42	22	25
36. Illinois	61.1	26	23	16	48	27
37. South Carolina	61.0	14	10	44	25	41
38. Alabama	60.8	8	26	45	21	44
39. Missouri	60.7	38	36	25	37	39
40. Delaware	60.7	11	31	41	46	31
41. Rhode Island	60.5	50	50	36	39	21
42. Indiana	60.4	37	35	30	41	42
43. Nevada	60.2	39	43	40	49	34
44. Ohio	60.0	44	41	38	42	43
45. Kentucky	59.8	48	32	37	33	48
46. Oklahoma	59.7	18	48	47	38	47
47. Mississippi	59.6	24	39	50	40	46
48. Arkansas	59.4	46	49	46	31	49
49. Louisiana	58.9	27	42	49	50	45
50. West Virginia	58.8	40	37	48	45	50

- Highest Quintile (1 - 10)
- 2<sup>nd</sup> Quintile (11 - 20)
- 3<sup>rd</sup> Quintile (21 - 30)
- 4<sup>th</sup> Quintile (31 - 40)
- 5<sup>th</sup> Quintile (41 - 50)

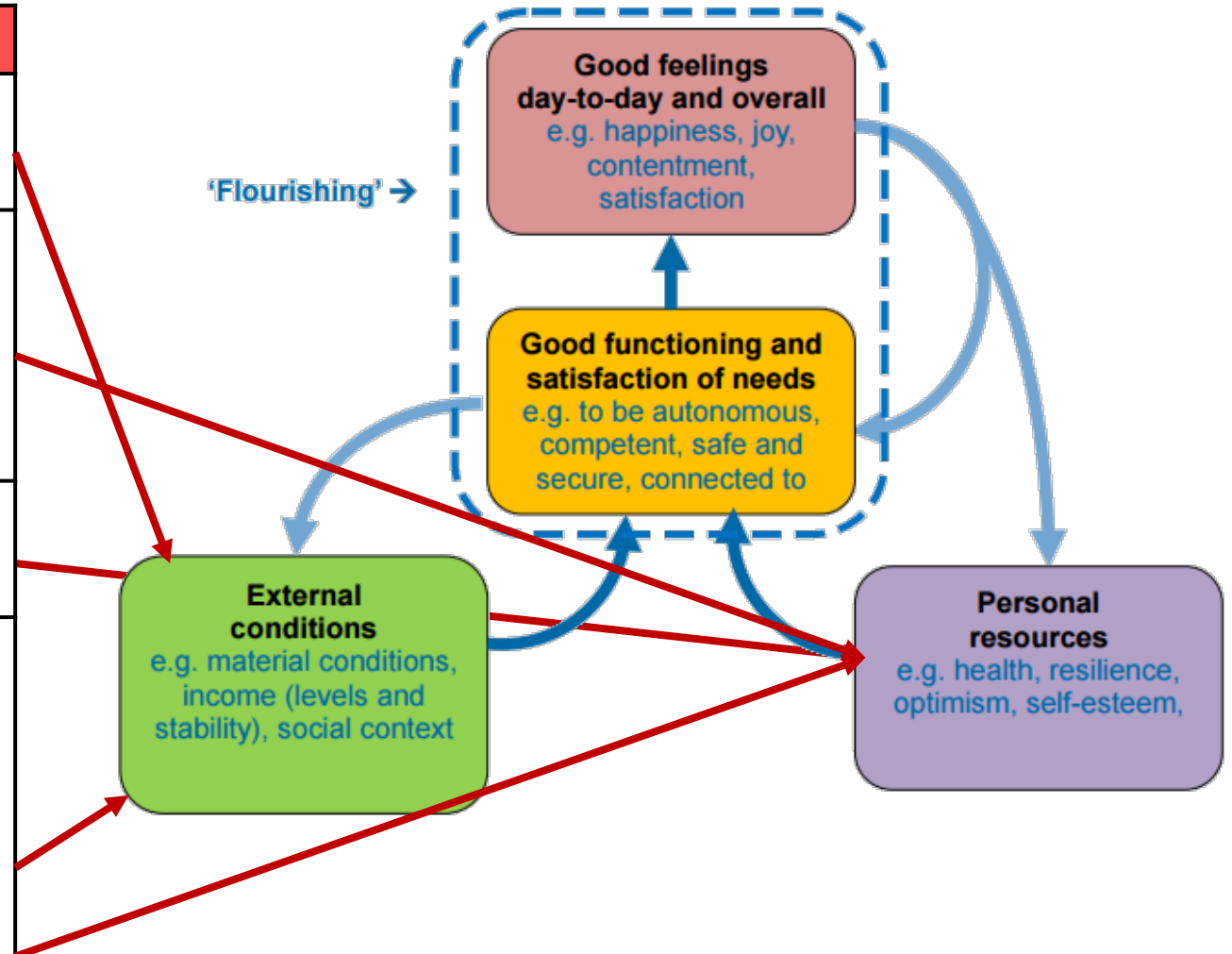
Purpose: Liking what you do each day and being motivated to achieve your goals  
 Social: Having supportive relationships and love in your life  
 Financial: Managing your economic life to reduce stress and increase security  
 Community: Liking where you live, feeling safe and having pride in your community  
 Physical: Having good health and enough energy to get things done daily

# Risk & Protective Factors for Substance Use Disorders

DOMAIN	RISK FACTORS	PROTECTIVE FACTORS
<b>Community</b>	<ul style="list-style-type: none"> <li>• Availability of Alcohol and Other Drugs</li> <li>• Insufficient Laws and Policies to Reduce Substance Use</li> <li>• Social Norms Favorable Toward Substance Use</li> <li>• Community Disorganization</li> <li>• Extreme Economic Deprivation</li> </ul>	<ul style="list-style-type: none"> <li>• Community Opportunities for Prosocial Involvement</li> <li>• Community Rewards for Prosocial Involvement</li> </ul>
<b>Family</b>	<ul style="list-style-type: none"> <li>• Family History of the Problem Behavior</li> <li>• Family Management Problems</li> <li>• Family Conflict</li> <li>• Parental Attitudes Favorable Towards Drugs</li> <li>• Parental Attitudes Favorable Towards Other Problem Behavior</li> </ul>	<ul style="list-style-type: none"> <li>• Family Opportunities for Prosocial Involvement</li> <li>• Family Rewards for Prosocial Involvement</li> <li>• Family Attachment</li> </ul>
<b>School</b>	<ul style="list-style-type: none"> <li>• Academic Failure</li> <li>• Low Commitment to School</li> </ul>	<ul style="list-style-type: none"> <li>• School Opportunities for Prosocial Involvement</li> <li>• School Rewards for Prosocial Involvement</li> </ul>
<b>Individual and Peer</b>	<ul style="list-style-type: none"> <li>• Early Initiation of Drug Use</li> <li>• Early Initiation (K-5) of Problem Behavior</li> <li>• Perceived Risk of Drug Use</li> <li>• Favorable Attitudes Toward Drug Use</li> <li>• Friends Who Use Drugs / Engage in Other Problem Behavior</li> <li>• Peer Rewards for Drug Use</li> <li>• Depressive Symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Social Skills</li> <li>• Belief in the Moral Order</li> <li>• Religiosity</li> <li>• Prosocial Involvement</li> </ul>

# Risk & Protective Factors for Substance Use Disorders

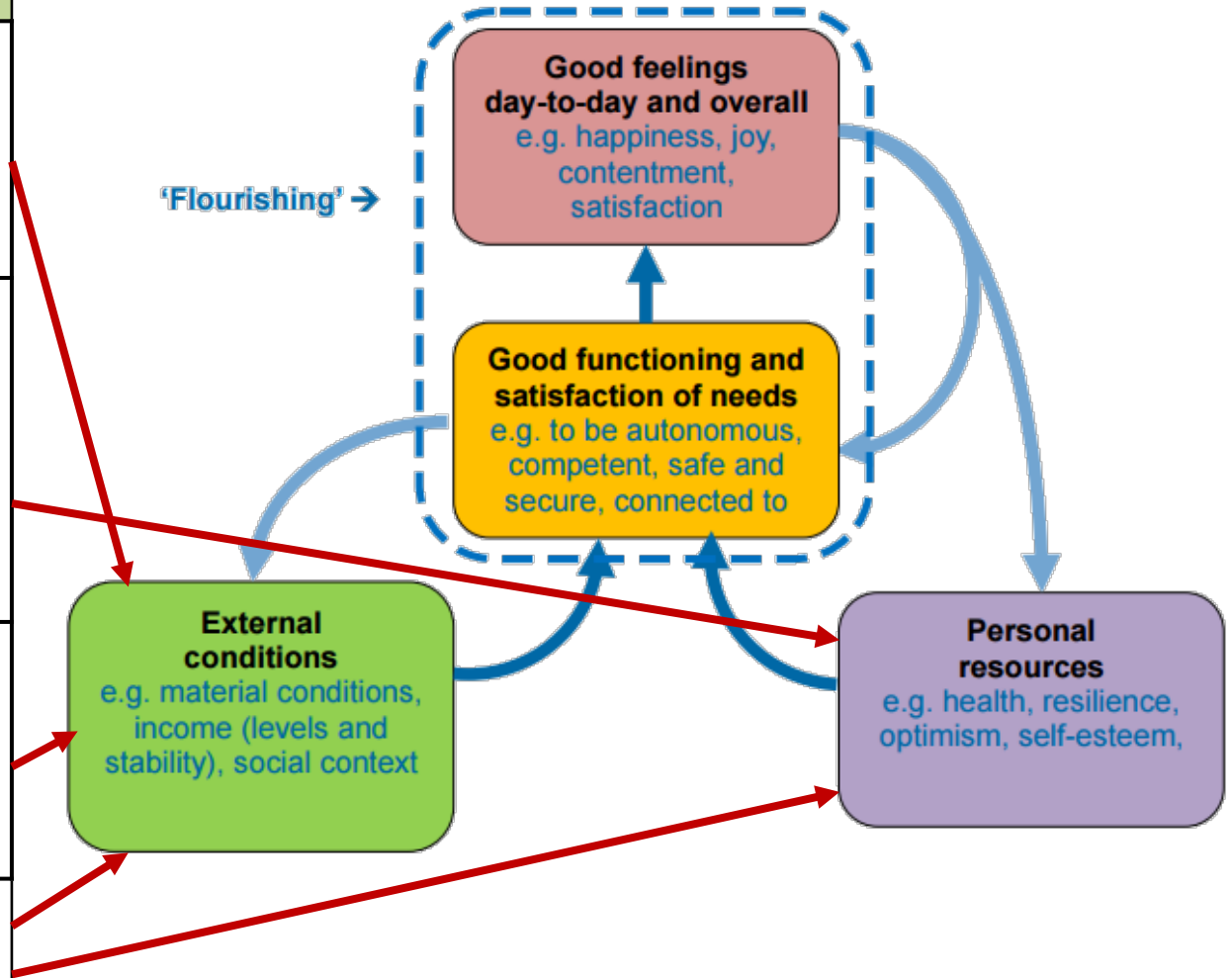
DOMAIN	RISK FACTORS
Community	<ul style="list-style-type: none"> <li>Community Disorganization</li> <li>Extreme Economic Deprivation</li> </ul>
Family	<ul style="list-style-type: none"> <li>Family History of the Problem Behavior</li> <li>Family Management Problems</li> <li>Family Conflict</li> </ul>
School	<ul style="list-style-type: none"> <li>Academic Failure</li> <li>Low Commitment to School</li> </ul>
Individual and Peer	<ul style="list-style-type: none"> <li>Early Initiation of Drug Use</li> <li>Early Initiation (K-5) of Problem Behavior</li> <li>Peer Rewards for Drug Use</li> <li>Depressive Symptoms</li> </ul>





# Risk & Protective Factors for Substance Use Disorders

DOMAIN	PROTECTIVE FACTORS
Community	<ul style="list-style-type: none"> <li>Community Opportunities for Prosocial Involvement</li> <li>Community Rewards for Prosocial Involvement</li> </ul>
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Individual and Peer	<ul style="list-style-type: none"> <li>Social Skills</li> <li>Prosocial Involvement</li> </ul>



# Five Ways to Well-Being for Communities



## Examples of Interventions

- Be curious; Be aware of the world around you; Savor the moment
- Go for a walk; be active; play a game
- Try something new; Sign up for a course; Learn to play an instrument
- Invest time in developing connections with family, friends, community
- Thank someone; Volunteer your time; Look out as well as in

# Five Ways to Enable Well-Being

*Mnemonic: SMILE*

Social Capital



Mindset



Inclusion



Learn



Environment



**Added**

Leader perspective

Emphasis on different components

Adapted from Five Ways to Well-Being by New Economics Foundation (NEF)

Image credit: <http://www.utm.utoronto.ca/health/health-promotion/mental-health/5-ways-wellbeing>

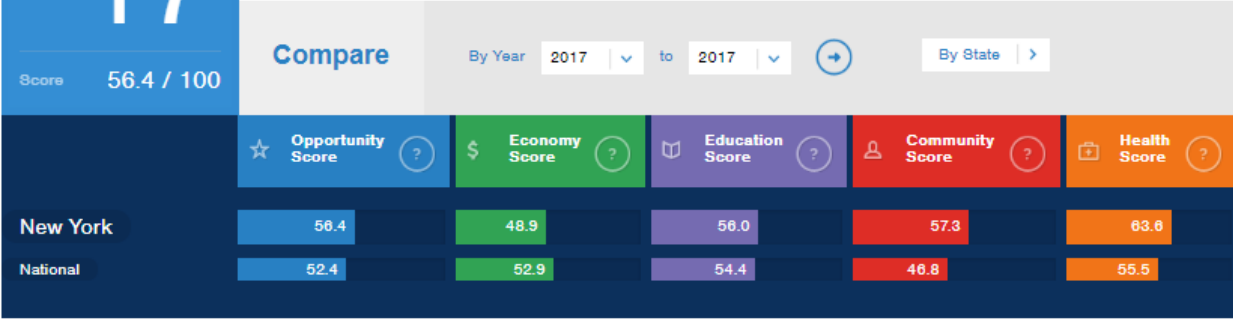
Interventions: [http://b.3cdn.net/nefoundation/8984c5089d5c2285ee\\_t4m6bhqg5.pdf](http://b.3cdn.net/nefoundation/8984c5089d5c2285ee_t4m6bhqg5.pdf)

# Opportunity Index – New York State added 4<sup>th</sup> health dimension in 2017

Year	Rank	Opportunity Score	Economy Score	Education Score	Community Score
2016	18	58.3	52.5	55.4	67.1
2015	15	58.4	52.2	54.3	68.7
2014	19	57.5	48.5	49.4	64.4
2013	20	54.6	47.8	53.1	65.3
2012	19	53.9	48.5	51.2	64.5
2011	22	53.3	48.5	49.4	64.4

Source: <http://opportunityindex.org/#5.00/43.299/-74.218/-/New+York>

DIMENSION	INDICATOR	DESCRIPTION
ECONOMY	Jobs	Unemployment rate (percentage of the population ages 16 and older who are not working but available for and seeking work)
	Wages	Median household income (in 2010 dollars)
	Poverty	Percentage of the population below the federal poverty level (the amount of pretax cash income considered adequate for an individual or family to meet basic needs)
	Income Inequality	80/20 ratio (ratio of household income at the 80th percentile to that at the 20th percentile)
	Access To Banking Services	Number of banking institutions (commercial banks, savings institutions and credit unions) per 10,000 residents
	Affordable Housing	Percentage of households spending less than 30 percent of their income on housing-related costs
	Broadband Internet Subscription	Percentage of households with subscriptions to broadband internet service
EDUCATION	Preschool Enrollment	Percentage of 3- and 4-year-olds attending preschool
	High School Graduation	On-time high school graduation rate (percentage of freshmen who graduate in four years)
	Postsecondary Education	Percentage of adults ages 25 and older with an associate degree or higher
HEALTH	Low Birth Weight	Percentage of infants born weighing less than 5.5 pounds
	Health Insurance Coverage	Percentage of the population (under age 65) without health insurance coverage
	Deaths Related To Alcohol/Drug Use And Suicide	Deaths attributed to alcohol or drug poisoning, or suicide (age-adjusted rate per 100,000 population)
	Volunteering	Percentage of adults (ages 18 and older) who reported they volunteered during the previous year [national and state-level only]
COMMUNITY	Voter Registration	Percentage of adults ages 18 and older who are registered to vote [national and state-level only]
	Youth Disconnection	Percentage of youth (ages 16–24) not in school and not working
	Violent Crime	Incidents of violent crime reported to law enforcement agencies (per 100,000 population)
	Access To Primary Health Care	Number of primary care physicians (per 100,000 population)
	Access To Healthy Food	Number of grocery stores and produce vendors (per 10,000 population)
	Incarceration	Number of people incarcerated in jail or prison (per 100,000 population 18 and older) [national and state-level only]



## Economy

	NEW YORK	NATIONAL
Unemployment Rate (%)	4.2%	4.1%
Median Household Income (\$)	\$56,591	\$51,871
Poverty (% of population below poverty line)	15.4%	14.7%
80/20 Ratio (Ratio of household income at the 80th percentile to that of the 20th percentile)	5.7	4.9
Access to Banking Services (per 10,000 residents)	3.4	3.7
Households Spending Less than 30% of Household Income on Housing Costs (%)	59.2%	66.7%
Broadband Internet Subscription (% of households)	77.8%	76.7%

## Education

	NEW YORK	NATIONAL
Preschool (% ages 3 and 4 in school)	57.6%	47.6%
On-Time High School Graduation (% of freshmen who graduate in four years)	78.6%	83.7%
Associate Degree or Higher (% of adults 25 and older)	43.5%	38.8%

## Community

	NEW YORK	NATIONAL
Youth Not in School and Not Working (% ages 16-24)	11.8%	12.3%
Youth Not in School and Not Working (number ages 16-24)	285,465	4,881,522
Volunteering (% of adults ages 18 and older)	19.4%	24.9%
Voter Registration (% of population 18 and older registered to vote)	55.9%	61.7%
Violent Crime (per 100,000 population)	379.7	372.6
Medical Doctors (per 100,000 population)	83.4	75.5
Grocery Stores and Produce Vendors (per 10,000 population)	5.6	2.2

## Health

	NEW YORK	NATIONAL
Low Birth Weight (% of infants born weighing less than 5.5 lbs)	7.8%	8.1%
Health Insurance Coverage (% of population under age 65 without health insurance)	7.1%	9.4%
Deaths Related to Alcohol / Drug Abuse or Suicide (per 100,000 population)	21.0	28.7

## Business (Powered by PwC US)

	NEW YORK	NATIONAL
Diversity	87.4%	85.01%
Growth	0.3%	0.61%
Automation	57.07%	59.62%

## Population

	NEW YORK	NATIONAL
	19,747,183	320,856,618
Male	48.6%	49.2%
Female	51.4%	50.8%
White, Non-Hispanic	55.8%	61.5%
Black, Non-Hispanic	14.4%	12.3%
Hispanic	18.8%	17.6%
Asian, Non-Hispanic	8.4%	5.3%
American Indian/Alaska Native, Non-Hispanic	0.2%	0.6%
Multiracial, Non-Hispanic	1.8%	2.3%
Another Race, Non-Hispanic	0.8%	0.2%