



INDIANA STRATEGIC BEHAVIORAL HEALTH PRIORITIES 2022-2026

OUR VISION

Healthy, safe, and drug-free environments that nurture and assist all Indiana citizens to thrive.

OUR MISSION

To reduce substance use and abuse across the lifespan of Indiana citizens.



For questions and additional information, please contact:

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Indiana Strategic Behavioral Health Priorities

State Epidemiological Outcomes Workgroup (SEOW) helps the State of Indiana to monitor and mitigate substance abuse and protect the physical and mental wellbeing of all Indiana residents. The following health priorities were gathered from the Spring 2022 update of the previous 5-year strategic behavioral health priorities (2017-2021) set by the SEOW committee, discussions with various agencies, updated data from State Epidemiological Profile as well as insights provided by SEOW committee members;

- Tobacco use in youth, pregnant women, and overall adults
- High-risk alcohol consumption in youth and young adults
- Misuse of prescription and non-prescription opioids, often leading to, potentially fatal overdoses
- Suicide attempts in youth and young adults
- Marijuana use among young adults
- General recommendations (a) continue and improve efforts to collect relevant data on behavioral health indicators from priority populations (b) Monitor and analyze drug overdose mortality data (c) monitor underage inspection data on tobacco retailers (d) Monitor e-cigarette use among youth and (e) Monitor the mental health data on behaviors preceding attempted suicide among youth

The SEOW committee recommends to monitor the identified behavioral health priorities, goals and measures for the five-year period, from 2022 to 2026. Further, all the data points will be updated annually, re-evaluated and reviewed by SEOW, and make necessary additions/changes to the priorities as needed based on emerging trend.

Tobacco

Youth tobacco use

Goal#1 - Reduce past-month use of any tobacco product, including e-cigarettes, in middle school students from 8.1% to 5% and in high school students from 22.9% to 17%.

Data Source: Indiana Youth Tobacco Survey
Target Implementation: Tobacco Prevention & Cessation strategic plan recommendations and SEOW consensus

Smoking during pregnancy

Goal#2 - Reduce smoking in pregnant women from 10.9% to 6%.

Data Source: Indiana Natality data, IDOH,

Target Implementation: Tobacco Prevention & Cessation strategic plan recommendations and SEOW consensus





Adult smoking

Goal#3 - Reduce smoking among all adults from 19.4% to 15.0%.

Data Source: CDC-BRFSS

Target Implementation: Tobacco Prevention & Cessation strategic plan recommendations and SEOW consensus

Alcohol

Underage drinking

Goal#1 - Reduce past-month alcohol use in 12- to 20-year-olds from 16.1% to 12.9%.

Data Source: NSDUH

Target Implementation: 20% improvement based on SEOW consensus

Binge drinking in young adults

Goal #2 - Reduce past-month binge drinking in young adults ages 18 to 24 from 20.3% to 16.2%.

Data Source: CDC-BRFSS

Target Implementation: 20% improvement based on SEOW consensus



Opioid

Drug overdose mortality

Goal #1 – Reduce annual fatal drug overdoses from 2,316 deaths to 927 deaths.

Data source: Indiana Department of Health

Target Implementation: Same goal as earlier based on SEOW consensus

Prescription misuse

Goal #2 - Reduce overall prescription pain reliever misuse in the past year among age 12 years and above from 3.3% to 2.6%.
Reduce misuse in youth ages 12 to 17 from 2.36% to 1.9%, in young adults ages 18 to 25 from 4.8% to 3.8%, and among adults ages 26 and above 3.11% to 2.5%.

Data Source: NSDUH

Target Implementation: New goal was set based on SEOW Consensus with 20% improvement





Mental Health

Suicide attempts among youth

Goal #1 - Reduce the percentage of high school students who attempted suicide in the past year from 9.9% to 8.9%.

Data Source: YRBSS

Target Implementation: Same goal as earlier based on SEOW consensus

Suicide attempts among young adults

Goal #2 - Reduce percentage of young adults ages 18 to 25 years who attempted suicide in the past year from 1.8% to 1.4%.

Data Source: NSDUH

Target Implementation: New goal set based on SEOW consensus with 20% improvement



Marijuana

Marijuana use among young adults

Goal #1 - Reduce past-month marijuana use among young adults ages 18 to 25 years from 26.7% to 21.4%

Data Source: NSDUH

Target Implementation: New priority and goal set based on SEOW consensus with 20% improvement





General Recommendations:

- 1) Continue and improve efforts to collect relevant data on behavioral health indicators from priority populations such as college students, Native Americans, rural populations, underserved high-need geographic areas in Indiana, and underserved racial and ethnic minorities, including LGBTQ+.
- 2) Monitor and analyze drug overdose mortality data:
The drug overdose deaths have increased by 36.6% from 2019 to 2020 (1,695 to 2,316 deaths). SEOW recommends doing a detailed analysis of this data.
- 3) Monitor underage inspection data on tobacco retailers:
Effective July 1st 2020, Indiana's Tobacco 21 law changed the minimum legal age of sale for all tobacco products (including non-combustible tobacco products, e-cigarette devices and e-liquid) from 18 to 21 years. SEOW recommends monitoring the failed inspections among tobacco retailers. The underage inspection data will be obtained from Indiana Division of Mental Health and Addiction.
- 4) Monitor e-cigarette use among youth:
From Indiana Youth Tobacco Survey data, the share of middle school students with e-cigarette use increased from 2.8% to 5.5% between 2016 and 2018; and high school students use increased from 10.5% to 18.5% during the same period.
- 5) Monitor the mental health data on behaviors preceding attempted suicide among youth. The data will be available every other year from Indiana Youth Survey.