

Behavioral Health

Mental Health and Substance Abuse

Healthy Hawai'i 2020
A Community Health Plan

Mental Health

Mental health includes emotional, psychological, and social well-being. When a person experiences a mental disorder or illness, alterations in mood, thinking, and behaviors can negatively impact their quality of life. Approximately one in four adults in the United States report having a mental illness in the past year. Depression is one of the most common mental illnesses, affecting about 1 in 20 individuals in the population at any given time.

Mental health is closely related to physical health, as many mental disorders commonly co-occur with chronic conditions such as diabetes, obesity, cardiovascular disease, and asthma. Many of the social determinants of health, such as safe neighborhoods, educational opportunities, and access to health care, that impact our likelihood of having good physical health also affect our mental health. Prevention and management of mental illness is an essential component of building communities and populations.

Indicators

- Decrease the proportion of high school students who reported attempting suicide in the past 12 months.
 - 2015 Baseline¹: 10.0%
 - Hawaii 2020 target: 11.0%
 - HP 2020 objective: --
- Reduce the mortality rate due to suicides.
 - 2011-2015 Baseline²: 12.3 per 100,000
 - Hawaii 2020 target: 10.2 per 100,000
 - HP 2020 target: 12 per 100,000
- Increase the proportion of adults with any mental illness that receive treatment.
 - 2010-2014 Baseline³: 31.8%
 - Hawaii 2020 target: 33.4%
 - HP 2020 objective: --

Strategies

- Increase the number of gatekeepers, or individuals trained to identify persons at risk of suicide and respond appropriately, using ASIST, safeTALK, and Connect programs.
- Increase the number of individuals referred by gatekeepers for services.
- Increase public awareness through work with PSHTF to develop and disseminate suicide prevention messages to the community.

Substance Use

Substance abuse is a significant cause of morbidity and mortality in Hawaii and across the country. Alcohol is the most commonly abused substance today. Nearly one in five Hawaii adults report binge drinking, a pattern of excessive alcohol consumption that increases the risk of unintentional injury, liver disease, and other chronic conditions. Illicit drug use and inappropriate use of prescription medications also impact society. In 2008, drug overdoses overtook motor vehicle crashes as the leading cause of fatal injuries in Hawaii. From 2010 to 2014, opioids were responsible for over one-third of drug overdose deaths in the state.

Indicators

- Decrease the proportion of adolescents aged 12 to 17 who have used illicit drugs in the past month.
 - 2013-2014 Baseline³: 9.5%
 - Hawaii 2020 target: 9.0%
 - HP 2020 objective: --
- Decrease the proportion of high school students who had five or more drinks of alcohol in a row.
 - 2015 Baseline¹: 13.4%
 - Hawaii 2020 target: 12.7%
 - HP 2020 objective: --
- Decrease the proportion of adults reporting binge drinking in the last 30 days⁴.
 - 2014 Baseline: 19.7%
 - Hawaii 2020 target: 18.7%
 - HP 2020 objective: --

Indicators (cont.)

- Decrease the proportion of adults aged 21 and older with heavy alcohol use in the past month.
 - 2010-2014 Baseline³: 7.9%
 - Hawaii 2020 target: 7.5%
 - HP 2020 target: --
- Increase the proportion of individuals aged 12 or older with alcohol dependence or abuse who receive treatment.
 - 2010-2014 Baseline³: 7.5%
 - Hawaii 2020 target: 7.9%
 - HP 2020 target: --

Strategies

- Invest the integration of screening, brief intervention, and referral to treatment (SBIRT) for alcohol, tobacco, and other substance abuse into primary care settings.
- Develop a network of communication between medical providers and substance abuse treatment providers to ensure continuous and coordinated care.
- Enhance the use of data resources to understand the problem of prescription drug overdoses in Hawai'i and facilitate prevention efforts.
- Support primary poisoning prevention education and maintenance of the poison information hotline.

Citations and further resources

¹[Youth Risk Behavior Survey](#)

²[Hawaii State Department of Health, Vital Statistics](#)

³[National Survey of Drug Use and Health](#)

⁴[Behavioral Risk Factor Surveillance System](#)