

## SAMHSA NATIONAL PREVENTION WEEK MAY 18-24

National Prevention Week is a SAMHSA-supported annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. National Prevention Week 2014 is about Our Lives. Our Health. Our Future. We'll be highlighting the important role each of us has in maintaining a healthy life and ensuring a productive future.

### **Promoting Mental Health in Our Community Is Up to All of Us – It's Our Health, Our Future**

In the past year, an estimated one in five (or 43.7 million) people aged 18 or older in the U.S. had a mental illness; including mood, anxiety, and eating disorders.<sup>1</sup> Among adults reporting a mental, emotional, or behavioral disorder during their lifetime, more than half report that the disorder started in childhood or adolescence.<sup>2</sup> These statistics underscore the importance of promoting overall psychological well-being and recognizing and supporting positive characteristics, such as the ability to manage stress, demonstrate flexibility under changing conditions, and bounce back from adverse situations.

By talking about mental health and modeling healthy behaviors, individuals and communities can help prevent mental health issues and other behaviors that can accompany them, such as substance use. Statistics compiled by the Substance Abuse and Mental Health Services Administration (SAMHSA) indicate that:

- Among the 43.7 million adults aged 18 or older with a mental illness in 2012, nearly one in five (19.2 percent) also met criteria for substance dependence or abuse.<sup>3</sup>
- In 2012, adults aged 18 or older with a serious mental illness were more likely to smoke cigarettes in the past year than those who did not have a mental illness (45.4 vs. 25.0 percent).<sup>4</sup>

There are many simple ways for individuals and communities to promote mental health in all aspects of daily life. It's important for parents, educators, and community leaders in Hancock County to learn about the risk and protective factors that affect healthy development. Equally important is having open conversations, especially with youth and young adults, about the importance of mental health. Everyone can make a difference, from creating and maintaining a safe home environment where children feel comfortable sharing problems; to developing strategies to communicate publicly the importance of mental health and the value of preventive services; to training supervisors in the workplace to recognize signs of mental illness and refer people to services that can help.

**FOR MORE INFORMATION VISIT:**  
<http://beta.samhsa.gov/prevention-week>

1 Substance Abuse and Mental Health Services Administration. (2013). *Results from the 2012 National Survey on Drug Use and Health: Mental Health Findings*. NSDUH Series H-47, HHS Publication No. (SMA) 13-4805. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved March 14, 2014, from

[http://www.samhsa.gov/data/NSDUH/2k12MH\\_FindingsandDetTables/2K12MHF/NSDUHmhfr2012.htm#sec2-1](http://www.samhsa.gov/data/NSDUH/2k12MH_FindingsandDetTables/2K12MHF/NSDUHmhfr2012.htm#sec2-1).

2 Kessler, R. C., Berglund, P., Demler, O., Jin, R., Merikangas, K. R., & Walters, E. E. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, 62(6), 593–602.

3 Substance Abuse and Mental Health Services Administration. (2013). *Results from the 2012 National Survey on Drug Use and Health: Mental Health Findings*. NSDUH Series H-47, HHS Publication No. (SMA) 13-4805. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved March 17, 2014, from

[http://www.samhsa.gov/data/NSDUH/2k12MH\\_FindingsandDetTables/2K12MHF/NSDUHmhfr2012.htm](http://www.samhsa.gov/data/NSDUH/2k12MH_FindingsandDetTables/2K12MHF/NSDUHmhfr2012.htm).

4 Substance Abuse and Mental Health Services Administration. (2013). *Results from the 2012 National Survey on Drug Use and Health: Mental Health Findings*. NSDUH Series H-47, HHS Publication No. (SMA) 13-4805. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved March 13, 2014, from

[http://www.samhsa.gov/data/NSDUH/2k12MH\\_FindingsandDetTables/MHDT/NSDUH-MHDetTabsSect1peTabs2012.htm#Tab1.14B](http://www.samhsa.gov/data/NSDUH/2k12MH_FindingsandDetTables/MHDT/NSDUH-MHDetTabsSect1peTabs2012.htm#Tab1.14B).