Expanding Behavioral Health Data Collection: Recovery

Center for Behavioral Health Statistics and Quality

Substance Abuse and Mental Health Services Administration

February 24, 2015

OVERVIEW OF RECOVERY

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Introduction

- U.S. Department of Health and Human Services seeks to expand behavioral health data collection.

- SAMHSA is seeking guidance on how to best measure and collect these data.

- SAMHSA is working through ASPE to engage the Committee on National Statistics (CNSTAT)/National Research Council (NRC).

Expand Behavioral Health Data

- Guidance needed on how to measure and collect data on these behavioral health topics:
    - Topic 1: Specific adult mental illness including functional impairment
    - Topic 2: Serious Emotional Disturbance (SED) in children
    - Topic 3: Trauma
    - Topic 4: Recovery

SAMHSA Interest in Recovery

- SAMHSA does not currently collect recovery data on the U.S. household population.

- SAMHSA would like to provide estimates of recovery.

- The analytic goal of collecting data on recovery is to produce national prevalence estimates of recovery.

- This goal presents challenges - determining how to measure and operationalize the concept of recovery.

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SAMHSA's Definition of Recovery

Recovery from Mental Disorders and/or Substance Use Disorders: "Recovery is a process of change through which individuals improve their health and wellbeing, live a self-directed life, and strive to reach their full potential." (see: http://blog.samhsa.gov/2012/03/23/defintion-of-recovery-updated)

- **Health**: overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and for everyone in recovery, making informed, healthy choices that support physical and emotional wellbeing.

- **Home**: a stable and safe place to live;

- **Purpose**: meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and

- **Community**: relationships and social networks that provide support, friendship, love, and hope.

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Some Challenges

- In a household based data collection, who is the target population that should answer recovery questions?

- Should we include:
  - All respondents?
  - Persons who had a past year or past month issue?
  - Only those who self-identify as having a substance use disorder or a mental health condition?
  - Only those who self-identify as being in recovery?

Some Challenges (con't)

- Should we also measure remission from symptoms and/or symptom relapse?

- Can we include people who meet a subthreshold criteria?

- Among individuals with co-occurring mental and/or substance use disorders, would recovery measures be different for these persons?

- Can we identify existing, appropriate instruments to measure recovery?

Parameters of Recovery

- Goal/Definitions: Using the definition of recovery from SAMHSA, the goal is to measure recovery and to understand the covariates associated with recovery.

- Level of geography: National

- Periodicity: Undetermined; would like NRC input

- Key covariates: substance use/mental health disorders, level of functioning (however defined), language spoken, race/ethnicity, gender, age, education, income, medical conditions, health insurance status.

Collect Recovery Data

Possible means of collecting the data:

- Use the National Survey on Drug Use and Health (NSDUH),

- Reinstate the Mental Health Surveillance Study (MHSS),

- Develop a new data collection program,

- Use existing data, and/or

Guidance needed on estimation method (which may effect design options and vice versa):

- Construct model-based estimation procedures using existing data sources.

Recovery Workshop Charge

- Provide guidance on how to measure recovery

- Consider survey and questionnaire design tradeoffs

- Assess mechanisms for collecting the data and provide suggestions

- Provide suggestions for measuring these data and assess potential impact of changes to NSDUH

- Discuss or present commissioned papers