

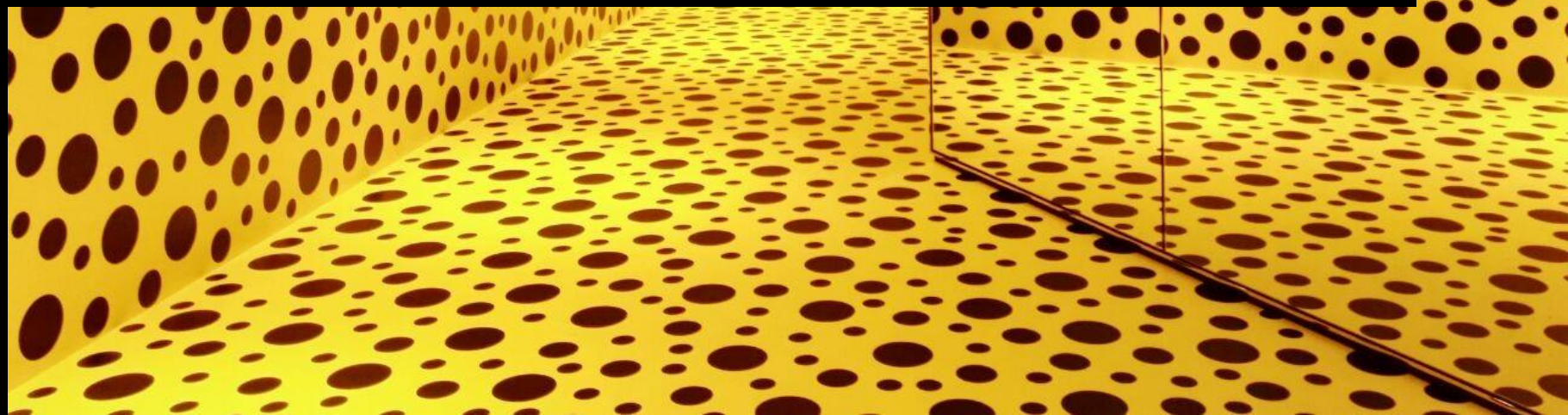
**What is the Influence of
Substance Use Disorder (SUD)
on Suicidality Among People
with Severe Mental Illness (SMI)?**

BY: LIZ LAZARUS





Serious/Severe Mental Illness (SMI)



Yayoi Kusama



Just Practice (Finn, 2016) gave us an important tool as clinicians. Supporting and advocating for people who are marginalized and for social justices on all levels of our ecosystem is a major aspect of social work practice. This includes positionality and intersectionality related to race, class, LGBTQ+, gender, immigration status, ability/disability and more.



Any Mental Illness (AMI) vs. Serious or Severe Mental Illness (SMI):



SMI includes:

- Major Depressive Disorder (MDD)
- Bipolar Disorder (BD)
- Schizophrenia [spectrum?]



SMI is a disability and a disability that often leads to marginalization and alienation. Even with proper treatment, it is difficult to lead a life like someone who does not have any mental illness.



You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

1 in 20

1 in 20 U.S. adults experience serious mental illness

17%

of youth (6-17 years) experience a mental health disorder

The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



18% of U.S. adults with mental illness also have a substance use disorder



At least 8.4 million Americans provide care to an adult with an emotional or mental illness

FAMILY



Caregivers spend an average of 32 hours per week providing unpaid care



21% of people experiencing homelessness also have a serious mental illness

COMMUNITY



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders



WORLD



Depression is a leading cause of disability worldwide



Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity

2nd

Suicide is the 2nd leading cause of death for people ages 10-34

46%

of people who die by suicide have a diagnosed mental health condition



The overall suicide rate has increased 35% since 1999

90%

of people who die by suicide have experienced symptoms of a mental health condition

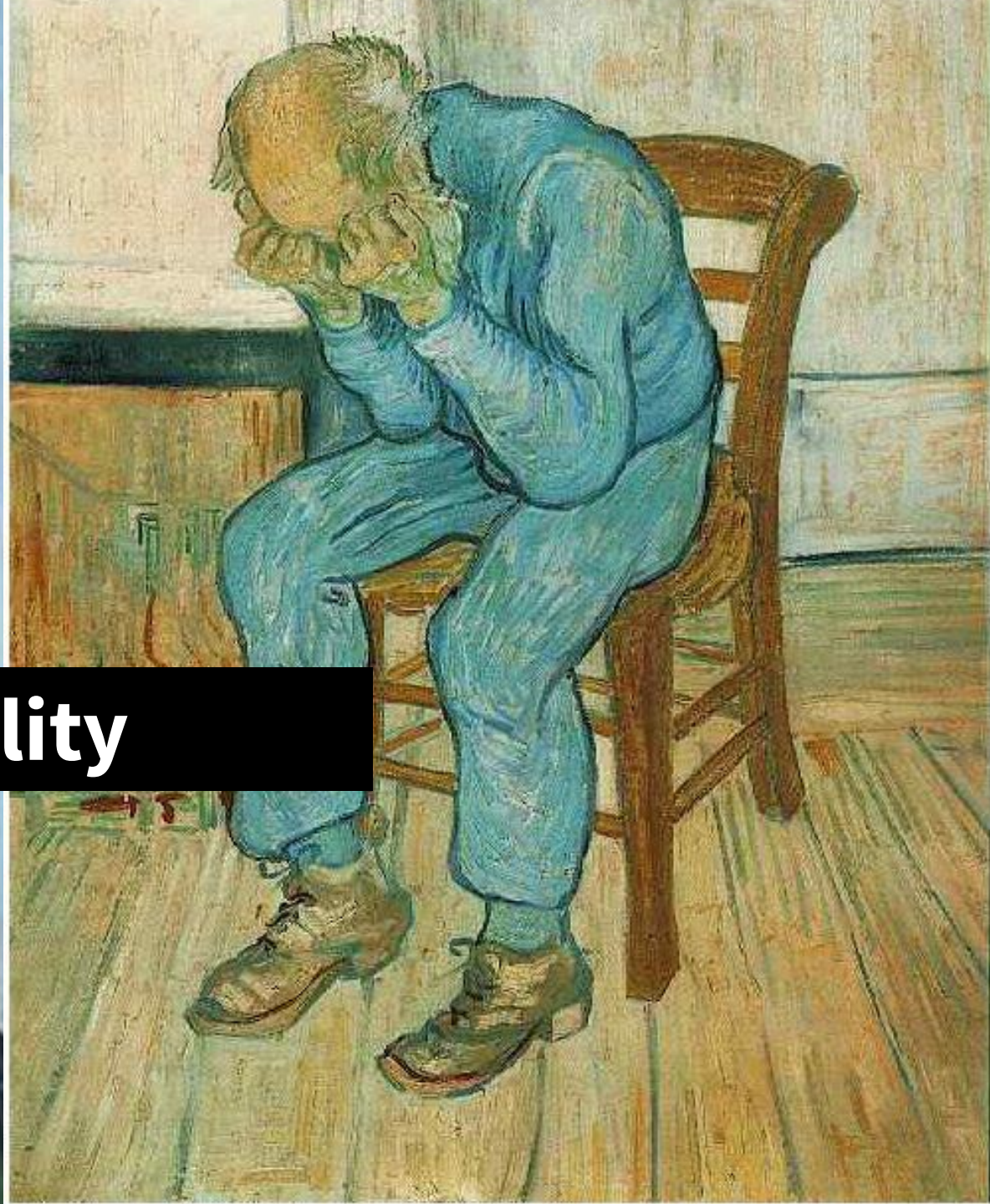


Suicide is the 10th leading cause of death in the U.S.



The background of the slide features a series of overlapping, stylized silhouettes of human heads and shoulders in profile, facing right. Each silhouette is filled with a different vibrant color, including shades of red, purple, teal, dark blue, and magenta. The silhouettes are layered, creating a sense of depth and diversity. On the right side, a large black circle with a white border contains white text. A small white circle is positioned at the bottom left of the black circle, and two white wavy lines are located at the top right of the circle.

AMI and SMI
affect people
across cultures
around the world.



Suicidality

Van Gogh

The World Health

Organization (2021a; 2000)

has considered suicide a

global health issue for

over 20 years.

Did you know



Every

40

seconds,



someone dies by **suicide**



Did you know



Each year

800 000*

people die from suicide



*According to WHO Global Health Estimates

Suicide is the
second

leading cause of
death among

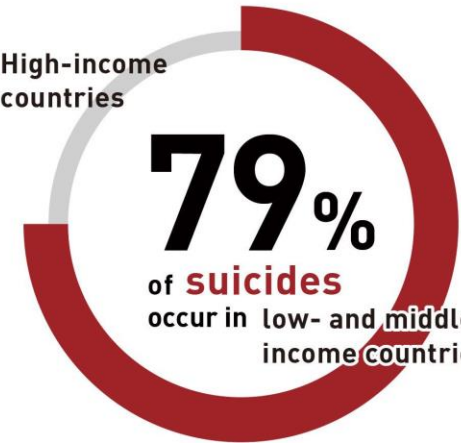
15-29
year-olds



High-income
countries

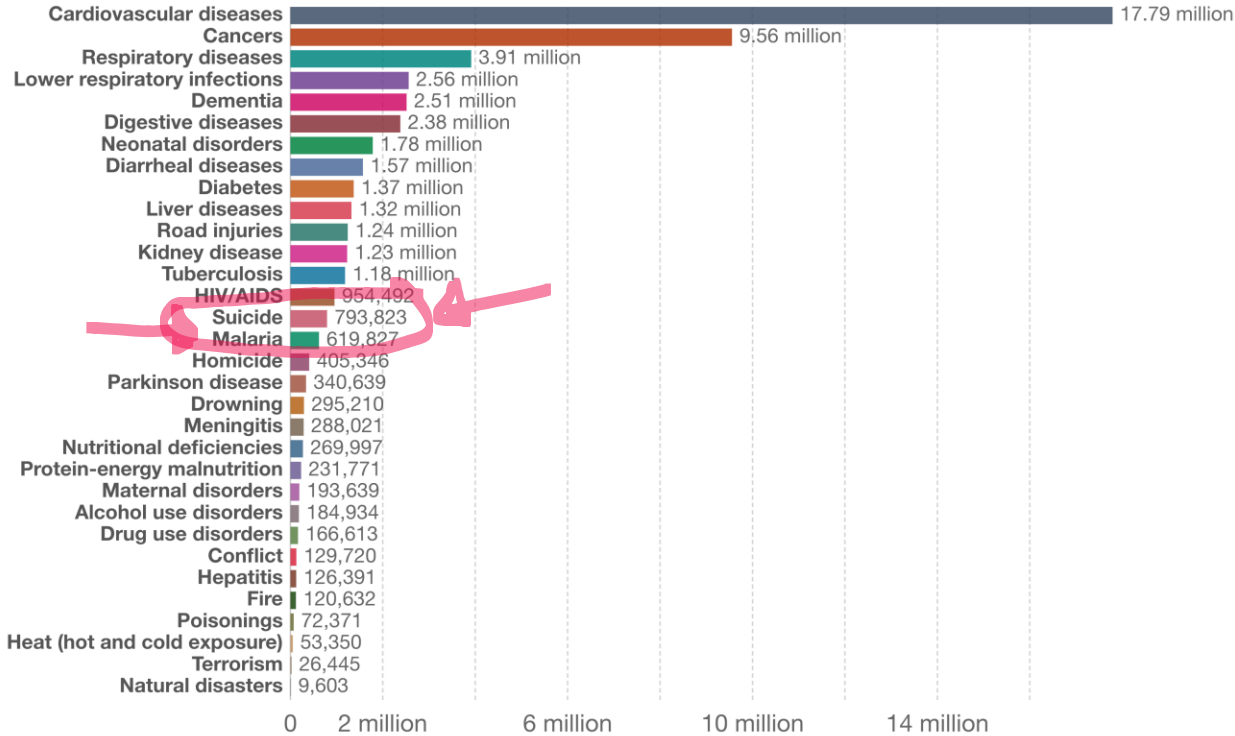
79%

of **suicides**
occur in low- and middle-
income countries



Number of deaths by cause, World, 2017

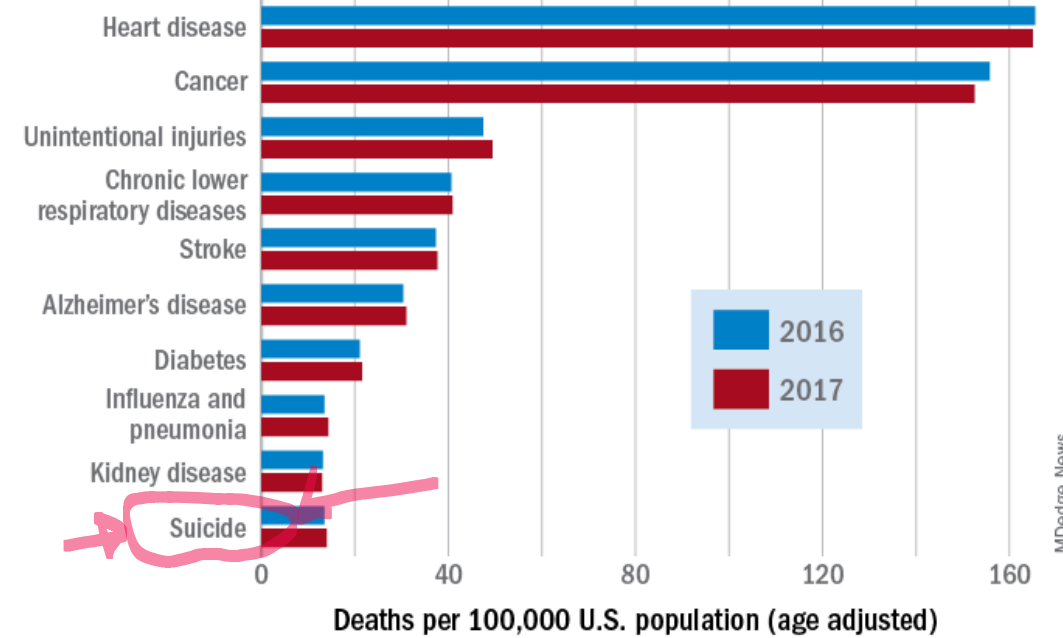
Our World in Data



Source: IHME, Global Burden of Disease

OurWorldInData.org/causes-of-death • CC BY

Ten leading causes of death, 2016 and 2017



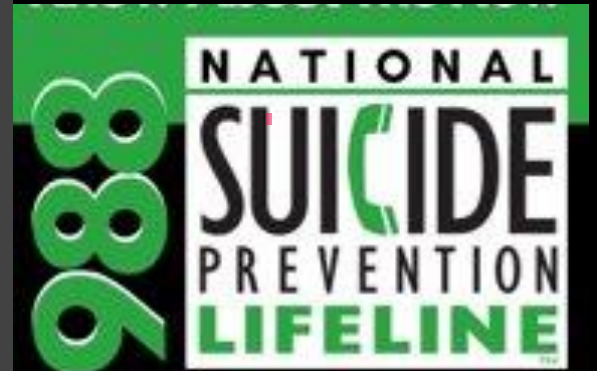
Note: Based on data from the National Vital Statistics System.

Source: National Center for Health Statistics

Coming in 2022:

New U.S. suicide

hotline will be "988"




Definition of suicidality according to the American Psychological Association (APA)

suicidality


n. the risk of suicide, usually indicated by suicidal ideation or intent, especially as evident in the presence of a well-elaborated suicidal plan.





People with SMI are overrepresented
in suicide data.

People with SMI represent
4.6% of the whole U.S. population &
8.7% of deaths by suicide
(Hancq et al., 2021)



The image is a close-up of the central figure in Edvard Munch's painting 'The Scream'. The figure is a woman with long, wavy, yellowish hair, wearing a dark blue dress. Her face is pale and distorted, with wide, staring eyes and an open, oval-shaped mouth, conveying a sense of intense emotional distress or mental anguish. The background consists of swirling, turbulent blue and green waves, suggesting a storm or a state of mental chaos. The overall style is expressive and symbolic, characteristic of the Symbolist movement.

Substance Use Disorder

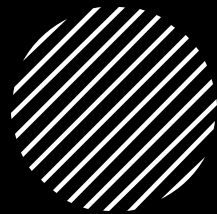
Edvard Munch



Substance Use vs. Substance Use Disorder (SUD):



According to SAMHSA (2020a), **Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.**

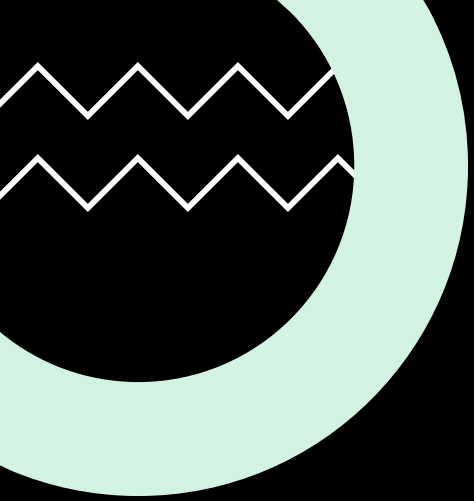




In addition to SMI, research studies have shown substance use disorder (SUD) to be a significant risk factor for suicidality.

(Darvishi, 2016; Lynch et al., 2020; Poorolajal et al., 2016; SAMHSA, 2016).





People diagnosed with SMI are about 25% more likely to live with substance use disorder (SUD), defined with the inclusion of alcohol use disorder (AUD), as compared to the general population (Hancq et al., 2021; NIDA, 2021).

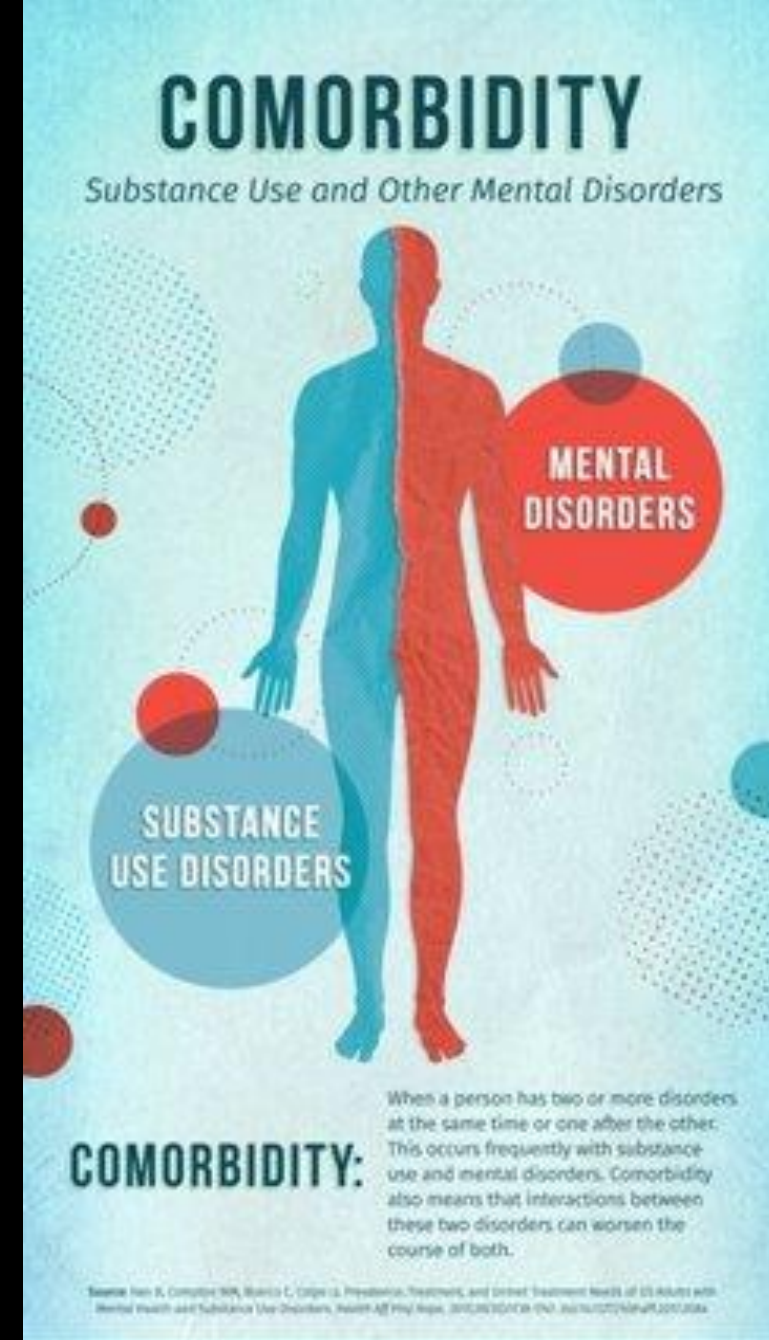
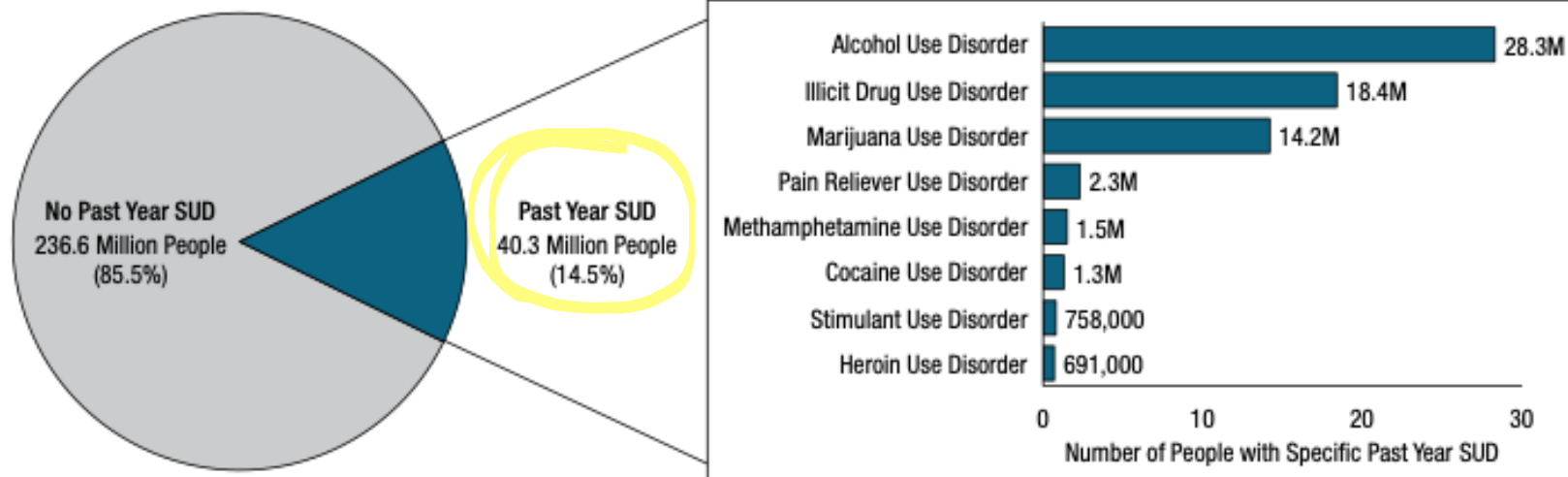


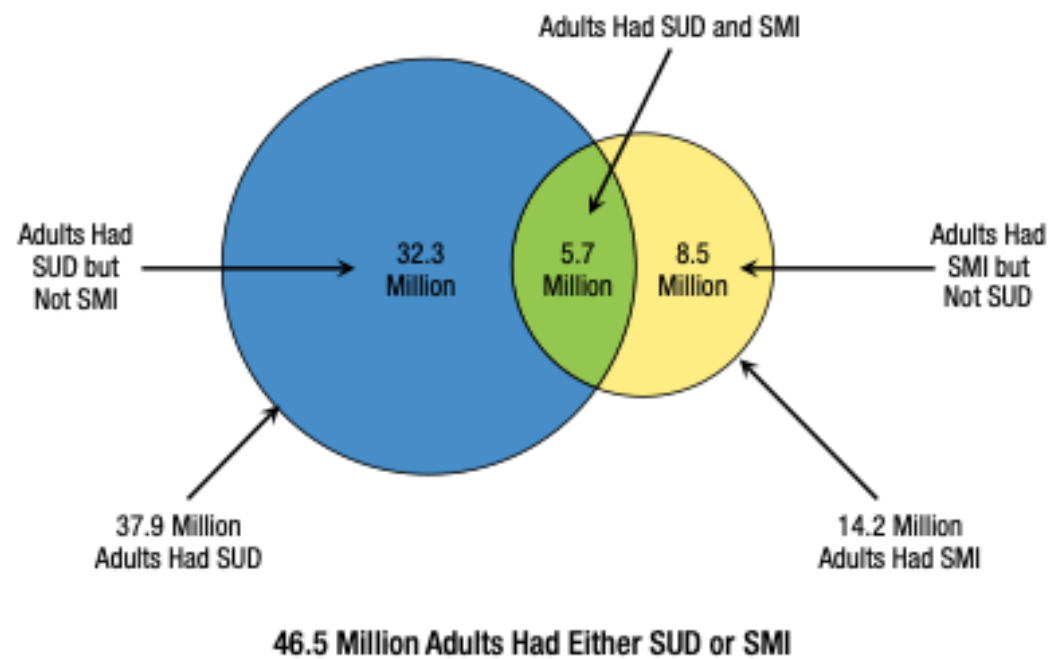
Figure 27. People Aged 12 or Older with a Past Year Substance Use Disorder (SUD); 2020



Note: The estimated numbers of people with substance use disorders are not mutually exclusive because people could have use disorders for more than one substance.

(SAMHSA, 2020b)

Figure 36. Past Year Substance Use Disorder (SUD) and Serious Mental Illness (SMI): Among Adults Aged 18 or Older; 2020



(SAMHSA, 2020)

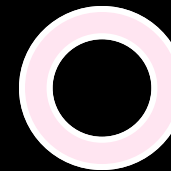
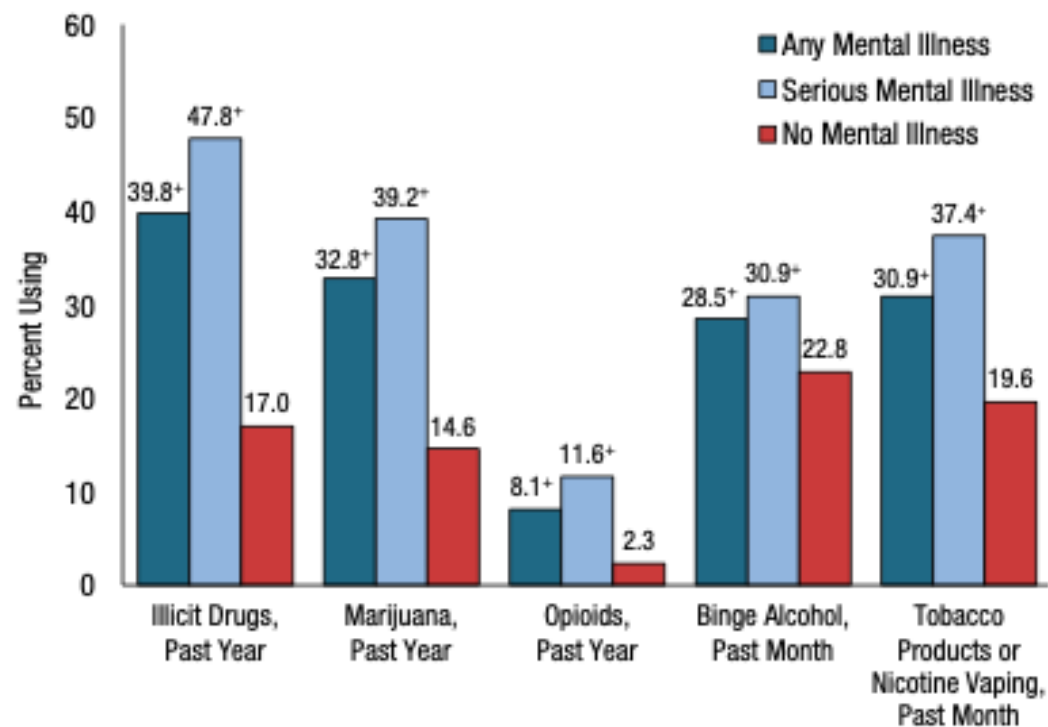


Figure 37. Substance Use: Among Adults Aged 18 or Older; by Mental Illness Status, 2020



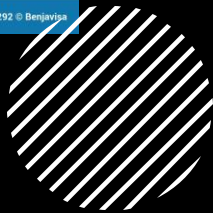
⁺ Difference between this estimate and the estimate for adults without mental illness is statistically significant at the .05 level.

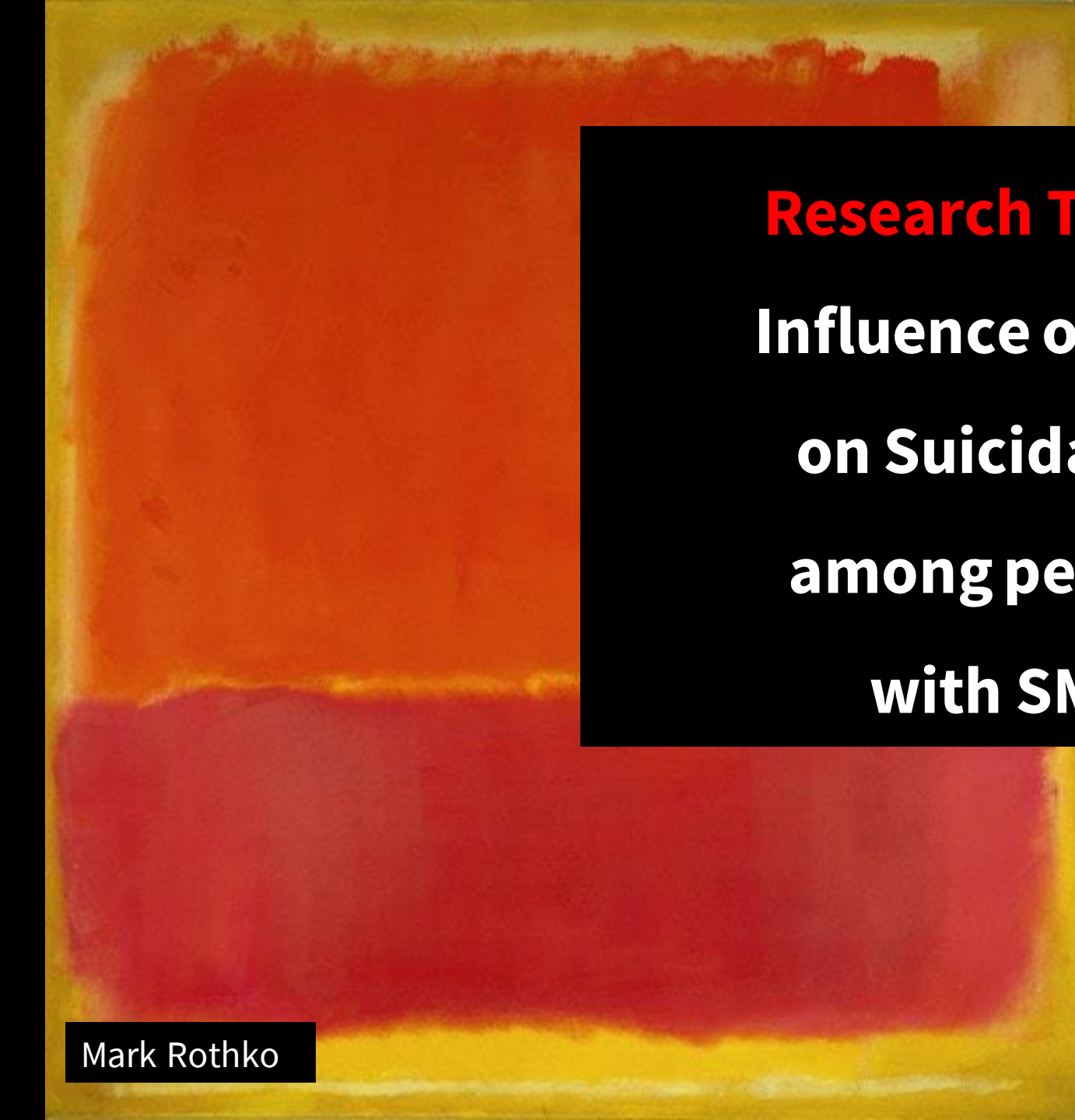
(SAMHSA, 2020)



Although percentages sound small,
millions of people are affected.

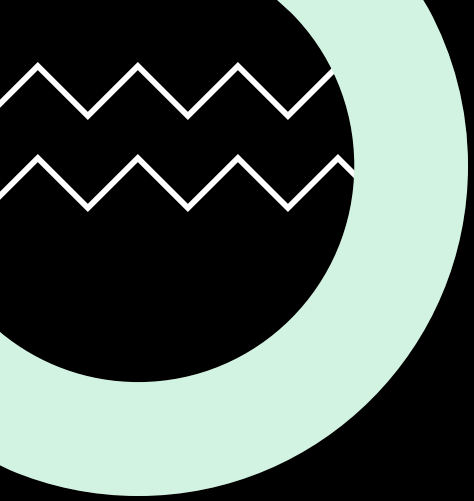
Despite insight into correlation, causality of
comorbid SMI and SUD remains unknown.





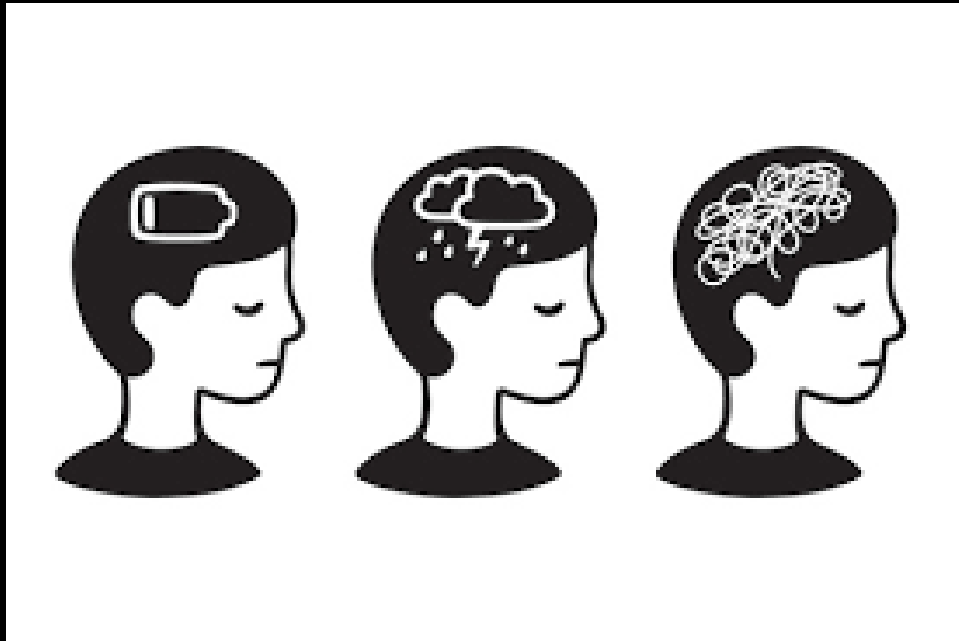
Research Topic:
Influence of SUD
on Suicidality
among people
with SMI

Mark Rothko



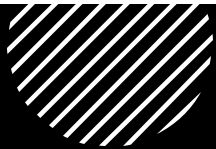
SMI and SUD comorbidity increases the risk of suicidality, as compared to SMI or SUD alone (Baldessarini, 2019; Esang & Ahmed, 2018, Ostergaard et al., 2017; Park, 2019; Poorolajal et al., 2016).





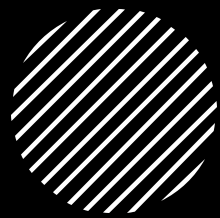
Hypothesis

Different types and combinations of SUD affect suicidality among people with SMI in different ways.





MDD and AUD are a combination
that leads to high risk of suicide.





People diagnosed with comorbid BD and AUD (Oquendo, 2010) and/or SUD have increased risk of suicide attempt (Carrà et al., 2018; Oquendo 2010).

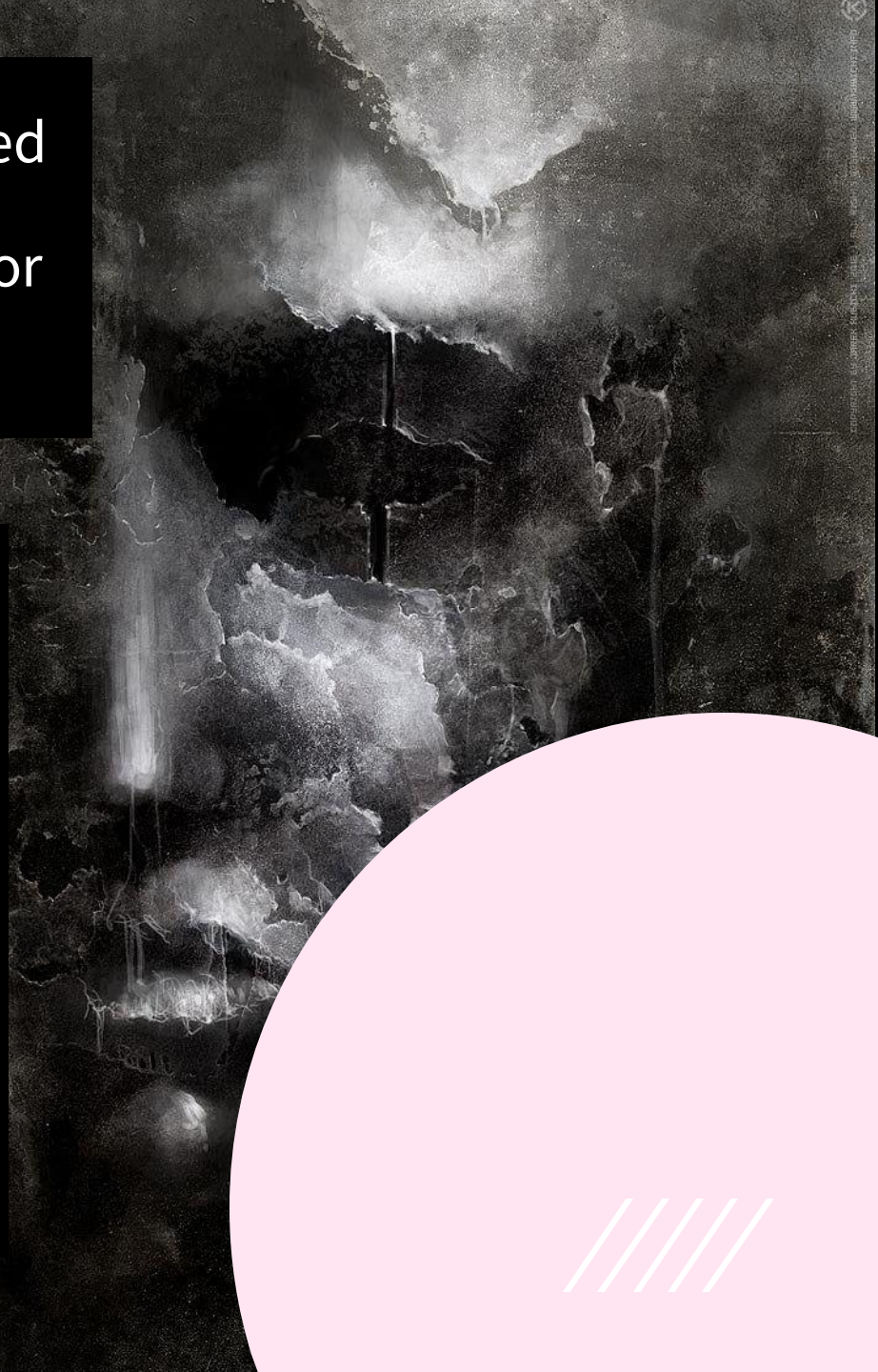




A recent study from Denmark investigated different combinations of SMI and SUD for suicidality (Ostergaard, 2019).

The risks were higher for attempted suicide, as compared to completed suicide and the risk of suicide attempts increased among populations of each SMI who used any substance.

Alcohol was the strongest association, followed by other illicit substances and, lastly, cannabis.





A recent study from Denmark investigated different combinations of SMI and SUD for suicidality (Ostergaard, 2019).

People with BD also showed increased risk of suicide with cannabis use, but not risk of suicide attempts.

A surprising finding was that suicide risk decreased among cocaine users who were diagnosed with schizophrenia.





Treatment | Implications

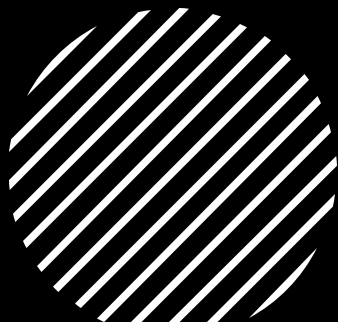
Frida Kalho






Other Risk Factors for Suicidality Among People with SMI

Recent literature reviews show common risk factors for suicidality among people diagnosed with schizophrenia, BD and MDD include **genetic or biological factors, family history of suicide, past trauma, severity of diagnosis, early onset of symptoms, and sociodemographic factors related to social isolation** (single, living alone, no children, unemployment, etc.) are mentioned (Cassidy et al., 2018; Miller & Black, 2020; Plans et al., 2019; Orsolini et al., 2020). **Additionally, comorbid SUD, AUD and/or substance misuse was repeatedly mentioned.**





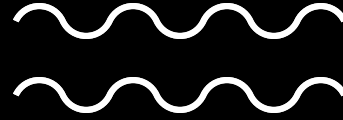
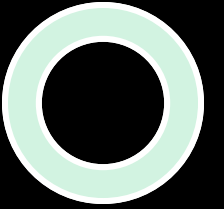
Further research is needed for clarity and consistency regarding best practices for suicide risk prevention among people with comorbid SMI and SUD.



What has shown to reduce risk of suicidality among people with SMI?

- Adhering to prescription medicine
- Addressing substance use disorder
- Educate clinicians and health providers
- Family engagement [and a 'crisis plan']





Best practices in treating comorbid
SMI and SUD address both diagnoses
at the same time rather than
treating each separately
(NIDA, 2020).

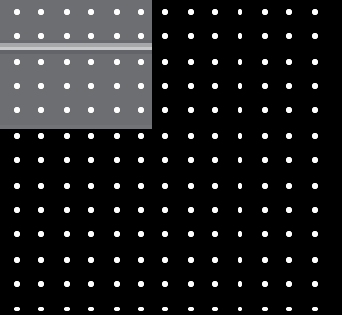
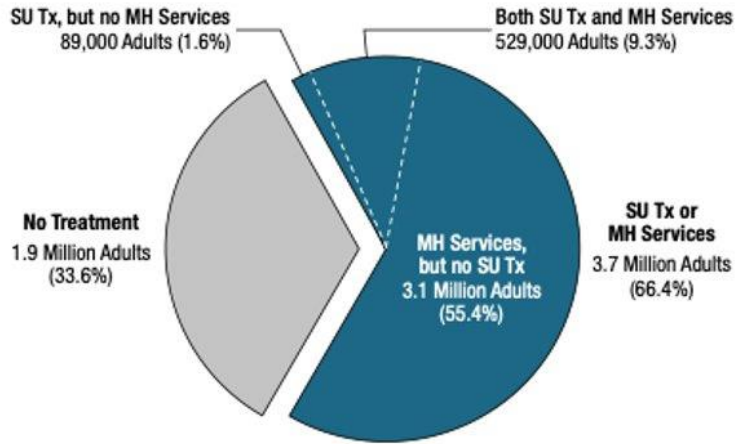




Figure 55. Receipt of Substance Use Treatment at a Specialty Facility and Mental Health Services in the Past Year: Among Adults Aged 18 or Older with Past Year Substance Use Disorder and Serious Mental Illness; 2020



5.7 Million Adults with a Substance Use Disorder and Serious Mental Illness

Note: Mental Health Services include any combination of inpatient or outpatient services or receipt of prescription medication.

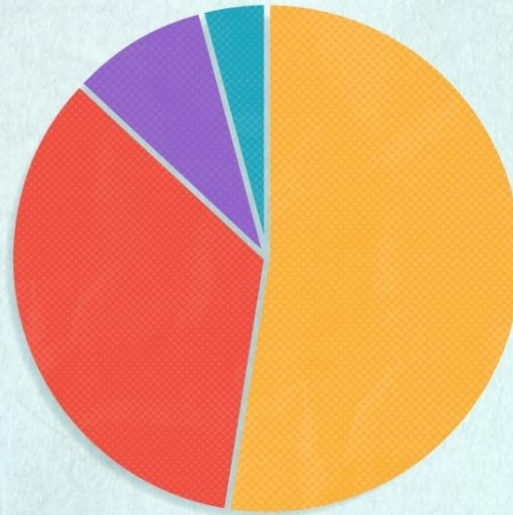
MH = mental health; SU Tx = substance use treatment.

Note: The percentages do not add to 100 percent due to rounding.

WHO GETS TREATMENT?

There are many effective treatments for both mental and substance use disorders. A comprehensive treatment approach will address both disorders at the same time.

Not everyone with co-occurring conditions gets the treatment they need.



52.5% received neither mental health care nor substance use treatment

34.5% received mental health care only

9.1% received both mental health care and substance use treatment

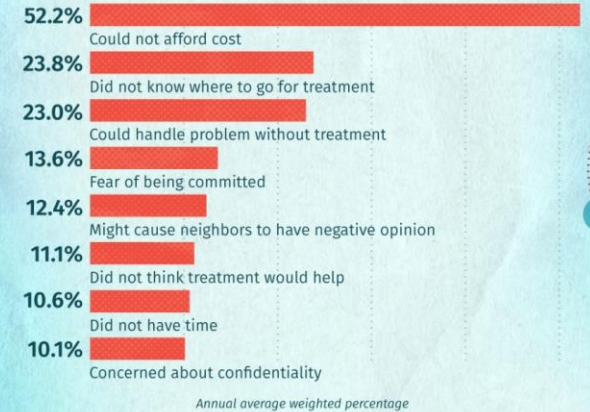
3.9% received substance use treatment only

Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.

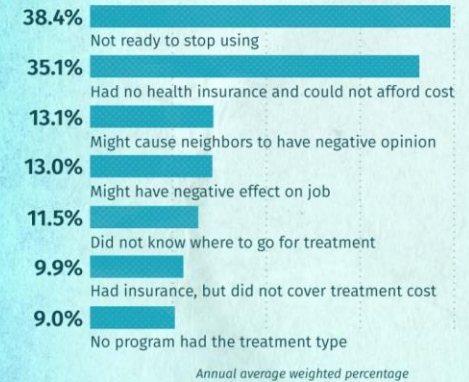
WHAT ARE THE BARRIERS TO GETTING TREATMENT?

Even among people who want to find help, barriers exist to receive it.

Among adults with co-occurring disorders who did not receive mental health care, their reasons for not receiving it were:



Among adults with co-occurring disorders who did not receive substance use care, their reasons for not receiving it were:



Please note, respondents could provide more than one response.

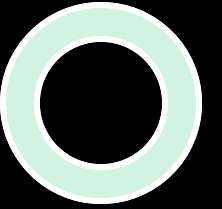
Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.



For more information about finding treatment for yourself or a loved one, visit drugabuse.gov/related-topics/treatment.



For more information about finding treatment for yourself or a loved one, visit drugabuse.gov/related-topics/treatment.



More Research is Needed



- Little or no relative qualitative studies have been found.
- Why doesn't SMAHSA look at data with this level of detail?
- Investigating influence of SUD on suicidality SMI – how much does context and/or environment matter?
- What would the results of the Denmark study be if we were looking at a different culture and/or more ethnically diverse population?



