

Foundations of Behavioral Health

Bruce Lubotsky Levin • Ardis Hanson
Editors

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 Springer

Editors

Bruce Lubotsky Levin
Department of Child and Family Studies
College of Behavioral and Community
Sciences
University of South Florida
Tampa, FL, USA

Ardis Hanson
Research and Education Unit
Shimberg Health Sciences Library
University of South Florida
Tampa, FL, USA

Behavioral Health Concentration
College of Public Health
University of South Florida
Tampa, FL, USA

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Foundations of Behavioral Health is dedicated to the memory of Dr. Kevin Hennessy, who spent his career at the SAMHSA working with a variety of federal, state, and local stakeholders in the behavioral health services field throughout the United States.

Kevin helped conceptualize this textbook. We have yet to meet a more knowledgeable, friendly, energetic, and considerate person. He was a gifted person simply because he was a remarkable listener. He also possessed the unique yet rare ability to synthesize a comprehensive range of behavioral health issues in light of the relevant research literature. He knew the clinical (micro) aspects of behavioral health services as a licensed clinical psychologist, yet he was able to draw the macro-implications for services research, practice, and policy. Kevin was only 50 years young when he suddenly passed away.

Even though Kevin possessed all of these remarkable qualities, he was very humble, devoted to his family, and passed through life with amazing grace. Since our first telephone conversation about developing a textbook on

behavioral health, we treasure the journey we experienced with Kevin. He was, and forever will remain, the most significant behavioral health professional who provided the scholarship and vision for Foundations of Behavioral Health. His tremendous guidance, energy, dedication, and innovative initiatives will be sorely missed by his family, colleagues, friends, and readers of this textbook.

Foreword

Even in the twenty-first century, the public health community continues to face formidable challenges. There is a need for more integrative and collaborative approaches in public health initiatives, considering the complex relationships among the social determinants of health within natural and built environments, population health and health-care systems, and economic, education, and social and community contexts. The continuing changes in the landscape of public health challenge our ability to reconceptualize our approach to how health-care professionals can contribute to health promotion, health education, and disease prevention efforts in communities constantly facing the globalization of communicable and noncommunicable diseases and environmental threats due to man-made and natural disasters.

With an ever-increasing global focus on integrative approaches to solve public health problems, it is essential that behavioral health professionals are seen and utilized as integral members of interdisciplinary and interprofessional health-care teams. While clinically trained behavioral health professionals come from a variety of academic preparations in psychiatry, psychology, counseling, social work, and pastoral counseling, there is also a need for these same behavioral health professionals to develop strong foundations in population health and behavioral health. An example of this interprofessional education and training is found within the University of South Florida College of Public Health, where a cadre of professionals are being educated in behavioral health (i.e., the study of alcohol, drug abuse, and mental disorders from a population perspective) within master's and doctoral degree programs. This group of professionals is uniquely positioned to educate the public on disease prevention, health promotion, and development and financing of effective service systems specifically in the behavioral health arena.

This tome features the work of scholars from the academic and professional fields of public health, medicine, behavioral health, social work, economics, criminology, health communication, and pharmacy and illustrates the benefits of an interdisciplinary approach to integrative population health and behavioral health-care delivery. In addition, it provides a global perspective of practice and policy in behavioral health. Each chapter concludes with a section entitled "Implications for

Behavioral Health.” This section reminds the readers of the importance of the chapter topic for the larger fields of behavioral health and public health.

This text examines the critical relationships for understanding the importance of integrating population health and behavioral health services from a variety of lenses (national, regional, and global). Public health graduate students and professionals would greatly benefit from exploring the chapters in this volume considering the increase in complex comorbid disease clusters. In addition, behavioral health professionals would clearly better understand the nature of the important partnership between public health and behavioral health for improving and sustaining the health of populations at risk.

I am grateful to the coeditors and the authors for providing such an insightful, skills-focused, and practical learning tool and reference guide for the much-needed population- and systems-oriented behavioral health professionals of the future.

Donna J. Petersen
Senior Associate Vice President
USF Health, University of South Florida
Tampa, FL, USA

Dean and Professor
College of Public Health, University of South Florida
Tampa, FL, USA

Preface

Foundations of Behavioral Health is being completed in the midst of congressional debate over attempts to repeal the Patient Protection and Affordable Care Act (ACA) which was originally signed into law by Former President Barack Obama on 23 March 2010. However, debate over health-care reform is hardly new, with many attempts at health-care reform attempted during the previous (approximately) half century.

Nevertheless, there are three basic reasons this textbook has been developed. First, health care is one of the most basic and important issues in the United States; however, health care is still not a right. Second, there continues to be expanded discontent, as well as frustration, with health-care delivery systems in the United States, particularly with access to services, treatment costs, and service outcomes. Third, behavioral health (i.e., alcohol, drug abuse, and mental health) delivery systems are disjointed from other behavioral health delivery systems and isolated from health-care delivery systems.

Foundations of Behavioral Health examines the organization, financing, delivery, and outcomes of behavioral health services from both the United States and global perspectives. Our textbook covers many fundamental issues in behavioral health, including epidemiology, insurance and financing, health inequities, implementation sciences, lifespan issues, cultural competence, and policy, which also have implications for public health services and integrated health-care services. It also addresses topics of concern to health administrators, planners, policymakers, evaluators, and treatment professionals, including at-risk indigenous populations, individuals in the juvenile justice systems, individuals with intellectual and developmental disabilities, and individuals living in rural and frontier areas.

The development and organization of *Foundations of Behavioral Health* has been influenced by our work and experiences in teaching, research, and community service. Our efforts culminated in the establishment of the Behavioral Health Concentration (BHC) at the University of South Florida (USF) College of Public Health (COPH), a collaborative teaching initiative between the USF COPH and the USF College of Behavioral and Community Sciences. The BHC is only one of the several US-accredited schools/colleges of public health offering a concentration/

focus/specialization in alcohol, drug abuse, and mental disorders from a population or public health perspective. In addition, our involvement with editing *The Journal of Behavioral Health Services & Research (JBHS&R)* has kept us current with evidence-based practices and challenges in services delivery in behavioral health.

Based on our unique experiences, we are convinced that behavioral health services research and services delivery should be examined within a public health framework. Such a framework includes an interdisciplinary and interprofessional approach to studying behavioral health. Accordingly, the contributors to *Foundations of Behavioral Health* include a variety of nationally prominent academicians, researchers, and professionals. An important element of this text is that each chapter contributor understands how their expert knowledge is a part of the broader public health context in which their specialty exists.

These national experts have made it possible to provide an integrated textbook that can be used by graduate students in public health, behavioral health, social work, psychiatric nursing, psychology, psychiatry, applied medical anthropology, mental health counseling, criminology, medical sociology, and public administration. In addition, we have also designed *Foundations of Behavioral Health* as a reference and handbook for public health administrators, researchers, practitioners, and policymakers who work with mental health issues at the local, state, and/or national levels of the government.

Organization of the Textbook

Foundations of Behavioral Health is organized into three basic sections: (1) Overview (issues), (2) At-Risk Populations, and (3) Services Delivery. The Overview section of this textbook includes six chapters that provide information regarding the defining characteristics of behavioral health. Chapter 1, written by the editors of this volume, contains an introduction to behavioral health and examines social determinants of health and disease. In Chapter 2, Heslin provides a discussion of the epidemiology of behavioral health problems from a global perspective. In Chapter 3, Timko and Cucciare provide an overview of the substance use disorders as well as co-occurring disorders. Chapter 4, written by Samuel Zuvekas, discusses insurance and financing of behavioral health services. In Chapter 5, Massey and Vroom discuss the importance of implementation sciences in behavioral health. Finally, in Chapter 6, the volume editors discuss the challenges of behavioral health services research data.

The second part of *Foundations of Behavioral Health* contains six chapters exploring a variety of at-risk populations who are in need of behavioral health services. In Chap. 7, Weist and associates examine the delivery of behavioral health services to children and adolescents in school environments. Dembo and associates, in Chapter 8, discuss youth involved in juvenile justice systems in the United States. Chapter 9, written by Becker and Lynn, examines critical issues in women's behavioral health from an interdisciplinary public health perspective. In Chapter 10,

Baldwin and associates discuss the challenges faced by the American Indian and Alaskan native populations regarding behavioral health services. In Chapter 11, Cohen and Krajewski review the prevalence and impact of behavioral health services in older adult populations. Finally, in Chapter 12, Tasse and associates present an overview of behavioral health services for persons with intellectual and developmental disabilities.

The third major part of *Foundations of Behavioral Health* consists of five chapters on behavioral health services delivery. Chapter 13, written by Haack and associates, presents a general overview and rationale for integrating health and behavioral health services. The editors then present, in Chapter 14, the major issues in the delivery of behavioral health services for individuals living in rural and frontier areas. Chapter 15, written by Callejas and Hernandez, reframe the concept of cultural competence for the delivery of behavioral health services to culturally diverse populations. In Chapter 16, Ott provides an overview of the role of pharmacy services in behavioral health. Finally, in Chapter 17, the editors of this volume integrate the current trends in global behavioral health policy, systems, and services, examining the magnitude of the problem, from definitional and operational perspectives, with a focus on child and adolescent behavioral health.

As expected, it is impossible to include every possible topic in a single textbook devoted to behavioral health services. Nevertheless, *Foundations of Behavioral Health* emphasizes the critical importance of using an interdisciplinary public health approach to understand behavioral health issues from a public health framework.

Throughout the development and preparation of this *Foundations of Behavioral Health* textbook, there have been a number of individuals who have provided sage counsel, continuing support, and/or significant encouragement. We would like to extend our deep appreciation to Ms. Janet Kim of Springer for her many helpful suggestions during the copyediting and production stages of this new textbook. Finally, we are ultimately grateful to our families for their continuing love and immeasurable support during the very lengthy preparation of this *Foundations of Behavioral Health* textbook.

Tampa, FL, USA
Tampa, FL, USA

Bruce Lubotsky Levin
Ardis Hanson

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Correction to: Foundations of Behavioral Health C1

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Contributors

Julie A. Baldwin Northern Arizona University, Flagstaff, AZ, USA

Marion Ann Becker School of Social Work and Louis de la Parte Florida Mental Health Institute, University of South Florida, Tampa, FL, USA

Betty G. Brown Northern Arizona University, Flagstaff, AZ, USA

Linda M. Callejas Department of Child and Family Studies, College of Behavioral and Community Sciences, University of South Florida, Tampa, FL, USA

Richard Chapman University of South Florida, Tampa, FL, USA

Donna Cohen Department of Child and Family Studies, College of Behavioral and Community Sciences, University of South Florida, Tampa, FL, USA

Jennifer Cristiano Agency for Community Treatment Services, Inc., Tampa, FL, USA

Michael A. Cucciare Center for Mental Healthcare and Outcomes Research, Central Arkansas Veterans Healthcare System, North Little Rock, AR, USA

VA South Central (VISN 16) Mental Illness Research, Education, and Clinical Center, Central Arkansas Veterans Healthcare System, North Little Rock, AR, USA

Department of Psychiatry, University of Arkansas for Medical Sciences, Little Rock, AR, USA

Richard Dembo Criminology Department, University of South Florida, Tampa, FL, USA

Ralph J. DiClemente Emory University, Atlanta, GA, USA

New York University, New York, NY, USA

Emery R. Eaves Northern Arizona University, Flagstaff, AZ, USA

Katie Eklund School Psychology Program, University of Arizona, Tucson, AZ, USA

Kristan Elwell Northern Arizona University, Flagstaff, AZ, USA

Jennifer M. Erickson University of Washington Medical Center, Department of Psychiatry and Behavioral Sciences, Seattle, WA, USA

Jessica Faber Agency for Community Treatment Services, Inc., Tampa, FL, USA

Sara Haack University of Hawai'i John A. Burns School of Medicine, Department of Psychiatry, Honolulu, HI, USA

Ardis Hanson Research and Education Unit, Shimberg Health Sciences Library, University of South Florida, Tampa, FL, USA

Mario Hernandez Department of Child and Family Studies, College of Behavioral and Community Sciences, University of South Florida, Tampa, FL, USA

Kevin C. Heslin National Center for Health Statistics, Washington, DC, USA

George Washington University, Washington, DC, USA

Matthew Iles-Shih University of Washington Medical Center, Department of Psychiatry and Behavioral Sciences, Seattle, WA, USA

Andrew Krajewski Department of Sociology and Criminology, College of the Liberal Arts, Pennsylvania State University, State College, PA, USA

Bruce Lubotsky Levin Department of Child and Family Studies, College of Behavioral and Community Sciences, University of South Florida, Tampa, FL, USA

Behavioral Health Concentration, College of Public Health, University of South Florida, Tampa, FL, USA

Vickie Ann Lynn Department of Community and Family Health, College of Public Health, University of South Florida, Tampa, FL, USA

Oliver T. Massey Department of Child and Family Studies, College of Behavioral and Community Sciences, University of South Florida, Tampa, FL, USA

Lauren Meyer University of Arizona, Tucson, AZ, USA

Carol A. Ott Purdue University College of Pharmacy, Indianapolis, IN, USA

Eskenazi Health/Midtown Community Mental Health, Indianapolis, IN, USA

Elizabeth A. Perkins Department of Child & Family Studies, College of Behavioral and Community Sciences, University of South Florida, Tampa, FL, USA

Donna J. Petersen Senior Associate Vice President, USF Health, University of South Florida, Tampa, FL, USA

Dean and Professor, College of Public Health, University of South Florida, Tampa, FL, USA

Anna Ratzliff University of Washington Medical Center, Department of Psychiatry and Behavioral Sciences, Seattle, WA, USA

Tammy Jorgensen Smith College of Behavioral and Community Sciences, University of South Florida, Tampa, FL, USA

Joni Splett University of South Carolina, Columbia, SC, USA

Marc J. Tassé The Ohio State University, Columbus, OH, USA

Asha Terminello Agency for Community Treatment Services, Inc., Tampa, FL, USA

Christine Timko Center for Innovation to Implementation, Veterans Affairs (VA) Health Care System, Menlo Park, CA, USA

Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, Stanford, CA, USA

Enya B. Vroom Department of Child and Family Studies, College of Behavioral and Community Sciences, University of South Florida, Tampa, FL, USA

Mark Weist University of South Carolina, Columbia, SC, USA

Heather J. Williamson Northern Arizona University, Flagstaff, AZ, USA

Samuel H. Zuvekas US Agency for Healthcare Research and Quality, Rockville, MD, USA

About the Editors

Bruce Lubotsky Levin, DrPH, MPH is associate professor at the Department of Child & Family Studies at the University of South Florida (USF) College of Behavioral and Community Sciences, and editor-in-chief of *The Journal of Behavioral Health Services & Research*. He is also associate professor and head, *Behavioral Health Concentration*, USF College of Public Health. He is co-PI and director of Curriculum, USF Institute for Translational Research in Adolescent Drug Abuse (NIH-NIDA grant), for the past 7 years and is coauthor and senior editor of nine other textbooks with Ardis Hanson, including *Introduction to Public Health for Pharmacists, Second Edition* (Oxford University Press, 2018); *Mental Health Informatics* (Oxford University Press, 2013); *Mental Health Services: A Public Health Perspective, Third Edition* (Oxford University Press, 2010); and *A Public Health Perspective of Women’s Mental Health* (Springer, 2010). His research focus is the study of alcohol, drug abuse, and mental disorders from a public health or population perspective, translational research, behavioral health services research, and policy.

Ardis Hanson, PhD, MLIS is the assistant director of Research and Education at the Shimberg Health Sciences Library at the University of South Florida. She has over 25 years of experience as a research librarian and has published extensively in behavioral health services, policy, and research. Her research focus is on language and social interaction, that is, how language is used in everyday practice to negotiate claims and identities, particularly in how behavioral health policy is created.