



## HELP US ALL TO LIVE LONGER, BETTER

By 2027, the Years of Potential Life Lost will be reduced 10%.

### WHY IS THIS IMPORTANT?

People are dying too young. Goal 3 work targets deaths due to drug overdose, suicide, and/or mental health. Years of Potential Life Lost (YPLL) is a way to measure premature deaths, many of which are preventable. When someone under the age of 75 dies, his or her death is considered premature because the average life expectancy in the United States is 75 (U.S. Centers for Disease Control and Prevention).

Each premature death adds to YPLL by counting the number of years before 75 at which they die (see chart). The YPLL is a rate per 100,000 people and is adjusted for population growth and aging. The rate emphasize deaths of younger people. Most people who die by substance use and suicide are younger than those who die by chronic diseases such as heart disease or cancer. If we can prevent a 15 year old from dying of suicide or a 40 year old of dying from a drug overdose, we can reduce the incidence of premature death and our YPLL will decrease (MaineHealth, 2018 Health Index Report).

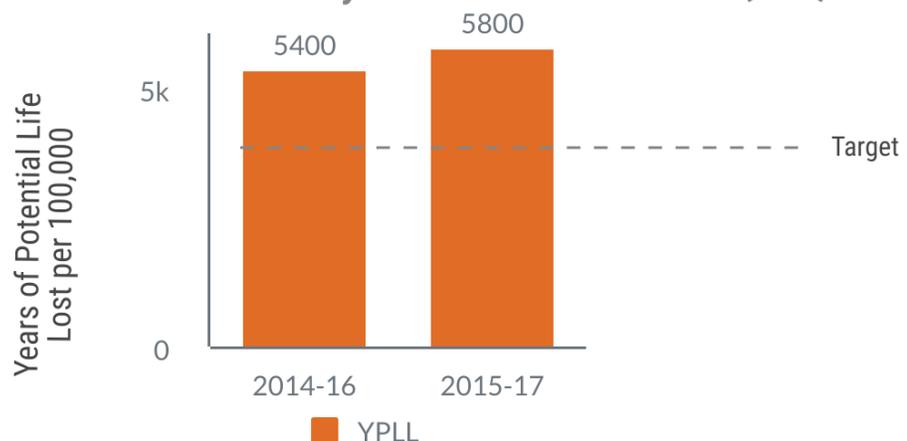
Age at death	Years added to YPLL
1 year	74
25 years	50
74 years	1
78 years	0

### WHAT THE DATA TELLS US

YPLL is calculated based on a three-year period. From 2014 to 2016, YPLL was 5,400. From 2015 - 2017, YPLL increased to 5,800. YPLL is moving in the wrong direction across the country, including Cumberland County. The increase in drug overdoses is a primary contributor. The average age of a person who dies by a drug overdose is 42 years old. Also adding to YPLL, approximately 30 Maine youth between 10 and 24 die by suicide each year.



Cumberland County: Years of Potential Life Lost (YPLL)



## WHAT'S BEING DONE TO CLOSE THE GAPS

- To decrease the YPLL, we must prevent premature deaths. The Thrive2027 Council and Goal 3 Cabinet support broad strategies that focus on preventing, intervening, and treating substance misuse, mental illness, and suicidal ideation. Broad strategies include: 1) providing access to prevention and treatment services; 2) preventing, identifying, and treating effects of childhood trauma; 3) promoting awareness and reducing stigma; and 4) identifying and supporting individuals at highest risk.
- United Way of Greater Portland is dedicating its staff to coordinate Thrive2027 and directing its financial investments, as well as advocacy and volunteers, to support Thrive2027 strategies.
- United Way of Greater Portland and the Cumberland County Commissioners are funding efforts that provide mental health and substance use disorder treatment and recovery for youth and adults, school-based health clinics that provide assessment and counseling, peer support programs for individuals struggling with mental illness, training for healthcare professionals to provide them with skills and tools to identify and refer children who have experienced Adverse Childhood Experiences (ACEs), and domestic violence work that reduces exposure to ACEs



### ACEs Treatments Making a Difference

Through Project BRACES' trauma-informed training efforts, MaineHealth and Maine Medical Partners (MMP) are supporting early childhood providers in understanding the impact of childhood trauma on development and long-term health and well-being. BRACES works to equip community providers with the tools for screening, providing developmental guidance, connecting to early intervention and trauma treatment, and promoting resiliency with caregivers.

MMP pediatric and family medicine sites screened 16,810 patients for trauma over the last year. Of those, 1,497 patients screened positive for a potentially traumatic event (9% positive rate). When a significant event is identified, children are then screened to determine post-traumatic stress symptoms to help determine the next steps for treatment. Of those with symptoms, 69% were connected to a Behavioral Health Clinician.

Dr. DiGiovanni, a MaineHealth Pediatric doctor, shared, "I've seen the new ACEs/Trauma tools help two young adolescents express previous traumas for the first time in their lives. These disclosures led to meaningful conversations with their medical provider and connection to our Behavioral Health provider trained in trauma treatments."



## YOUR COMMUNITY NEEDS YOU!

### ORGANIZATIONS AND EMPLOYERS

- Ensure that co-pays for primary mental health care and primary physical health care are equal.
- Train human resource professionals on how to refer employees for substance use disorder and mental health treatment.
- Post the National Suicide Prevention hotline number (1-800-273-8255) in your staff room.
- Be a mental health or recovery friendly workplace.

### PARENTS, CAREGIVERS, AND INDIVIDUALS

- Serve as a mentor to youth to help model positive coping and problem-solving skills.
- Learn to recognize the warning signs of substance misuse and suicide in others.
- Ensure that firearms in your home are safely stored.
- Advocate for the implementation of evidence-based social-emotional curricula in your children's schools.