



Help us all live longer, better

By 2027, reduce preventable premature deaths by 10%

The most important Substance Use Suicide Mental Health areas of focus to Prevention & Prevention achieve the goal Treatment Prevent, Access to Promote Identify How we Identify & Prevention & Awareness & Those at address the **Strategies** focus areas **Treat Effects** High Risk Treatment Reduce Stigma of Childhood Services Trauma

Access to Prevention & Treatment Services

These strategies focus on strengthening access to and delivery of health care so that people are better able to address their physical and behavioral health needs to reduce deaths by suicide and substance use disorders.

Prevent, Identify & Treat Effects of Childhood Trauma

Research shows that Adverse Childhood Experiences (ACEs) and trauma have a profound impact on individual's health across the life span. Those who experience unmitigated ACEs have higher rates of mental illness, substance use disorder, and chronic disease such as heart disease and diabetes. As such, strategies will focus on preventing, identifying, mitigating, and treating ACEs.

Promote Awareness & Reduce Stigma To reduce drug induced deaths and deaths by suicide we need a supportive community that reduces access to (and prevents use of) substances, promotes connectedness, and teaches coping and problem solving skills to enable individuals to tackle challenges, stress, and adversity.

Identify Those at High Risk To reduce premature death we need to identify those at highest risk and support them. This includes knowing the warning signs, providing crisis intervention, and treatment by providing supports for individuals, families, and friends.