Addressing Mental Health Disparities and Social Determinants of Health During and Following COVID-19

May 7, 2020

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).
Welcome!

Housekeeping Items
- This Zoom webinar call is being recorded.
- Type questions using the Chat feature and they will be answered during the Q&A section.
- A link to the recorded webinar and presentation slides will be made available after this webinar.
Who We Are

Nicole Jarred

Emily Bender

Lisa Smusz

Ryan Brown

Featured CBO from Vista Community Clinic:

Herminia Ledesma
Agenda

- Mental Health Disparities and Social Determinants of Health
- Resources for addressing mental health disparities
  - Each Mind Matters resources
  - Additional resources
- CBO Case Study
  - Vista Community Clinic
- Questions
Mental Health Disparities and Social Determinants of Health
Social Determinants of Health (SDOH)

**Social Determinants of Health (SDOH)**

**Social Determinants of Health**
- Healthcare system
- Community and social context
- Economic stability
- Neighborhood and physical environment
- Food
- Education

**Healthy Outcomes**
- Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

**Economic Stability**
- Employment
- Income
- Expenses
- Debt
- Medical Bills
- Support

**Neighborhood and Physical Environment**
- Housing
- Transportation
- Safety
- Parks
- Playgrounds
- Walkability

**Education**
- Literacy
- Language
- Early Childhood Education
- Vocational Training
- Higher Education

**Food**
- Hunger
- Access to Healthy Options

**Community and Social Context**
- Social Integration
- Support Systems
- Community Engagement
- Discrimination

**Health Care System**
- Health Provider Availability
- Provider Linguistic and Cultural Competency
- Quality of Care

[https://www.healthedge.com/](https://www.healthedge.com/)
Chronic Toxic Stress and Health

**SDOH and COVID-19**

**Coronavirus Deaths Per 100,000 People**

In New York City, deaths from the coronavirus, adjusted for the size and age of the population, have disproportionately affected Hispanic and black people.

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Death Rate per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>22.8</td>
</tr>
<tr>
<td>Black</td>
<td>19.8</td>
</tr>
<tr>
<td>White</td>
<td>10.2</td>
</tr>
<tr>
<td>Asian</td>
<td>8.4</td>
</tr>
</tbody>
</table>

By The New York Times | Source: New York City Department of Health and Mental Hygiene
Inequality and Health Outcomes

More Unequal Nations Have Higher Heart Failure Rates
Countries by inequality and cardiovascular deaths and hospitalizations per 100 person-years

- Highest inequality - Heart failure rate: 13.7
- Intermediate inequality - Heart failure rate: 11.7
- Lowest inequality - Heart failure rate: 10.9

Source: Journal of the American College of Cardiology
“Nevertheless or more, in the final analysis, it will remain forever clear that whatever affects one directly, affects all indirectly, and none of us can never be what we ought to be until our neighbor, fellow-nation, fellow-man and fellow-woman may become what each and all ought to be. This is the interrelated structure of reality… Let’s not waste precious time on what we may have done wrong but rather the solutions that will tell the story of how well we have become and responded. We will always be in it together…We are one.”

-- John Matthew Douglas
Why Maslow Matters

- **Self-actualization**: desire to become the most that one can be
- **Esteem**: respect, self-esteem, status, recognition, strength, freedom
- **Love and belonging**: friendship, intimacy, family, sense of connection
- **Safety needs**: personal security, employment, resources, health, property
- **Physiological needs**: air, water, food, shelter, sleep, clothing, reproduction

[https://www.simplypsychology.org/maslow.html](https://www.simplypsychology.org/maslow.html)
“Stealth” Mental Health

Mental Health Providers:

• Consider screening for SDOH needs in intake, and creating a workflow to provide follow-up.
• Ensuring all staff have a list of up-to-date community resources for basic needs and know how to connect people with what they need.
• Consider bringing food and other basic supplies to all clients if doing home visits.
• Partner with another community provider (Ex: Food distribution point to also integrate mental health materials and resources into packages).

Other Community Providers:

• How can mental health be integrated into what you’re already doing?
  • “Check-ins” at the beginning of class
  • Training front line workers to know the signs of suicide and be prepared to have conversations and resources.
  • Putting mental health materials in with supplies distributed.
  • Allowing “mental health days” and other practices that support staff mental health.
  • Wearing a green ribbon and opening conversations about mental health.
Q&A
Each Mind Matters
Resources To Address Mental Health Disparities
Each Mind Matters

Stories

California’s Mental Health Movement is made up of millions of people who believe that everyone experiencing a mental health challenge deserves the opportunity to live a healthy, happy and meaningful life. See what people are saying and sharing — and add your voice to the movement with your own commitment to advancing mental health.

https://www.eachmindmatters.org/stories/
Mental Health

We all experience different levels of mental health throughout our lives. In fact, half of us will deal with some type of mental health challenge at some point in our lifetime. Unfortunately, sometimes these challenges can become more intense and require more attention. However, there is hope: there is recovery, there is resilience, and we can all do something to help.

We all need support systems that can help us through challenges, like supportive relationships and safe living environments. Sometimes we have these support systems, and sometimes we don’t. Many of us will also experience life challenges like unemployment or relationship issues. Regardless of what situation you may find yourself in – whether with or without support – there is help available.

Check out the information below to learn more.

YOUNG ADULTS

Whether you’re starting college or transitioning into adult life, your life experiences and early memories can be an exciting yet uncertain and challenging time. Be sure to connect with others and stay involved in learning opportunities.

Learn More

CHILDREN & FAMILIES

Families can help create safe and supportive environments at home that promote good mental health for children. Support them by keeping up with their needs and resources.

Learn More

VETERANS

Veterans are an important part of our community and often face challenges that veterans need. Support them by giving them resources and helping them in their mental health and wellbeing.

Learn More

OLDER ADULTS

Getting older? Your mental health can benefit from being important in older adult lives. Learn more about how to stay well and what you can do to get the resources you need.

Learn More

DIVERSE COMMUNITIES

Learn more about the mental health challenges faced by diverse communities in the United States. Learn more about what resources and support are available.

Learn More

PREVENTION

Did you know that prevention can reduce the risk of mental health issues? For example, engaging in physical activity or building supportive environments can be effective ways to lower stress and improve mental health.

Learn More

AFRICAN AMERICAN

African Americans face many stressors that play a role in mental health. Read more on how to support individuals who need help now.

Learn More

ASIAN AND PACIFIC ISLANDER

Asians and Pacific Islanders can be difficult in some Asian and Pacific Islander communities. Check out these resources and learn how to help others.

Learn More

LGBTQ

Being a part of the LGBTQ community does not mean that you will experience a mental health challenge. However, it does come with a unique set of stressors. Learn more about resources and support for the LGBTQ community.

Learn More

LATINO

Latinos make up a large portion of the workforce in the Latino community. Learn more about resources for the Latino community.

Learn More

NATIVE AMERICAN

Learn more about resources for Native American people.

Learn More

https://www.eachmindmatters.org/mental-health/diverse-communities/
Tips for Self-Care

“During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.”

This resource is available in the following languages:
- Armenian
- Arabic
- Chinese
- Farsi
- Hmong
- Punjabi
- Russian
- Khmer
- Korean
- Lao
- Spanish
- Tagalog
- Vietnamese
Gardening Activity

Plant care is self-care

Find out why at EachMindMatters.org/seeds
Additional Resources
Wellness Recovery Action Plan (WRAP)

**Overview**
- Wellness Toolbox
- Daily Plan
- Stressors
- Early Warning Signs
- When Things are Breaking Down
- Crisis Plan

**Key Recovery Concepts**
- Hope
- Personal Responsibility
- Education
- Self Advocacy
- Support

WRAP On the Go

The WRAP App walks you through the process of creating your personal WRAP. Use it on your own, with a friend or supporter, or in a WRAP group. This free app is designed to work alongside the WRAP books, other materials, and groups for a full understanding of what WRAP is and how you can implement it in your life.

Available to download for free on both the App Store and Google Play.
Additional Resources

SAMHSA Coronavirus Update
https://www.samhsa.gov/coronavirus

CDC Coronavirus -Daily Life & Coping

WHO Mental Health Considerations
https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf

California Immigrant Youth Justice Alliance - Resources for Undocumented People
https://ciyja.org/covid19/?fbclid=IwAR1FxdsGo4I3APBGH3lfx9kk_uA6TtFfOFWqc1E8a5TWS1Gx9nULUsy4Sqm

NAMI Resource Guide

Suicide Prevention Resource Center - Resources to Support Mental Health
http://www.sprc.org/covid19
Dr. Claire Pomeroy, Sierra Health Foundation and The Center Board of Directors member and president of the Lasker Foundation, joined Dr. William F. Owen, Jr. and Dr. Richard Carmona to co-write *Failing Another National Stress Test on Health Disparities*, published in the Journal of the American Medical Association (JAMA).

Another JAMA article by Dr. Clyde W. Yancy, *COVID-19 and African Americans*, looks at evidence of potentially egregious health care disparities.

Sierra Health Foundation and The Center President and CEO Chet P. Hewitt is quoted in this Fresno Bee article: *Coronavirus kills California blacks and Pacific Islanders at excessive rate, numbers show.*

Q&A
Featured CBO: Vista Community Clinic
Welcoming. Trustworthy. Innovative. Caring. These qualities define VCC since it first opened in the basement of a local animal shelter in 1972. VCC quickly became the health care safety net for the area’s poor and uninsured by giving them access to the high-quality health services that they need and deserve. Today VCC is recognized as a key regional health provider with eight state-of-the-art clinics treating more than 67,000 patients each year. This innovative model of community health provides low cost, high quality health care to the residents of San Diego, Riverside and Orange county communities.
Vista Community Clinic
• Telemedicine
• Trauma informed care
VCC – SanaMente
Q&A
Stay Connected on Social Media

Each Mind Matters Social Media Channels

Campaign Hashtag: #EachMindMatters

Instagram: Instagram.com/EachMindMatters/
Facebook: Facebook.com/EachMindMatters
Twitter: @EachMindMatters
Thank You

Sign up to receive The Insider newsletter and stay informed with the latest resources and materials. https://emmresourcecenter.org/subscribe-newsletter

For additional support and technical assistance, please contact Emily Bender, Emily@TheSocialChangery.com