

County Health
Rankings & Roadmaps

Building a Culture of Health, County by County

Webinar

Innovative partnerships to address mental
health

July 18, 2023

countyhealthrankings.org



University of Wisconsin
Population Health Institute
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Support
provided by



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Visual
Lynn | Drawing
Change

**We take care of each other. We
make sure everyone has what
they need, not just physically but
also mentally. Our wellbeing is
connected to the health of the
planet and the other living
beings who share it with us.**

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We value

Collaboration

Integrity

Excellence

Innovation

Inclusion

Courage

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**Join the
conversation**

Question box:

- Ask questions of the panelists

Group chat:

- Introduce yourself
- Comment on learnings
- Share personal experiences

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Guidelines

Share

- ✓ Successes and lessons learned
- ✓ Resources and links
- ✓ Your knowledge and perspective



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Did you know?

CNN and Kaiser Family Foundation poll published in October 2022.

9 out of 10 adults
said they believed that
there's a mental health
crisis in the US today.

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National Alliance on Mental Illness

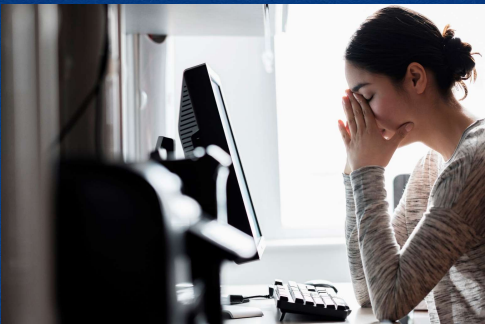


Image credits: NAMI.org

COVID-19 & mental health



Increased depression
and anxiety



Substance use and suicide

Record highs



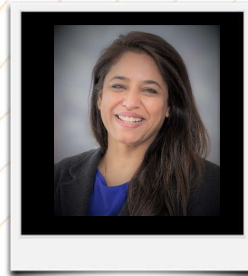
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Partnerships are key

“Not everyone’s a cardiologist, but a lot of people are trained in CPR. If we only rely on the mental health force, we’re going to keep going around in circles and never actually get anywhere. I think we see this as all of our problems.”

Justin Baker
Psychologist and assistant professor
Ohio State University College of Medicine

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Shamaila Khan, Ph.D.
Clinical associate professor
Boston University
Director, Center for
Multicultural Mental Health
Boston Medical Center



Kini-Ana Tinkham, RN
Executive director of the
Maine Resilience Building
Network

Welcome

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What we will cover today

- 01** What are elements of innovative mental health partnerships?

- 02** How are partnerships helping to expand care to youth and adults?

- 03** What are some CHR&R mental health related data and strategies?

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Join Us! Discussion Group

When: Immediately following the webinar

What: Interactive learning experience,
opportunity to share ideas and ask
questions

How: Zoom

Why: Deepen the webinar learning, allow
further exploration



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WHEN YOU ARE IN DEEP STUFF, LOOK STRAIGHT AHEAD, KEEP YOUR
MOUTH SHUT & SAY NOTHING



BOSTON
MEDICAL

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Training Includes Responsive Health Care Approach

TO CARE FOR SOMEONE, I MUST KNOW WHO I AM

TO CARE FOR SOMEONE, I MUST KNOW WHO THE OTHER IS

TO CARE FOR SOMEONE, I MUST BE ABLE TO BRIDGE THE GAP BETWEEN MYSELF AND THE OTHER

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Training Includes Cultural Competence, Humility, Responsiveness

01

Committing to a lifelong process of self-evaluation and self-critique

02

Desiring to fix power imbalances between providers and clients

03

Developing community partnerships to advocate within the larger organizations within which we participate

Khan, 2021. <https://healthcity.bmc.org/policy-and-industry/cultural-humility-vs-cultural-competence-providers-need-both>

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A person's health is influenced by a range of factors

- Who they are: age, sex, genetic factors.
- What they do: Smoking, physical activity, alcohol & diet
- **Conditions: where people are born, grow, live and work.**
 - including; networks, socio-economics, cultural, environmental and health systems

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Traditional Frameworks

Many traditional SDOH frameworks do *not* explicitly name **systems of oppression** that cause disparities in health determinants.

*Social Determinants of Health



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A System Change Example



Supreme Court decisions that can deepen inequities

- Roe vs Wade = Gone
- Affirmative Action = Gone
- Student Loan Forgiveness = Gone
- Constitutional Carry = Secured
- Business Religious Freedom = Secured

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Innovative Partnerships Address Traditional & Evolving SDOH Frameworks

Traditional Frameworks

Address the **social determinants of health**, including poverty, in order to achieve large and sustained improvements in health outcomes

Evolving Frameworks

Address the **social determinants of equity**, including isms such as racism, in order to achieve social justice and eliminate health disparities

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Innovative Partnerships Address Barriers to Mental Health Treatment

- 1 in 5 American adults have experienced a mental health issue.
- 1 in 20 Americans live with a serious mental illness.
- 50% + adults with mental illness in the U.S. (27 million people) do not receive the mental health treatment they need.

Primary barriers to mental health treatment and access are:

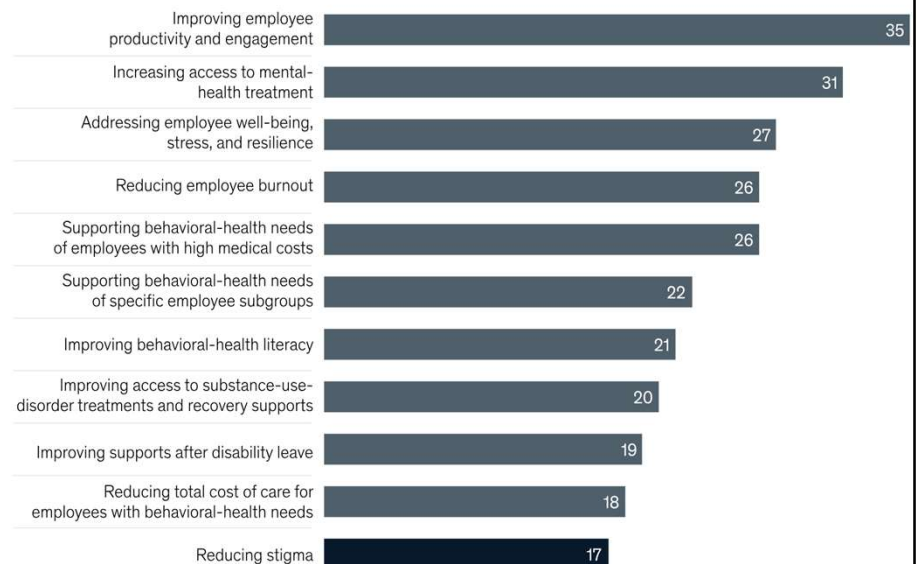
- Financial barriers to mental health treatment
- Lack of mental health care professionals and services
- Limited availability of mental health education and awareness
- Social stigma of mental health treatment and conditions
- Racial barriers to mental health care access and treatment

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Innovative Partnerships Address Stigma

Stigma ranks last when employers list their top mental-health priorities.

Top behavioral-health priorities,¹ % of respondents indicating as a top 3 priority (n = 289)



¹Question: Respondents selected their organization's top 3 behavioral-health priorities for 2021 from the list above.
Source: McKinsey Health Employer Survey, 2020

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Recap: Elements of Innovative Mental Health Partnerships

- Include responsive health care training approaches
- Address the social determinants of **and** the determinants of equity
- Address barriers to mental health treatment, including stigma

BEST Partnership: Addressing Racial Justice

Boston Medical Center's Boston Emergency Service Team (BEST) established the Partnership for Behavioral Health and Racial and Social Justice. Collaborating directly with community institutions, such as the Boston Police Department (BPD), Boston Public Schools, and Boston's court system.

Offers antiracist and implicit bias training to teach law enforcement officials, first responders, school safety officers, and other stakeholders how to appropriately respond on the ground.

<https://healthcity.bmc.org/policy-and-industry/new-initiative-speaks-healthcares-role-racial-justice>

POLICY AND INDUSTRY

A New Initiative Speaks to Healthcare's Crucial Role in Racial Justice Reform

The Partnership for Behavioral Health and Racial and Social Justice will offer antiracist training to police and first responders.



Boston Globe, Getty Images

Buddy System Supporting Providers

POLICY AND INDUSTRY

How the 'Buddy System' Supports Frontline Workers' Mental Health

Between the trauma of the COVID-19 pandemic, monkeypox, and staffing shortages, there is a massive toll on providers' mental health.



By Shamaila Khan, PhD October 13, 2022



- **'Community Leaders Have More Impact on Neighbors Than Celebrities' In COVID-19 Vaccine Trust**
- Boston Medical Center learned crucial lessons about public health messaging during community conversations about the COVID-19 vaccine and pandemic.
- <https://healthcity.bmc.org/research/community-leaders-have-more-impact-neighbors-celebrities-covid-19-vaccine-trust>



Ummah Health

<http://www.ummahealth.org> › uploads › musli... ⋮

Muslim Counselor & Mental Wellness Provider List

Up to 3 sessions free at ISBCC in Boston ... Dr Shamaila Khan: Licensed Clinical Psychologist. ... Boston. Counseling in all areas, specialty in trauma.

<https://healthcity.bmc.org/policy-and-industry/how-buddy-system-supports-frontline-workers-mental-health>

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Barbers as MH Advocates

Harvard University researchers found Black barbers are gatekeepers of the community and could help bridge the gap with mental health care.



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Muslims help victims and FBI after bombings

By Maria Sacchetti and Gal Tziperman Lotan Globe Staff and Globe Correspondent, April 24, 2013, 12:00 a.m. [Social media icons]



From left, Alliea Grupp and brothers Awais Kazi and Abdullah Kazi participated in a vigil for bombing victims Tuesday at the Islamic Society of Boston Cultural Center in Boston. ARAM BOGHOSIAN FOR THE BOSTON GLOBE/GLOBE FREELANCE

Hours after the Boston Marathon bombings, Boston Medical Center clinical psychologist Dr. Shamaila Khan was holding the hand of a woman who just found out her son's leg was about to be amputated.

Responsive Health Care Approach

"We need to have more [care] representatives who have walked in our same shoes. Patients need someone who looks like them and has been through the same thing."

Shamaila Khan, PhD

Supporting Mental Wellness for Youth



WHY IS THIS IMPORTANT IN MAINE?

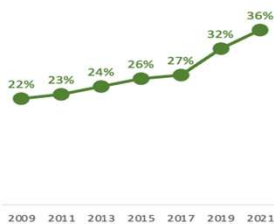
- **Maine ranks number two in the country for anxiety in children.** ¹
- Social isolation combined with lack of access to services for rural Mainers is contributing to the problem. We know that many of the root causes of these problems are connected to Adverse Childhood Experiences (ACEs).

(The Child and Adolescent Health Measurement Initiative, Data Resource Center for Child & Adolescent Health)
www.maineresilience.org

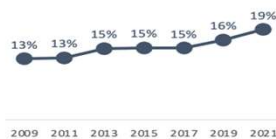


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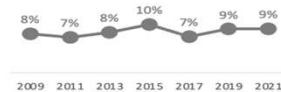
High School Mental Health Trend



35.9% felt sad or hopeless for 2 or more weeks (past 12 months)



18.5% seriously considered suicide in the past 12 months



9.0% attempted suicide at least once in the past 12 months

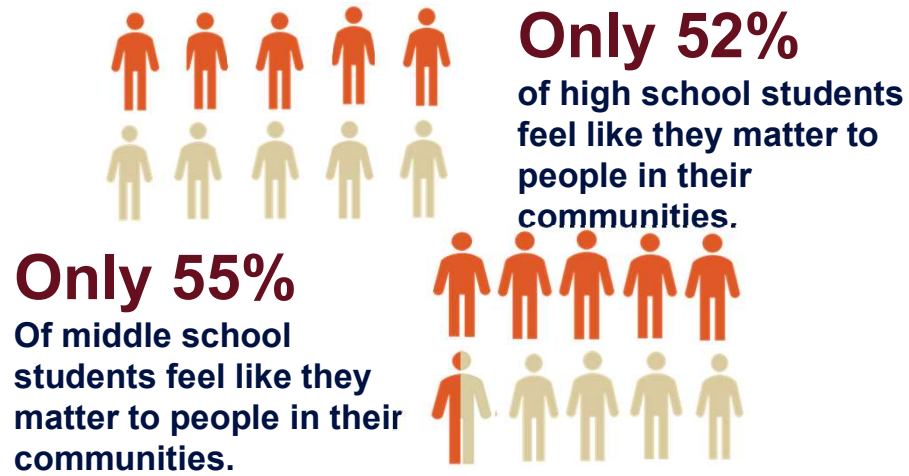
Maine Center for Disease Control and Prevention

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Youth Data



2021 Maine Integrated Youth Survey

www.maineresilience.org



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Adverse Childhood Experiences (ACEs)

- All forms of abuse and neglect
 - Parental substance use
 - Incarceration
 - Domestic violence.
- Trauma inducing situations
 - Having a parent with a mental illness
 - Being part of a family going through a divorce.



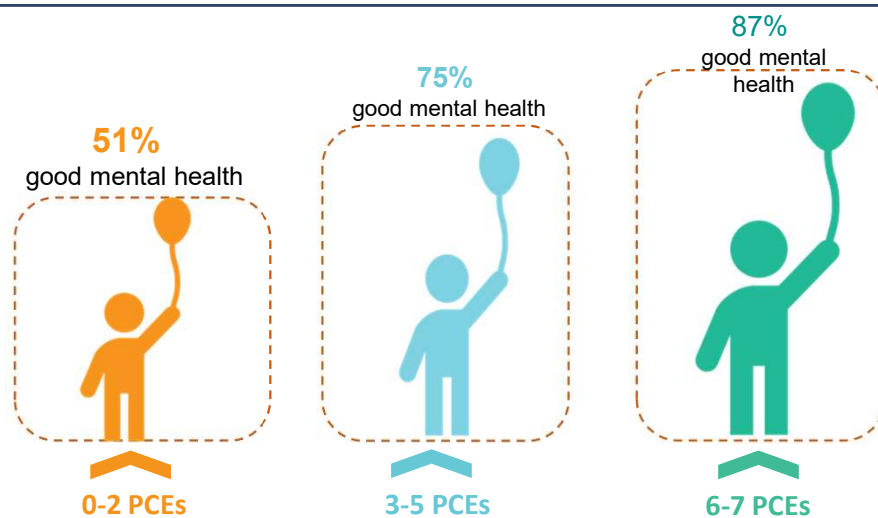
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Examples of Positive Childhood Experiences (PCEs)

- Felt able to talk to their family about feelings
- Felt their family stood by them during difficult times
- Enjoyed participating in community traditions
- Felt a sense of belonging in high school
- Felt supported by friends
- Had at least two non-parent adults who took genuine interest in them
- Felt safe and protected by an adult in their home



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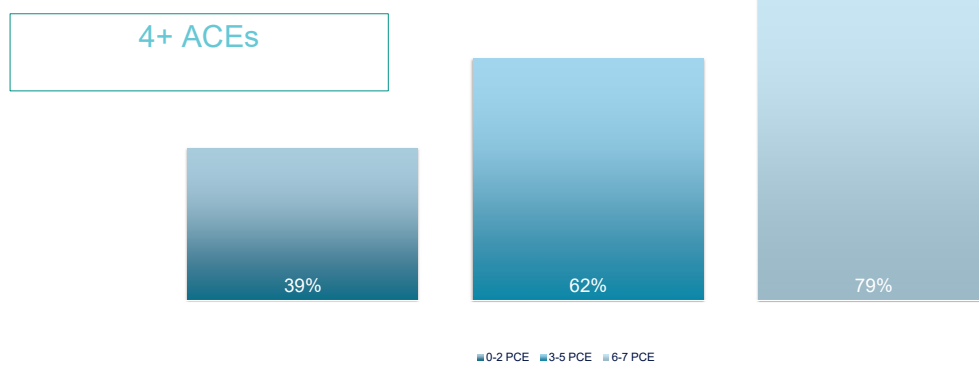
Good mental health – those not reporting depression or poor mental health

Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. *JAMA Pediatr.* 2019 Sep 9; e193007



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Positive Childhood Experiences Mitigate ACEs Effects



Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. *JAMA Pediatr.* 2019 Sep 9; e193007



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Research indicates that the absence of PCEs may be more damaging to long-term health outcomes than the presence of ACEs.

PCEs protect adult mental health...even in the face of ACEs.



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DEFINING MATTERING

“Mattering is the sense of being significant and valued by other people... People who believe they matter to others have a key protective resource that can buffer them from life stressors and challenges throughout their lives.”

Gordon Flett

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YOUTH MATTERING IS AN IMPORTANT PROTECTIVE FACTOR

Youth Mattering is the sense that a young person is **SEEN, HEARD, and VALUED** by others in their community.

It is a protective factor that can **reduce the effect of stressful life events** that a young person may experience.

Promoting the well-being of our youth is one of the most important investments we can make in our community.



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HOW THIS PROJECT BEGAN

Grant from the U.S. Centers for Disease Control and Prevention and Association of State and Territorial Health Officials

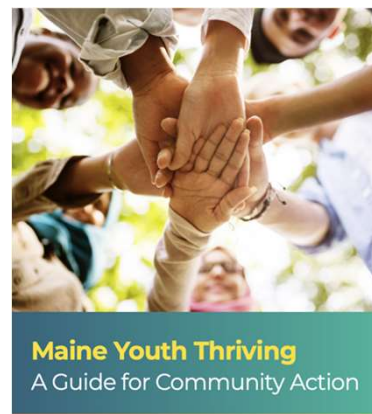
- Autism Society of Maine
- Black P.O.W.E.R.
- New Mainers Public Health Initiative
- OUT Maine
- Wabanaki Public Health and Wellness

Five organizations worked in partnership with MRBN to receive input from youth about mattering.



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Youth Thriving

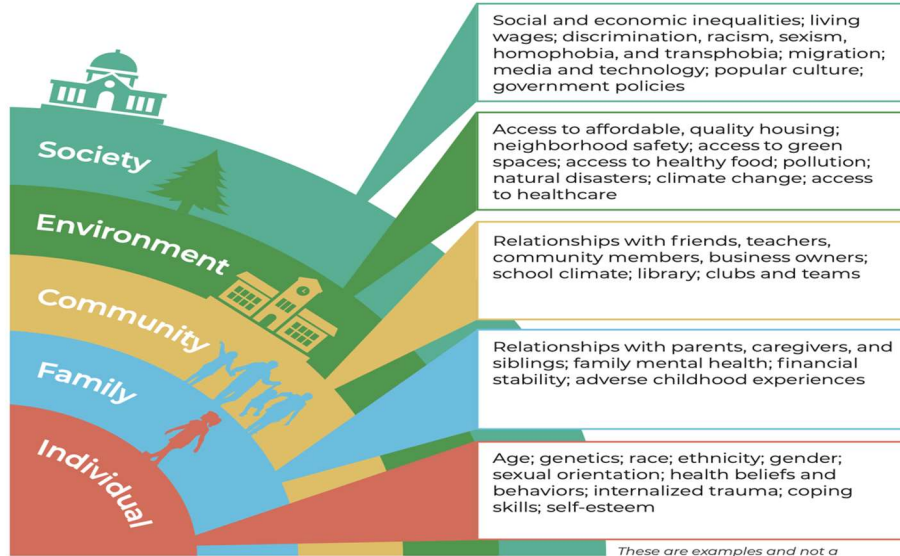


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Using a Health Equity Approach



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WORKING ACROSS SECTORS TO SUPPORT YOUTH MATTERING AND WELL-BEING



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WHY DO MULTI-SECTOR PARTNERSHIPS MATTER TO ADDRESSING YOUTH MENTAL HEALTH

Strong community connections can help promote well-being

PARTNERS

- Franklin County Coalition- Farmington and Rangeley
- Coastal Healthy Community Coalition-Biddeford
- Be The Influence- Windham
- Town of Harpswell



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MRBN's Research Findings

FROM ADULTS

- Want to engage young people in community life
- Often struggle with how to do so
- Concerned that many communities lack infrastructure for supporting youth
 - Youth Centers
 - Afterschool programs

FROM YOUTH

- Want to be part of helping their communities thrive
- Feel unheard and dismissed by adults
- Want adults to take an active interest in youth and the issues that are important to them



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Mattering

- There is no “right” way to connect – it’s up to you!
- Start small
- Ask them about barriers to mattering
- Evaluate policies that impact
- Knowing what to avoid...



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CHANGE STARTS WITH US

- Adult behavior change is needed to help young people feel supported and that they matter to their communities



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Mental health measures

Poor Mental Health Days
Mental Health Providers
Frequent Mental Health Distress
Drug Overdose Deaths
Insufficient Sleep
Suicides

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What Works for Health

99 strategies associated
with mental health

The screenshot displays the 'What Works for Health' website interface. At the top, there are navigation tabs: 'Explore Health Rankings', 'Take Action to Improve Health', 'Online & On Air', and 'Reports'. Below the navigation, a search bar contains the text 'mental health' and a 'Go' button. To the right of the search bar, there are social media icons for Facebook and Twitter, and a 'Saved Strategies (0)' indicator. The main content area is titled 'Strategies' and includes the subtitle 'Policies and programs that work'. Below this, it states '99 Strategies matching mental health'. On the left side, there is a 'Topic' filter section with a list of categories and their counts: Access to Care (12), Air and Water Quality (1), Alcohol and Drug Use (3), Community Safety (10), Diet and Exercise (11), Education (17), and Employment (6). On the right side, there are 'SORT BY' and 'VIEW' options, with 'Best Match' selected and '10' items per page. A search result is shown for 'Mobile health for mental health', which includes a description: 'Deliver health care services and support to individuals with mental health concerns via mobile devices using text messaging or mobile applications (apps)' and an 'Evidence Rating: Some Evidence'. An 'Access to Care' icon is also visible next to the result.

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Watch on demand

A dark blue rectangular graphic with white and orange text. It features the 'County Health Rankings & Roadmaps' logo at the top left. The main text reads 'Webinar' in large white font, followed by 'Making social connections for community health' and the date 'July 19, 2022'. At the bottom, it lists the website 'countyhealthrankings.org' and logos for the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation.

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POLL

Do feel you could adapt the strategies shared during the webinar to use within your community?

Yes

No

Maybe

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Questions?



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Click on survey in the chat



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August 22, 2023

Webinar title



Dr. Tiffany Manuel
President and CEO
TheCaseMade



Dr. Christine Muganda
Data & Analytics Team
Lead
County Health Rankings
& Roadmaps

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