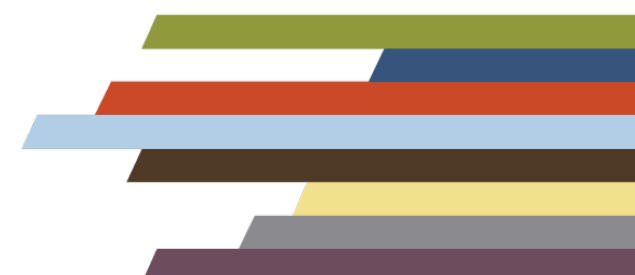




About the presenter:

Marilyn Laila Sampilo, PhD, MPH

Dr. Sampilo is a licensed clinical psychologist who specializes in integrated behavioral health and health disparities among minority populations. She received her PhD in clinical child psychology with an emphasis in pediatric psychology from the University of Kansas and a Master of Public Health from the University of Kansas Medical Center, both of which allowed her to specialize in physical and mental health promotion and prevention efforts to address health disparities among underserved populations.



Hispanic Heritage Month



Promoting culturally responsive
mental health services for
Latino agricultural workers who
bring food to our table.

Hispanic Heritage Month

September 15 - October 15, 2020





National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Culturally Responsive Programs and Strategies to Improve Access and Utilization of Mental Health Services Among the Hispanic/Latinx Community

Marilyn Laila Sampilo, PhD, MPH

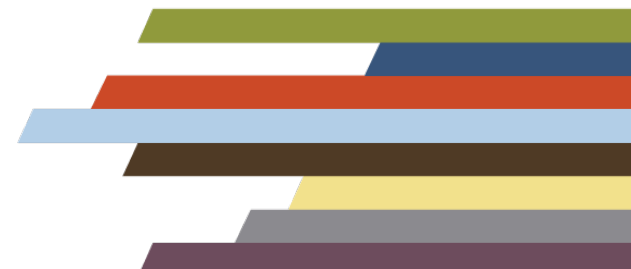
October 14, 2020

3:00pm

SAMHSA
Substance Abuse and Mental Health
Services Administration

UCC
UNIVERSIDAD CENTRAL DEL CARIBE

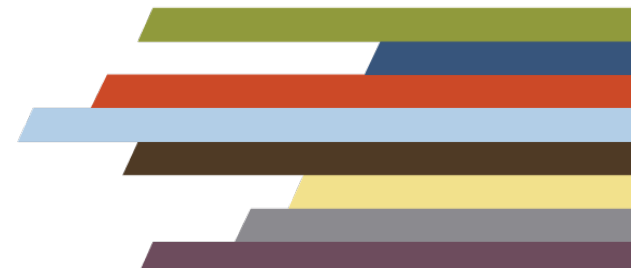
IRESA
INSTITUTE OF RESEARCH,
EDUCATION
AND SERVICES IN ADDICTION



Co-Sponsor

Ohio

Latino Affairs
Commission



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

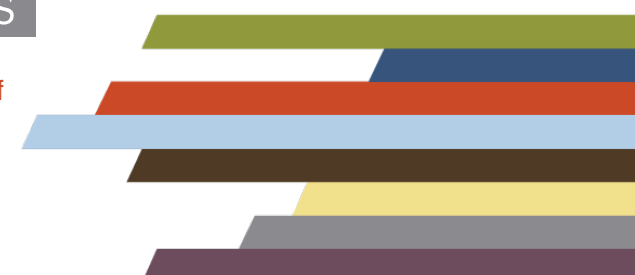
PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf



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At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



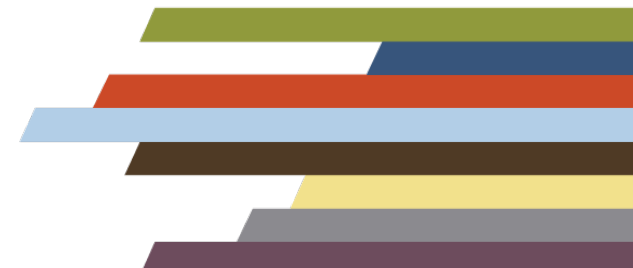
Learning Objectives

- Outline behavioral/mental health disparities pre- and post-COVID-19.
- Identify structural factors and systemic drivers that contribute to behavioral/mental health inequity.
- Define cultural brokering and its role in addressing disparities and promoting equity.
- Describe cultural broker programs and strategies in Ohio.



Conflicts of Interest

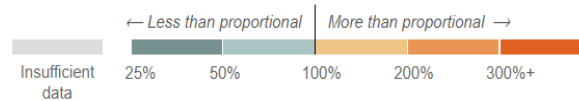
No conflicts to disclose.



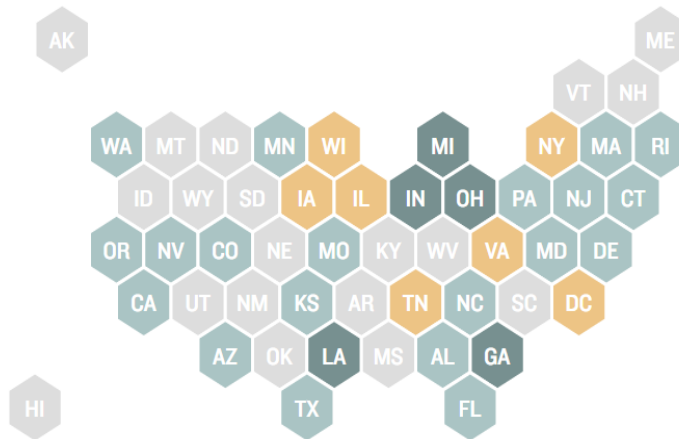
COVID-19 Disparities

Hispanics And Latinos Test Positive For The Coronavirus At Disproportionate Rates In Nearly Every State

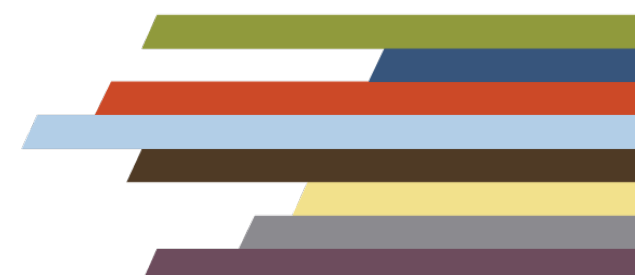
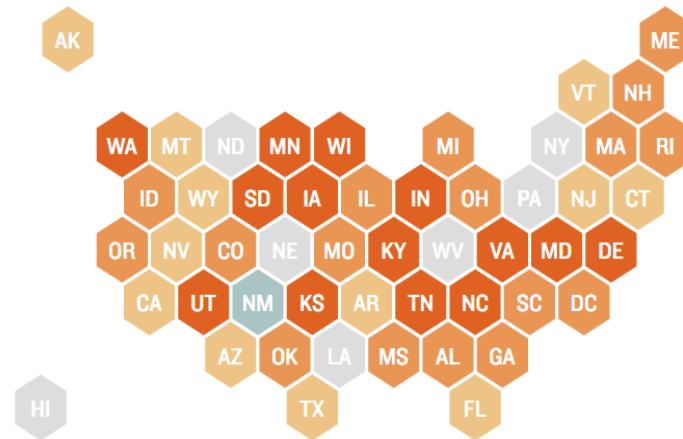
PERCENTAGE DIFFERENCE IN SHARE OF DEATHS/CASES, COMPARED WITH HISPANIC AND LATINO SHARE OF THE POPULATION



DEATHS



CASES



COVID-19 Disparities

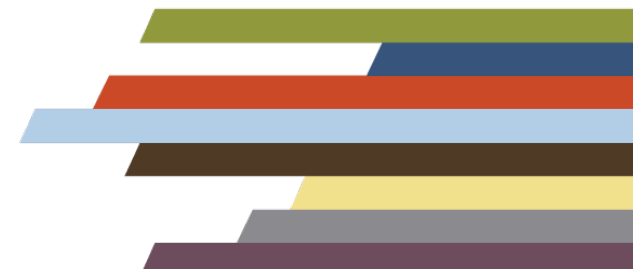
- Infection rate among children:
Hispanic (46.4%) and Black (30.0%) children had higher rates of infection compared to Non-Hispanic White children (7.3%).



COVID-19 Disparities

- Hospitalization rate among children:
Hospitalization rates among Hispanic and Black children were nearly eight times and five times the rate in White children.
- Deaths among infants, children and adolescents:
Hispanic (54(44.6%)) and Black (35(28.9%)) persons < 21 years of age represented a greater share of deaths compared to Non-Hispanic White:17(14.0%).

Kim et al., 2020; Bixler et al., 2020



Potential BH Impact of COVID-19

- Current data indicate widespread impact of disruption in daily lives
- For H/L these numbers suggest disparity in impact

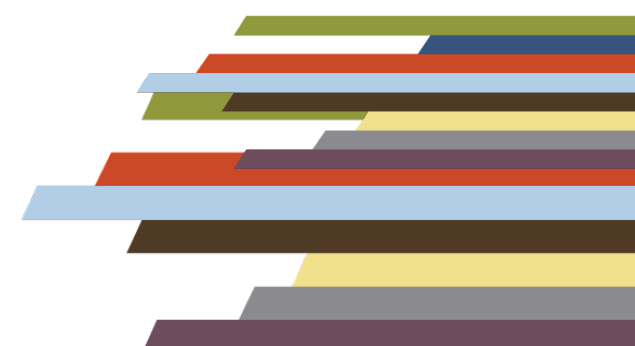
More than four-in-ten Americans say their lives have changed in a major way

% saying that, as a result of the coronavirus outbreak, their personal life has ...

	Changed in a major way	Changed, but only a little bit	Stayed about the same
All adults	44	44	12
Men	41	46	12
Women	47	41	11
White	45	45	10
Black	34	43	22
Hispanic	47	43	10
Ages 18-29	43	45	12
30-49	46	43	10
50-64	42	42	16
65+	45	45	9
Postgrad	61	34	5
Bachelor's degree	54	40	5
Some college	43	45	12
HS or less	35	48	16
Upper income	54	39	6
Middle income	44	45	10
Lower income	39	44	16
COVID-19 state health impact to date			
High	51	39	9
Medium	43	44	12
Low	40	47	13

Note: Share of respondents who didn't offer an answer not shown. Whites and blacks include those who report being only one race and are non-Hispanic. Hispanics are of any race. "Some college" includes those with an associate degree and those who attended college but did not obtain a degree. Family income tiers are based on adjusted 2018 earnings. COVID-19 state health impact is based on per-capita cases and/or total number of cases. See Appendix for details. Source: Survey of U.S. adults conducted March 19-24, 2020. "Most Americans Say Coronavirus Outbreak Has Impacted Their Lives"

PEW RESEARCH CENTER

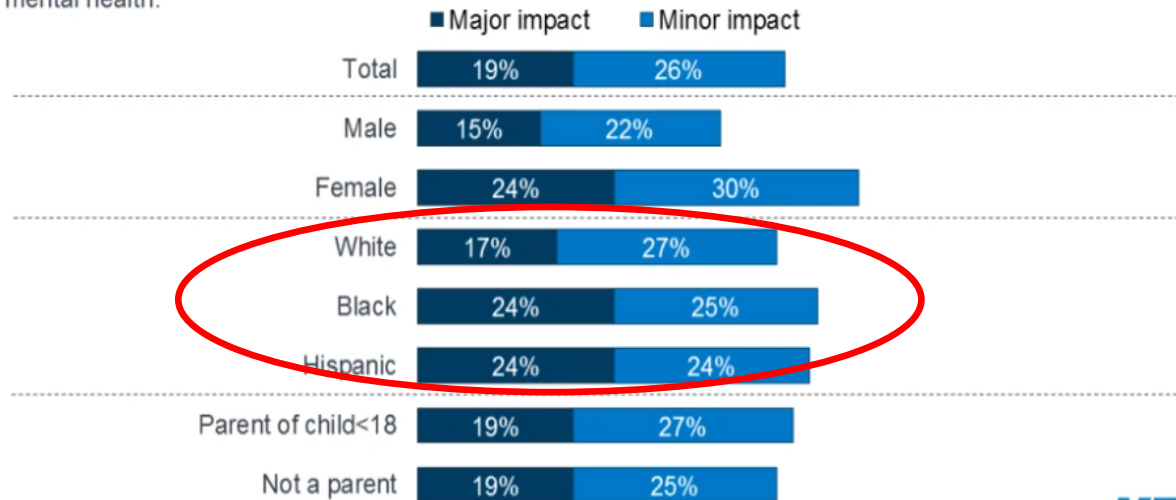


COVID-19: M/BH Disparities

Figure 8

Significant Shares Say The Coronavirus Has Had A Negative Impact On Their Mental Health

Percent who say they feel that worry or stress related to coronavirus has had a negative impact on their mental health:



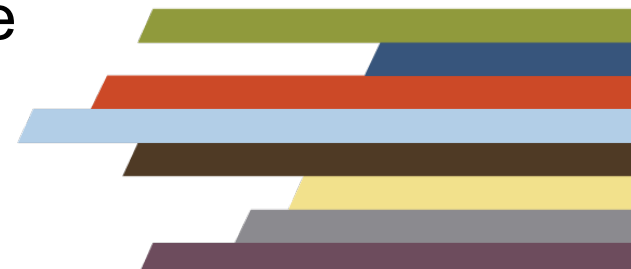
SOURCE: KFF Health Tracking Poll (conducted March 25-30, 2020). See topline for full question wording.

KFF
HENRY J. KAISER
FAMILY FOUNDATION

Figure 8: Significant Shares Say The Coronavirus Has Had A Negative Impact On Their Mental Health

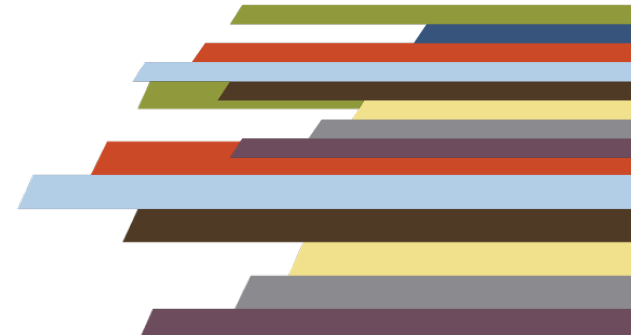
Contributors to M/BH Disparities

- Disproportionate burden of COVID-19
- Daily stress associated with COVID-19
- Barriers to implementation of recommendations
- Racism, discrimination and xenophobia
- Socio-political landscape and discourse



Contributors to M/BH Disparities

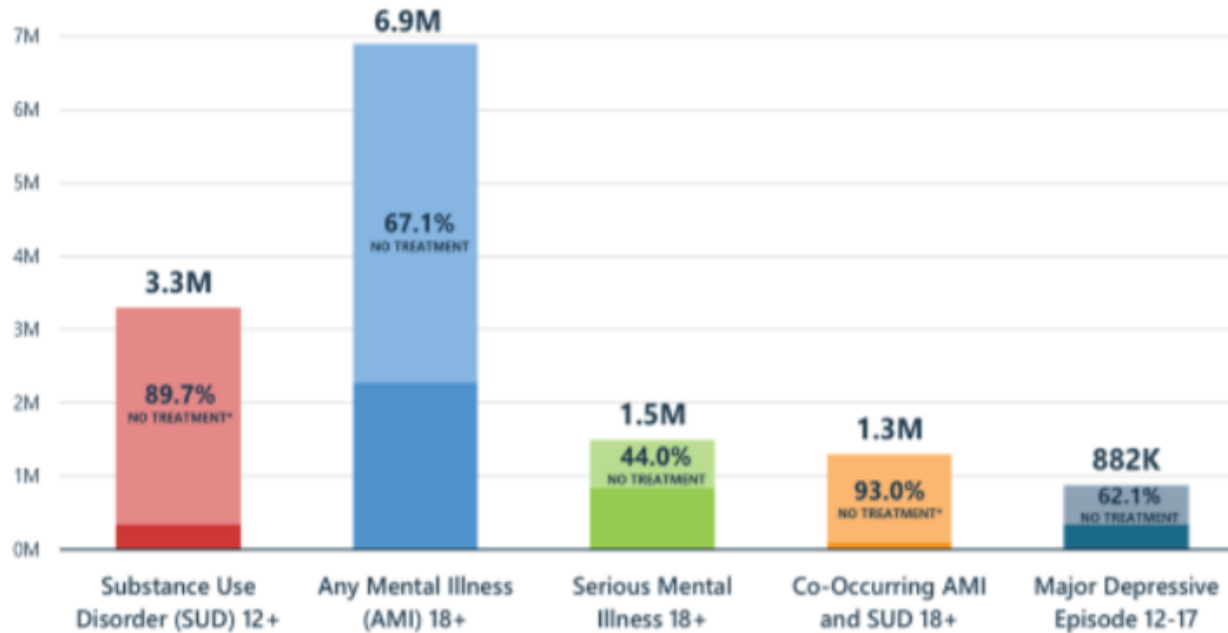
- Structural barriers to services
- Stigma related to behavioral and mental health
- Cultural and linguistic competence of services
- Language access and accessibility



Gaps in Treatment

Despite Consequences and Disease Burden, Treatment Gaps among Hispanics Remain Vast

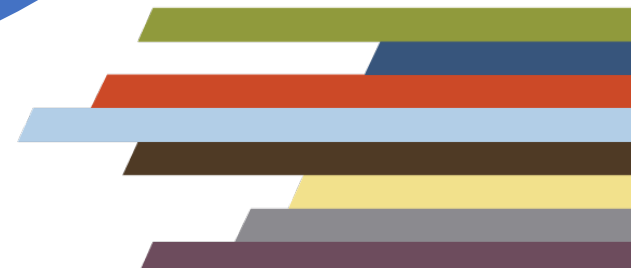
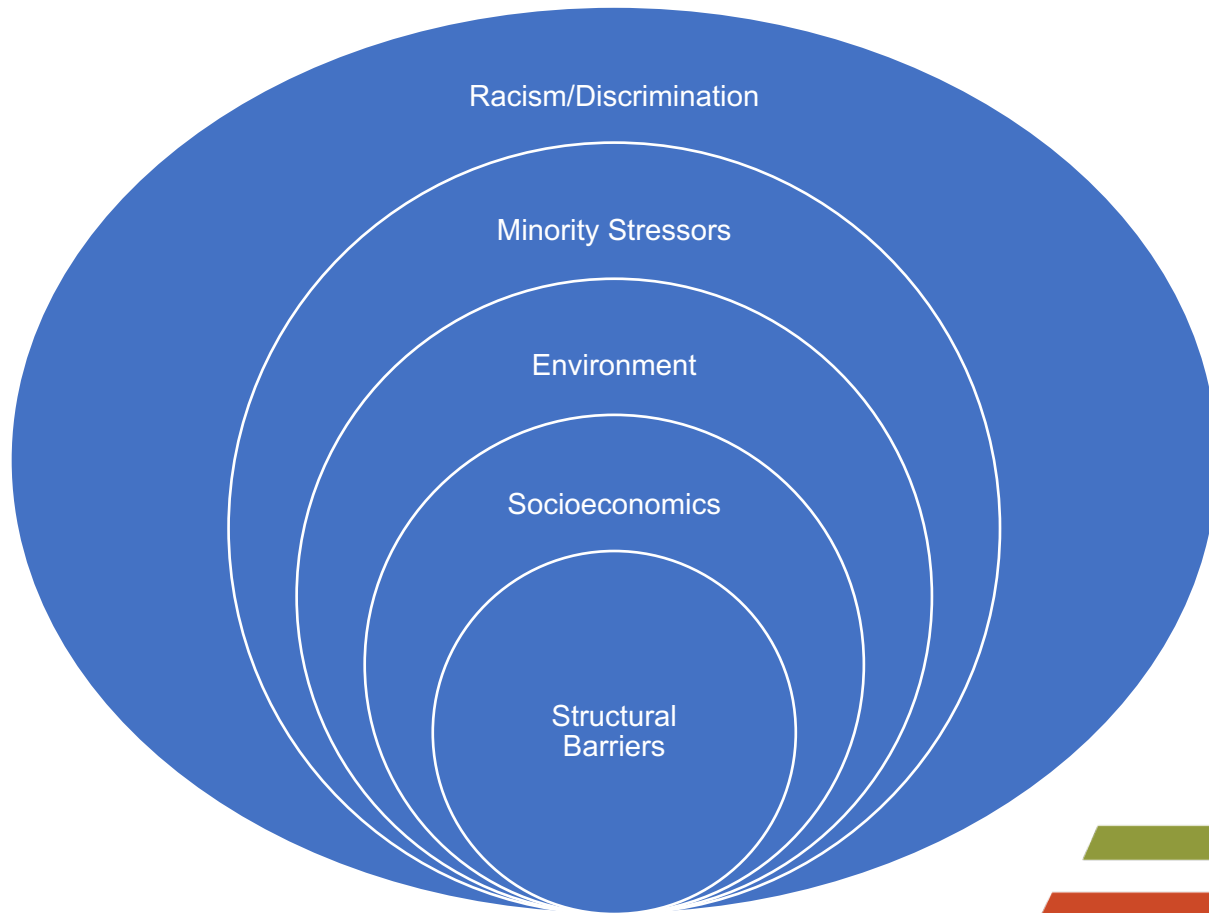
PAST YEAR, 2018 NSDUH, Hispanic 12+



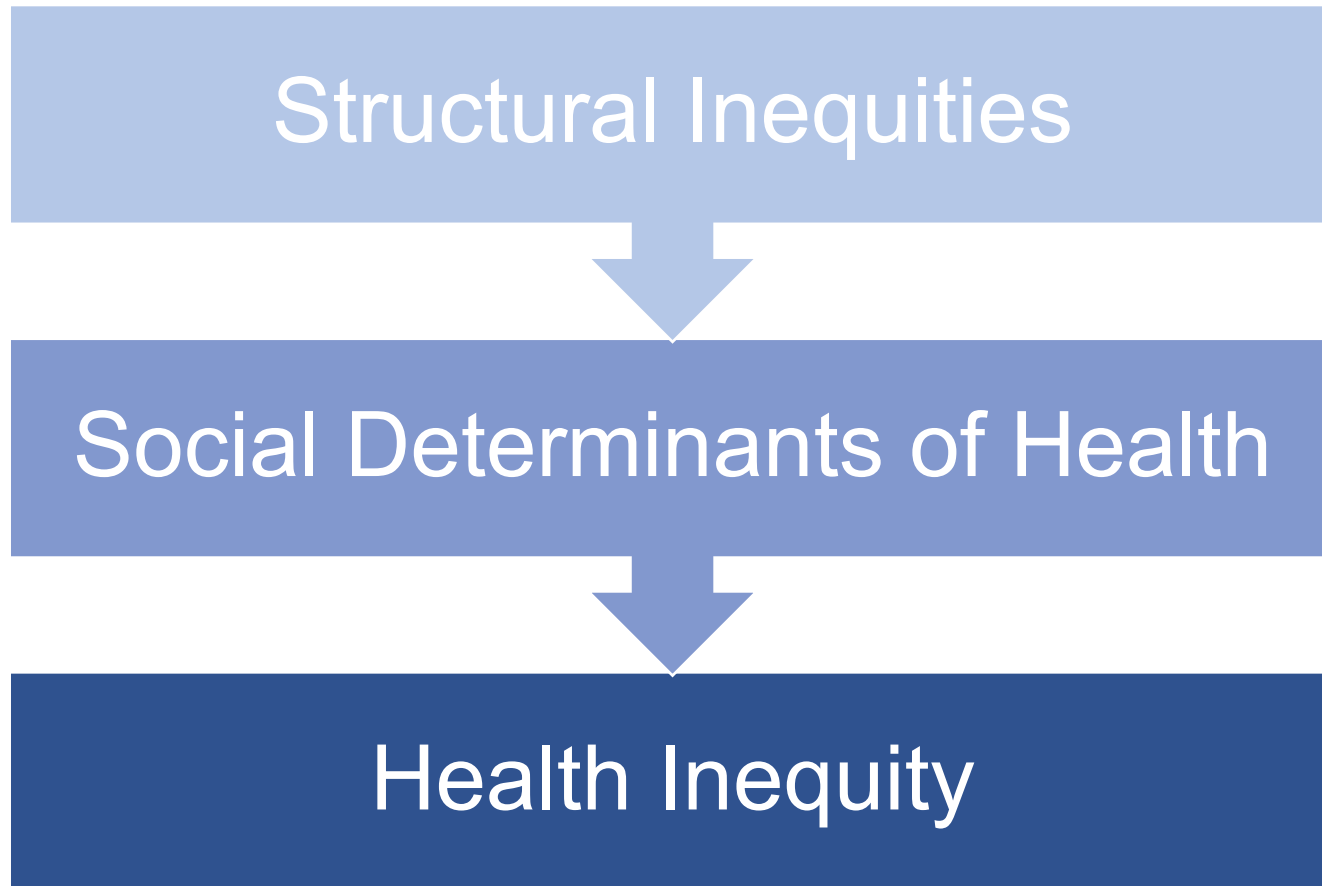
* No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.

SAMHSA
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Services Administration

System of Inequities



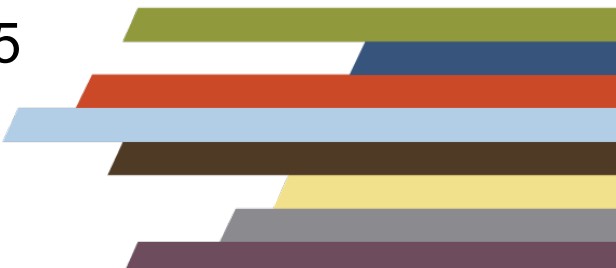
Root Causes of Health Inequity



Transforming the conditions in which people are BORN, GROW, LIVE, WORK and AGE for optimal health, mental health & well-being.



California Department of Public Health, 2015



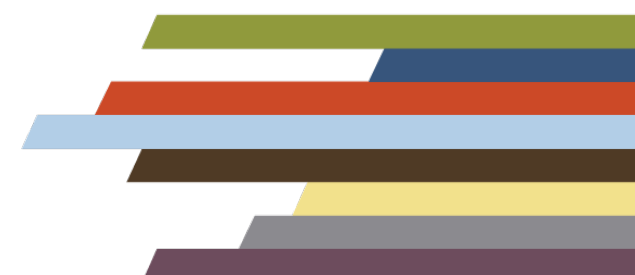
What is Cultural Brokering?

- Bridging, linking, mediating between groups or persons of different cultural backgrounds for the purpose of reducing conflict or producing change.
(Jezewski, 1990)
- Acting as a go-between, one who advocates on behalf of another individual or group.
(Jezewski & Sotnik, 2001)

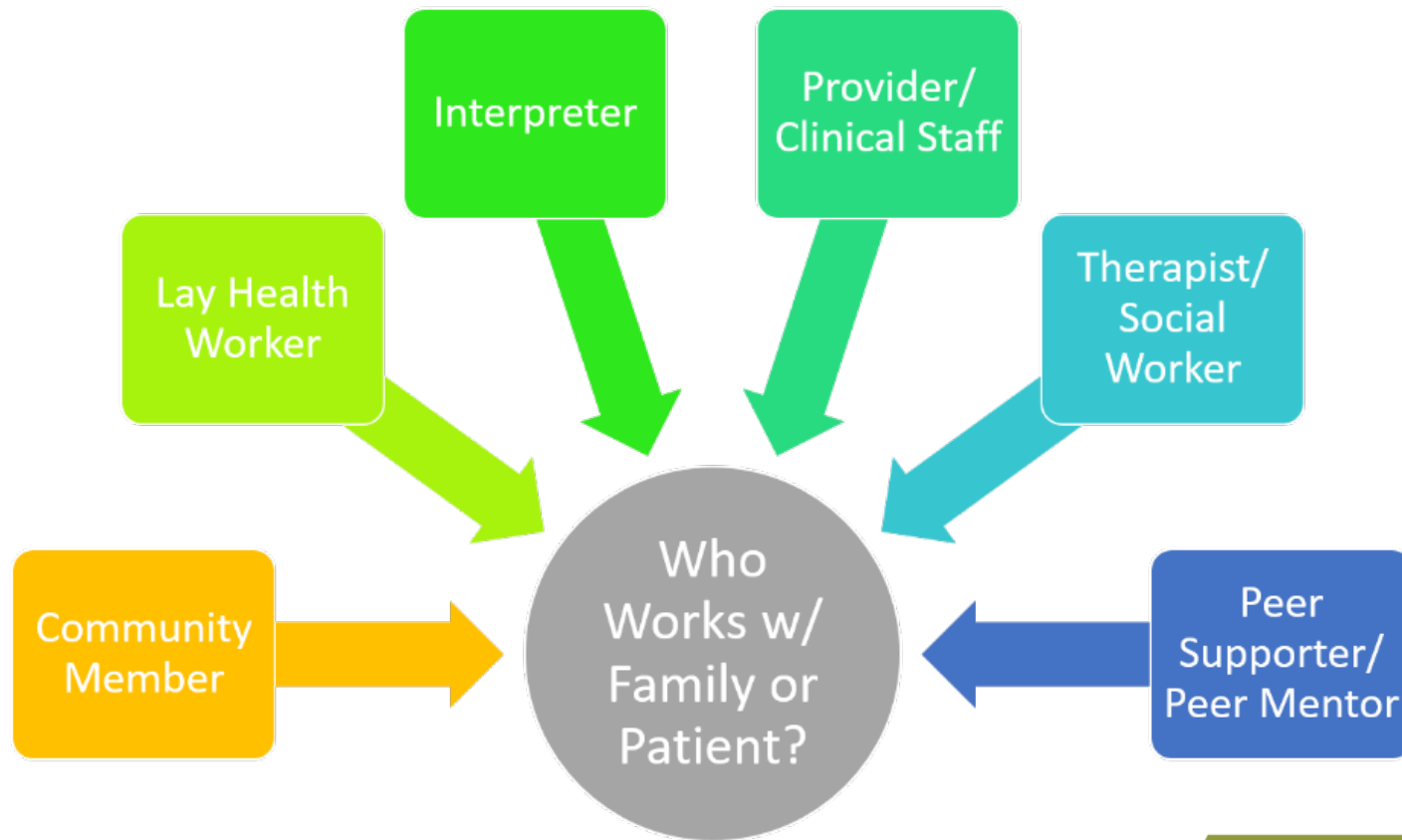


Why Cultural Brokering?

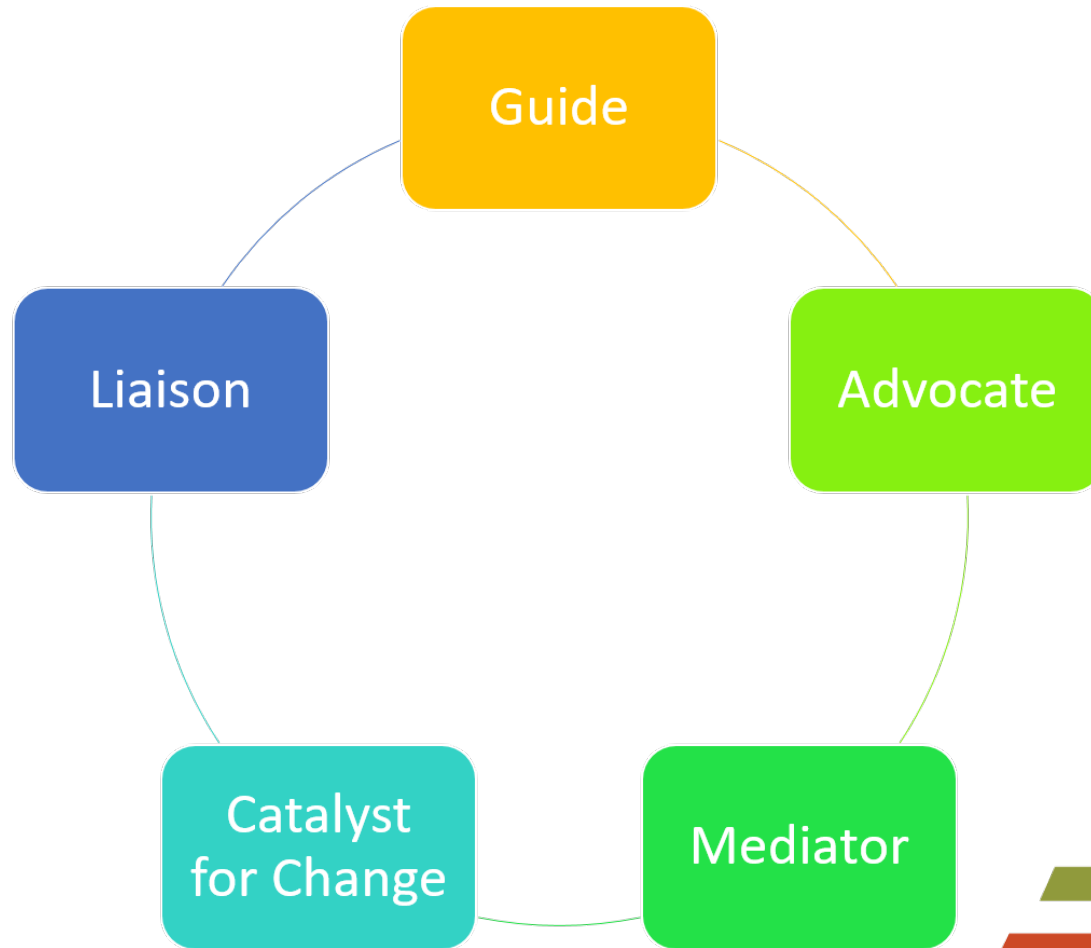
- Emergent & projected demographic trends, increasing diversity of US population
- Emphasis on cultural & linguistic competence in healthcare organizations
- Current disparities in healthcare access, treatment, & outcomes
- Promotion of health equity/behavioral health equity
- Diverse belief systems related to health, healing & wellness
- Cultural variations in the perception of illness, disease & their causes
- Cultural influences on help-seeking behaviors & attitudes toward health care providers
- Use of indigenous/traditional healing practices among many cultural groups



Who are Cultural Brokers?



Cultural Broker As...



Benefits of Cultural Brokering

- To Patient

- Engagement

- Retention

- Earlier intervention

- Comfort/trust

- Community impact

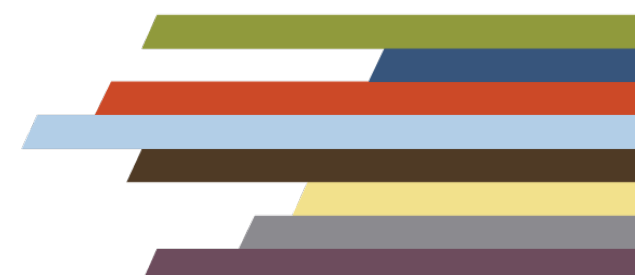
- To Provider/System

- Prevention/health promotion

- Improved service delivery

- Reduction in costs

- Connection to community



Addressing Barriers

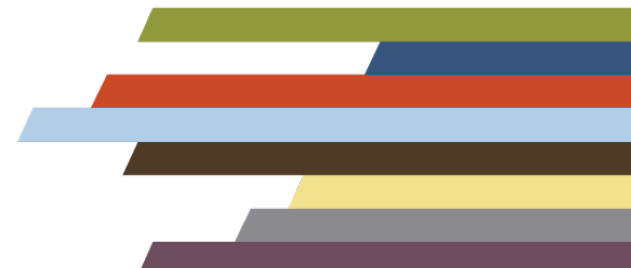
- Point of contact barriers

- Initiating contact/engagement

- Insurance coverage

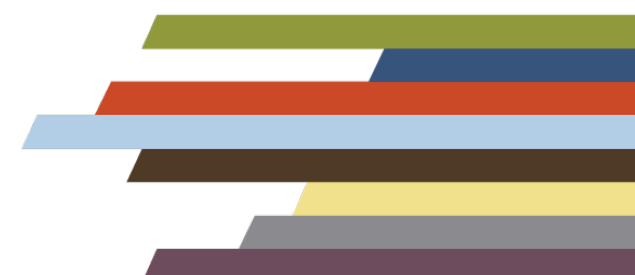
- Transportation concerns

- Language accessibility, availability of interpretation services



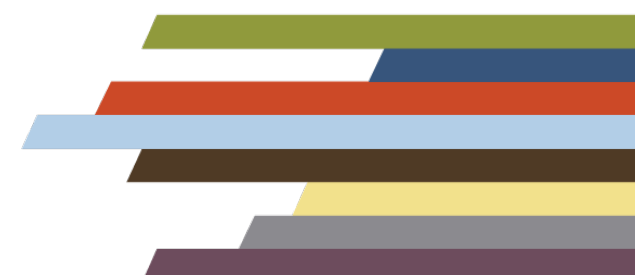
Ohio Latino Community Mental Health Navigator

- Partnership between Ohio Commission on Hispanic and Latino Affairs (OCHLA), Ohio Department of Mental Health and Addiction Services (OhioMHAS)



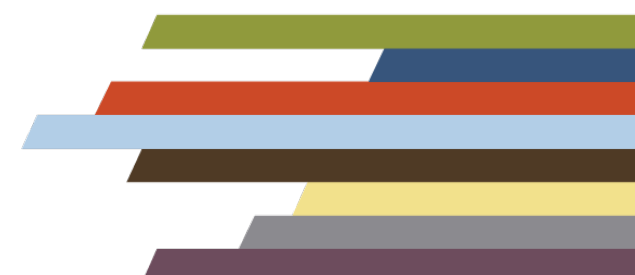
Ohio Latino Community Mental Health Navigator

- Pilot bilingual community MH navigator programs serving communities in Central (Our Lady of Guadalupe Center) & SW (Su Casa) Ohio
- Technical assistance provided by bilingual supportive services agency in NE (El Centro) Ohio
- Expected product/outcomes = feasibility & acceptability



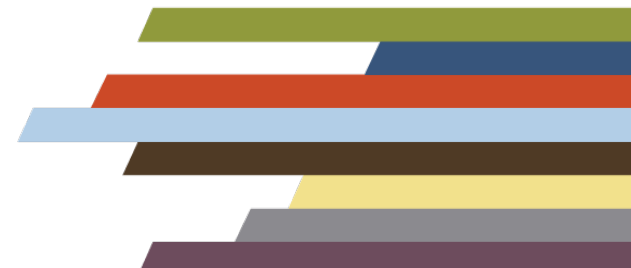
Ohio Latino Community Mental Health Navigator

- Serves as a bilingual, central coordinating post
- Locates resources and facilitates referrals
- Promotes engagement in behavioral healthcare
- Provides client advocacy



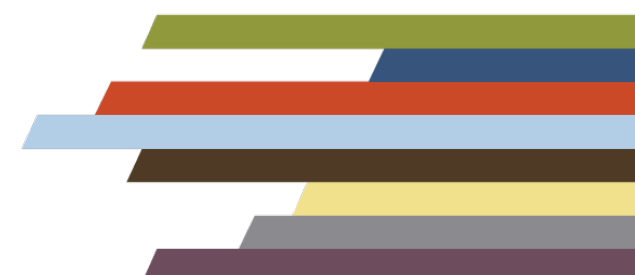
Ohio Latino Community Mental Health Navigator

- Outcomes
 - Develop a network of culturally sensitive MH care resources
 - Refer to internal & external programs that provide MH care to families experiencing trauma
 - Work with external agencies to develop a continuum of care utilizing community MH programs

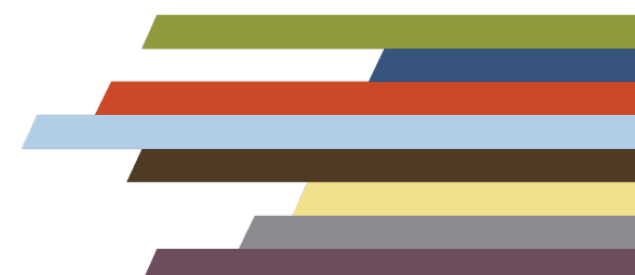
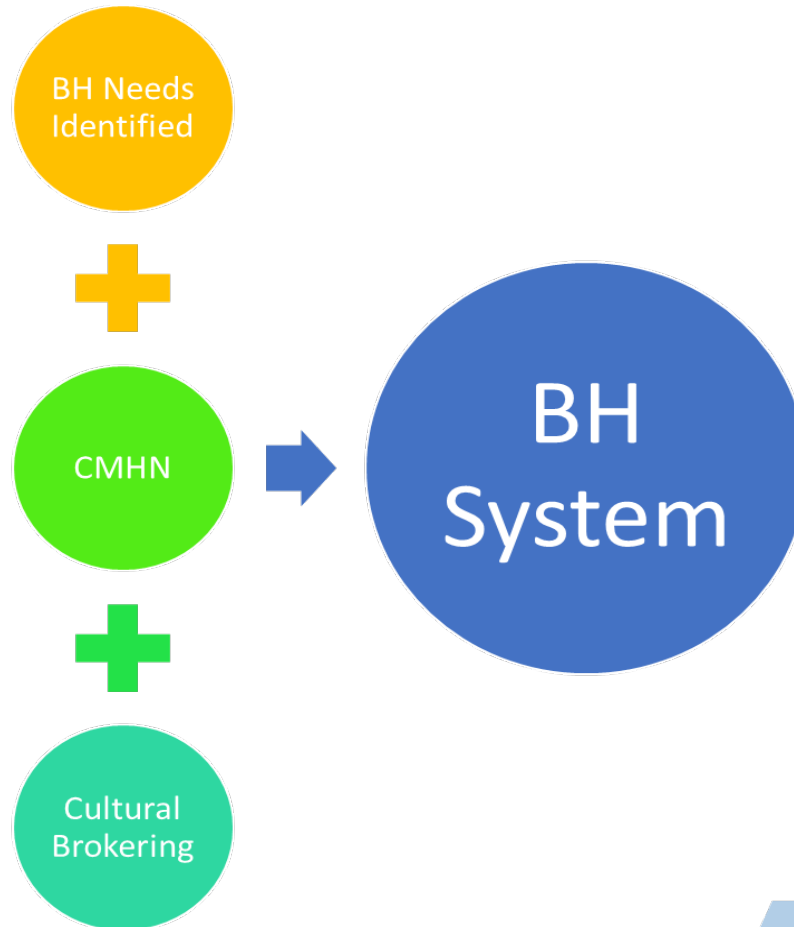


Ohio Latino Community Mental Health Navigator

- Outcomes
 - Coordinate and track care for Latinos or Spanish speakers
 - Track and monitor resource gaps for Latinos or Spanish speakers
 - Empower and educate clients about MH

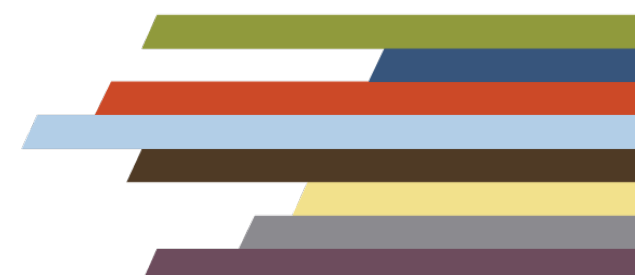


Ohio Latino Community Mental Health Navigator



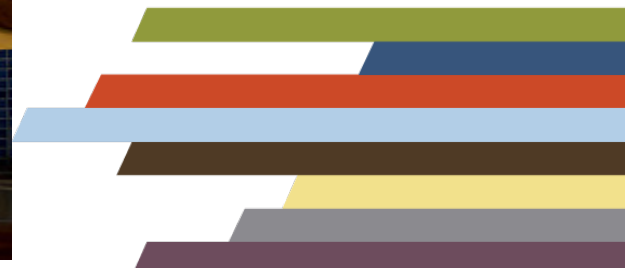
Not So Fast...

- Gaps remain in BH system
 - Lack of language access
 - Lack of cultural proficiency in MH/BH services
 - Lack of availability/accessibility



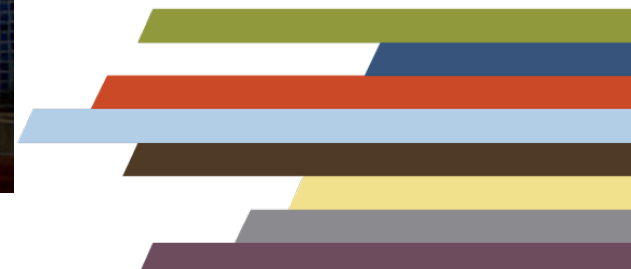
Promotores de Salud Mental

- Are health workers who work in Hispanic/Latinx communities
- Leverage effectiveness of community health workers in physical health and public health
- Address current deficits in its mental health/ behavioral health workforce



Promotores de Salud Mental

- Members of the communities they serve -> firsthand knowledge of community needs and resources
- Work and provide services in the communities
- Receive specialized training in areas of service



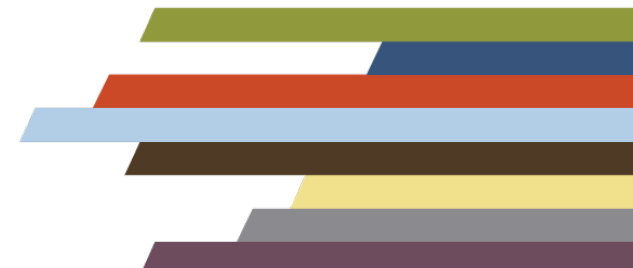
Promotores de Salud Mental

- Work towards preventing mental illness and promoting wellness



Cultural Broker as “Ally”

- Cultural Ally Model @ Stark County Mental Health Board and Addiction Recovery
- Cultural Ally will be responsible to connect individuals or groups to needed services and supports.
- One of the main goals of the CA is to help build community allies and encourage the community to support each other.



Cultural Broker as “Ally”

- StarkMHAR believes the term Cultural Ally is more effective for the local community because it is easier to understand and to translate into other languages.
- In Stark County, the Cultural Ally bridges the divide between mental health care settings and members of African American, Latinx, and Maya communities.

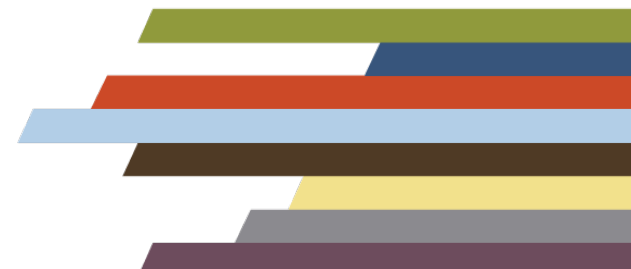


Cultural Broker as “Ally”



Email:

Isaac.Baez@StarkMHAR.org

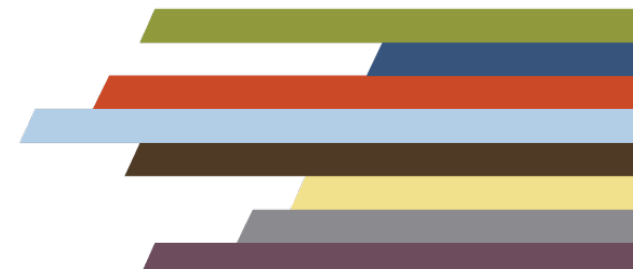


Mental Health First Aid

- Public education program
- Trains individuals to identify, understand and respond to signs & symptoms of MH & SU concerns and distress
- Focuses on recovery and resiliency



MENTAL HEALTH
FIRST AID®

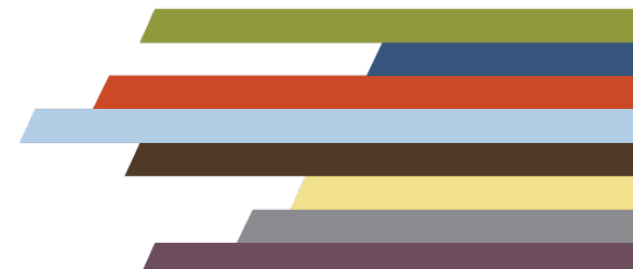


Mental Health First Aid

- Provides guidance & concrete steps (five-step action plan) to promote support & intervention
- Demonstrated effectiveness w/ advocates who serve Latinx & Asian American immigrant communities (Lee & Tokmic, 2019)



MENTAL HEALTH
FIRST AID®



Mental Health First Aid



MENTAL HEALTH FIRST AID

Training Now Available Throughout Ohio!

Nearly **1 in 5** U.S. adults live with a mental illness

In 2018 **67,367** adults died from drug overdose

123 adults lose their lives to suicide each day

An estimated **19%** of adults had an anxiety disorder in the past year

Mental Health First Aid teaches you how to **identify, understand, and respond** to signs of mental illnesses and substance use disorders. This 6 ½ hour training gives adults the skills they need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

An evidence-based program, adopted in over 20 countries, Mental Health First Aid teaches the five-step **ALGEE** action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

OVER 2 MILLION TRAINED IN THE U.S., INCLUDING:

- Hospital staff
- Nursing home and senior services staff
- Faith-based groups
- Employers
- Police officers
- First responders
- Community groups
- Social workers
- School administrators

WHAT IT COVERS:

- Common signs and symptoms of mental illnesses:
 - Anxiety
 - Depression
 - Schizophrenia
 - Bipolar disorder
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect a person with help

For more information, please visit <https://www.mhaohio.org/get-help/MHFA>

Connecting Mental Health First Aid to Benefit All Ohioans




YOUTH MENTAL HEALTH FIRST AID

Training Now Available Throughout Ohio!

1 in 5 Youth lives with a mental health condition

Half of all mental illnesses begin before age **14**

Suicide is now the **2nd** leading cause of death for adolescents

64% of youth with major depression do not receive any mental health treatment

Half of all substance use disorders begin before age **20**

Youth Mental Health First Aid teaches you how to **identify, understand, and respond** to signs of mental illnesses and substance use disorders. This 6 ½ hour training gives adults the skills they need to reach out and provide initial support to adolescents and transition aged youth (ages 12 - 21) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

An evidence-based program, adopted in over 20 countries, Youth Mental Health First Aid teaches the five-step **ALGEE** action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

OVER 2 MILLION TRAINED IN THE U.S., INCLUDING:

- Educators, school administrators, and school support staff
- Social workers
- Counselors
- Non-profit agency staff
- Youth group leaders
- Parents
- Nursing, medical, and education students
- Faith-based groups

WHAT IT COVERS:

- Common signs and symptoms of mental illnesses in this age group, including:
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with an adolescent in crisis
- How to connect the adolescent with help

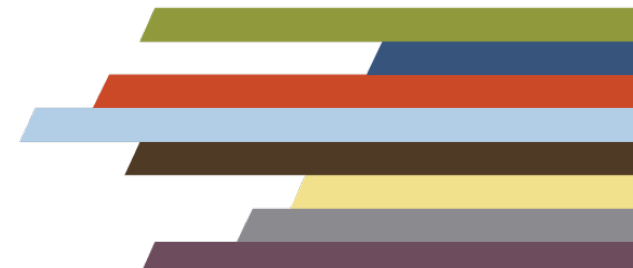
For more information, please visit <https://mhaohio.org/get-help/MHFA>

Connecting Mental Health First Aid to Benefit All Ohioans



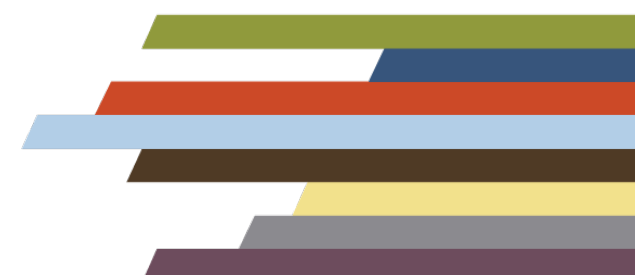
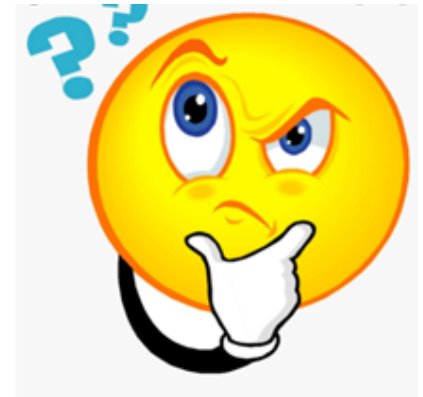
Recommendations

- Invest in building additional frontline capacity
- Expand network of non-traditional MH providers
- Coordinate with health plans/ improvement plans
- Program implementation with ongoing process monitoring & improvement, technical assistance



Recommendations

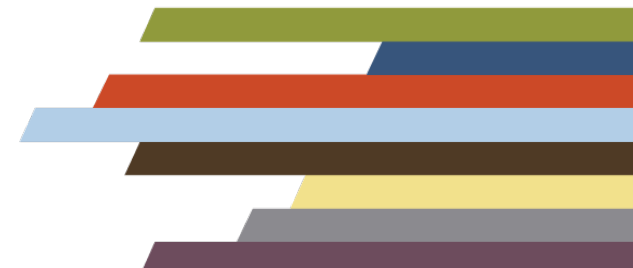
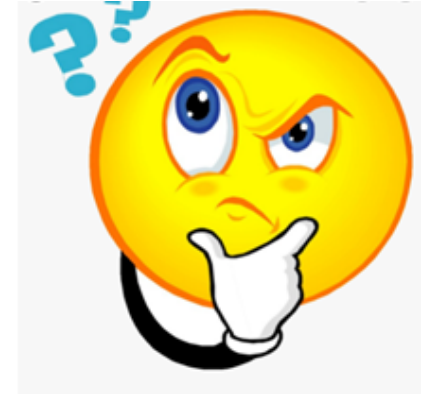
- Implementation of community mental health navigator Programs
 - Conduct environmental scan
 - Coordinate with local mental health boards/behavioral health authorities
 - Support sustainable lines of funding



Recommendations

- Implementation of CMH/Promotores Programs

- Partner with existing CBOs or MCBOs
- Community capacity building
- Support flexible lines of funding



Questions?

Thank You!



Presenter's Contact Information

Contact: Marilyn Laila Sampilo, PhD, MPH

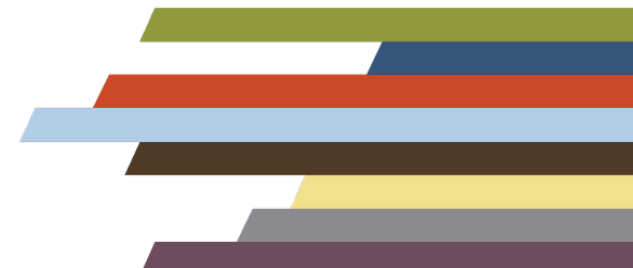
Email: SampilM@ccf.org



DrMLSampilo



Marilyn Sampilo





National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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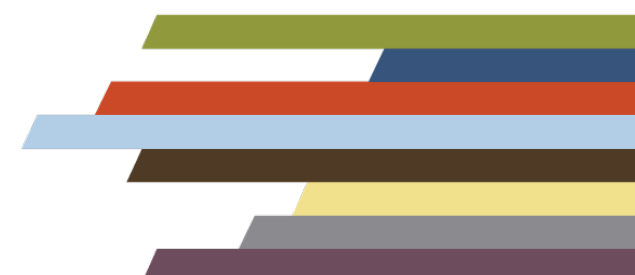


Your opinion is important to us!
Fill out your evaluation forms, it
only takes a couple of minutes!
Just scan this code with your
smartphone. Don't worry if you
can't - an email will be sent to
you with the link.

Website:

<http://www.mhttcnetwork.org/hispaniclatino/>

Email: hispaniclatino@mhttcnetwork.org



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