



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

JOIN THE CONVERSATION: Culturally Responsive Evidence-Based and Community- Defined Practices for Mental Health

We will begin soon!

- This **webinar is being recorded** and will be posted with slides to our website within a few weeks. You will receive notification by email.
- **Participants are muted** with video off.
- Take note of the Zoom toolbox at the bottom of your screen.
 - Use Chat for tech issues
 - Use Q&A feature to ask questions
- **Certificates of attendance** will be available for those who attend.
- We are **not able to offer CEUs** for this webinar.
- We will be using **Poll Everywhere** today.
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JOIN THE CONVERSATION: Culturally Responsive Evidence-Based and Community-Defined Practices for Mental Health

**A listening series led by the
MHTTC Cultural Responsiveness Working Group (CRWG)**

Session 5: Achieving Whole Health:
Balancing Mind, Body and Spirit (AWH)



July 22, 2021



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Housekeeping Items

- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
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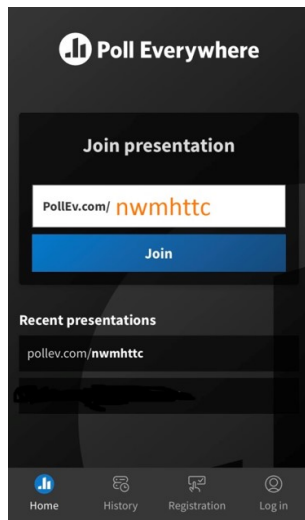
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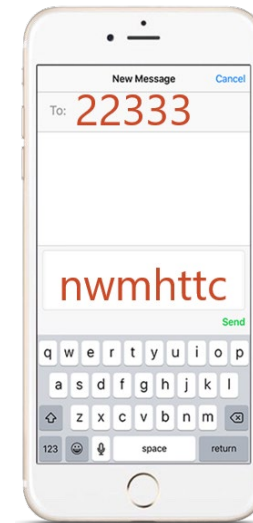
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- The MHTTC Network accelerates the adoption and implementation of mental health related evidence-based practices across the nation
 - Develops and disseminates resources
 - Provides free local and regional training and technical assistance
 - Heightens the awareness, knowledge, and skills of the mental health workforce
- 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office

Visit our website at www.mhttcnetwork.org

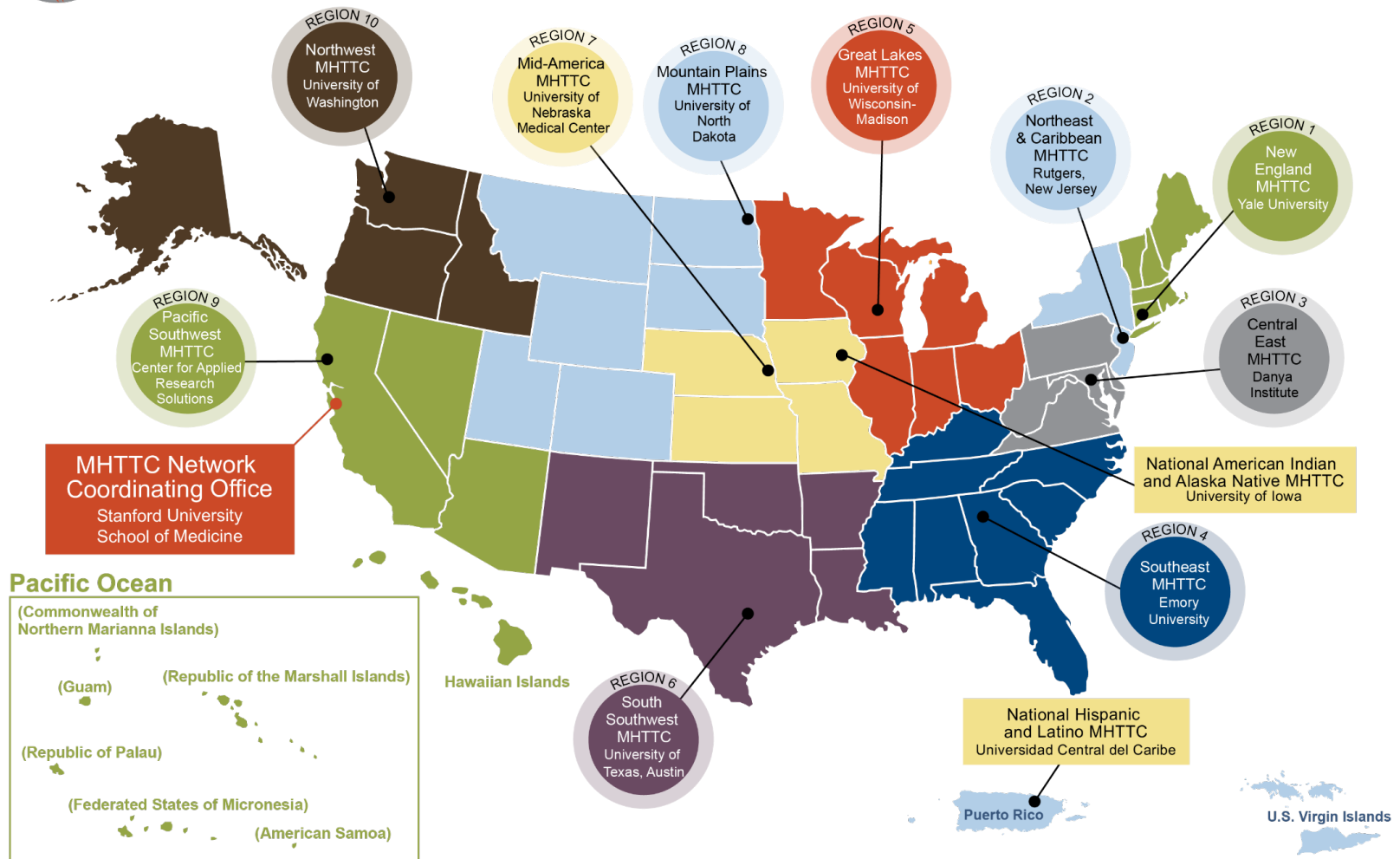


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At the time of this presentation, Miriam Delphin-Rittmon served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the moderator and panelists and do not reflect the official position of the Department of Health and Human 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.

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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 AND
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

The MHTTC Cultural Responsiveness Working Group

The Cultural Responsiveness Working Group (CRWG) aims to disseminate culturally appropriate information and provide technical assistance for the mental health field to improve access to culturally responsive mental health services.

Recognizing the importance of Evidence-Based Practices (EBPs) in the work across the MHTTC Network, the CRWG began exploring how to adapt the principles of EBPs for diverse and underserved communities.

Through this work, the CRWG discovered the importance of also acknowledging and promoting additional culturally inclusive mental health practices that exist in the mental health field.

Therefore, the CRWG is conducting a 6-part series of 90-minute listening sessions to...

Listening Series Goals

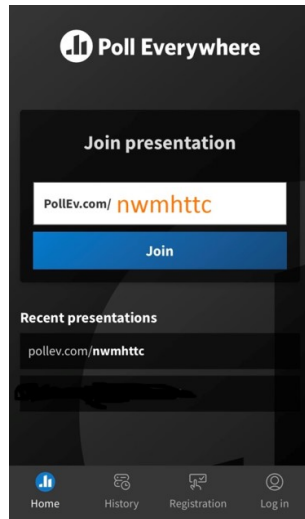
- Engage constituents in an interactive conversation about culturally inclusive mental health practices, including Evidence-Based Practices (EBPs) and Community-Defined Practices
- Explore strengths and barriers of Community-Defined Practices and elevate them as Culturally and Linguistically Appropriate Services (CLAS) Standards
- Identify ways to increase promotion of EBPs and Community-Defined Practices in technical assistance and trainings offered by the MHTTC Network



Agenda for Session 5 – Achieving Whole Health

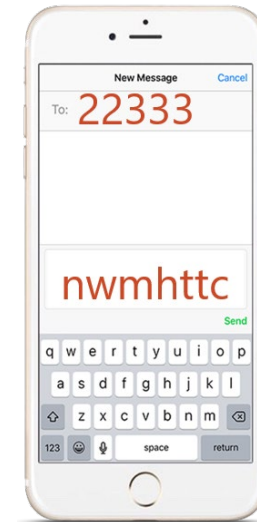
- Overview of Achieving Whole Health (AWH)
 - Context on the AAPI population
 - Culturally and Linguistically Appropriate Services (CLAS) Standards as they pertain to AWH
 - Conversation Starters (polls)
- Examples and lessons learned during the implementation of AWH
 - Fidelity considerations
 - Conversation Starters (polls)
- Q&A
- Wrap up

Get ready to participate via Poll Everywhere!



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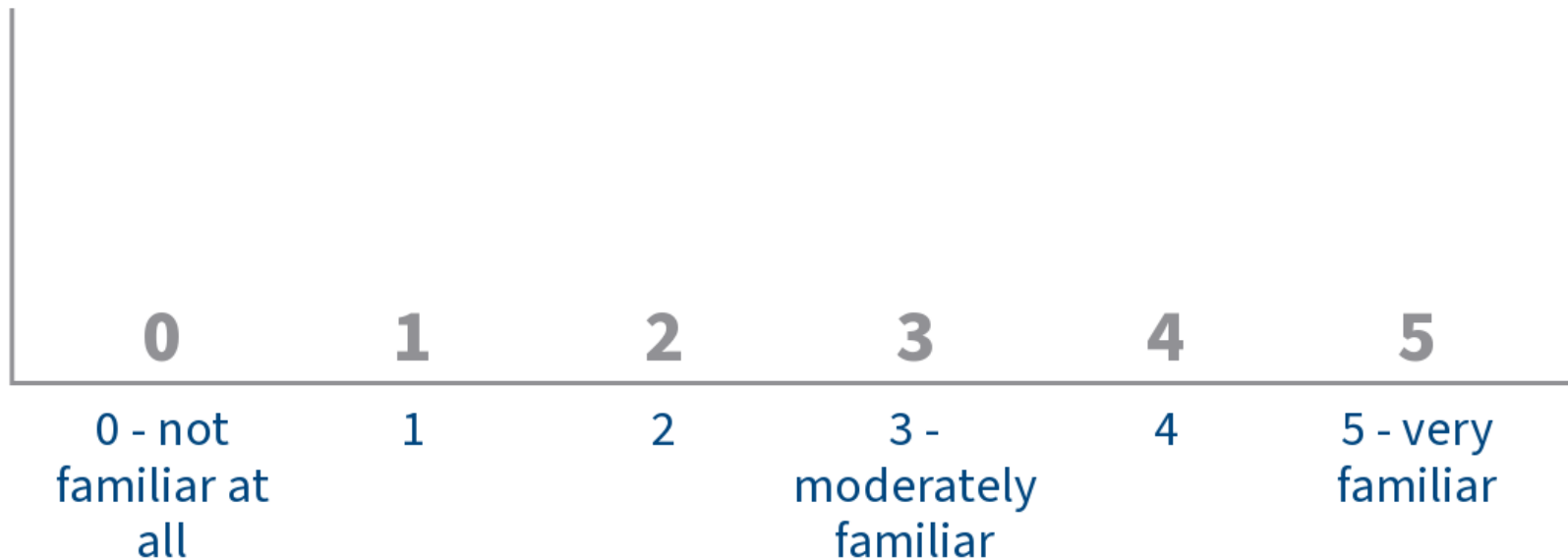


Respond at pollev.com/nwmhttc

Text **NWMHTTC** to **22333** once to join, then **0, 1, 2, 3, 4, or 5**



How familiar are you with Achieving Whole Health: Balancing Mind, Body and Spirit (AWH)? (Scale of 0 to 5, 0=not familiar at all, 5=very familiar)



Welcome our Panelists



Dr. Pata Suyemoto is a feminist scholar, writer, educator, diversity trainer, mental health activist, jewelry designer, and avid bicyclist. She is the co-chair for the Greater Boston Regional Suicide Prevention Coalition and the chair of the Massachusetts Coalition for Suicide Prevention (MCSP) Alliance for Equity's People of Color Caucus. Pata is a co-author of *Widening the Lens: Exploring the Role of Social Justice in Suicide Prevention – A Racial Equity Toolkit*. She has spoken and written about her struggles with depression and is a co-founder of The [Breaking Silences Project](#), which is an artistic endeavor that educates about the high rates of depression and suicide among Asian American young women. She is also a long-time volunteer for Asian Women for Health and is a trainer and wellness coach for the National Asian American Pacific Islander Mental Health Association's (NAAPIMA) Achieving Whole Health program.



Dr. Rachele Espiritu is the co-director of SAMHSA's Pacific Southwest Mental Health Technology Transfer Center (Hawaii, California, Arizona, Nevada, and the Pacific Islands). Dr. Espiritu provides training, technical assistance, and capacity building at the local, territory, tribal, state, and national level in multiple systems, including mental health, substance use, public health, and education. She is a founding partner with Change Matrix LLC, a minority- and women-owned small business that motivates, manages and measures change to support systems that improve lives. She is a former School Board Member of Denver Public Schools (DPS), where she provided direction and leadership for Whole Child efforts and successfully passed a resolution for DPS to become a trauma-informed school district.

Achieving Whole Health

National Asian American Pacific Islander Mental Health Association



NAAPIMHA

National Asian American Pacific Islander Mental Health Association



Agenda

Provide context for Asian Pacific Islander whole health needs

Define Achieving Whole Health (AWH)

Overview of culturally responsive “AWH practices” – Body, Mind, Spirit examples

Discuss how AWH may be implemented with various cultural groups

Examples and lessons learned during the implementation of AWH

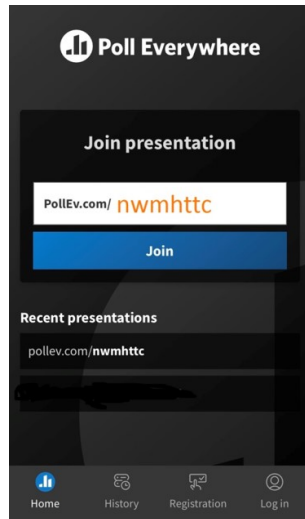
Asians and Pacific Islanders in the US

- Experience serious health disparities
- Often isolated due to language and cultural barriers
- Asian Americans who have experienced racism are more stressed by anti-Asian hate than the pandemic itself (Saw et al.)
- One in five Asian Americans who have experienced racism display racial trauma, the psychological and emotional harm caused by racism (Saw et al.)
- Asian Americans who have experienced racism have heightened symptoms of depression, anxiety, stress, and physical symptoms (Liu et al.).



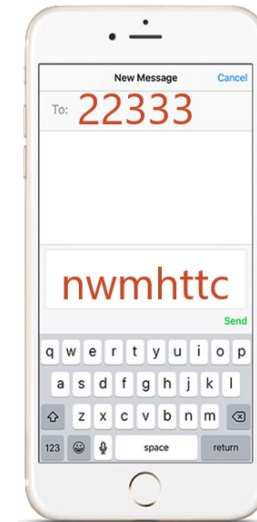
STOP
AAPI
HATE

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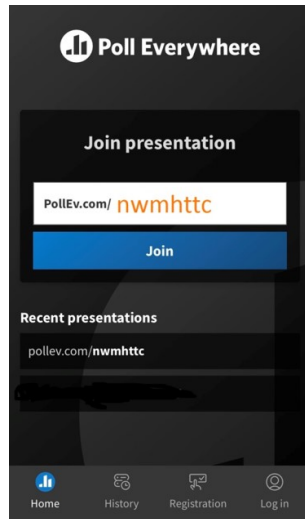


What are the needs of Asian, Native Hawaiians, and/or Pacific Islanders in your community?

Social Determinants of Health

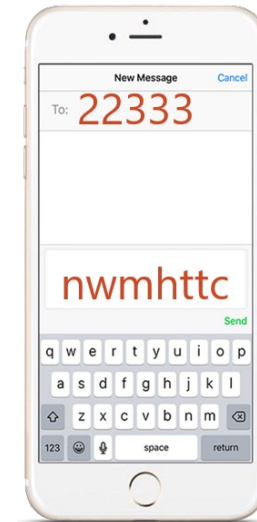
- Achieving Whole Health focuses primarily on the Body, Mind and Spirit.
- It is important, however, to start with a broader perspective that takes into consideration social determinants of health.
- The Western perspective of health and mental health often separate the mind and body.
- Over the years the research has shown a direct correlation between the two as well as the impact of spirituality on the individual's physical/emotional health.
- Equally important is understanding social, economic, political, and other factors in a person's environment that can play a significant role in a person's emotional or physical health.

Get ready to participate via Poll Everywhere!



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What do you see as the relationship between mental health and physical health?

Achieving Whole Health: Balancing Body, Mind, and Spirit

- Goal: To reduce disparities in care and improve the overall health and well being of Asians, Native Hawaiians, and Pacific Islanders
- Interactive 1-day training that provides providers, peers, and community members the tools, knowledge and skills to become Wellness Coaches
- Culturally adapted from SAMHSA's Whole Health Action Management - Peer Specialists Whole Health training program
- Implemented through grant support from Office of Minority Health and spread through NNEDLearn



Achieving Whole Health

3 Life Domains - 10 Life Elements

Body

- Healthy Eating
- Physical Activity
- Restful Sleep

Mind

- Relaxation Techniques to Relieve Anxiety
- Hope and Optimism
- Positive Attitude

Spirit

- Spiritual Beliefs and Practices
- Supportive Relationships
- Service to Others
- A Sense of Meaning and Purpose

Fidelity: Five Keys to Success

- 1) Identifying a person-centered goal using the IMPACT criteria
- 2) Developing a realistic action plan using the confidence Scale
- 3) Maintaining daily/weekly personal log
- 4) Receiving one-on-one support
- 5) Participating in a weekly whole health support group

Examples of AWH strategies

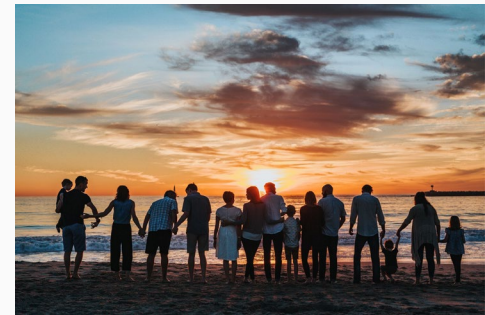
Body



Mind



Spirit





Body

If you don't take care of your body... where are you going to live?

Author unknown

Life Elements

Healthy Eating

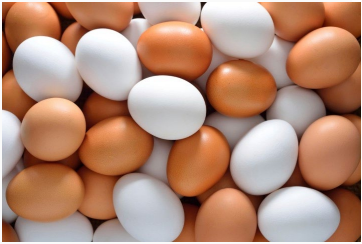
Physical Activity

Restful Sleep

Healthy

Unhealthy

Other ?





Mind

A healthy outside starts from the inside. Set your mind first and the body will follow.

Author unknown

Life Elements:

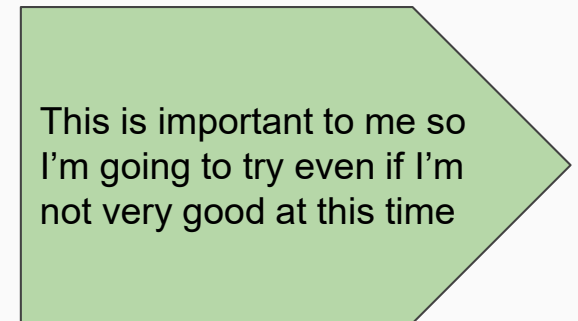
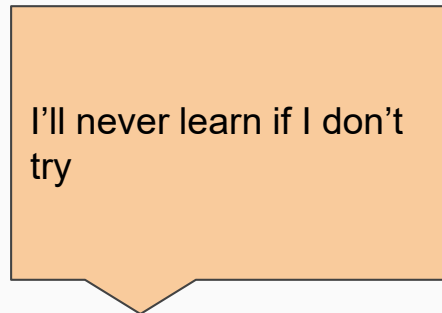
Relaxation

Optimism & Hope

Positive Attitude

Positive Attitude: Catch It! Check It ! Change It!

Catch it! Check it! Change it!





Spirit

Just as a candle cannot burn
without fire, we cannot live
without a spiritual life.

~ Buddha

Life Elements:

Spiritual Beliefs and Practices

Supportive Relationships

Service to Others

A Sense of Meaning and Purpose

Supportive Relationships

Map exercise

Draw four concentric circles

Label as follows

Inner Circle

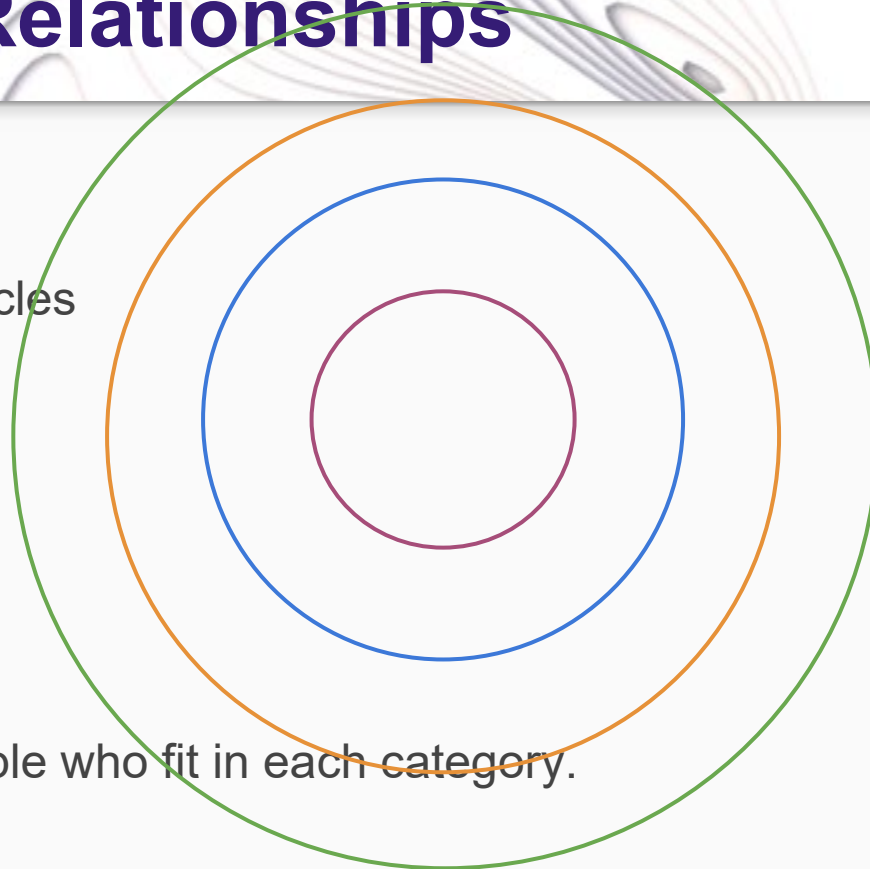
Friendship Circle

Neighbors and Group

Connections Circle

Acquaintances Circle

Write the names of people who fit in each category.



Format: Goal Statement with IMPACT & Confidence

Improve

Measurable

Positively stated

Achievable

Call forth actions

Time limited

Goal:

Write the goal with IMPACT:

How confident are you?

What will I do?

How much will I do?

How often will I do it?

When will I do it?

Example: Goal Statement with IMPACT & Confidence

Improve

Measurable

Positively stated

Achievable

Call forth actions

Time limited

Goal: I want to increase my social activity (Supportive Relationships)

Write the goal with IMPACT: **I will attend a sewing group for one hour once a week in the evening.**

How confident are you? **8**

What will I do? **Attend a sewing group**

How much will I do? **One hour**

How often will I do it? **Once a week**

When will I do it? **In the evening**

What aspects of this practice would fit well in your organization or community?

Using AWH with Diverse Groups

Adapted for:

- Specific Asian Cultures
- Women/Teen Girls
- Native American



Lessons Learned

Organizational factors

- Program fits well into context of most organizations
- Takes time to make the philosophical shift from treatment of illness to striving for recovery and wellness
- Wellness activities have strengthened capacity of organizations
- Language
- Funding

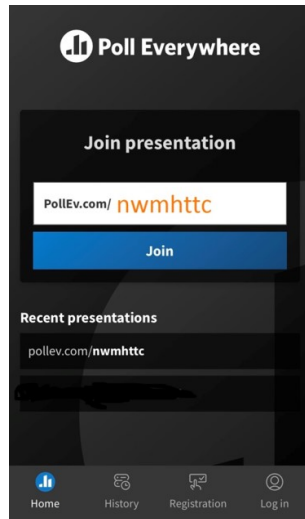


NNEDLearn Implementation Analysis

Evidence-Based and Culturally Relevant Behavioral Health Interventions in Practice: Strategies and Lessons Learned from NNEDLearn (2011-2020)

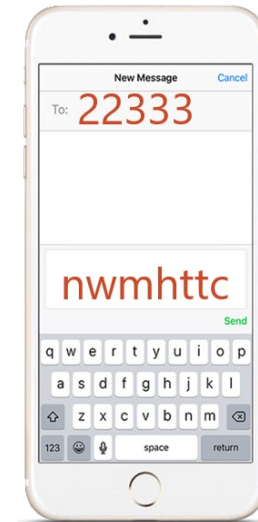
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What will it take for you to implement this practice in your work?

Q&A with Panelists

Next: Last session in this Listening Series!



Session 6: August 5 | Preventing Long-term Anger and Aggression in Youth (PLAAY)

Register here: <http://bit.ly/join-the-convo>

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