



National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# COVID 19: Disparities, Discrimination and Mental Health Challenges



Haner Hernandez, Ph.D., CPS, CADCI, LADCI

NHL-MHTTC Consultant and Trainer

413-627-1601, [hanerhernandez@aol.com](mailto:hanerhernandez@aol.com)

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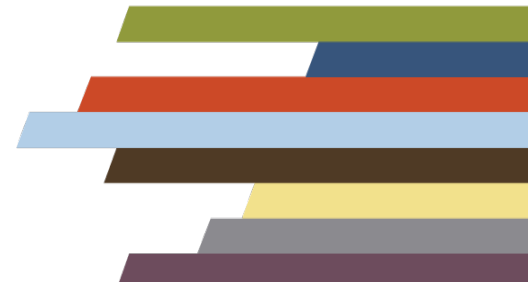
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**SAMHSA**

Substance Abuse and Mental Health  
Services Administration

**UCC**

UNIVERSIDAD CENTRAL DEL CARIBE



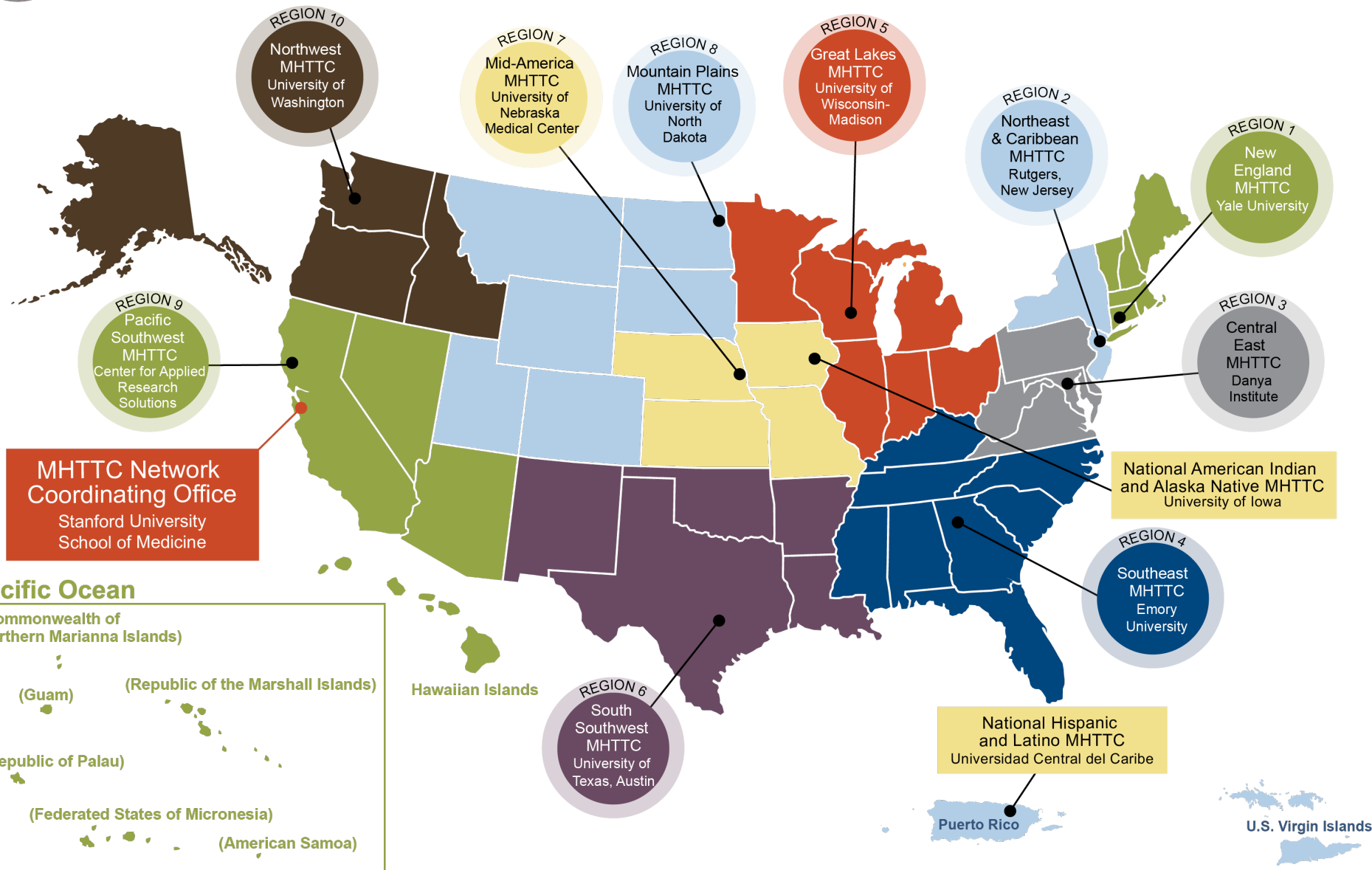


# MHTTC

## Mental Health Technology Transfer Center Network

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# MHTTC Network



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

# Disparities

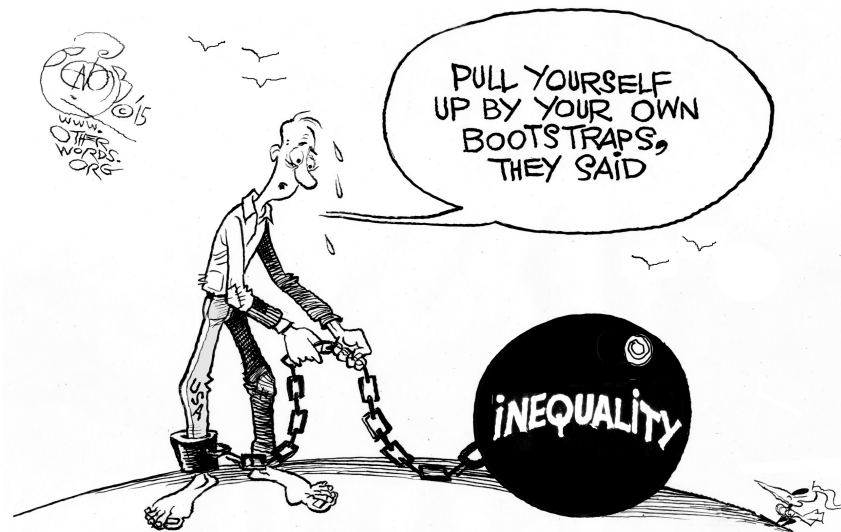
- **A racial, ethnic or behavioral health outcome** that is seen to greater or lesser extent between populations. Particularly linked with **social, economic, and/or environmental disadvantage** (Health People 2020).
- Have been developing on this continent for **100s of years**.
- **Intentional policies have created inequities** and institutionalized racism and other forms of oppression maintain them. **Poor people didn't create disparities!**
- Covid-19 further **exposed disparities**.



THE MAJORITY OF AMERICA'S PROBLEMS CAN BE SOLVED WITH TWO WORDS.

PERSONAL RESPONSIBILITY

# Personal Responsibility or Societal Determinants of Health



# COVID-19: U.S. Context

- Over **29 million** people infected in the U.S.
- Over **525,000** people have died in the U.S.
- Covid-19 is a **major psychological stressor** for the entire population, with **disproportionate impacts on marginalized individuals, families and communities.**
- Native Peoples, Black/African Americans, Hispanic/Latinx, and those who are economically disadvantaged **continue to be disproportionately impacted.**



# COVID-19 Hospitalizations

- **American Indian or Alaska Native people** had an age-adjusted COVID-19 hospitalization **rate about 5.3 times** that of non-Hispanic whites;
- Hospitalization rates for **Black and Hispanic or Latino people were both about 4.7 times** the rate of non-Hispanic white people.



Mayo Clinic 2021: <https://www.mayoclinic.org/diseases-conditions/coronavirus/expert-answers/coronavirus-infection-by-race/faq-20488802>

# Covid-19 Death Rates by Race/Ethnicity

## Deaths as of March 2, 2021:

- **1 in 390 Indigenous Americans has died** (or 256.0 deaths per 100,000)
- **1 in 555 Black Americans has died** (or 179.8 deaths per 100,000)
- **1 in 565 Pacific Islander Americans has died** (or 176.6 deaths per 100,000)
- **1 in 665 White Americans has died** (or 150.2 deaths per 100,000)
- **1 in 680 Latino Americans has died** (or 147.3 deaths per 100,000)
- **1 in 1,040 Asian Americans has died** (or 96.0 deaths per 100,000)

(APM Research Lab: <https://www.apmresearchlab.org/covid/deaths-by-race>)



# Vaccine Availability and Access

- 2 of the **wealthiest zip codes** in the US have received priority access to vaccines.
- **Native, African American/Black, and Hispanic/Latinx people are not prioritized.**
- The public health system and infrastructure **once again fails** marginalized communities.

# Mental Health and Substance Use Disorders

- **Mental illnesses are common** in the United States. Nearly **one in five** U.S. adults live with a mental illness (46.6 million in 2017).
- **Serious mental illness (SMI)** is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment..  
<https://smiadvise.org/about/covid>
- Research has indicated that people with serious mental illness **die 10-25 years earlier** than the general population.
- <https://www.drugabuse.gov/publications/research-reports/common-comorbidities-substance-use-disorders/part-1-connection-between-substance-use-disorders-mental-illness>



# Mental Health and Substance Use Disorders

- The term **“comorbidity”** describes **two or more disorders or illnesses** occurring in the same person.
- In 2018, approximately **20.3 million people aged 12 or older had a substance use disorder (SUD)** related to their use of alcohol or illicit drugs in the past year (SAMHSA, 2018).
- According to NIDA (2020) **“People with substance use disorders (SUDs) may be particularly vulnerable to COVID-19 and its most adverse health outcomes.”** Relapse rates skyrocketed in 2020.
- In a **12 month period, 82 thousand people died of opioid overdoses** in the US. This is the largest number ever in a 12 month period (CDC, 2020).



# Mental Health, Substance Use Disorders and Suicidal Ideation during Covid-19

- **Elevated levels of adverse mental health conditions, substance use, and suicidal ideation** were reported by adults in the United States in June 2020.
- The prevalence of symptoms of anxiety disorder was **approximately three times those reported in the second quarter of 2019** (25.5% versus 8.1%).
- Prevalence of depressive disorder was **approximately four times that reported in the second quarter of 2019** (24.3% versus 6.5%).

# Impacts of the Healthcare and Behavioral Health Workforce

- **Countless have been exposed to Covid-19. Many have died as a result.**
- There are **stressors associated with caring for the sick and/or gravely ill** under adverse circumstances.
- Many **workers have been isolated from their families** and loved ones.
- **Extended work shifts** with little no supports.



# Trauma Grief and Loss

- The impact of **mass graves and drive by funerals**.
- The **absence of rituals**, such as funerals, family gatherings, and opportunities for person-to-person goodbyes, often **results in *disenfranchised grief***.
- For frontline healthcare workers, the **huge surge in deaths is distressing**. Discontinuing mechanical ventilation is emotionally onerous with little time for mourning due to the intensifying situation.
- Unusual and **delayed grief may increase risk of *prolonged grief disorder*** in this pandemic.

# Siloed and Punitive Systems

- Health, Mental Health, and Substance Use Disorder systems are siloed.
- Criminal justice response to a public health crisis.
- Institutionalized racism and other forms of oppression.
- Punitive approaches in treatment.

# How We Claim We Treat People.....

- Non-Bias
- Non-Judgemental
- As They Come
- As We Want to be Treated
- The Same





# Mass Incarceration

**1970**  
**200,000**



**2021**  
**2.3 Million**

**People**

**Incarcerated in the USA!!!**

**5.5 to 6 Million Individuals  
on Probation, Parole, House Arrest!**

# Deliberate Policies!

- Deinstitutionalization
- War On Drugs

- Schools Zones
- 3 Strikes and You're Out

## So Called "Plea Bargains:"

- 97% at the Federal level
- 94% State Level

Cocaine

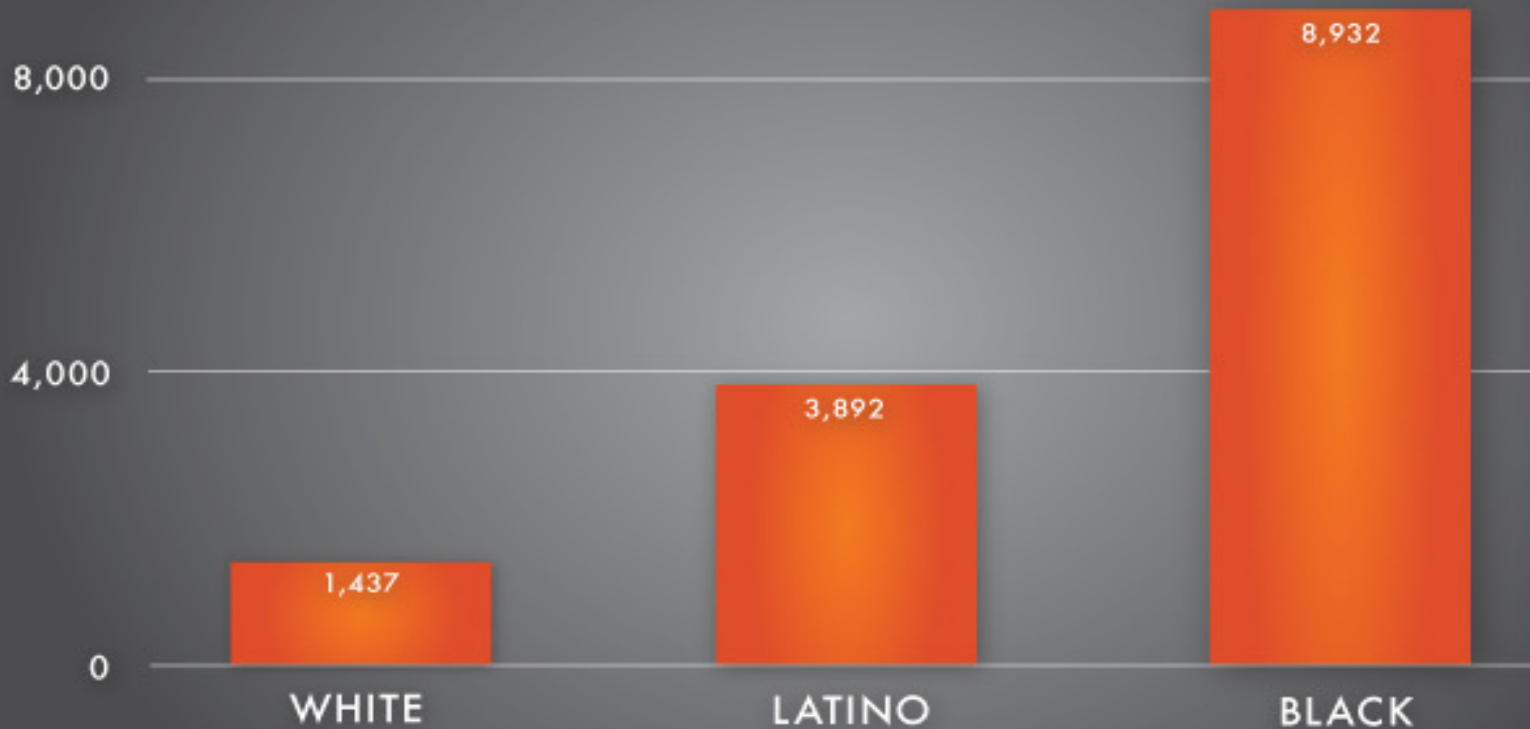
- Mandatory Minimums
- No Voting Rights

Prisons/Jails

- Criminal Offender Records
- Others

# Young Male Incarceration Rates, 2019

(number of people 25-29 years old incarcerated per 100,000 people in that age group)



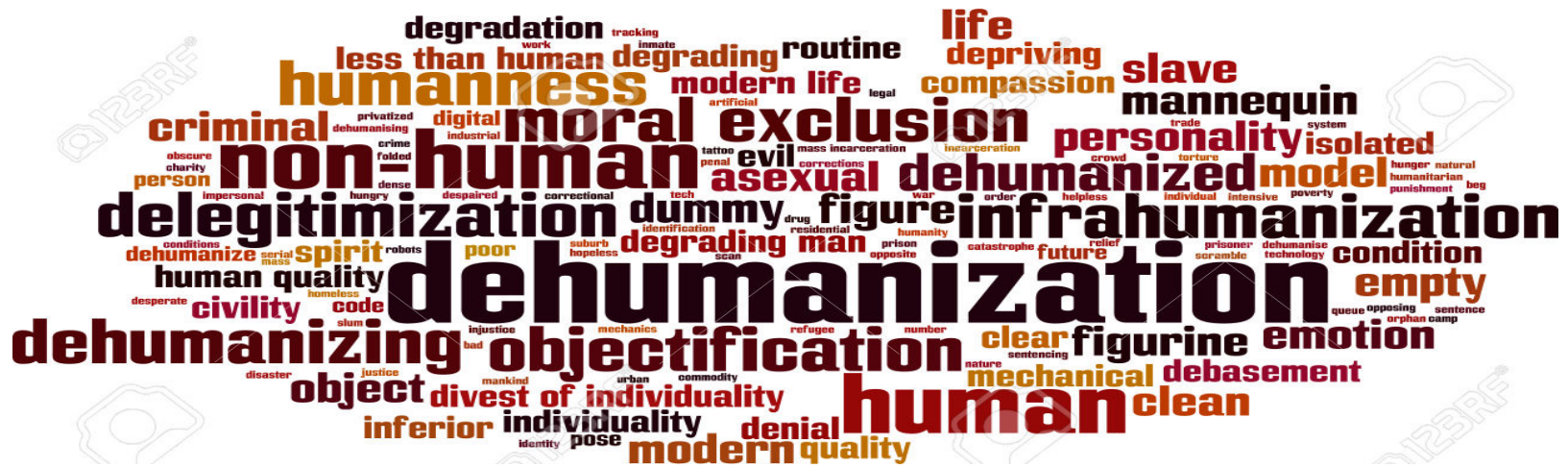
Source: Prepared by the Prison Policy Initiative from Bureau of Justice Statistics, Correctional Population in the United States, 2010, Appendix Table 3.

Debate and Disagreements  
Regarding Vaccination for Inmates

# Solutions, Strategies, Techniques, and Partnerships Moving Forward



# We need a Process that Moves us From



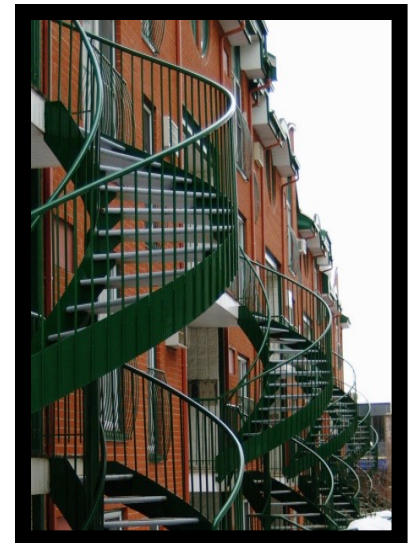
# To Humanization!!!!



# Cultural Humility

“Cultural Humility incorporates a **lifelong commitment to self-evaluation and self critique** to **redressing the power imbalances** in the ~~patient-physician~~ dynamic and to developing **mutually beneficial and non-paternalistic** clinical and **advocacy partnerships with communities** on behalf of individuals and the defined population.”

(Tervalon and Murry-Garcia, 1998)



# Cultural Intelligence

“Cultural Intelligence is the **capability to relate and work effectively** in culturally diverse situations. **It goes beyond existing notions of cultural sensitivity and awareness** to highlight a theoretically-based set of capabilities needed to **successfully and respectfully accomplish** your objectives in culturally diverse settings.”

(Cultural Intelligence Center, 2020)



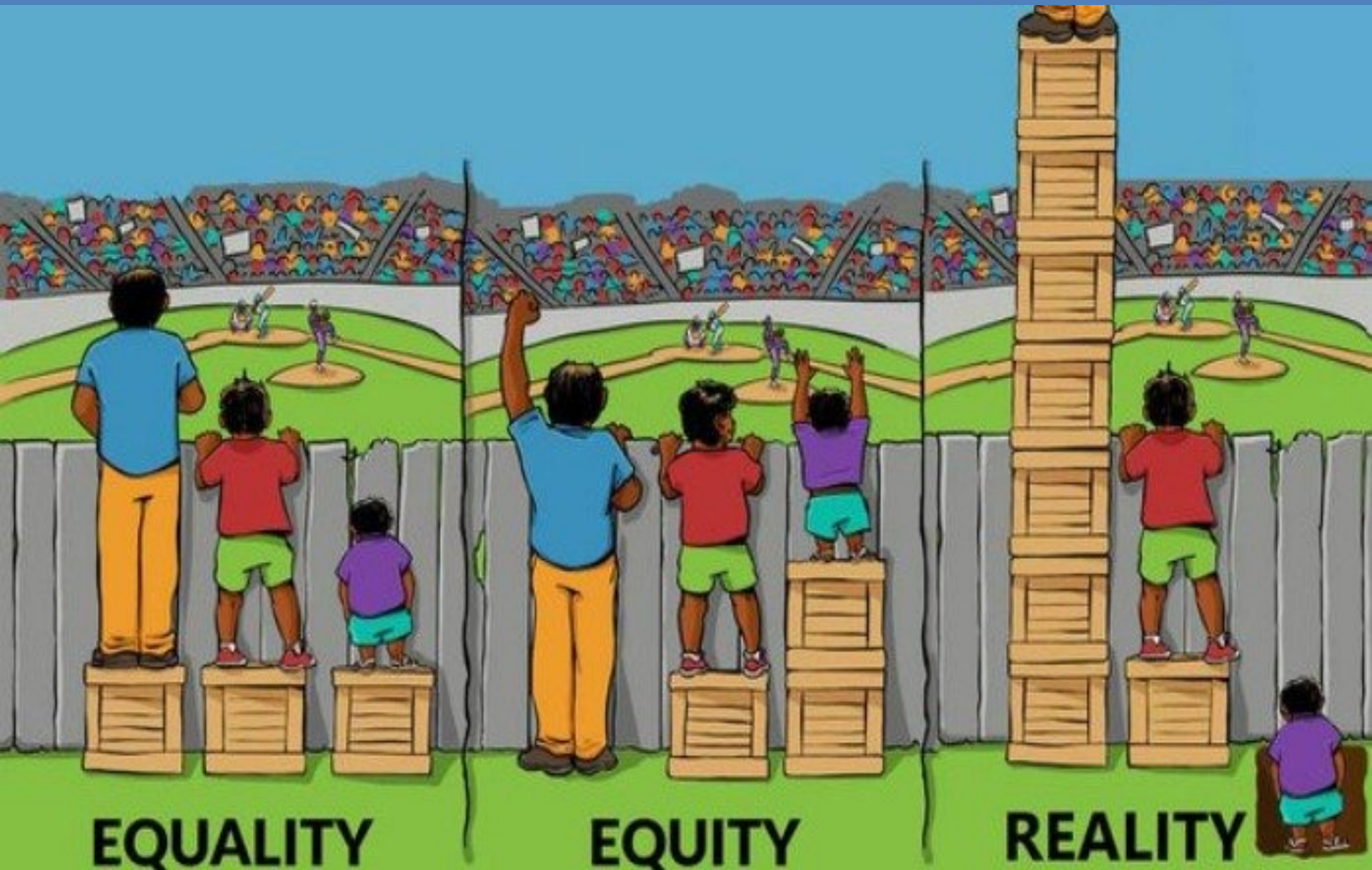
# Not Just Trauma Informed.....

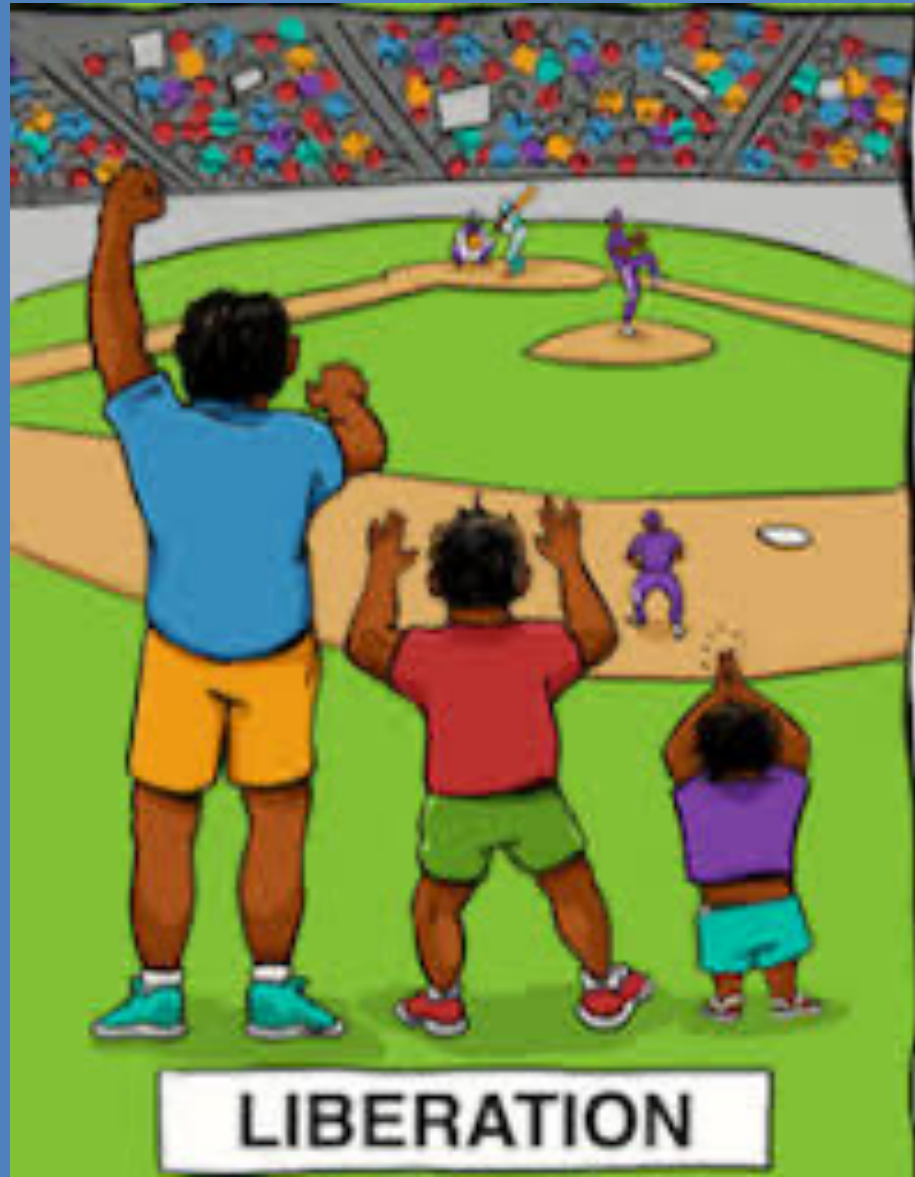


....Be Social Justice Informed!



# Build Equity - Policies





# LIBERATION ROAD

EL CAMINO PARA LA LIBERACIÓN

# Equitable Access to Covid-19 Vaccines and Treatments

- Yes marginalized groups distrust governments and health care institutions. Know that they have credible reasons!
- Focus on transforming racist and discriminatory systems – Don't just attempt to change individual beliefs and behaviors; we need SYSTEMS CHANGE!
- Allocate resources equitably!



Evidence: All Credible  
Outcomes Show That...



**THERES MORE  
THAN ONE PATH TO  
RECOVERY**



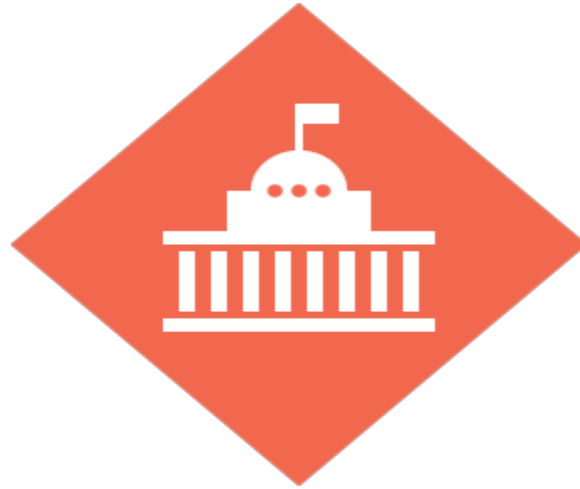
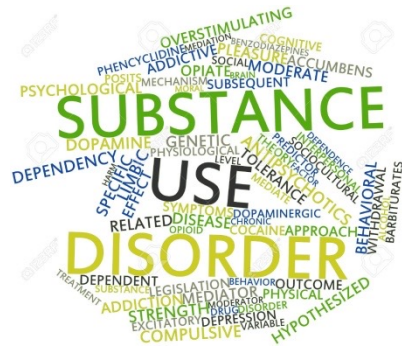
# True Partnerships Across Systems



INCLUSIVE  
EQUITABLE  
EDUCATION

Thought: Graham Brown-Martin

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# Advocacy works!



GRACIAS



Yupi Internet Inc.©



# Resources

Please visit our COVID-19 pandemic response resources for both the ATTC & PTTC Networks for helpful resources related to substance use prevention, treatment, and recovery:

- [ATTC Pandemic Response Resources](#)
- [PTTC Pandemic Response Resources](#)
- [PTTC Workgroup – Addressing Culturally & Linguistically Appropriate Practices Resources](#)
- [ATTC Workgroup - Health Equity & Inclusion Resources](#)

# References

- Coronavirus Infection by race: What's behind the health disparities, 2021: <https://www.mayoclinic.org/diseases-conditions/coronavirus/expert-answers/coronavirus-infection-by-race/faq-20488802>
- Health People 2020: <https://www.healthypeople.gov/2020>
- Key Substance Use and Mental Health Indicators in the United States: Results from the 2018 National Survey on Drug Use and Health, <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHNationalFindingsReport2018/NSDUHNationalFindingsReport2018.pdf>
- Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>
- William White: Multiple Pathways of Recover: [http://www.williamwhitepapers.com/pr/dlm\\_uploads/Multiple-Pathways-of-Recovery-Guide-2018.pdf](http://www.williamwhitepapers.com/pr/dlm_uploads/Multiple-Pathways-of-Recovery-Guide-2018.pdf)
- New Evidence on Substance Use Disorders and COVID-19 Susceptibility: <https://www.drugabuse.gov/about-nida/noras-blog/2020/10/new-evidence-substance-use-disorders-covid-19-susceptibility>
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- Prison Policy Initiative: <https://www.prisonpolicy.org/>
- Tervalon and Murry-Garcia, 1998 . Cultural humility versus cultural competence: a critical distinction in defining physician training outcomes in multicultural education
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- Zhai, Y., & Du, X. (2020). Loss and grief amidst COVID-19: A path to adaptation and resilience. *Brain, Behavior, and Immunity*, 87, 80–81. <https://doi.org/10.1016/j.bbi.2020.04.053>