



Mid-America (HHS Region 7)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Context Clues: Using Social Determinants of Health (SDOH) to Enhance Treatment: Education

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Mid-America MHTTC



MUNROE-MEYER  
INSTITUTE

***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

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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/  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

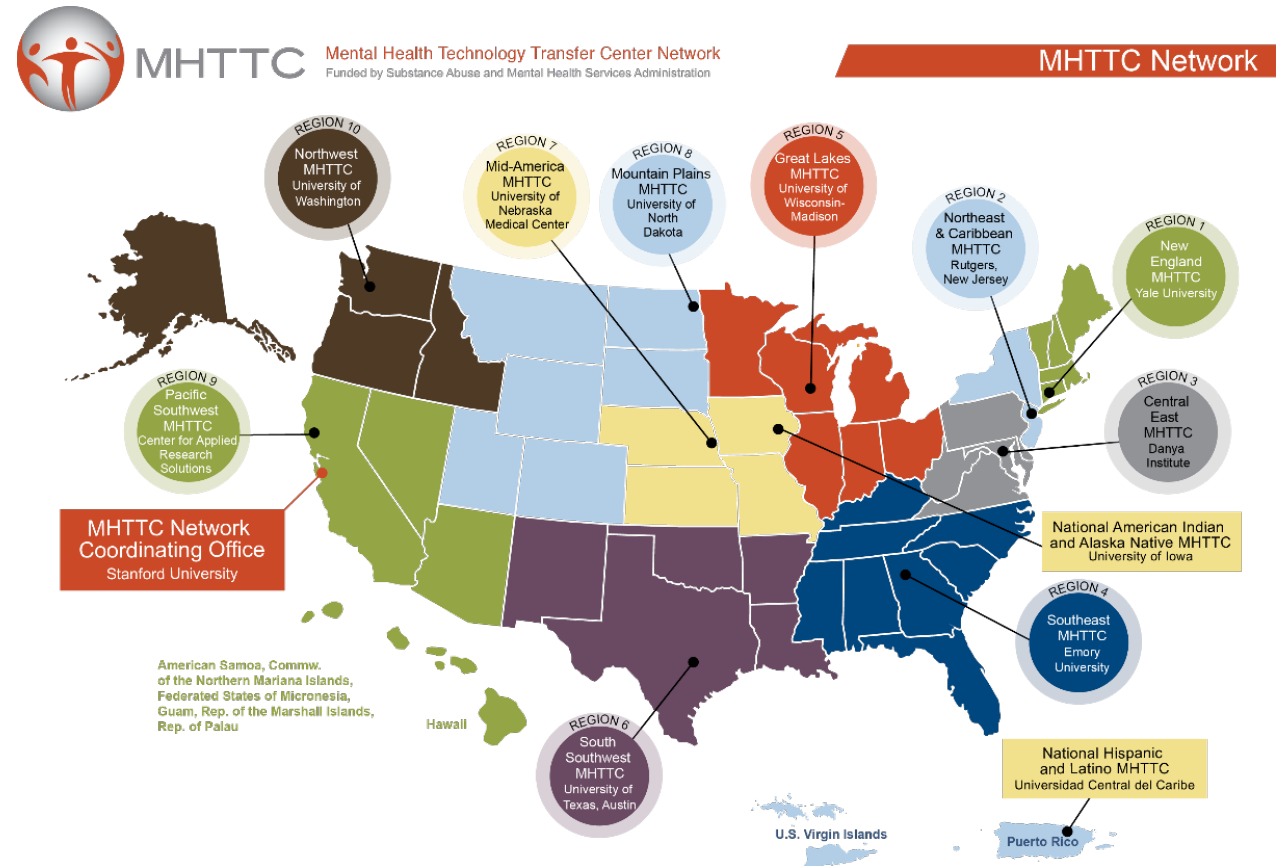
RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

# Mid-America Mental Health Technology Transfer Center

Established to increase utilization of evidence-based mental health practices.

- Missouri, Iowa, Nebraska, and Kansas.
- Free training and technical assistance.
- SAMHSA grant awarded to the Behavioral Health Education Center of Nebraska at University of Nebraska Medical Center.  
(5 years, \$3.7 million, grant number: H79SM081769)



# Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

<b>Economic Stability</b> <ul style="list-style-type: none"><li>• Employment</li><li>• Food Insecurity</li><li>• Housing Instability</li><li>• Poverty</li></ul>	<b>Education Access and Quality</b> <ul style="list-style-type: none"><li>• <b>Early Childhood Education and Development</b></li><li>• <b>Enrollment in Higher Education</b></li><li>• <b>High School Graduation</b></li><li>• <b>Language and Literacy</b></li></ul>	<b>Social and Community Context</b> <ul style="list-style-type: none"><li>• Civic Participation</li><li>• Discrimination</li><li>• Incarceration</li><li>• Social Cohesion</li></ul>	<b>Health Care Access and Quality</b> <ul style="list-style-type: none"><li>• Access to Health Care</li><li>• Access to Primary Care</li><li>• Health Literacy</li></ul>	<b>Neighborhood and Built Environment</b> <ul style="list-style-type: none"><li>• Access to Foods that Support Healthy Eating Patterns</li><li>• Crime and Violence</li><li>• Environmental Conditions</li><li>• Quality of Housing</li></ul>
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“Although interventions primarily target a single social determinant, they likely have ripple effects across others.”

---Health Affairs  
2016

**EDUCATION**



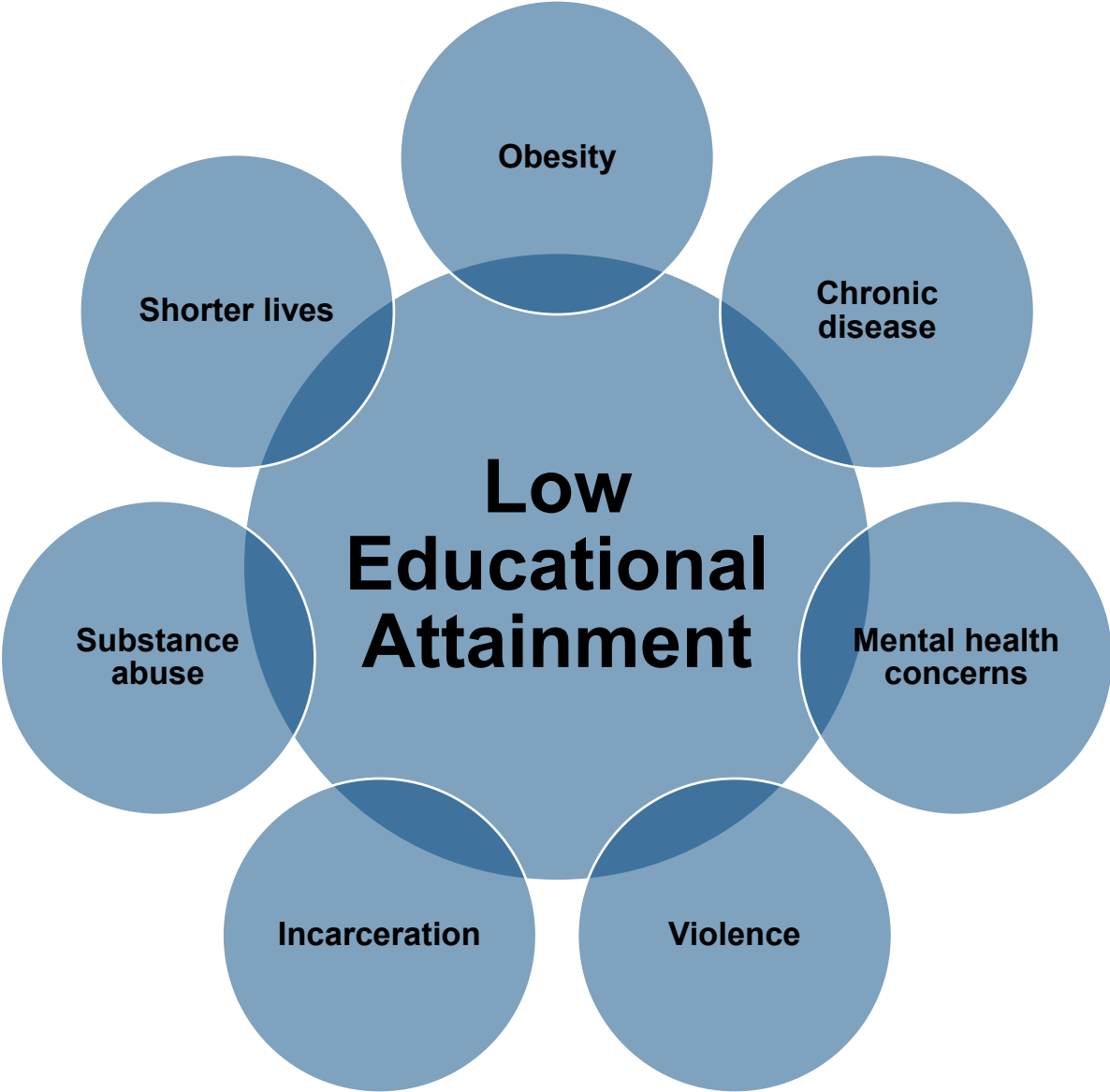
Education can create better opportunities for health.

Poor health can affect educational outcomes.

**HEALTH**



Social, economic and physical environments can affect both education and health.





# Education Access and Quality

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Early childhood education  
and development

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Language and literacy

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Graduating from high school

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Enrollment in higher  
education

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Educational attainment



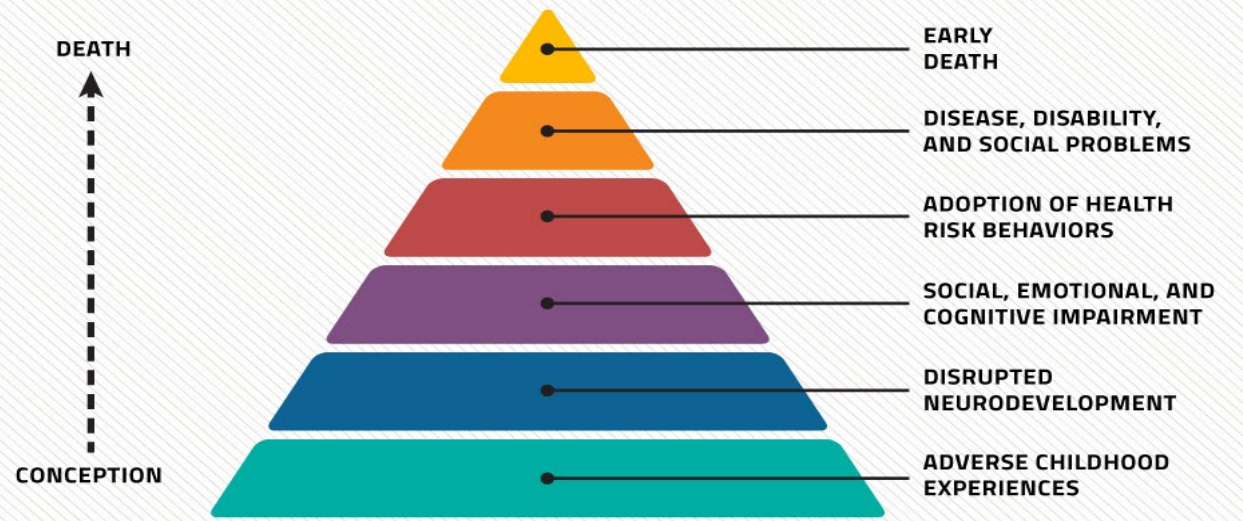


# Early Education and Development

- Early childhood education and development and educational opportunities are affected by various environmental and social factors, including:
  - Early life stress
  - Socioeconomic status
  - Relationships with parents and caregivers
  - Access to early education programs



## How Adverse Childhood Experiences Can Influence Health Throughout Life



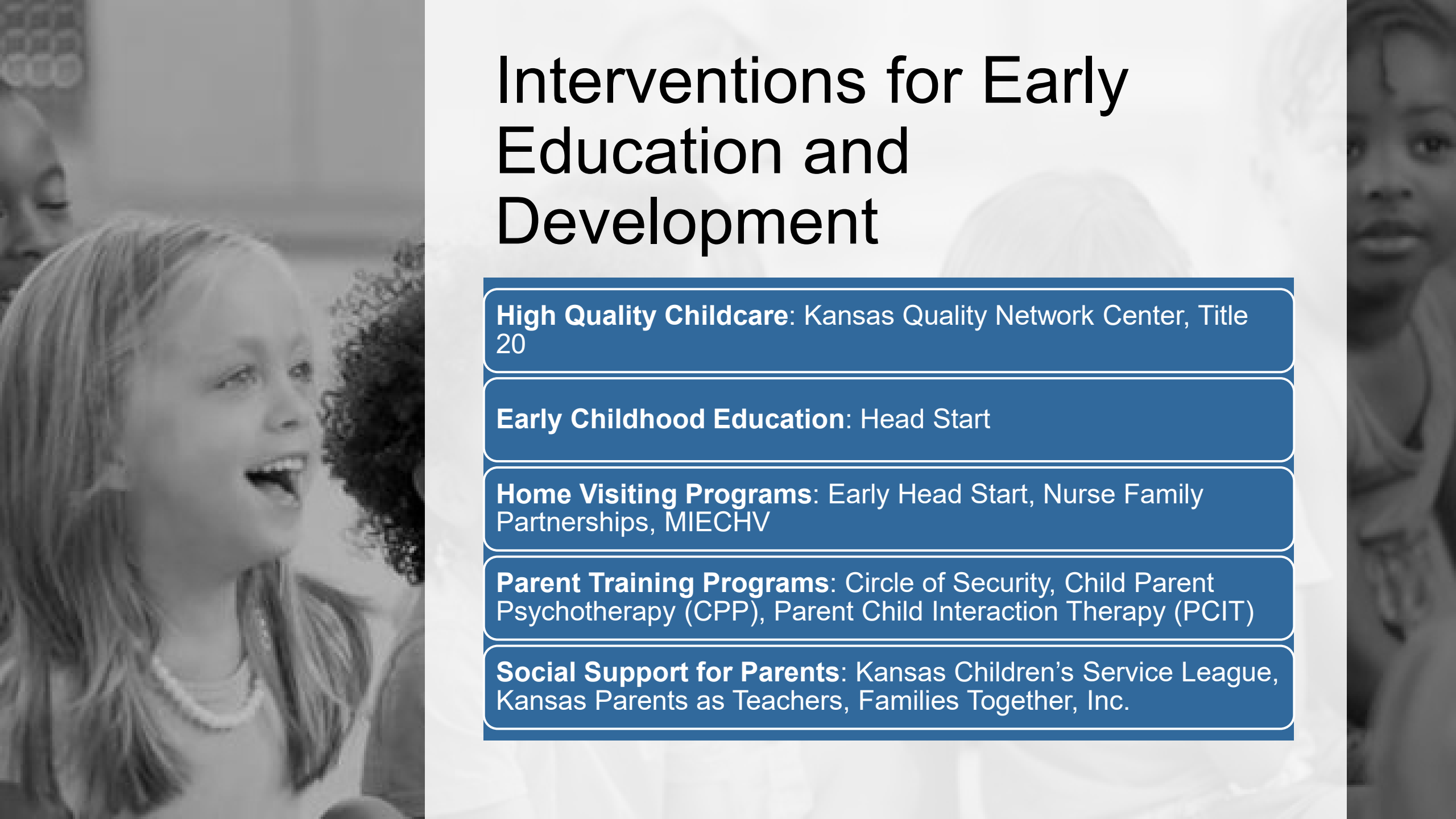
# Early Childhood Education

All ECE programs must address one or more of the following:

- Literacy
- Numeracy
- Cognitive development
- Socio-emotional development
- Motor skills

Some programs may offer additional components, including:

- Recreation
- Meals
- Health care
- Parent-child relationships
- Parental supports
- Social services



# Interventions for Early Education and Development

**High Quality Childcare:** Kansas Quality Network Center, Title 20

**Early Childhood Education:** Head Start

**Home Visiting Programs:** Early Head Start, Nurse Family Partnerships, MIECHV

**Parent Training Programs:** Circle of Security, Child Parent Psychotherapy (CPP), Parent Child Interaction Therapy (PCIT)

**Social Support for Parents:** Kansas Children's Service League, Kansas Parents as Teachers, Families Together, Inc.

# Known Benefits of Early Childhood Education

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Increases in maternal employment and income

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Reductions in crime, welfare dependency, and child abuse and neglect

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Savings from reduced grade retention

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Savings in health care costs

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Savings in remedial education and childcare costs

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Improvement in health outcomes associated with education

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Earnings gains associated with high school graduation

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Better jobs and higher earnings throughout employment years for children participating in these programs

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# Language and Literacy

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Oral

---

Print

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Numeracy

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Cultural and  
Contextual Knowledge





# Educational Supports: 504 Plans



- A 504 plan is intended for children with disabilities who do not need or qualify for special education but could benefit from accommodations and/or specialized help in school.
- These plans identify accommodations a child with a disability needs to fully participate in the classroom and sets up ways to help the child succeed.

## Examples:

- Preferential seating
- An allergen-free environment
- Extended time/quiet space
- Technology to support needs
- Reduction in homework
- Providing a tutor after school to help with assignments or organization
- Requiring teachers and aides to receive training relating to your child's particular disability



# Health Literacy

“The degree to which individuals have the capacity to **obtain, process, and understand basic health information and services** needed to **make appropriate health decisions.**”

----Healthy People 2010



# Warning Signs of Poor Health Literacy

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Nonadherence with treatment regimes

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Reoccurrence of the same problems

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Over-use, under-use, and misuse of health care system

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Over-representation of vulnerable populations in acute care facilities

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Poor medication management

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Difficulty making informed health decisions

# Simple Health Literacy Tips

1

Use plain language

2

Use visual aids

3

Recommend and use technology

4

Use effective teaching methods

# Graduate High School

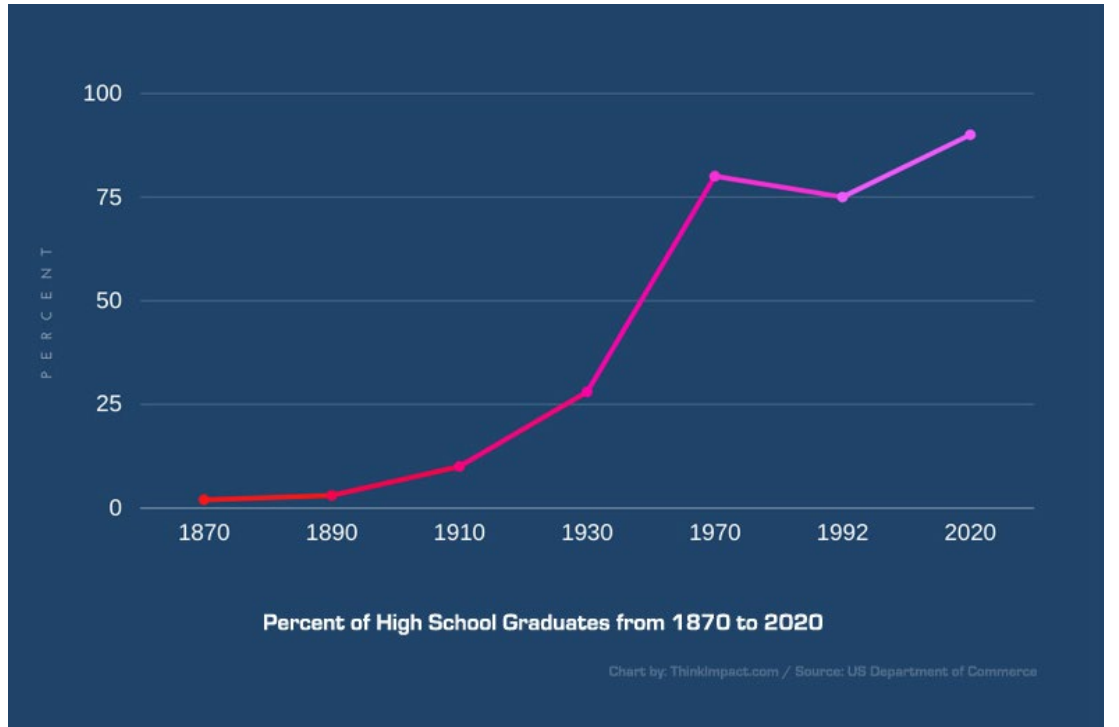
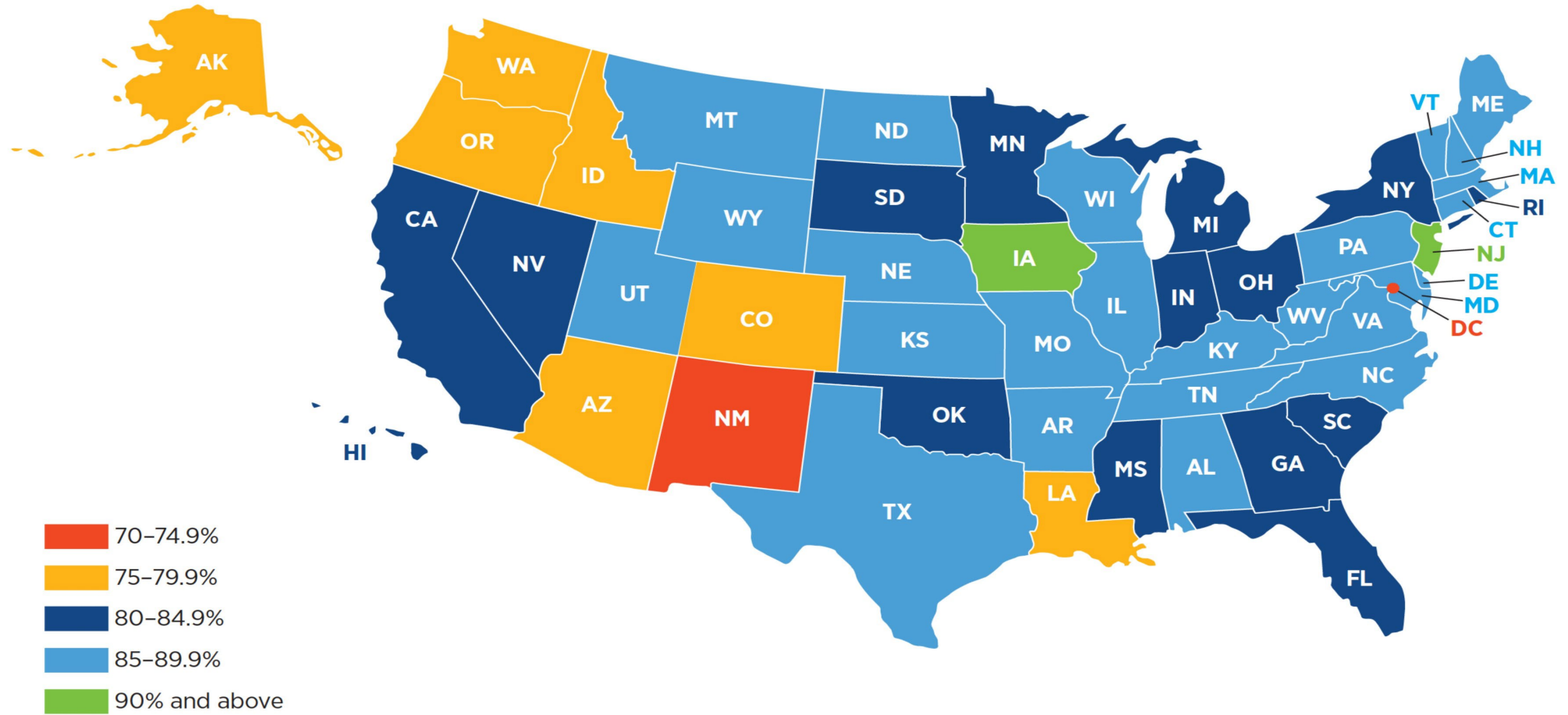


Figure 2 • Adjusted Cohort Graduation Rate, by State 2016–17



# Interventions to Increase Graduation Rates



Regular tracking and checking in with students



Mentoring



Tutoring and academic assistance



Increasing college/post-secondary knowledge



Personalizing curriculum to students' interests or future professional aspirations



Community involvement



Student advocacy and relationship building

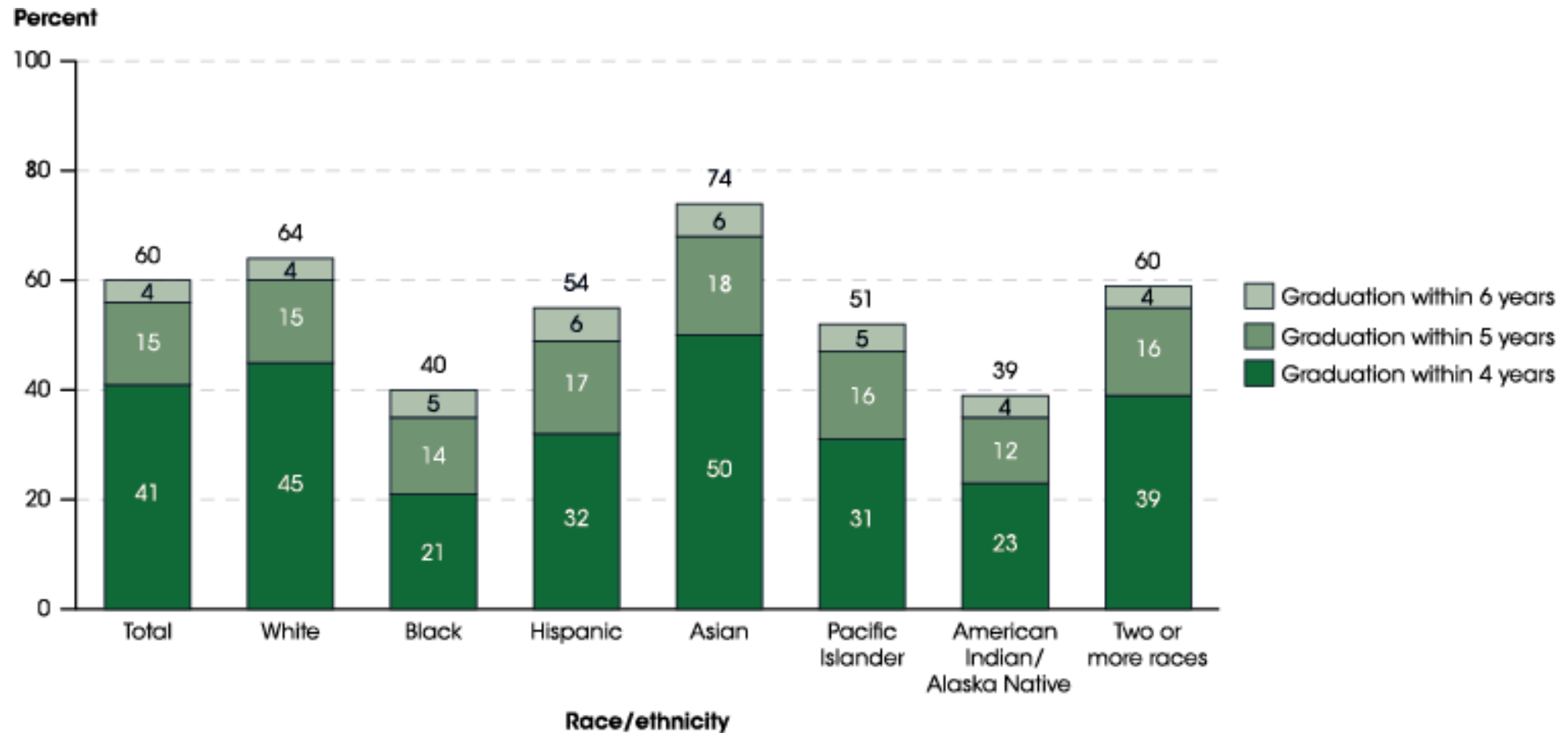
# Higher Education

- Defined as any type of education after high school including:
  - Certificate programs
  - 2-year college
  - 4-year college
  - Graduate programs
  - Professional programs





# Higher Education Graduation Rates



# Educational Attainment

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**Compared to those with a college education, Americans with less education:**

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Die earlier

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Live with greater illness

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Generate higher medical care costs

---

Are less productive at work

---

Experience more psychological distress

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Have less healthy lifestyles

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## Higher Educational Attainment Benefits

Income and Resources	Social and Psychological	Health Behaviors	Healthier Neighborhoods
<ul style="list-style-type: none"><li>• Better jobs</li><li>• Higher earnings</li><li>• Resources for better health</li></ul>	<ul style="list-style-type: none"><li>• Reduced stress</li><li>• Social and psychological skills</li><li>• Social networks</li></ul>	<ul style="list-style-type: none"><li>• Knowledge</li><li>• Skills</li></ul>	<ul style="list-style-type: none"><li>• Supermarkets</li><li>• Green spaces</li><li>• Access to primary care</li><li>• Reduced crime</li><li>• Higher quality schools</li><li>• More opportunities for employment</li><li>• Reduced toxins in environment</li><li>• More political influence</li></ul>



## Strategies to Strengthen Educational Attainment

- Dual Enrollment programs in high school
- Support with financial aid and assistance
- Mentoring programs for at-risk students
- Develop milestones or pathways
- Hybrid models

# AAFP's Framework to Address SDOH

**ASK**

- About SDOH

**IDENTIFY**

- Resources in patients' communities that can help address SDOH

**ACT**

- To help connect patients with resources to address patients' SDOH

# Screening

PRAPARE

2-item  
Education  
Screenener

# Screening

- **PRAPARE: Protocol for Responding to and Assessing Patient Assets, Risks, and Experiences**



**PRAPARE: Protocol for Responding to and Assessing Patient Assets, Risks, and Experiences**  
Paper Version of PRAPARE for Implementation As of September 2, 2016

Personal Characteristics	
1. Are you Hispanic or Latino?	
<input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> I choose not to answer this question
2. Which race(s) are you? Check all that apply.	
<input type="checkbox"/> Asian	<input type="checkbox"/> Native Hawaiian
<input type="checkbox"/> Pacific Islander	<input type="checkbox"/> Black/African American
<input type="checkbox"/> White	<input type="checkbox"/> American Indian/Alaskan Native
<input type="checkbox"/> Other (please write): _____	
<input type="checkbox"/> I choose not to answer this question	
3. At any point in the past 2 years, has season or migrant farm work been your or your family's main source of income?	
<input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> I choose not to answer this question
4. Have you been discharged from the armed forces of the United States?	
<input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> I choose not to answer this question
5. What language are you most comfortable speaking?	
<input type="checkbox"/> English	
<input type="checkbox"/> Language other than English (please write) _____	
<input type="checkbox"/> I choose not to answer this question	
Family & Home	
6. How many family members, including yourself, do you currently live with? _____	
<input type="checkbox"/> I choose not to answer this question	
7. What is your housing situation today?	
<input type="checkbox"/> I have housing	
<input type="checkbox"/> I do not have housing (staying with others, in a hotel, in a shelter, living outside on the street, on a beach, in a car, or in a park)	
<input type="checkbox"/> I choose not to answer this question	
8. Are you worried about losing your housing?	
<input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> I choose not to answer this question
9. What address do you live at?	
Street: _____	
City, State, Zipcode: _____	
Money & Resources	
10. What is the highest level of school that you have finished?	
<input type="checkbox"/> Less than high school degree	<input type="checkbox"/> High school diploma or GED
<input type="checkbox"/> More than high school	<input type="checkbox"/> I choose not to answer this question
11. What is your current work situation?	
<input type="checkbox"/> Unemployed	<input type="checkbox"/> Part-time or temporary work
<input type="checkbox"/> Full-time work	
<input type="checkbox"/> Otherwise unemployed but not seeking work (ex: student, retired, disabled, unpaid primary care giver)	
Please write: _____	
<input type="checkbox"/> I choose not to answer this question	
12. What is your main insurance?	
<input type="checkbox"/> None/uninsured	<input type="checkbox"/> Medicaid
<input type="checkbox"/> CHIP/Medicaid	<input type="checkbox"/> Medicare
<input type="checkbox"/> Other public insurance (not CHIP)	<input type="checkbox"/> Other Public Insurance (CHIP)
<input type="checkbox"/> Private insurance	

# PRAPARE

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#2: Which race(s) are you? Check all that apply

---

#3: At any point in the past 2 years, has season or migrant farm work been your or your family's main source of income?

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#5: What language are you most comfortable speaking?

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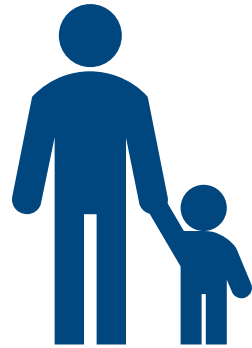
#10: What is the highest level of school that you have finished?

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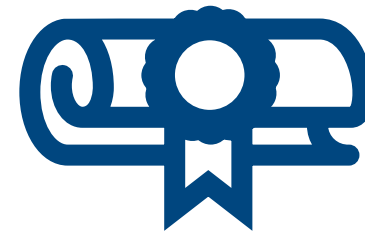
#14 In the past year, have you or any family members you live with been unable to get any of the following when it was really needed? Check all that apply. **\*\*Note Child Care**



# Screening Questions



Do problems getting child care make it difficult for you to work or study?



Do you have a high school diploma?

# Z-codes

Z55	<b>Problems related to education and literacy</b>	Z62	Problems related to upbringing
Z56	Problems related to employment and unemployment	Z63	Other problems related to primary support group, including family circumstances
	Z56.0 Unemployment, unspecified	Z64	Problems related to certain psychosocial circumstances
Z57	Occupational exposure to risk factors	Z65	Problems related to other psychosocial circumstances
Z59	Problems related to housing and economic circumstances	Z68	Body Mass Index (BMI)
	Z59.0 Homelessness	Z72	Problems related to lifestyle
	Z59.1 Inadequate housing		Z72.4 Inappropriate diet and eating habits
	Z59.4 Lack of adequate food and safe drinking water	Z74	Problems related to care provider dependency
	Z59. 5 Extreme poverty	Z75	Problems related to medical facilities and other health care
	Z59.6 Low income	Z77	Other contact with and (suspected) exposures hazardous to health
	Z59.7 Insufficient social insurance and welfare support	Z82	Family history of certain disabilities and chronic disease (leading to disablement)
	Z59.8 Other problems related to housing and economic circumstances	Z91	Personal risk factors, not elsewhere classified
Z60	Problems related to social environment		Z91.1 Patient's noncompliance with medical treatment and regimen – Z91.11 Patient's noncompliance with dietary regimen
	Z60.2 Problems related to living alone		

# Z-codes

Z55.0, Illiteracy and low-level literacy

Z55.1, Schooling unavailable or unattainable

Z55.2, Failed school examinations

Z55.3, Underachievement in school

Z55.4, Educational maladjustment and discord with teachers and classmates

Z55.8, Other problems related to education and literacy

Z55.9, Problems related to education and literacy, unspecified



## Case Study

- Mother – Claudia
- Father – Patrick
- Grandmother – Ivonne
- Daughter – Tyler (age 16)
- Son – Elliot (age 13)
- Daughter – Edith (age 2)

# Risk Factors for Poor Educational Attainment

## Race

- Several family members identify as Latinos

## Income

- Section 8 housing, difficulty paying bills, limited insurance, transportation difficulties

## Language

- Grandmother does not speak English

## ACES

- Mother has a history of DV, father has DUIs

## Literacy in 3<sup>rd</sup> Grade

- Unknown

## Teen pregnancy/parenthood

- None reported

## LGBTQA+

- Tyler identifies as bisexual

## Disability

- Elliott has an IEP and congenital heart defect

# Protective Factors for Educational Attainment

## Early Childhood Education

- Edith enrolled in Early Head Start, meeting milestones, Parents as Teachers program

## Language and Literacy

- Family is receiving support-BH, employment, parents as teachers, EHS

## Graduation from High School

- Mother graduated HS, Tyler on target to graduate HS

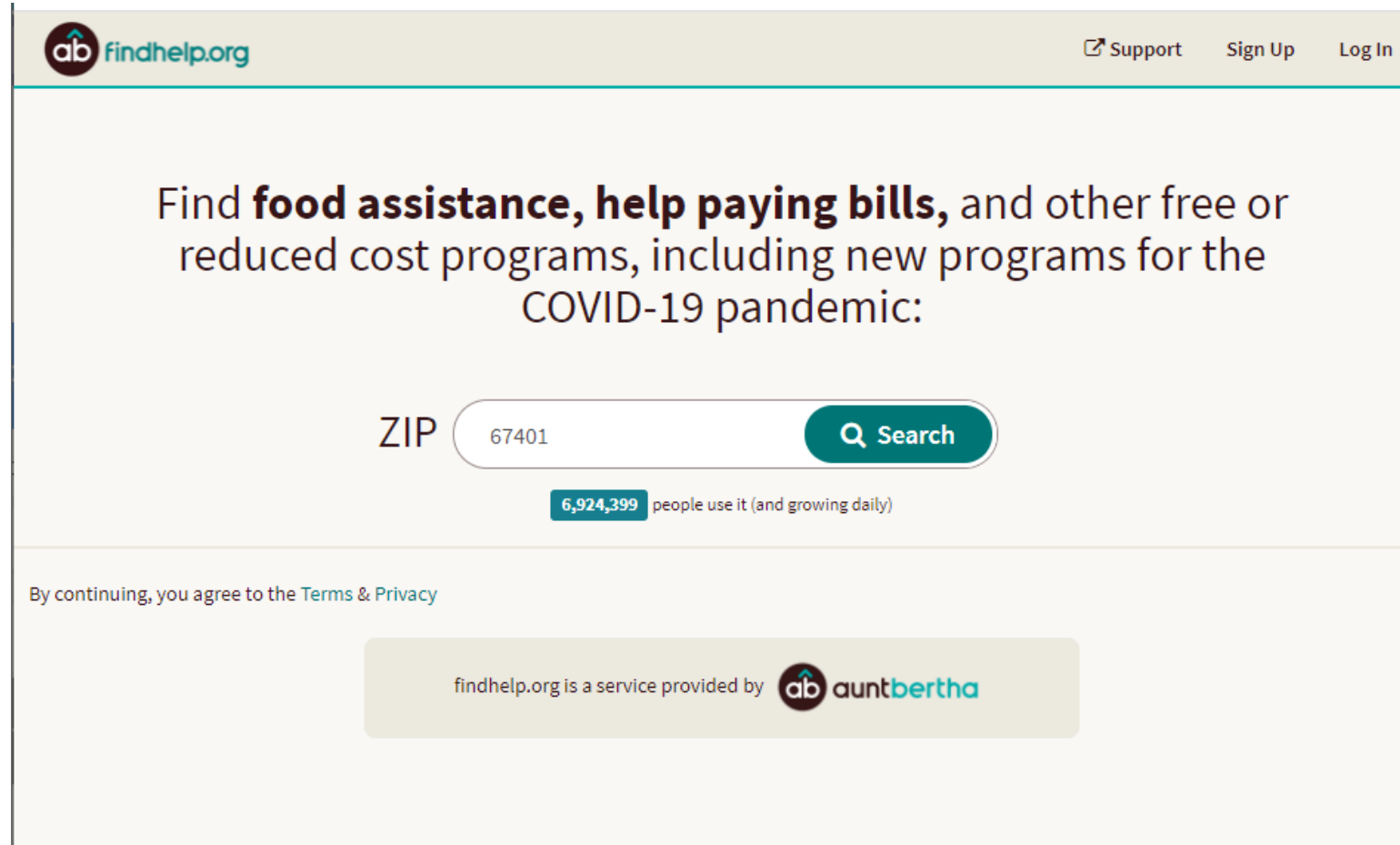
## Enrollment in Higher Education

- Father enrolled in Associate Degree and finished 1 yr, Tyler preparing for college

## Educational Attainment

- GED: Dad  
High School Education: Mom

# How to use Aunt Bertha



The screenshot shows the homepage of findhelp.org. At the top left is the logo 'ab findhelp.org'. At the top right are links for 'Support', 'Sign Up', and 'Log In'. The main heading reads: 'Find **food assistance, help paying bills,** and other free or reduced cost programs, including new programs for the COVID-19 pandemic:'. Below this is a search form with the label 'ZIP' and a text input field containing '67401'. To the right of the input field is a green 'Search' button with a magnifying glass icon. Below the search bar, a teal box displays '6,924,399 people use it (and growing daily)'. At the bottom left, there is a link: 'By continuing, you agree to the [Terms & Privacy](#)'. At the bottom center, a light gray box contains the text 'findhelp.org is a service provided by' followed by the 'ab auntbertha' logo.

ab findhelp.org

Support Sign Up Log In

Find **food assistance, help paying bills,** and other free or reduced cost programs, including new programs for the COVID-19 pandemic:

ZIP 67401 Search

6,924,399 people use it (and growing daily)

By continuing, you agree to the [Terms & Privacy](#)

findhelp.org is a service provided by ab auntbertha


Find **food assistance, help paying bills**, and other free or reduced cost programs, including new programs for the COVID-19 pandemic:

Enter your zip code

ZIP

**6,924,399** people use it (and growing daily)

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ZIP

67401

Search

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findhelp.org is a service provided by 

Find food assistance, help paying bills, and other free or reduced cost programs in Salina, KS 67401 , including new programs for the COVID-19 pandemic:

ZIP or keyword or program name

Select Language

 [Food](#)

 [Housing](#)

 [Goods](#)

 [Transit](#)

 [Health](#)

 [Money](#)

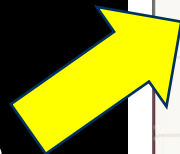
 [Care](#)

 [Education](#)

 [Work](#)

 [Legal](#)

Choose the category of assistance  
I chose Education



ZIP or keyword or program name

Find food assistance, help paying bills, and other free or reduced cost programs in the Salina, KS 67401 area , including new programs for the COVID-19 pandemic:

Select Language



FOOD



HOUSING



GOODS



TRANSIT



HEALTH



MONEY



CARE



EDUCATION



WORK



LEGAL

Help Find School

Help Find School - All (2)

Help Pay For School



More Education

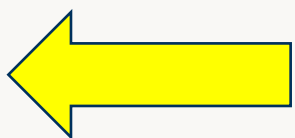


Preschool

Screening & Exams



Skills & Training



Choose the category of assistance I chose "More Education" to find GED classes

Choose from the categories above and browse local programs, or search for any service. Select Language to translate

# Search the available resources in the area

Map Satellite

Google  
Keyboard shortcuts Map data ©2021 Terms of Use

### SouthWinds Academy

by USD 403 Otis-Bison

SouthWinds Academy, a public virtual school within the Otis-Bison school district, is designed to meet the individual needs of each student and help students succeed

📍 Main Services: [more education](#) , [ged/high-school equivalency](#)

👤 Serving: [teens](#), [children](#), [limited mobility](#), [students](#), [families](#), [single parent](#), [parents](#)

[MORE INFO](#)

**Next Steps:**  
Call [620-755-8918](tel:620-755-8918) or go to the [program's website](#).  
Serves your state  
 **Closed Today** [See open hours](#)

[➔ NEXT STEPS](#)

Notice out-of-date information or see a program you work for? Click **Suggest** to share an update or claim your program listing to get access to free tools and data.

### Online GED Prep

by Refugee Center Online (RCO)

Completing this GED®/HiSet™ preparation class will help you be ready to earn your high school equivalency diploma. The diploma shows you have the same knowledge as

📍 Main Services: [ged/high-school equivalency](#)

👤 Serving: [adults](#), [young adults](#), [teens](#), [seniors](#), [immigrants](#), [refugees](#), [limited english](#)

**Next Steps:**  
Apply on their [website](#) .  
Serves nationwide  
 **Open Now** : Open 24 Hours

Map Satellite



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MORE INFO

SAVE

SHARE

NOTES

SUGGEST

NEXT STEPS

#### Next Steps:

Call [620-755-8918](tel:620-755-8918) or go to the [program's website](#).

Serves your state

Closed Today See open hours



Best way to connect!  
Call [620-755-8918](tel:620-755-8918) to get more info.

OR: Go to the [program's website](#) to get more info.

Helping someone else? LOG A REFERRAL

Once you select one, click Next Steps and follow the instructions

# National Programs

Head Start

Early Head Start

Parent Training  
and Information  
Center

# Local Resources



# Take Aways



Educational attainment has a ripple effect on all of the SDOH



Don't assume families are noncompliant with medical recommendations-  
assess health literacy and make accommodations



Use the Ask – Identify – Act framework



Be familiar with available resources and support families to access needed  
resources to strengthen education and literacy

# Selected References

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