

Link Between Social Determinants of Health and Mental Wellness

Cynthia Guzmán

January 23, 2024



Mountain Plains (HHS Region 8)

MHTTC

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

Disclaimer and Funding Statement

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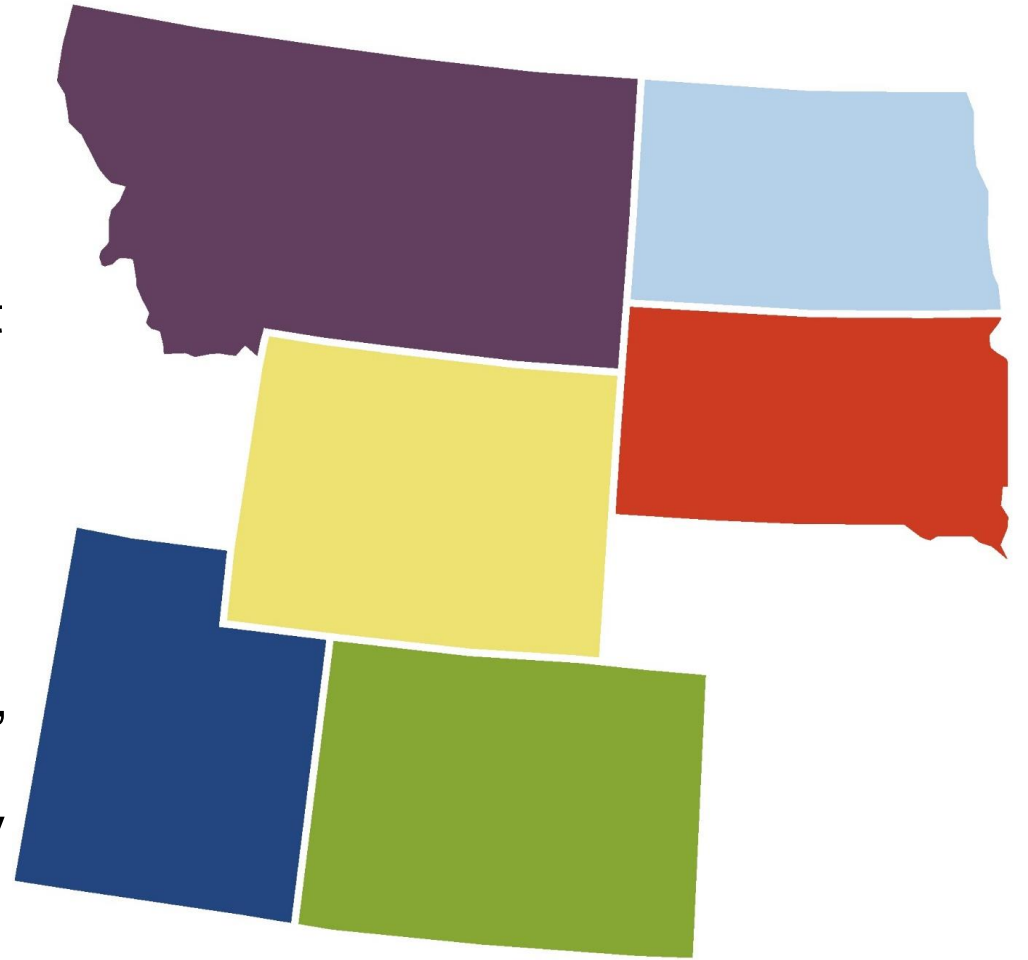
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The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



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**

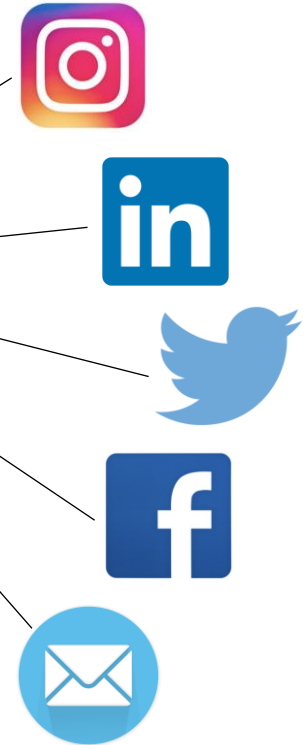
**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**

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LINK BETWEEN SOCIAL DETERMINANTS OF HEALTH AND MENTAL WELLNESS

Dr. Cynthia E. Guzmán

ABOUT THE PRESENTER

- Licensed Psychologist, Administrator, Grant Writer, Clinical Supervisor, and Consultant in Native Country for over 15 years.
 - Tribal Programs, IHS Clinics, 638 Clinics, and Schools
- Formerly sat on the CMS Tribal Technical Advisory Group – Behavioral Health subgroup.
- Behavioral Health Subject Matter Expert for BH2I.

OUR GOAL TODAY

THE FACTS

- Mental Health is shaped by what we experience
- What we experience is shaped by where we live and what we have access to
- Thus, to make real change we must invest in healing our communities



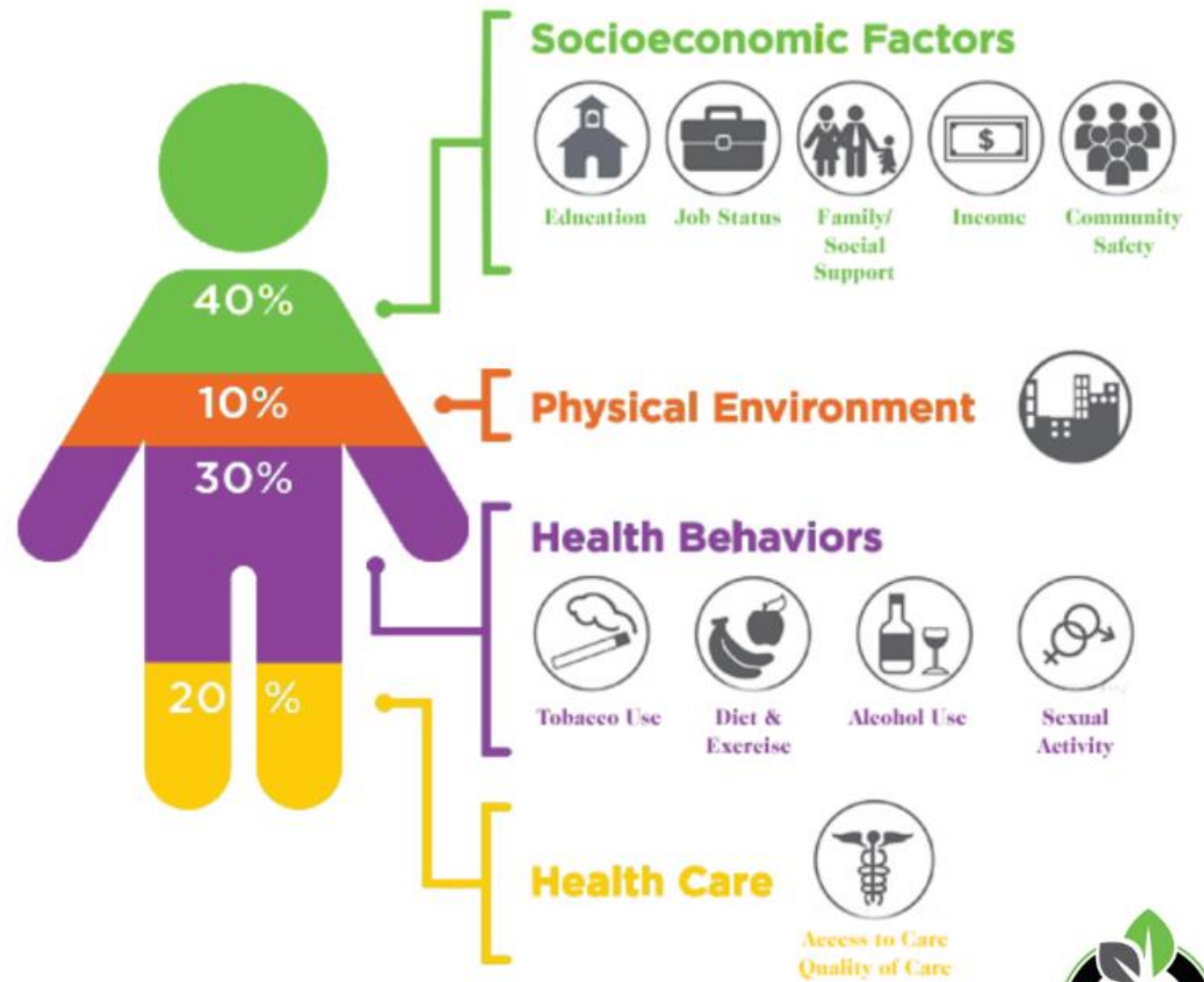
Social Determinants of Health

2008
WORLD HEALTH
ORGANIZATION

- These SDoH account for 30-55% of our health outcomes.



What Goes Into Your Health?



Source: Institute for Clinical Systems Improvement, *Going Beyond Clinical Walls: Solving Complex Problems* (October 2014).



ECONOMIC STABILITY

**Goal: Help
people earn
steady incomes
that allow them
to meet their
health needs.**

The social determinants of health



Economic Stability

- Employment
- Income
- Expenses
- Debt
- Medical bills
- Support



Neighborhood and Physical Environment

- Housing
- Transportation
- Safety
- Parks
- Playgrounds
- Walkability



Education

- Literacy
- Language
- Early childhood education
- Vocational training
- Higher education



Food

- Hunger
- Access to healthy options



Community and Social Context

- Social integration
- Support systems
- Community engagement
- Discrimination



Health Care System

- Health coverage
- Provider availability
- Provider bias
- Provider cultural and linguistic competency
- Quality of care

Health Outcomes

Mortality

Morbidity

Life Expectancy

Health Care Expenditures

Health Status

Functional Limitations

EDUCATION ACCESS AND
STABILITY

**Goal: Increase
educational
opportunities
and help children
and adolescents
do well in school.**

The social determinants of health



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- Employment
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HEALTH CARE ACCESS &
STABILITY

**Goal: Increase
access to
comprehensive,
high-quality
health care
services.**

The social determinants of health



Economic Stability

- Employment
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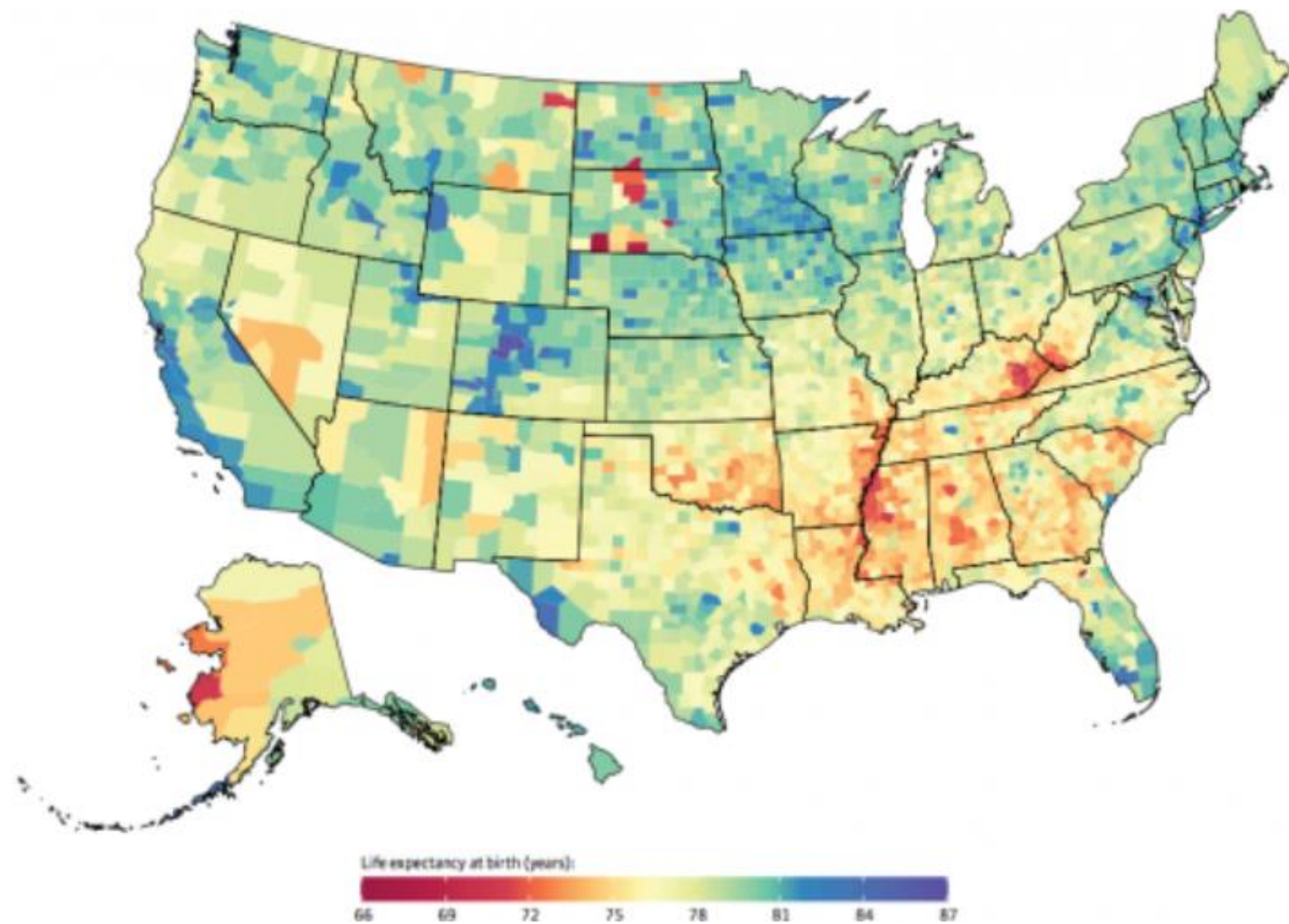
Health Status

Functional Limitations

NEIGHBORHOOD AND
BUILT ENVIRONMENT

**Goal: Create
neighborhoods
and
environments
that promote
health and safety.**

WHERE WE
LIVE IMPACTS
LIFE
EXPECTANCY



The social determinants of health



Economic Stability

- Employment
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- Support



Neighborhood and Physical Environment

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SOCIAL AND COMMUNITY
CONTEXT

**Goal: Increase
social and
community
support.**

The social determinants of health



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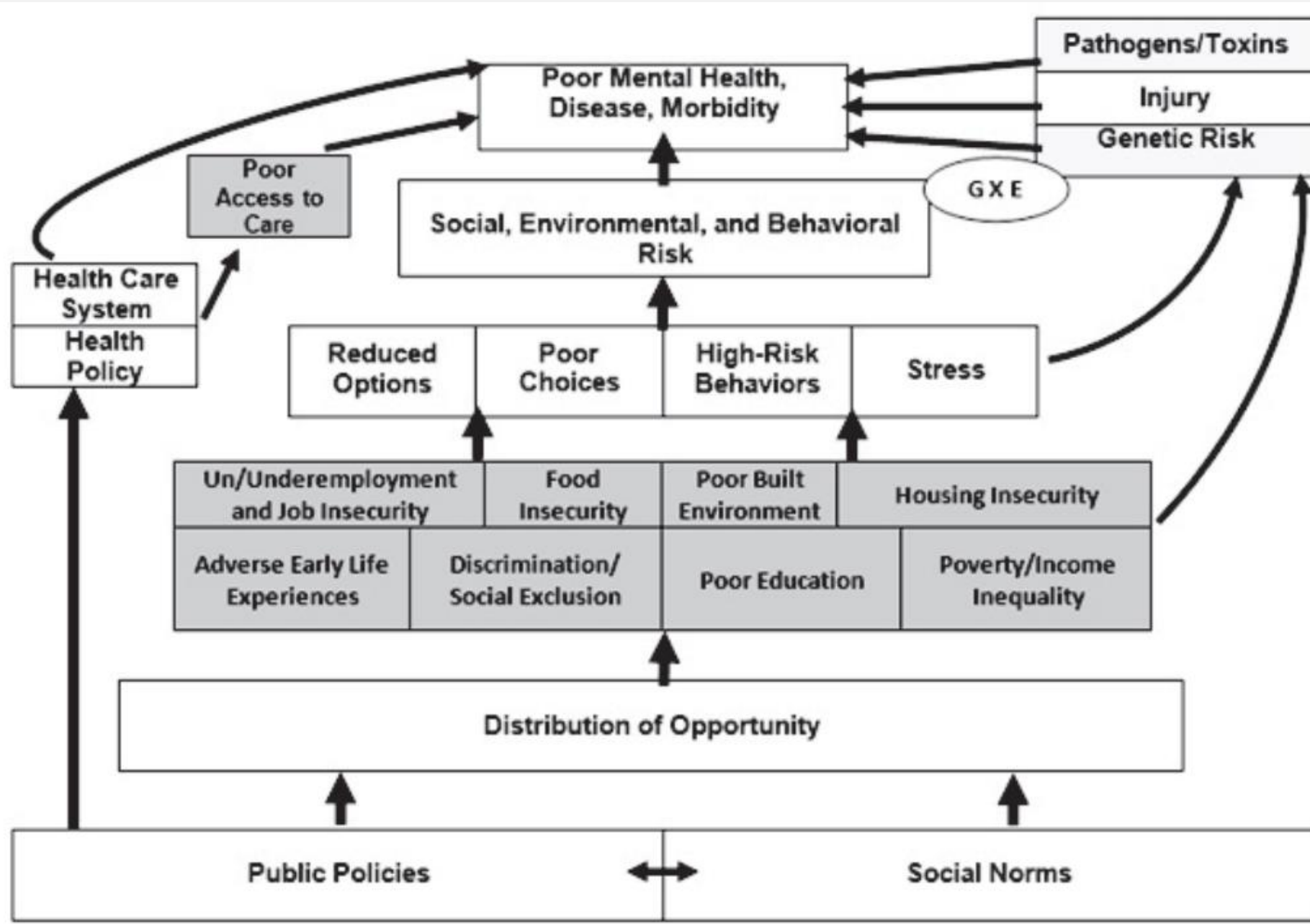
Life Expectancy

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Functional Limitations

RECIPROCITY



ECONOMIC STABILITY & MENTAL HEALTH

- People living in high-poverty neighborhoods exhibit worse mental health outcomes as compared to people in lower-poverty neighborhood (NAMI).
 - Dampness, mold, poor heating may be associated with anxiety and depression
 - About 45% of the unhoused population live with a mental illness

ECONOMIC STABILITY & MENTAL HEALTH

- There are generational health effects with individuals who experience adverse childhood experiences that then disrupt the timing of normative developmental milestones.
 - These then do not show its impact til adulthood through mental and physical diseases

ECONOMIC STABILITY & MENTAL HEALTH

What happens if we don't have
access to healthy groceries?

HOW DO WE MAKE CHANGE?

MOVING THE NEEDLE

WITHIN THE COMMUNITY

- Screening
- Gather the data
- Appropriate treatment
- Connect patients to community resources
- Spread education and awareness
- Launch initiatives

WITH PARTNERS

- Engage with the community
- Invest in the community
- Gather SMEs to help educate the community
- Gather SMEs and tools to create and evaluation plan

Considering your
position right now, what
can you do?

INTERVENTIONS

- Target improving housing
- Target food insecurity
- Target health care access

AND FROM AN INDIGENOUS
PERSPECTIVE?

HEALING FROM WITHIN

From their own Indigenous
knowledge, values, and traditions.

WHAT ARE ASPECTS
UNIQUE TO INDIGENOUS
COMMUNITIES THAT
IMPACT HEALTH?

Self –
determination

Settler colonialism

Migration

Globalization

Cultural
continuity and
attachment

Relationships with
land and non-
human services

Social support

Racism and social
exclusion

Justice systems

RECOMMENDATIONS

- Do not forget about important intersectionalities like the experience and needs of pregnant women, disabled children, or LGBT college students.

The background is a vibrant teal color filled with a repeating pattern of speech bubbles. Each bubble is a different color (red, yellow, pink, white, grey) and contains a large, dark blue question mark. The bubbles are scattered across the frame, creating a sense of constant inquiry and communication.

QUESTIONS OR COMMENTS?

THANK
YOU

