

Engaging in Advocacy for Hispanic/Latino Behavioral Health Equity: Skill-Building for Advocacy

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Disclosures

- No conflicts to disclose



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Dr. Marilyn Sampilo- Who Am I?

Latina/Filipina

Family of Immigrants/Refugees

First Generation

Raised in Washington, DC

Current Roles in OH & IL



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Overview of Series: Part 2

- Outline of key skills for effective behavioral health advocacy
- Review of initial strategies to engage in advocacy



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Overview of Series: Part 3

- Discuss advocacy action planning
- Discuss examples of effective advocacy



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Key Highlights of Series

- Hearing from folks doing the “boots on the ground” work
- Setting the stage for an advocacy learning community



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Let's Get Started!



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Let's "Chat"

Opening Reflection

- Some people argue advocacy is outside of our job role.
- Why might one argue against that position?
- Where does advocacy fit in your current job/role?



Objectives For Today

- Provide an overview of legislative processes
- Discuss skills to facilitate effective advocacy



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Objectives Continued

- Discuss opportunities for everyday social justice advocacy



Review of Government/ Legislative Processes

- Executive- President, Governor, Mayor
- Judicial- Supreme Court, Federal Courts, State Courts
- Legislative- House of Representatives, Senate; City and/or County reps



How a Bill Becomes a Law?

- Consider checking out...

“I’m just a Bill” – Schoolhouse Rock

The Legislative Process: Overview ” – US Congress



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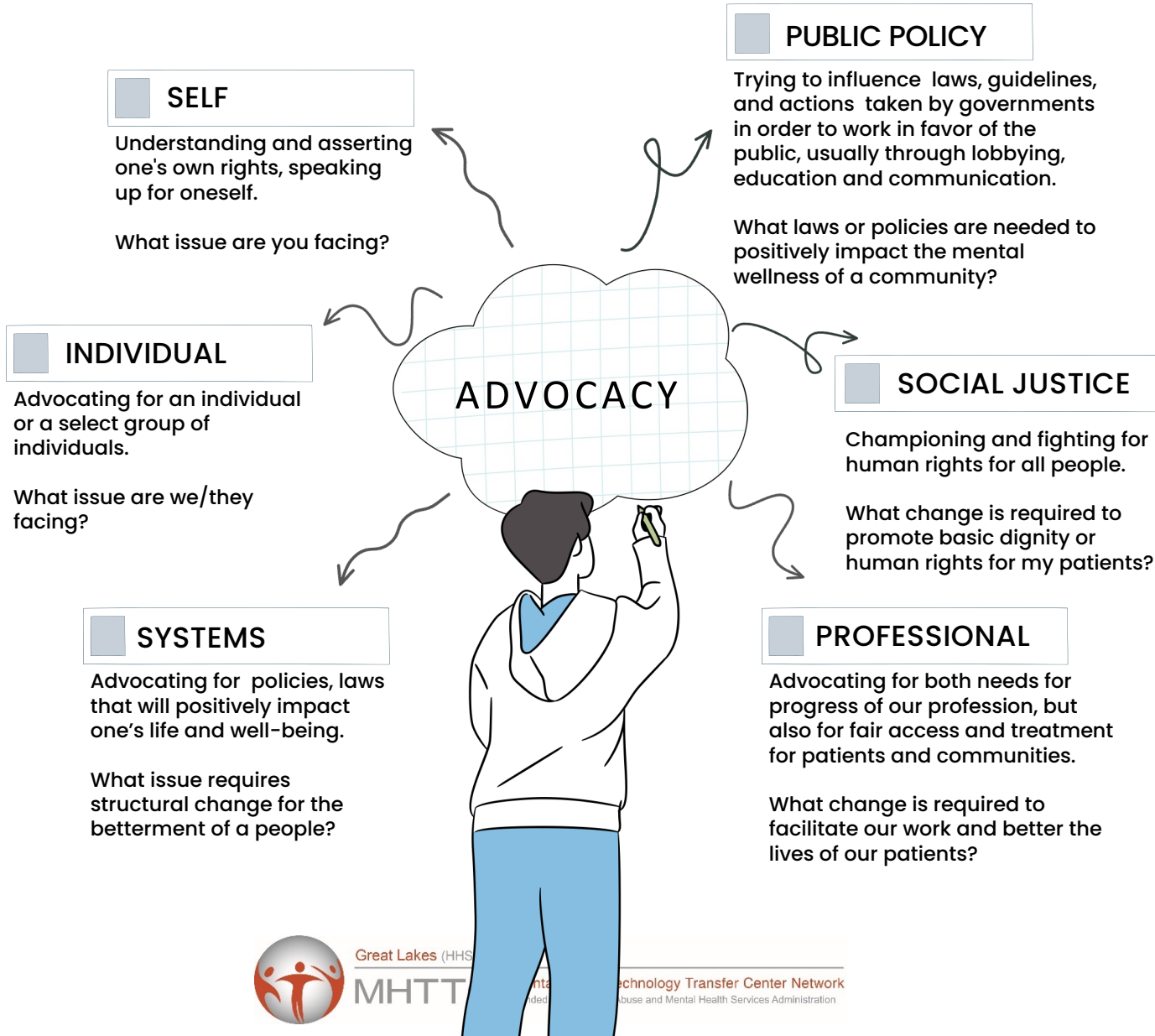
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Types of Advocacy

- Self
- Individual
- Systems
- Public policy
- Social justice
- Professional





Forms of Advocacy

- Formal
- Informal



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Open-Ended Question #1

- Why is social justice advocacy central to behavioral health equity?



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Being a Social Justice Advocate

- Advocacy for fairness, justice, and equity
- Understanding and leveraging your positionality in advocacy efforts
- Understanding your role in advocacy and with/for individuals/communities
- Accountability to those we advocate with/for



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Open-Ended Question #2

- What skills do you need to engage in effective advocacy?



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What Skills Do You Need to Engage in Advocacy?

- Let's reframe this...
- What skills do you already have??



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WHAT MAKES YOU AN EFFECTIVE ADVOCATE

1

Interpersonal Skills

BH professionals possess a variety of soft skills that help make them effective advocates. Their interpersonal skills make them effective at networking and building relationships, which is critical for interfacing with diverse bodies with influence, coalition building, mobilizing, and organizing.

2

Communication Skills

Written, verbal and non-verbal communication are key to effective advocacy. BH professionals are particularly skilled across these domains.

Critical Thinking, Research, & Analytical Skills

3

Some BH professionals have a background in research, reasoning and critical thinking to analyze and interpret information that can help inform policy and decision-making. These skills help position them to help promote evidence-based policy.

Teamwork Skills

4

Advocacy can involve individuals working together to enact change. Working as a team builds capacity for effective advocacy and demonstrates a collective desire and will to “do better.”

SKILLS OF BH PROFESSIONALS



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Critical Self-Reflection

Reflecting on our role in advocacy efforts

- Why is this important to me? To others?
- Who is at the center of the advocacy effort?
- When do I step forward, when do I step back?



The Power of Storytelling

Telling compelling stories

- We have experience with learning individuals' stories
- We can leverage that experience to communicate the urgency or importance of an issue
- We can strike a balance between facts and personal connection



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Other Communication Skills

Communicating for impact

- Learning to alter our communication styles and methods
- Communication -> target audience
- Navigating conflict, disagreement



How Do You Build Skills?



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Building Skills

- Identify and reflect on your strengths, areas for growth
- Consider opportunities that build on and expand your skills
- Take small steps towards growth
- Engage, do, act



Getting Started

Planning Your Advocacy Work

Pre-advocacy Action Planning

1. What population or community do you feel most passionate about?
2. What do you perceive to be a social problem in your community?
3. What types of inequality do you observe or see?
4. What systemic or structural inequities do you observe or notice your patients encounter most frequently?



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Initial Strategies

- Do your research
- Identify relevant legislation
- Track/follow legislation
- Meet, make connections




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Searching for Legislation



THE OHIO LEGISLATURE
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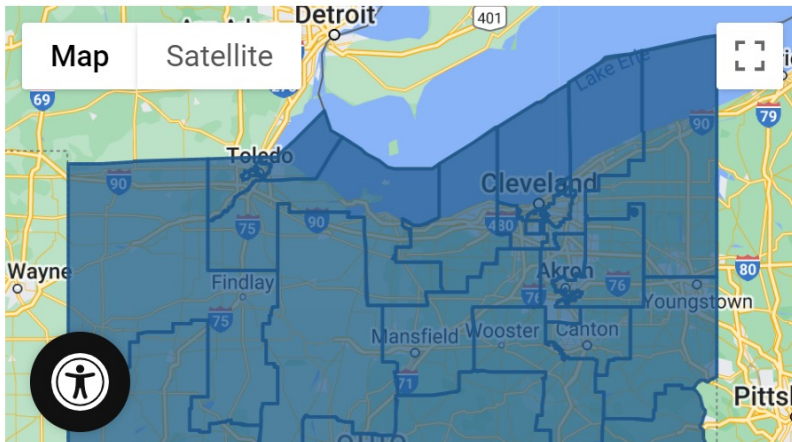
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Searching for Legislation

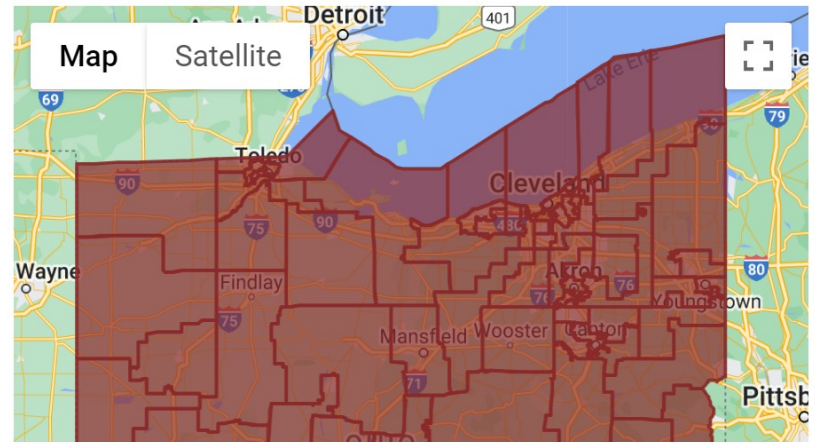


The header of the website features the Ohio Legislature logo on the left, the text "THE OHIO LEGISLATURE" and "135TH GENERAL ASSEMBLY" in the center, and a "My Ohio Legislature" button on the right. Below this is a navigation menu with links for HOME, SCHEDULES, LEGISLATION, LEGISLATORS, COMMITTEES, SESSION, BUDGET, LAWS, and PUBLICATIONS, along with a search icon.

Senate District Map



House District Map



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Strategies for Everyday Advocacy

- Identifying your sphere of influence
- Reflecting on what you are already doing
- Integrating advocacy into what you are doing with intention



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Opportunities for Everyday Advocacy

- Fostering a culture of BH equity and social justice
- Recognizing gaps in behavioral health care, service delivery for Latino/x/e individuals
- Improving processes and policies within your own organization to promote Latino/x/e BH equity



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Other Sample Opportunities

- Helping patients understand their rights and navigate relevant systems
- Encouraging tangible steps and strategies for providing culturally and linguistically appropriate care
- Promoting strategies to help support Latino/x/e BH trainees and staff



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How Do I Find Opportunities?

- Disclaimer: know your limits and what you are willing to do
- Join ERGs or committees
- Join community orgs, boards
- Join professional organizations



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How Do I Foster Opportunities?

- Disclaimer: know your limits and what you are willing to do
- Bring trainees, colleagues with you
- Model advocacy work in your roles
- Integrate advocacy into the wider scope of work



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Voices From The Field

- Let's hear about an organization doing some great work in Illinois.



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Rincon Family Services



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Next Up: Advocacy Action Planning



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