

Addressing Mental Health Disparities and Social Determinants of Health During and Following COVID-19

May 7, 2020



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

Welcome!

Housekeeping Items

- This Zoom webinar call is being recorded.
- Type questions using the Chat feature and they will be answered during the Q&A section.
- A link to the recorded webinar and presentation slides will be made available after this webinar.





Agenda



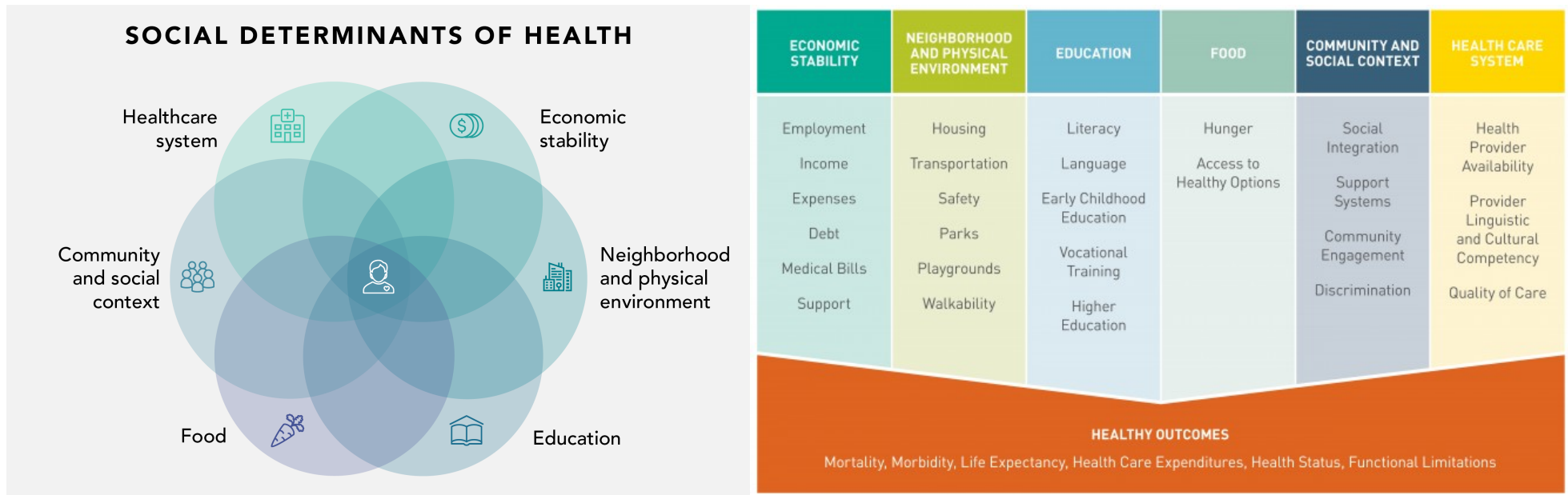
- **Mental Health Disparities and Social Determinants of Health**
- **Resources for addressing mental health disparities**
 - **Each Mind Matters resources**
 - **Additional resources**
- **CBO Case Study**
 - **Vista Community Clinic**
- **Questions**



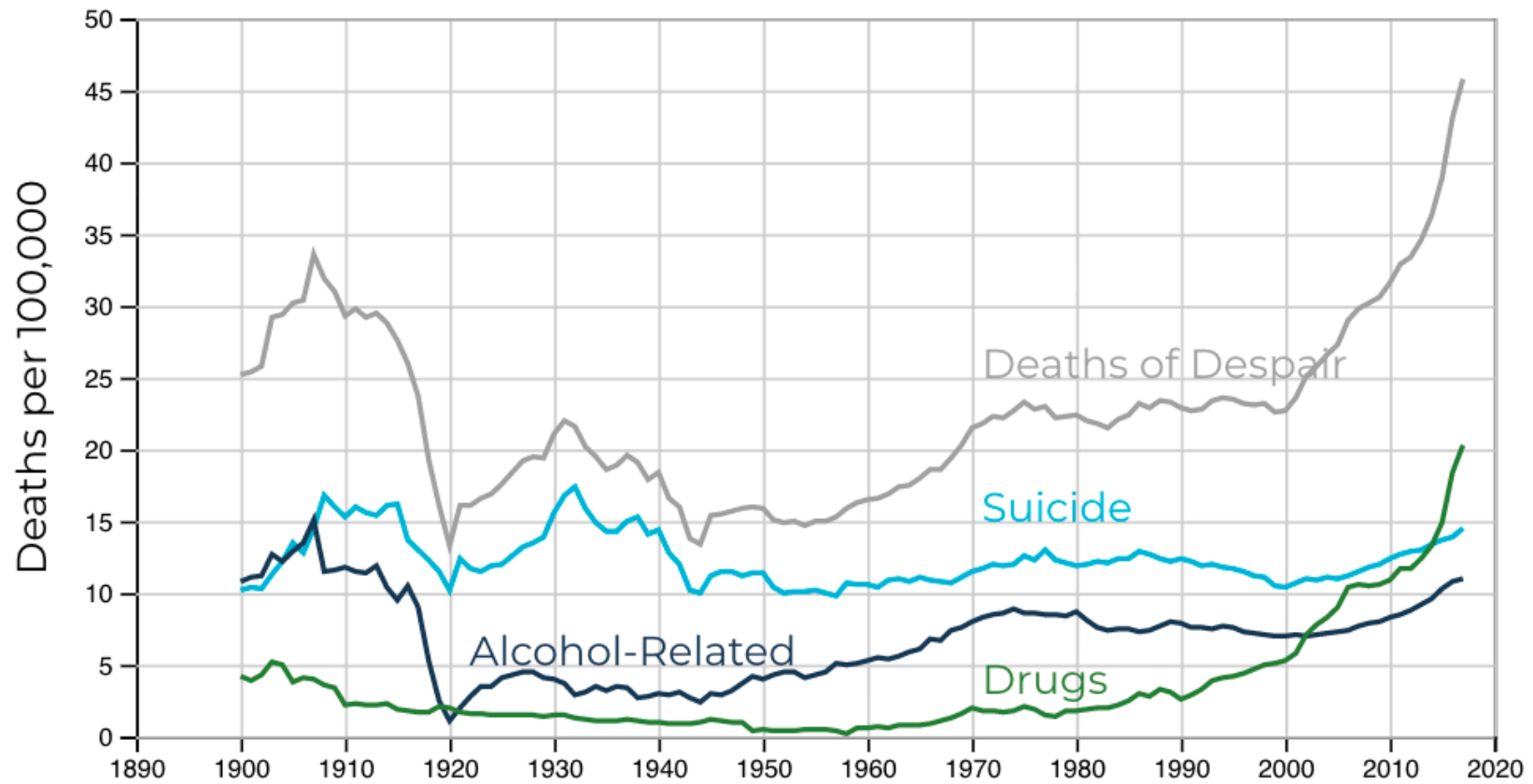
Mental Health Disparities and Social Determinants of Health



Social Determinants of Health (SDOH)



Chronic Toxic Stress and Health

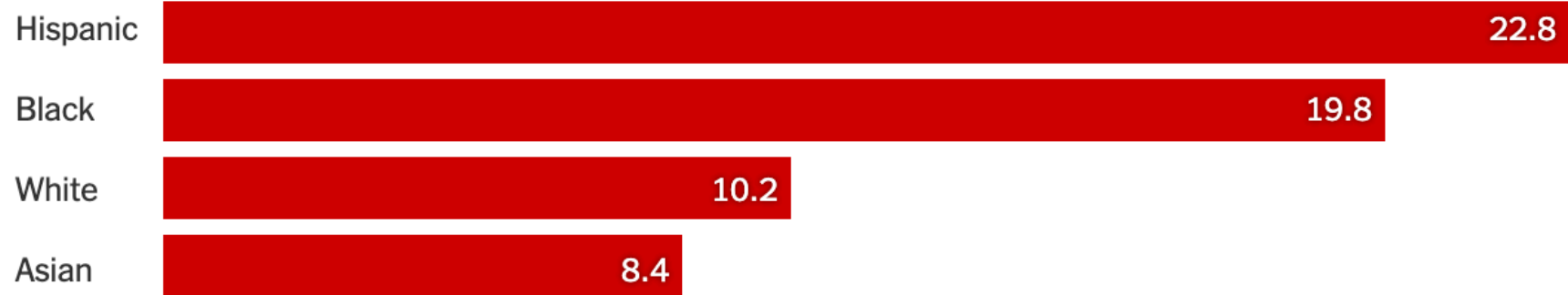




SDOH and COVID-19

Coronavirus Deaths Per 100,000 People

In New York City, deaths from the coronavirus, adjusted for the size and age of the population, have disproportionately affected Hispanic and black people.



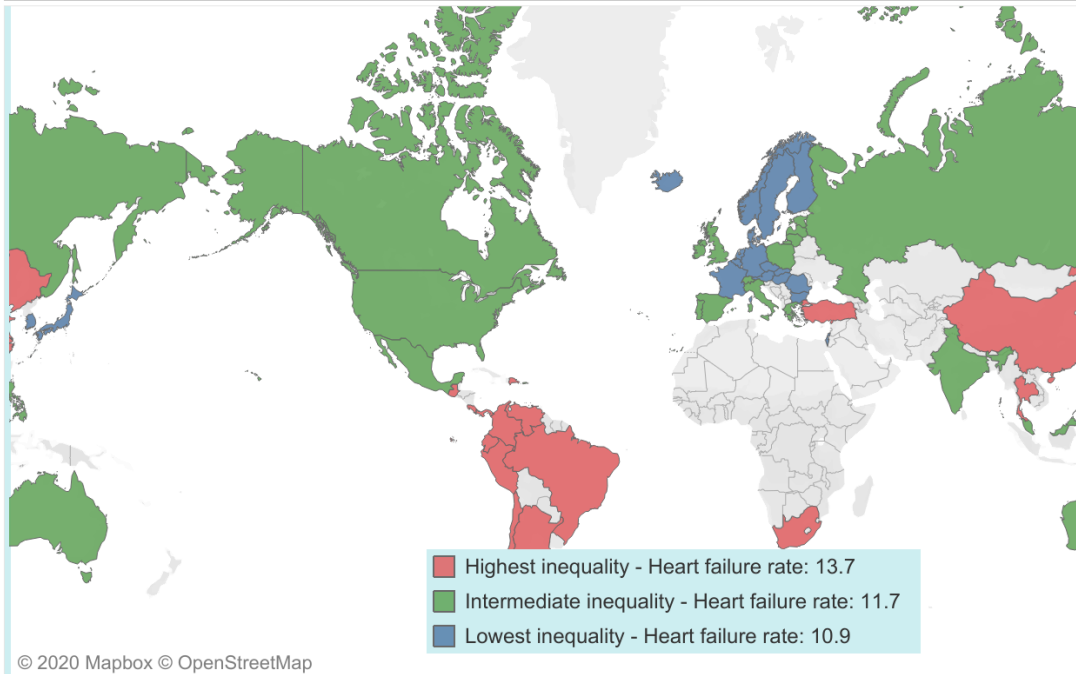
By The New York Times | Source: New York City Department of Health and Mental Hygiene



Inequality and Health Outcomes

More Unequal Nations Have Higher Heart Failure Rates

Countries by inequality and cardiovascular deaths and hospitalizations per 100 person-years



Source: Journal of the American College of Cardiology



So ... What do we do?

“Nevertheless or more, in the final analysis, it will remain forever clear that whatever affects one directly, affects all indirectly, and none of us can never be what we ought to be until our neighbor, fellow-nation, fellow-man and fellow-woman may become what each and all ought to be. This is the interrelated structure of reality... Let’s not waste precious time on what we may have done wrong but rather the solutions that will tell the story of how well we have become and responded. We will always be in it together...We are one.”

-- **John Matthew Douglas**

Why Maslow Matters





“Stealth” Mental Health

Mental Health Providers:

- Consider screening for SDOH needs in intake, and creating a workflow to provide follow-up.
- Ensuring all staff have a list of up-to-date community resources for basic needs and know how to connect people with what they need.
- Consider bringing food and other basic supplies to all clients if doing home visits.
- Partner with another community provider (Ex: Food distribution point to also integrate mental health materials and resources into packages).

Other Community Providers:

- How can mental health be integrated into what you’re already doing?
 - “Check-ins” at the beginning of class
 - Training front line workers to know the signs of suicide and be prepared to have conversations and resources.
 - Putting mental health materials in with supplies distributed.
 - Allowing “mental health days” and other practices that support staff mental health.
 - Wearing a green ribbon and opening conversations about mental health.



Q&A





Each Mind Matters Resources To Address Mental Health Disparities

Each Mind Matters



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[Mental Health](#) | [Stories](#) | [Get Involved](#) | [Events](#) | [Partners](#) | [Blog](#)

Stories


California's Mental Health Movement is made of up millions of people who believe that everyone experiencing a mental health challenge deserves the opportunity to live a healthy, happy and meaningful life. See what people are saying and sharing – and add your voice to the movement with your own commitment to advancing mental health.

- All
- Advocate Stories
- African American Stories
- Asian/Pacific Islander Stories
- Faith Stories
- Latino Stories
- LGBTQ Stories
- Military Stories
- Native American Stories
- Rural Community Stories

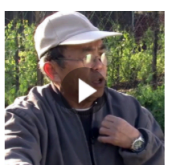
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Categories: Keywords: Media Type: [Filter](#)




Annabelle [share](#)




Chus Cher [share](#)




Hmong Stories of Hope on audio [share](#)




Lao [share](#)



Our Story - Cambodian [share](#)



Emily [share](#)



<https://www.eachmindmatters.org/stories/>

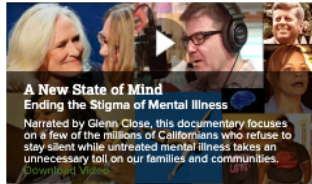


Mental Health

We all experience different levels of mental health throughout our lives. In fact, half of us will deal with some type of mental health challenge over the course of our lifetime. Unfortunately, sometimes these challenges can become more serious and require more attention. However, there is good news. Recovery is also common and we can all do something to help.

We all want support systems that can help us through challenges, like supportive relationships and safe living environments. Sometimes we have these support systems, and sometimes we don't. Many of us will also experience life challenges like unemployment, or relationship issues. Regardless of what situation you may find yourself in – in wellness or not – there is help available.

Check out the information below to learn more.



A New State of Mind Ending the Stigma of Mental Illness

Narrated by Glenn Close, this documentary focuses on a few of the millions of Californians who refuse to stay silent while untreated mental illness takes an unnecessary toll on our families and communities.



YOUNG ADULTS

Whether you're starting college or transitioning into adult life, your late teens and early twenties can be an exciting yet stressful and challenging time. Get the support and information you need to take care of yourself during this time.

[Learn More](#)



CHILDREN & FAMILIES

Families can help create safe and supportive environments at home that promote good mental health for children. Support the child in your life with these tools and resources.

[Learn More](#)



VETERANS

Veterans are an important part of our community, but too often do not get the care they need, especially during the transition into civilian life. Check out these resources aimed at helping veterans support their mental health and wellbeing.

[Learn More](#)



OLDER ADULTS

Caring for your mental health continues to be important in older adulthood. Learn more about how to stay well and where you can get the resources you need.

[Learn More](#)



DIVERSE COMMUNITIES

Learn how California's cultural and ethnic communities are addressing mental health awareness and view outreach materials created to engage audiences in appropriate ways.

[Learn More](#)







PREVENTION

Did you know that prevention can reduce the risk of mental illness? Or that identifying and responding to a mental health issue as soon as possible leads to better outcomes, just as it does for a physical health challenge like diabetes, for example? See how you can play a role in building supportive environments and strong relationships.

[Learn More](#)



 <p>AFRICAN AMERICAN</p> <p>African Americans face many stressors that play a role in mental health. Read on for tools to help individuals reach out for support when needed.</p> <p>Learn More</p>	 <p>ASIAN AND PACIFIC ISLANDER</p> <p>Talking about mental health can be difficult in some Asian and Pacific Islander communities. Check out these resources and in-language tools to help start important conversations.</p> <p>Learn More</p>	 <p>LGBTQ</p> <p>Being a part of the LGBTQ community does not mean that one will experience a mental health challenge; however, it does come with a unique set of stressors. Learn more about resources created by and for members of the LGBTQ community to maintain mental wellness.</p> <p>Learn More</p>
 <p>LATINO</p> <p>Latinos make up the majority of California's population. Learn more about resources for the Latino community with these Spanish-language and English materials.</p> <p>Learn More</p>	 <p>NATIVE AMERICAN</p> <p>Fear of judgment, isolation and discrimination can interfere with Native Americans' path to mental wellness. These resources were created to address those barriers for Native American people.</p> <p>Learn More</p>	

<https://www.eachmindmatters.org/mental-health/diverse-communities/>

Each Mind Matters Resource Center



[Initiatives](#) [Collections](#) [About Us](#) [Contact Us](#) [SEARCH RESOURCES](#)

Collections

Each Mind Matters has collected resources across all of its initiatives into Collections to help you find what you are looking for.

All

TARGET POPULATIONS

Events / Observations

Continuing Education

THERE ARE 22 TOTAL RESULTS. YOU ARE VIEWING PAGE 1 OF 3.

[African American >](#)

Resources for the African American community.

[Asian/Pacific Islander >](#)

A collection of resources for Asian and Pacific Islander communities.

[Children >](#)

Support the child in your life with these tools and resources.

[Conference/Training >](#)

Discover our collection of resources for conferences and trainings.

[Employers and Workplace Issues >](#)

Learn how to maintain mental wellness in the workplace.

[Faith-Based Communities >](#)

A collection of mental health resources specific to faith communities.




COLLECTIONS

Native American

A collection of resources for the Native American community.

Art's Story



Each Mind Matters: Art's Story
from Each Mind Matters

04:07

SEARCH Advanced Search

Resources

- Mental Health Support Guide for Native Families >**
This brochure details the tools available to Native families and individuals who are looking to improve their mental health.
- Native Communities of Care Resource Compilation >**
A compilation of resources for grantees with messaging tips, resources, and a cultural competency guide for projects targeting Native American individuals in California.
- How's Story >**
An animated video of a young man's barriers to mental wellness and the cultural guidance that helped on his

<https://emmresourcecenter.org/collections>



Tips for Self-Care

“During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.”

This resource is available in the following languages:

- Armenian
- Arabic
- Chinese
- Farsi
- Hmong
- Punjabi
- Russian
- Khmer
- Korean
- Lao
- Spanish
- Tagalog
- Vietnamese

Tips for Self-Care During COVID-19

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.

Exercise

The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our mental and physical health. Be purposeful when restocking on groceries and pick up foods that boost your mood such as oatmeal, nuts, and even dark chocolate.

Eat Healthy

Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.

Sleep

Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by taking virtual tours of museums, reading, trying new recipes, or solving puzzles.

Learn and Explore

Having regular times for eating, going to bed and rising in the morning, exercising, and working or studying can help maintain a sense of normalcy.

Structure and Routines

Take breaks throughout the day, first thing in the morning or before bed to slow down and be present. The practice of pausing, breathing, and just "being" is essential to our well-being and mental health because it helps us reduce stress, worry less and it enhances feelings of resiliency.

Practice Mindfulness

Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family and co-workers through phone and video calls.

Talk with a Friend

For mental health resources visit EachMindMatters.org

National Suicide Prevention Lifeline: 1.800.273.8255

The Peer-Run Warm Line: 1.855.845.7415 for peer-run non-emergency emotional support.

EachMindMatters
Colorado's Mental Health Resource

Colorado Department of Health & Human Services

KNOW the SIGNS
Funded by counties through the Mental Health Services Act (Prop 63)

Gardening Activity



**EXPRESS SELF-CARE
THROUGH PLANT CARE**

Find out why at
EachMindMatters.org/seeds



Plant care is self-care





Additional Resources

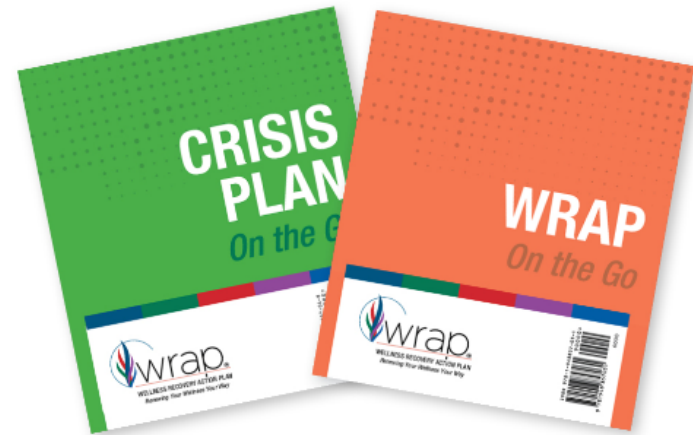
Wellness Recovery Action Plan (WRAP)

Overview

- Wellness Toolbox
- Daily Plan
- Stressors
- Early Warning Signs
- When Things are Breaking Down
- Crisis Plan

Key Recovery Concepts

- Hope
- Personal Responsibility
- Education
- Self Advocacy
- Support

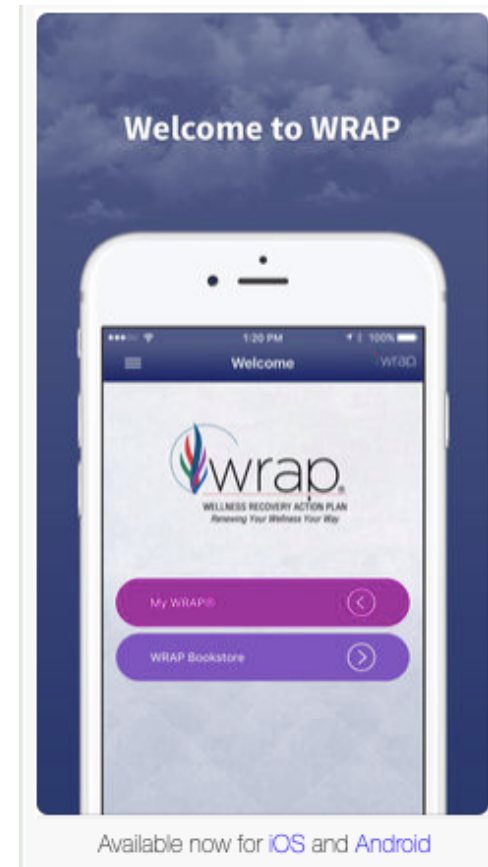


<https://mentalhealthrecovery.com/info-center/wellness-during-the-covid-19-pandemic/>

WRAP On the Go

The WRAP App walks you through the process of creating your personal WRAP. Use it on your own, with a friend or supporter, or in a WRAP group. This free app is designed to work alongside the WRAP books, other materials, and groups for a full understanding of what WRAP is and how you can implement it in your life.

Available to download for free on both the App Store and Google Play.





Additional Resources

SAMHSA Coronavirus Update

<https://www.samhsa.gov/coronavirus>

CDC Coronavirus -Daily Life & Coping

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

WHO Mental Health Considerations

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

California Immigrant Youth Justice Alliance - Resources for Undocumented People

https://ciyja.org/covid19/?fbclid=IwAR1FxdSGo4I3APBGH3Ifx9kk_ua6TtTfOFWqc1E8a5TWS1Gx9nUIUsy4SqM

NAMI Resource Guide

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

Suicide Prevention Resource Center - Resources to Support Mental Health

<http://www.sprc.org/covid19>




Articles on Racial Inequalities

Dr. Claire Pomeroy, Sierra Health Foundation and The Center Board of Directors member and president of the Lasker Foundation, joined Dr. William F. Owen, Jr. and Dr. Richard Garmona to co-write [*Failing Another National Stress Test on Health Disparities*](#), published in the Journal of the American Medical Association (JAMA).

Another JAMA article by Dr. Clyde W. Yancy, [*COVID-19 and African Americans*](#), looks at evidence of potentially egregious health care disparities.

Sierra Health Foundation and The Center President and CEO Chet P. Hewitt is quoted in this Fresno Bee article: [*Coronavirus kills California blacks and Pacific Islanders at excessive rate, numbers show*](#).

The Center for Asian American Media and Washington, D.C., PBS station WETA hosted a [*Digital Town Hall – Asian Americans in the Time of COVID-19*](#). The town hall included a panel discussion on the threats and challenges to the Asian American community as a result of the COVID-19 pandemic. Major funding for PBS docuseries, *Asian Americans* is provided in part by Wallace H. Coulter Foundation.





Q&A





Featured CBO: Vista Community Clinic



Vista Community Clinic



Welcoming. Trustworthy. Innovative. Caring. These qualities define VCC since it first opened in the basement of a local animal shelter in 1972. VCC quickly became the health care safety net for the area's poor and uninsured by giving them access to the high-quality health services that they need and deserve. Today VCC is recognized as a key regional health provider with eight state-of-the-art clinics treating more than 67,000 patients each year. This innovative model of community health provides low cost, high quality health care to the residents of San Diego, Riverside and Orange county communities.

Vista Community Clinic

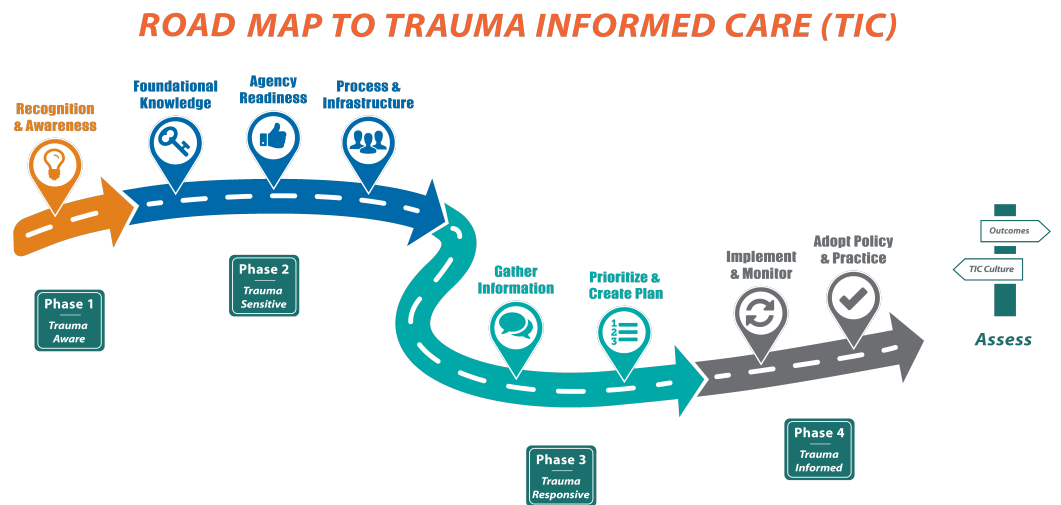
poder popular

para la salud del pueblo

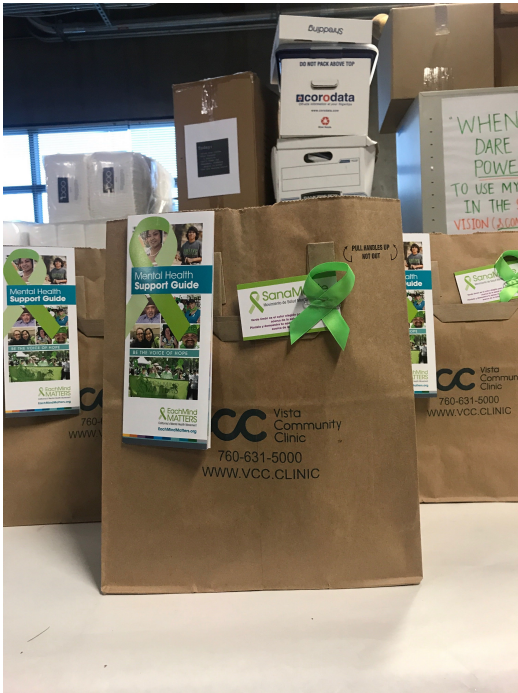


VCC - Opportunities

- Telemedicine
- Trauma informed care



VCC – SanaMente






Q&A




Stay Connected on Social Media

Each Mind Matters Social Media Channels

Campaign Hashtag: #EachMindMatters

 Instagram: [Instagram.com/EachMindMatters/](https://www.instagram.com/EachMindMatters/)

 Facebook: [Facebook.com/EachMindMatters](https://www.facebook.com/EachMindMatters)

 Twitter: [@EachMindMatters](https://twitter.com/EachMindMatters)





Thank You

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<https://emmresourcecenter.org/subscribe-newsletter>

For additional support and technical assistance, please contact Emily Bender, Emily@TheSocialChangery.com

