

Accelerating Training in Behavioral Health Equity: A Learning Series for Trainees

Part 1

Presented by
Marilyn Sampilo, PhD, MPH
August 22, 2022.

Presented in 2022 by the National Hispanic and Latino Addiction Technology Transfer Center (ATTC), and the Hispanic and Latino Prevention Technology Transfer Center (PTTC), National Latino Behavioral Health Association (NLBHA) P.O. Box 1360, Pena Blanca, NM 87041.

ATTCnetwork.org/hispaniclatino

PTTCnetwork.org/hispaniclatino

This product was prepared for the National Hispanic and Latino Addiction Technology Transfer Center (ATTC) and the National Hispanic and Latino Prevention Technology Transfer Center (PTTC), under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this publication, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this publication for a fee without specific, written authorization from National Hispanic and Latino Prevention Technology Transfer Center (PTTC). For more information on obtaining copies of this publication, call 505 690-1783.

At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

The opinions expressed herein are the view of the National Hispanic and Latino Addiction Technology Transfer Center (ATTC), and the Hispanic and Latino Prevention Technology Transfer Center (PTTC), and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

This work is supported by grants 1H79TI081174-01 and 1U79SP023012 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

Presented 2022

HOUSEKEEPING

- Copy of presentation
- Recording
- Q&A Session
- Evaluation
- Certificate of Completion
- Closed captioning

The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.





Fredrick Sandoval, MPA
Executive Director
NLBHA

NLBHA's Mission

The Mission and Goal of The National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services, and improve the quality of services and treatment outcomes for Latino populations.

NLBHA's Objectives

NLBHA's Objective is to provide national leadership on mental health and substance abuse concerns of the Latino community. NLBHA's Policy Priorities are:

1. Targeted Capacity Expansion of Mental Health Services for Latinos
2. Latino Behavioral Health Evidenced Based Practices
3. Legislation to increase the number of Counselors/Therapists/Other Behavioral Health Practitioners
4. Funding for Co-Occurring Disorders of Alcohol and Substance Abuse
5. Opioid Crisis in the Latino Community
6. Suicide Prevention



National Hispanic & Latino

ATTC

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



National Hispanic and Latino

PTTC

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

Conference Registration is Open!

SEPTEMBER 15-16, 2022



SCAN ME

For More Information on
Registration, CEs, Call for
Proposal, Sponsorship,
Exhibitor and Advertising,
Scan the QR Code or visit:
<https://nlbhconference.com/>

*"Last year's conference
reinforced, and enhanced
my cultural knowledge of
and practice with Latinx
clients. I'm looking forward
to this year's!"*



National Latino
Behavioral Health Association **NLBHA**

SAMHSA
Substance Abuse and Mental Health
Services Administration

NHL ATTC Staff



**Susie Villalobos,
Ed.D, M.Ed., CCTS-I**

**NHL ATTC
Project Director**



**Raquel Guzman Vega,
LMSW**

**NHL PTTC
Project Co-Director**



**Ana L. Chavez-Mancillas,
MSW**

**NHL ATTC
Program Specialist**

NHL PTTC Staff



**Susie Villalobos,
Ed.D, M.Ed., CCTS-I**

**NHL PTTC
Project Director**



**Priscila Giamassi,
MPM, CPS**

**NHL PTTC
Project Coordinator**



**Christina Mancebo-Torres,
MPH**

**NHL PTTC
Program Specialist**

Today's Presenter



Marilyn L. Sampilo, PhD, MPH
Center for Pediatric Behavioral Health
Cleveland Clinic

Accelerating Training in Behavioral Health Equity: A Learning Series for Trainees

Part 1

Presented by
Marilyn Sampilo, PhD, MPH
August 22, 2022

Land Acknowledgement

I am delivering this presentation on the lands of the Erie, Kaskasia and Mississauga people. The Erie, Kaskasia, and Mississauga people are the traditional owners of the land upon which Cleveland Clinic Children's sits. We wish to honor their enduring presence by acknowledging this history and including this history in our work today.

Disclosures

No conflicts to disclose

Overview of Series: Part I

Overview of behavioral health and behavioral health care disparities

Review of the multiple determinants of health

Overview of Series: Part II

Describe structural and upstream determinants of behavioral health

Discuss the role of social justice in behavioral health

Overview of Series: Part III

Discuss social justice and related concepts central to equity

Outline individual/provider-level factors that are important for a social justice orientation

Overview of Series: Part IV

Outline strategies to promote equity across areas of behavioral health practice

Considerations

Series consists of didactic and interactive components

Attendees consists of a mixed group (trainees and non-trainees)

Acknowledge we all come to this series with different perspectives, identities, and experiences

Dr. Marilyn Sampilo

Asian, Latina

Family of immigrants/refugees

First Gen

Raised in Washington, DC



Dr. Marilyn Sampilo

Lead Health Equity & Social Justice initiatives in CPBH

Lead Collective Action for Antiracism, Equity, and Inclusion Committee in Pediatrics Institute and Children's Hospital

Leadership Team for Enterprise Education, Instruction, and EDI for CC

Member of Health Equity Strategy Core Team for CC

Let's Get Started...

Key Objectives

Define and discuss behavioral health disparities

Define and discuss behavioral healthcare disparities

Discuss disparities among select communities

Outline determinants and factors that contribute to inequity



#1- Who is in the audience?

- A. Undergraduate/Post-bac
- B. Graduate student
- C. Intern/Resident
- D. Post-doctoral fellow
- E. Licensed professional/Staff/Faculty



#2- How would you assess your current knowledge of behavioral health equity?

- A. Beginner
- B. Intermediate
- C. Advanced

Let's "Chat" Opening Reflection

What is your goal for today, for this series?

What do you hope to get out of today's presentation?

NOW, Let's Really Get Started...

Behavioral Health Disparities

Differences in substance use and/or mental health experiences and clinical and functional outcomes between segments of the population based on sociodemographic characteristics

Can be based on race, ethnicity, income/sex, age, gender, sexual orientation, disability status, language, geographic location, etc...

Mental Health Disparities: SES

Lower SES is strongly associated with higher rates of mental health problems in youth

Children from socioeconomically disadvantaged families are 2-3x more likely to develop mental health problems

BUT, SES interacts with a number of other factors to influence health disparities



Reiss, 2013
Alegria et al., 2015

Mental Health Disparities: Rural Communities

Compared to urban/metro residents, rural residents have seen higher rates of depression and higher rates of suicide

Despite higher and more rapidly increasing rates of mental health concerns, rural communities lack access to adequate screening, identification, intervention and treatment



Capriotti et al., 2013;
Carpenter-Song & Snell, 2017

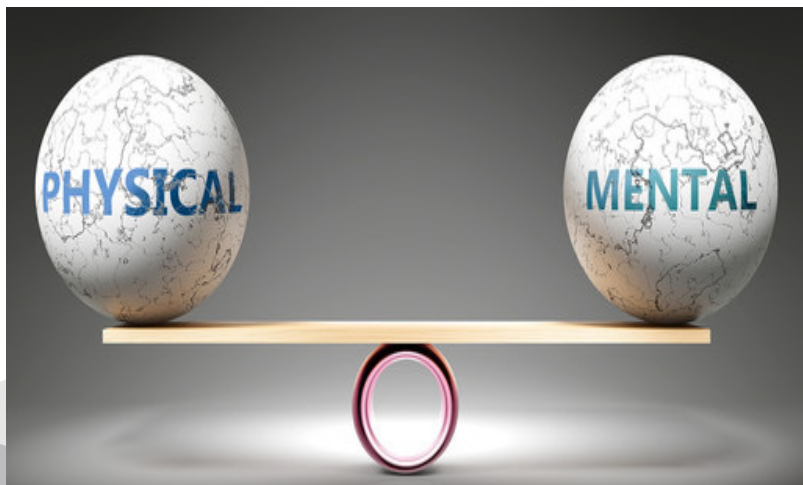
Behavioral Health Disparities: Rural Communities

Rural communities have high rates of opioid prescriptions, diversion, misuse, and high incidence of nonlethal and lethal overdose from prescription opioids

Despite high rates of addiction, rural communities lack access to substance abuse treatment, and even access to lifesaving interventions (e.g., Naloxone)



Behavioral Health vs. Behavioral Health Care Disparities

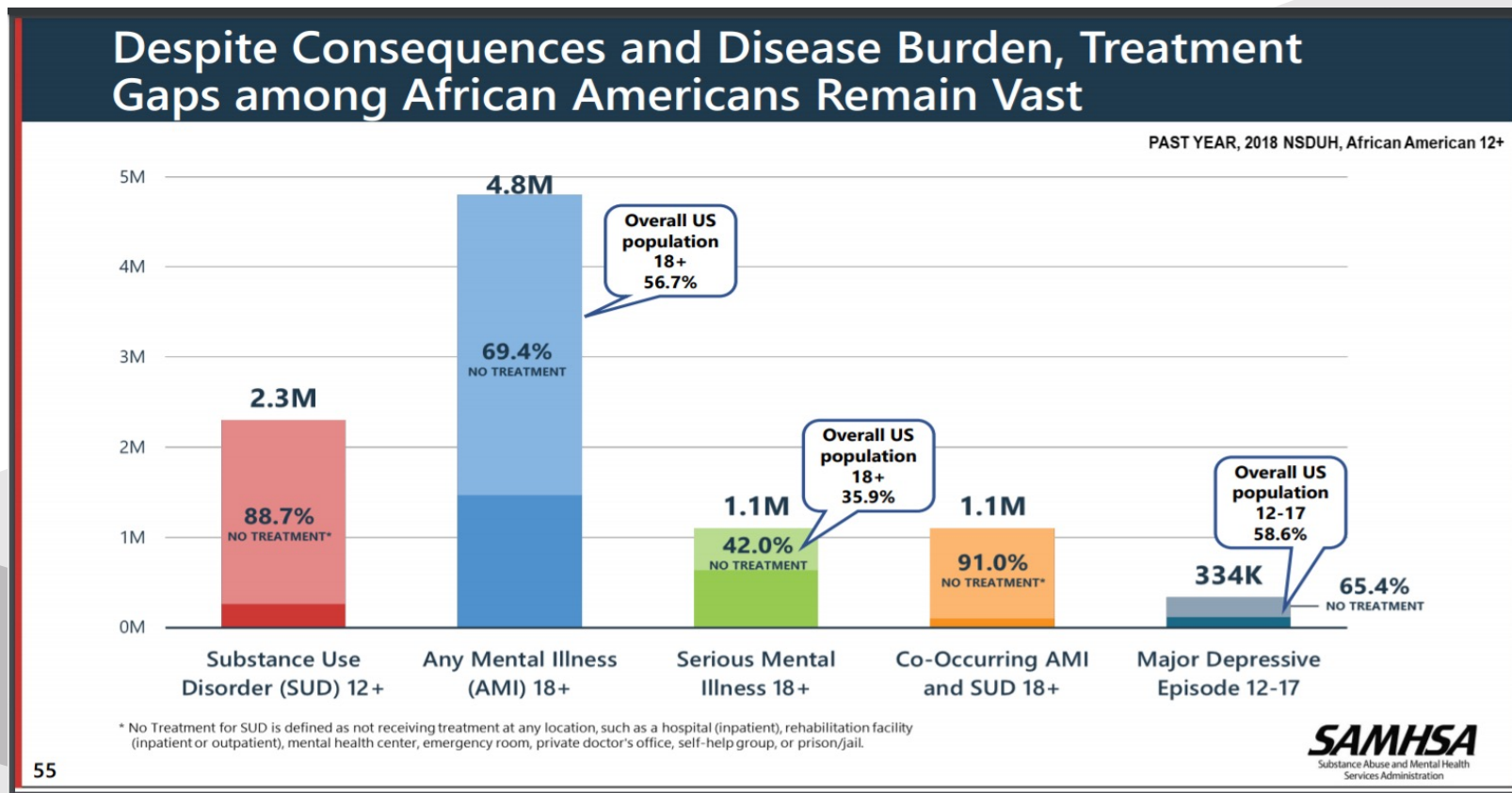


Behavioral Health Care Disparity

Typically refers to differences in access to and use of care, and quality of care between groups, based on sociodemographic characteristics

Ndugga & Artiga, 2021

Gaps in Treatment

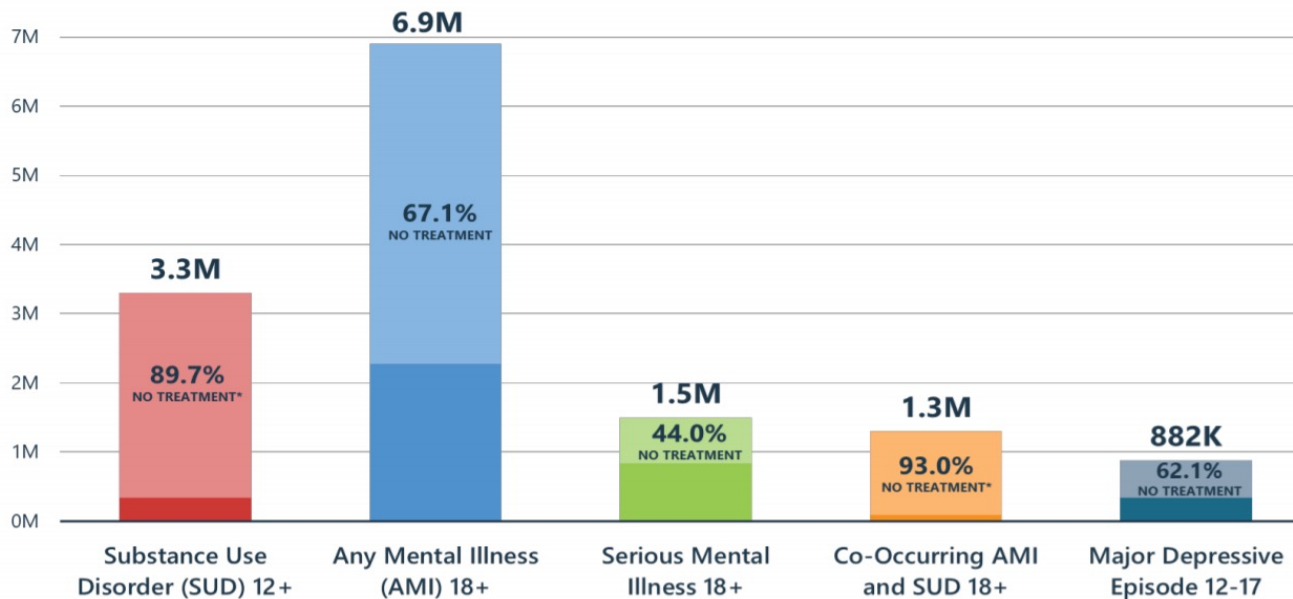


55

Gaps in Treatment

Despite Consequences and Disease Burden, Treatment Gaps among Hispanics Remain Vast

PAST YEAR, 2018 NSDUH, Hispanic 12+



* No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.

SAMHSA
Substance Abuse and Mental Health
Services Administration

55

Disparity in Children's Mental Health Care Utilization

From 2010-2017, among youth ages 5-17...

Black-White disparities in mental health care use

Latinx-White disparities in mental health care use

Disparity Trends in Utilization

From 2010-2011 to 2016-2017, among youth ages 5-17...

Black-White disparities were exacerbated

Latinx-White discrepancies persisted

Rodgers et al., 2013

Disparities in Identification & Referral

BIPOC and LGBTQ+ youth are more likely to be referred for school disciplinary procedures and/or criminalized for behavior problems

AA Youth less likely to be identified and referred for BH treatment

Black, Latino/x/e, Asian patients less likely to receive a diagnosis of depression but more likely to receive a diagnosis of schizophrenia

Advancement Project, 2013
Fearon et al., 2008;
Lau, 2021

Disparities in Quality of Care

BIPOC and LGBTQ+ individuals less likely to receive “minimally adequate care” or more likely to receive less appropriate care

Black and Latinx patients less likely to be prescribed psychiatric medications for mental health concerns

Individuals with disabilities more likely to receive poor quality of care

Gonzalez et al., 2008;
Hahm et al., 2015;
NAMI, 2022

Disparities: Determinants & Factors

C
**Systemic/
Institutional
Factors**

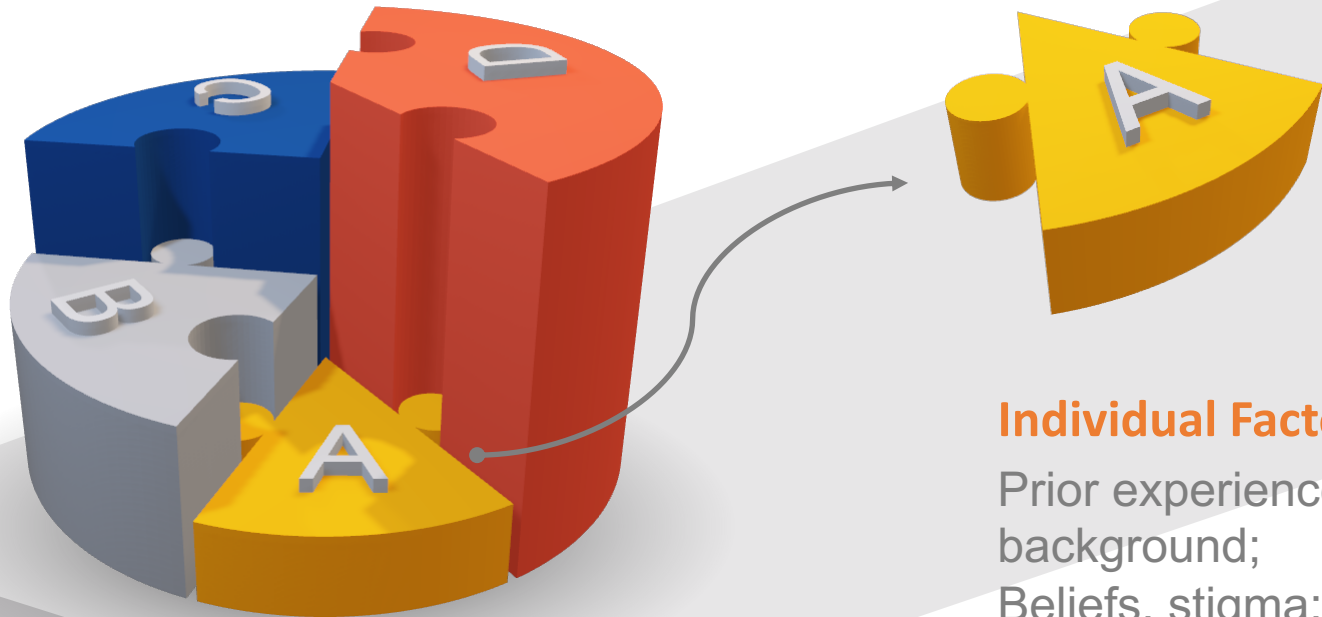
B
**Provider/
Clinician
Factors**

D
**Structural
Factors**

A
**Individual
Factors**



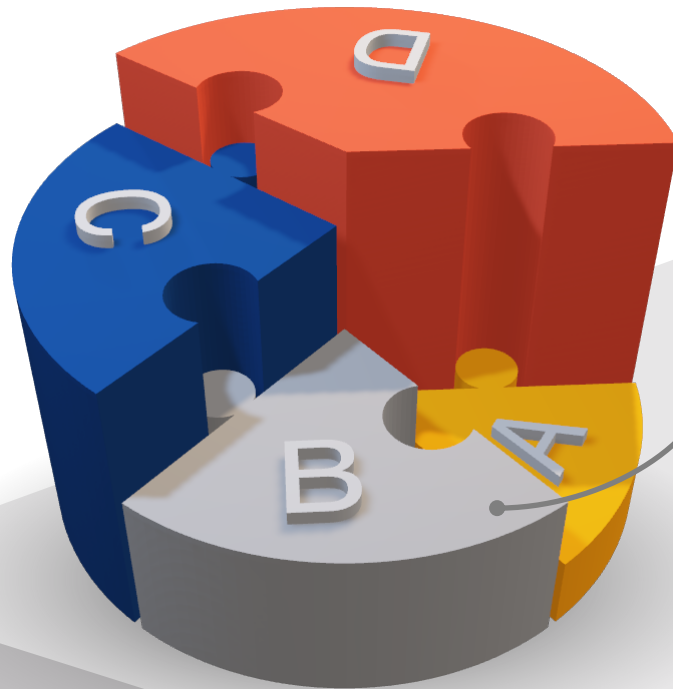
Individual



Individual Factors

Prior experience,
background;
Beliefs, stigma;
Patient
preferences

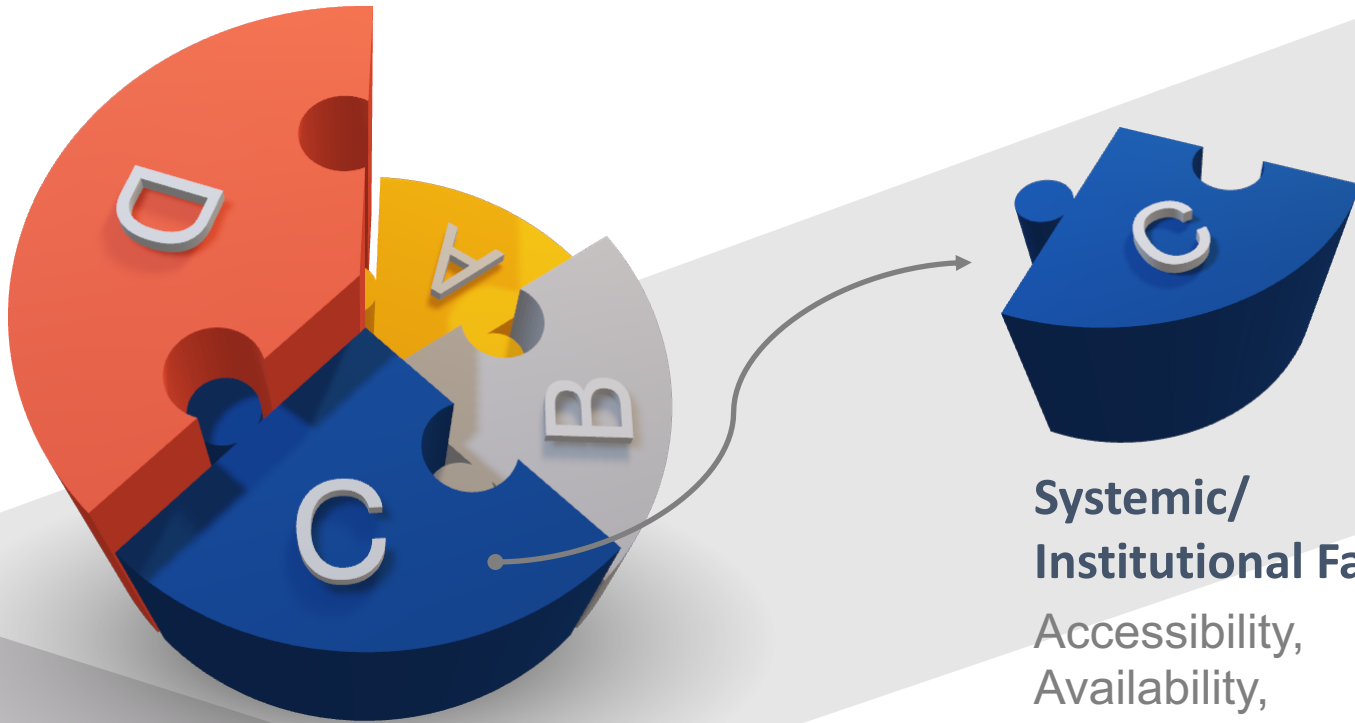
Provider/Clinician



Provider/ Clinician Factors

Lack of appropriate training/tools, Lack of multicultural competence, Bias, discrimination

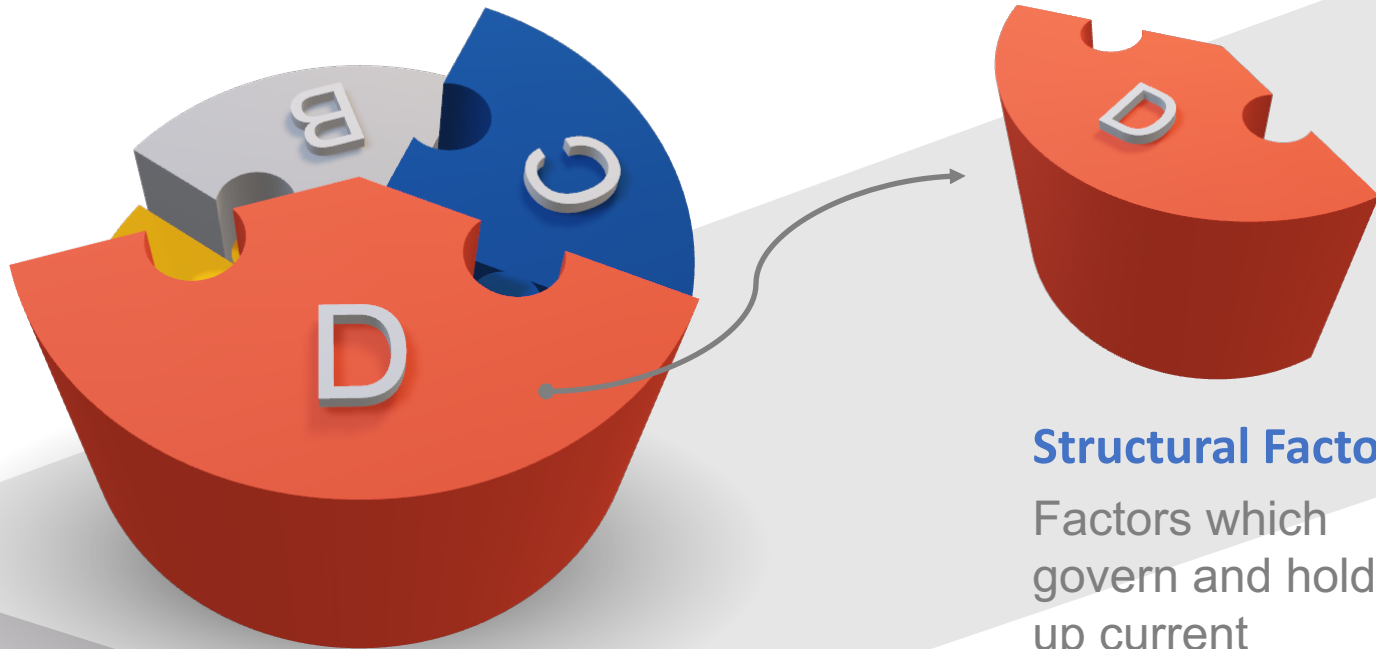
Systemic/Institutional



Systemic/ Institutional Factors

Accessibility,
Availability,
Affordability,
Acceptability

Structural



Structural Factors

Factors which govern and hold up current systems, Oppression

Health Equity

“The attainment of the highest level of health for all people. Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities.”

Health Disparity

Disparity = Difference in health outcomes between groups of individuals

Health Inequity

Inequity = Difference resulting from systemic, avoidable, unfair, unjust, and preventable barriers that limit or constrain opportunity to reach full potential for health

Root Causes of Inequity

Structural Inequities



```
graph TD; A[Structural Inequities] --> B[Social Determinants of Health]; B --> C[Health Inequity];
```

Social Determinants of Health

Health Inequity

Transforming the conditions in which people are
BORN, GROW, LIVE, WORK and AGE
for optimal health, mental health & well-being.



Social Determinants of Health

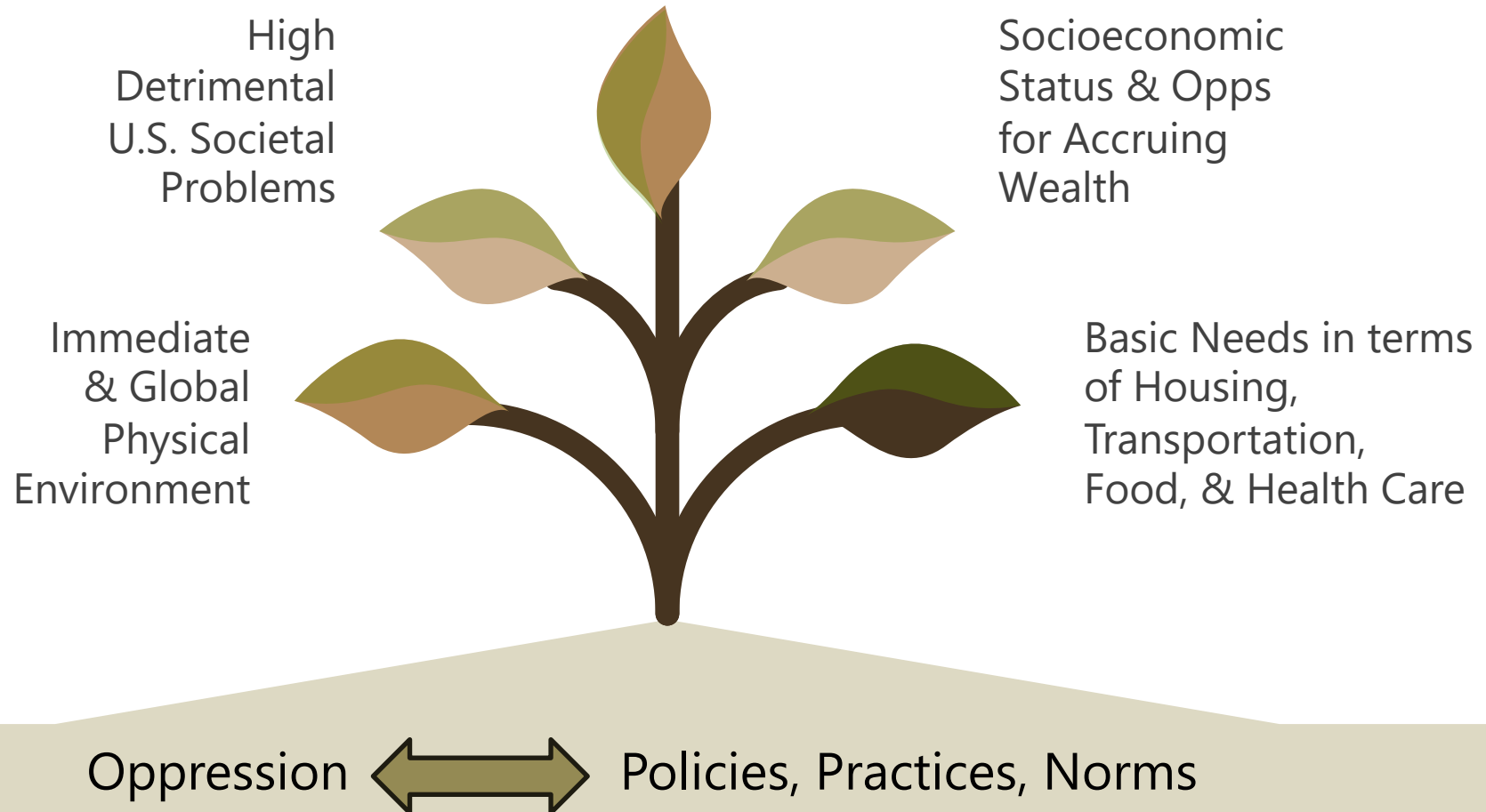


But, what's in the soil?



Oppressions ("isms"); Social Structures & Hierarchies

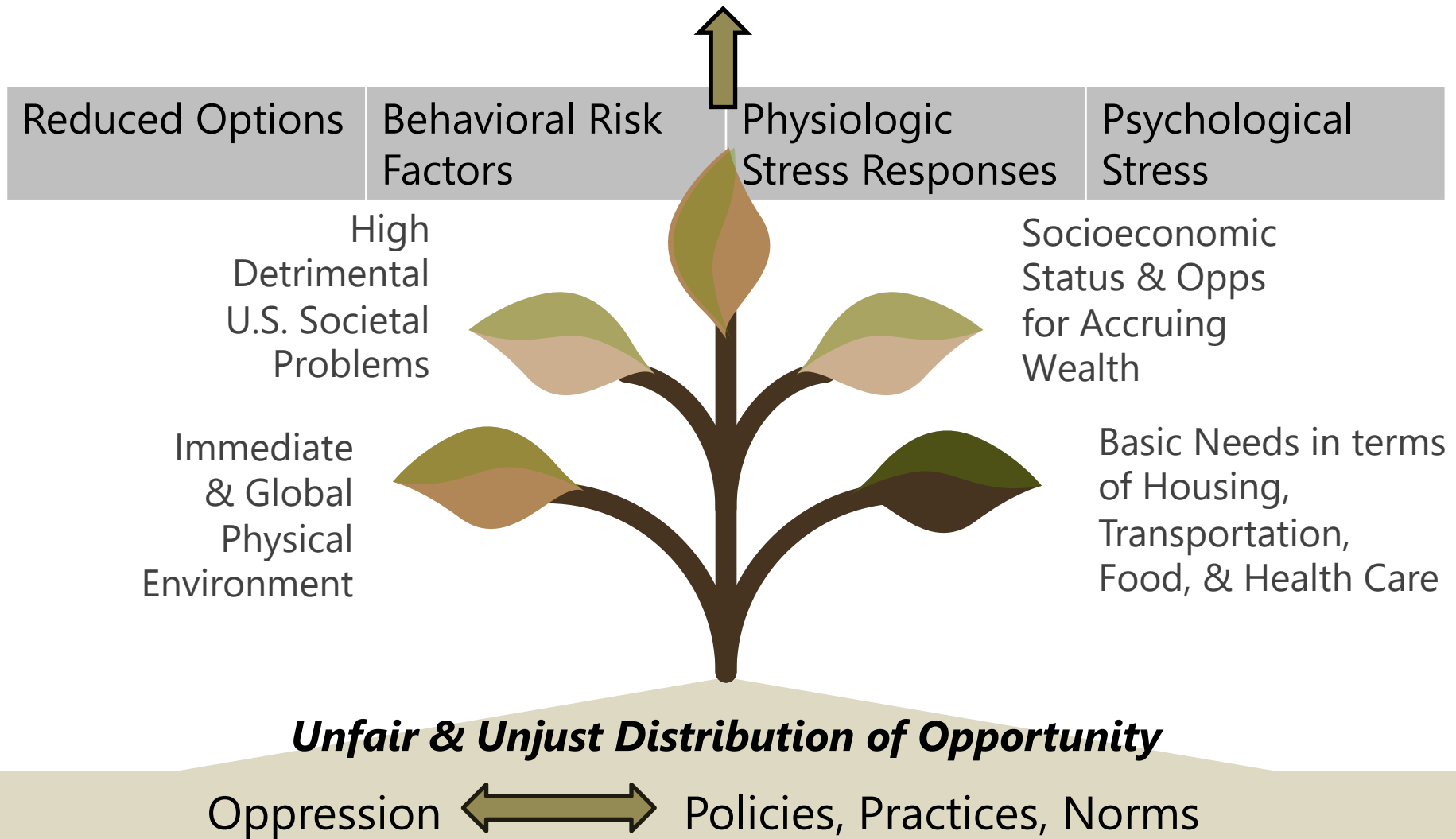
Social Determinants of Mental Health



Compton & Shim, 2015;
Shim & Compton, 2020

Social Determinants of Mental Health

Adverse Mental Health Outcomes



Compton & Shim, 2015;
Shim & Compton, 2020

What Do You See?

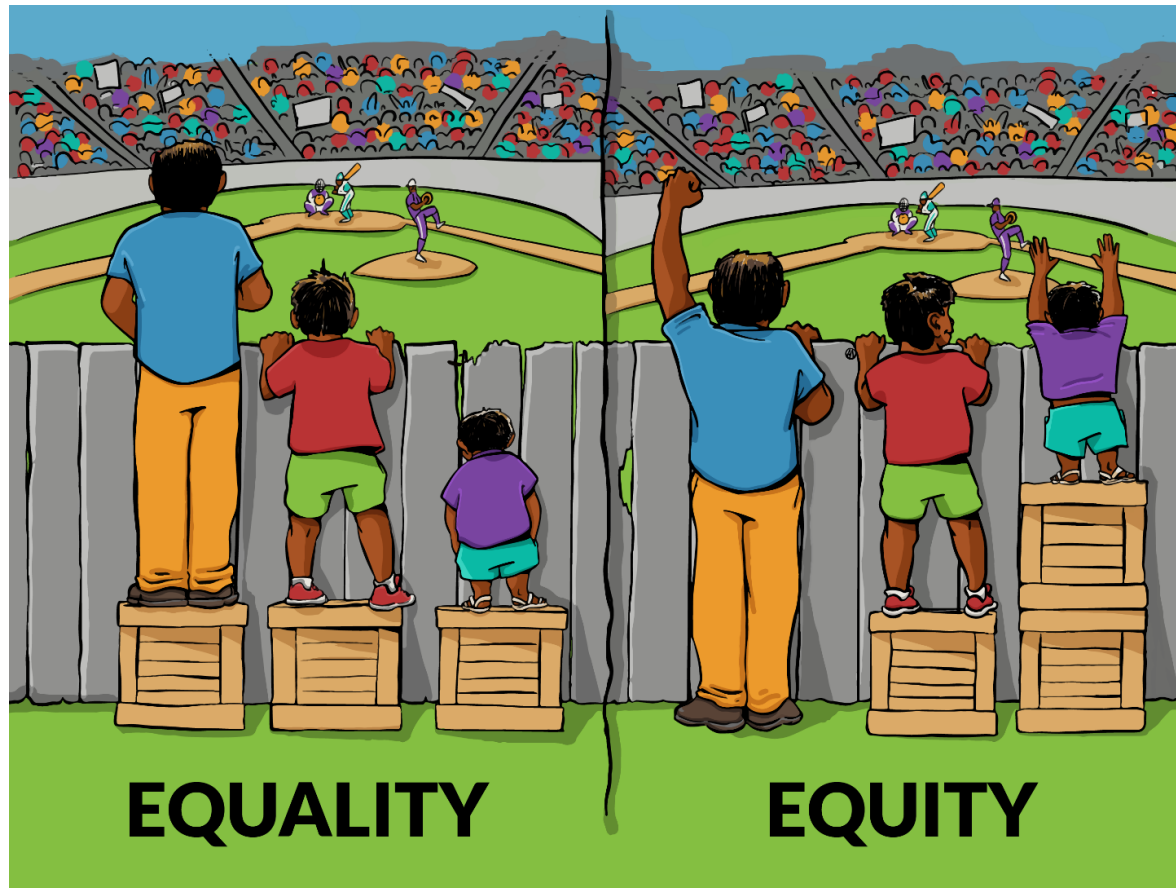


Image Credit: Equality/Equity/Liberation image is a collaboration between Center for Story-based Strategy & Interaction Institute for Social Change. "Reality" panel created by Andrew Weizeman.

What Do You See?

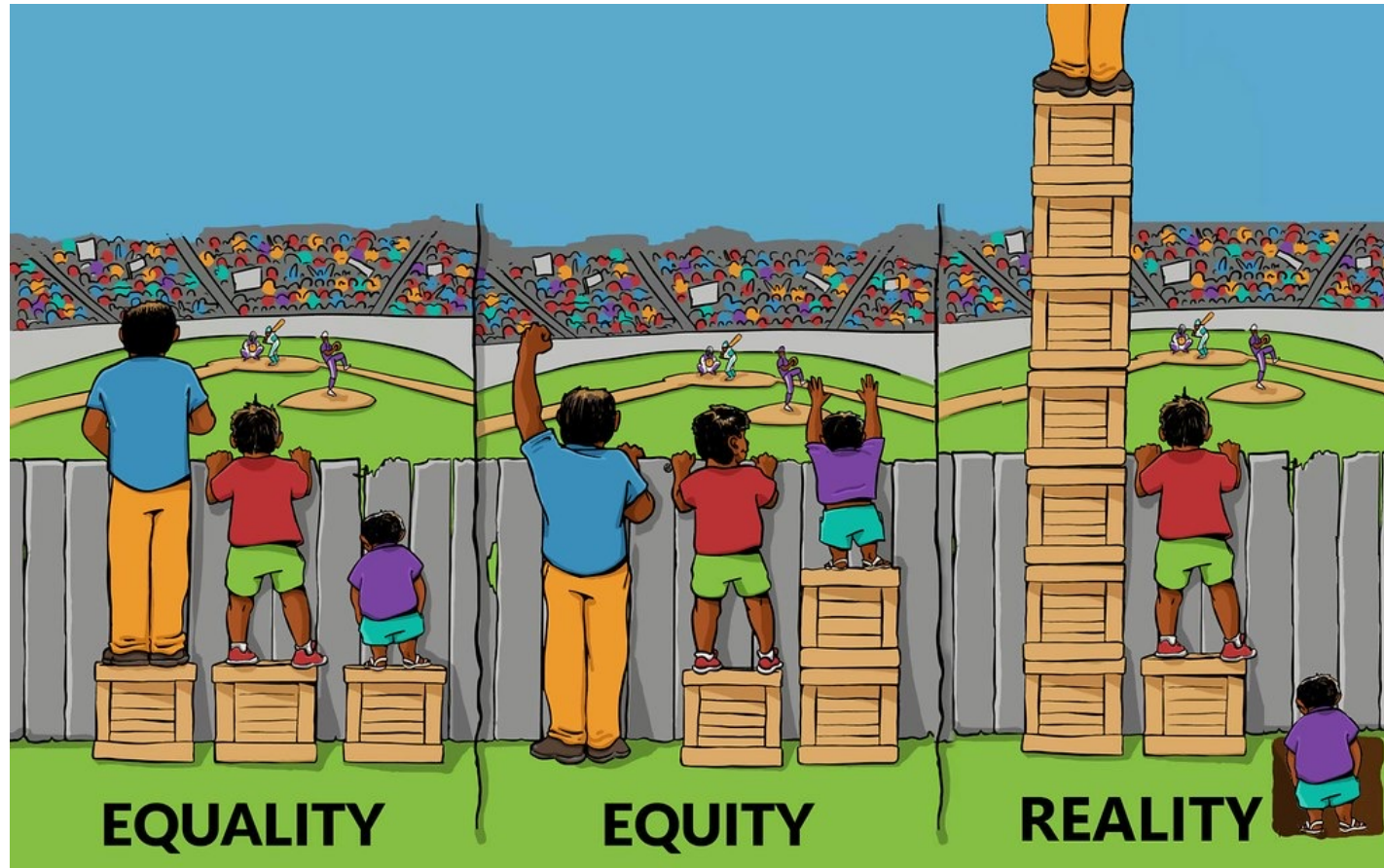


Image Credit: Equality/Equity/Liberation image is a collaboration between Center for Story-based Strategy & Interaction Institute for Social Change. "Reality" panel created by Andrew Weizeman.

What Do You See?

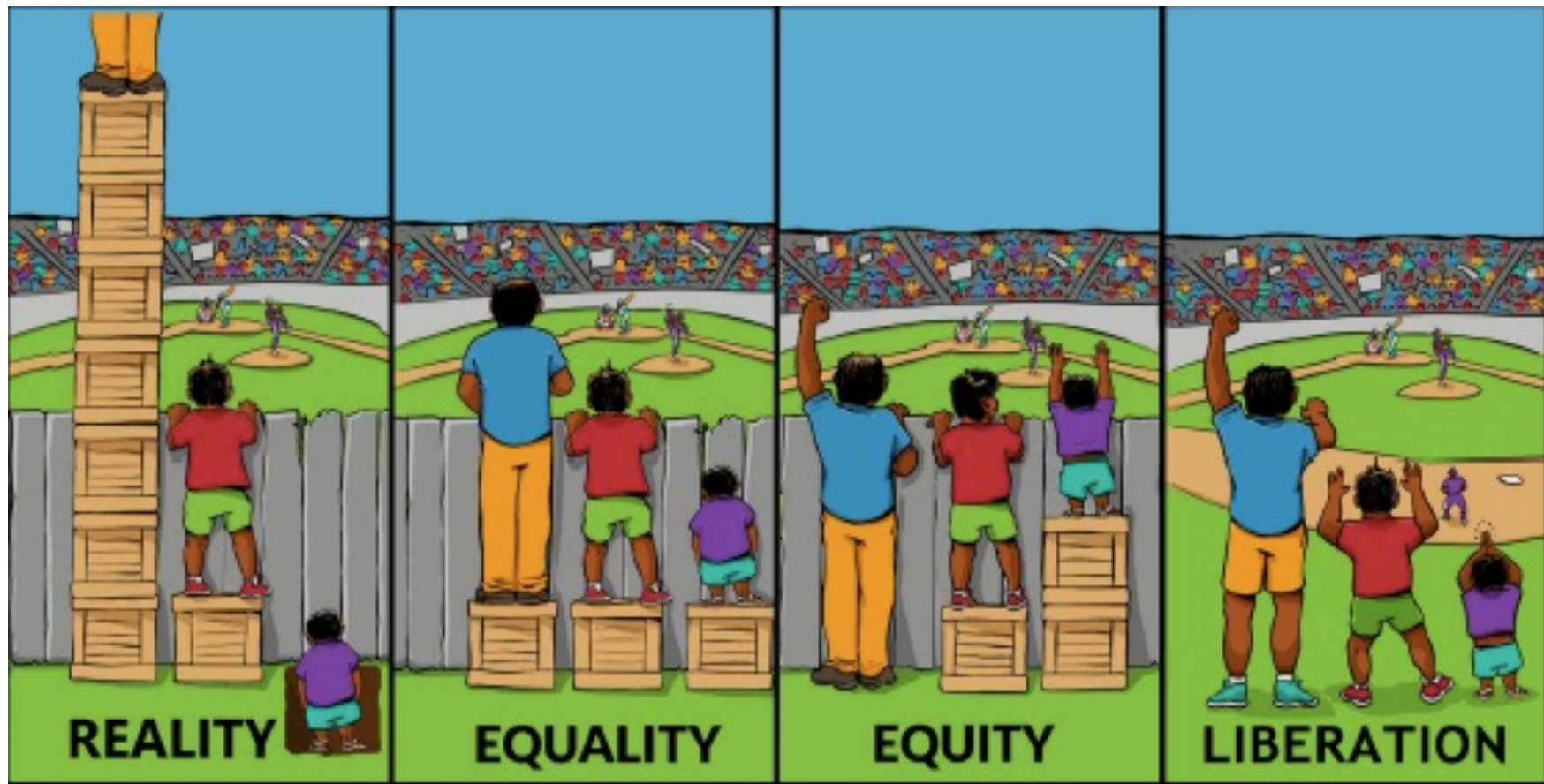


Image Credit: Equality/Equity/Liberation image is a collaboration between Center for Story-based Strategy & Interaction Institute for Social Change. "Reality" panel created by Andrew Weizeman.

We can talk about equity...

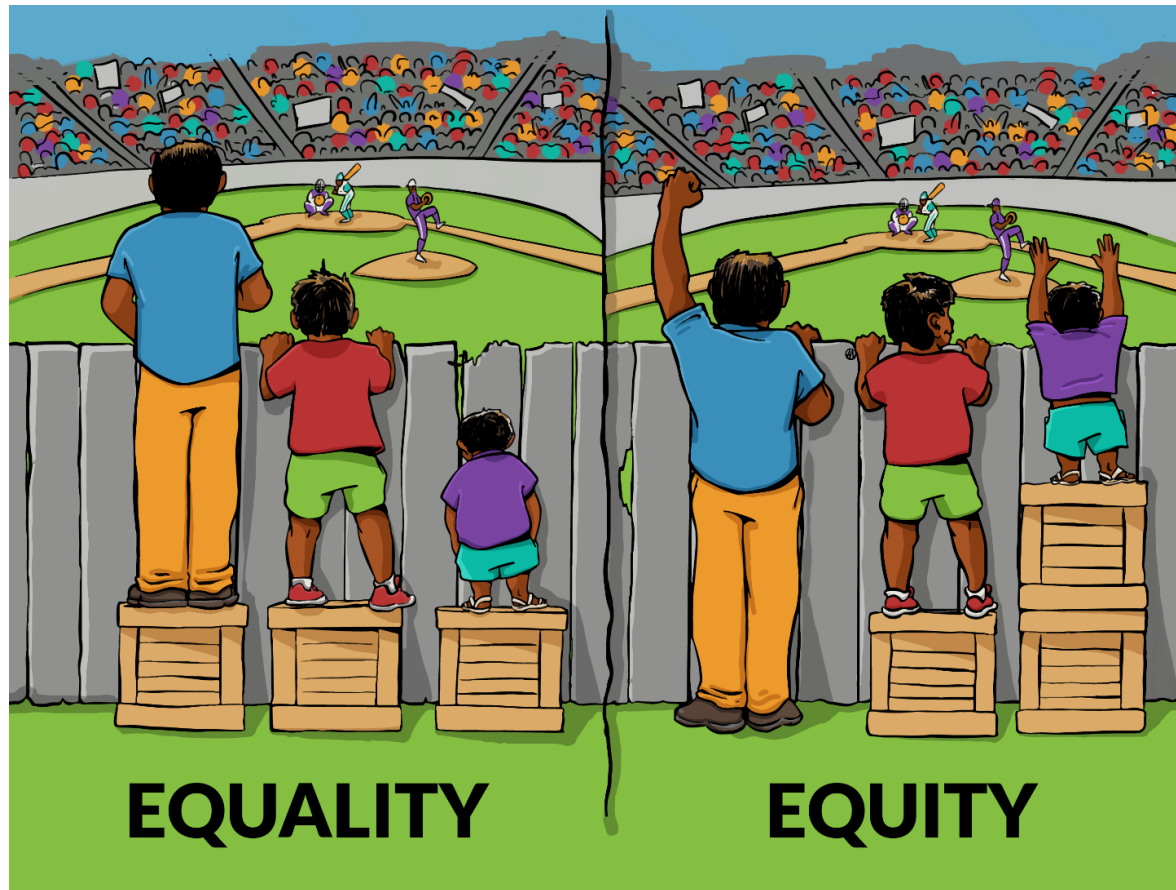


Image Credit: Equality/Equity/Liberation image is a collaboration between Center for Story-based Strategy & Interaction Institute for Social Change. "Reality" panel created by Andrew Weizeman.

But, first, we have to talk reality...

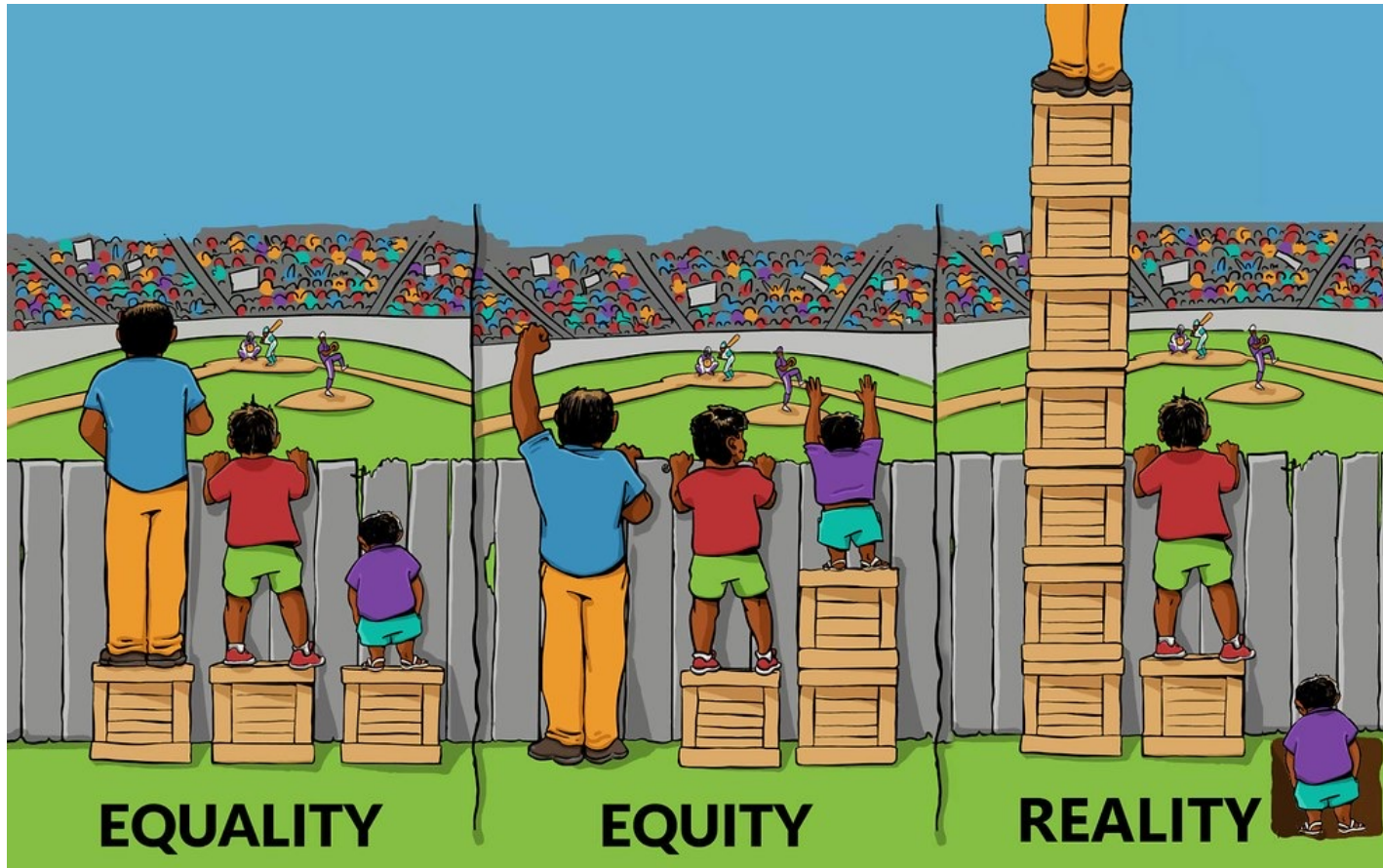


Image Credit: Equality/Equity/Liberation image is a collaboration between Center for Story-based Strategy & Interaction Institute for Social Change. "Reality" panel created by Andrew Weizeman.

To achieve justice and liberation.

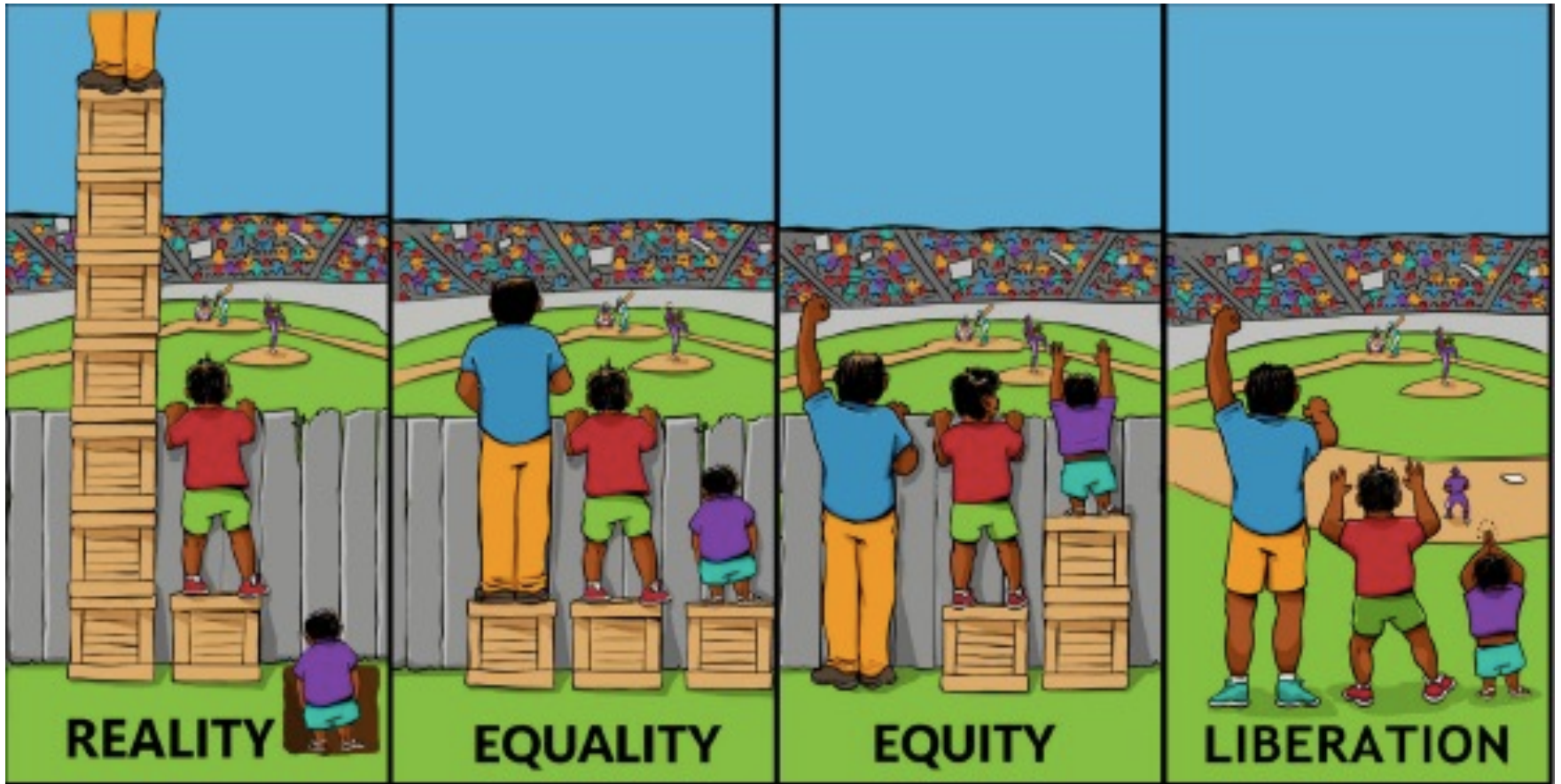


Image Credit: Equality/Equity/Liberation image is a collaboration between Center for Story-based Strategy & Interaction Institute for Social Change. "Reality" panel created by Andrew Weizeman.

And, that starts with talking about the fence!

Coming up in Part II...

Discussion of structural and upstream determinants

Contextualize social justice in behavioral health

Discussion of social justice as a critical component across domains of behavioral health



References

Alegría, M., Green, J.G., McLaughlin, K.A., & Loder, S. (2015). Disparities in child and adolescent mental health and mental health services in the U.S.

California Department of Health (2015). Portrait of promise: The California statewide plan to promote health and mental health equity. Retrieved from https://www.cdph.ca.gov/Programs/OHE/CDPH%20Document%20Library/Accessible-CDPH_OHE_Disparity_Report_Final%20%282%29.pdf

Capriotti T, Pearson T, Dufour L. (2020, February 18). Health Disparities in Rural America: Current Challenges and Future Solutions. Clinical Advisor. Retrieved from <https://www.clinicaladvisor.com/home/topics/practice-management-information-center/health-disparities-in-rural-america-current-challenges-and-future-solutions/>

Carpenter-Song, E., & Snell-Rood, C. (2017). The Changing Context of Rural America: A Call to Examine the Impact of Social Change on Mental Health and Mental Health Care. Psychiatric services (Washington, D.C.), 68(5), 503–506. <https://doi.org/10.1176/appi.ps.201600024>

References

Centers for Disease Control, (2021). About Social Determinants of Health (SDOH). Retrieved from <https://www.cdc.gov/socialdeterminants/about.html>

Centers for Disease Control, Agency for Toxic Substance and Disease Registry. (2021). CDC/ATSDR SVI Fact Sheet. Retrieved from https://www.atsdr.cdc.gov/placeandhealth/svi/fact_sheet/fact_sheet.html

Compton, M. T., & Shim R. S. (2015). The Social Determinants of Mental Health. Arlington, VA, American Psychiatric Publishing

DC Health Matters, (2020). Don't cut DC's lifeline to mental health. Retrieved from https://www.dchealthmatters.org/tiles/index/display?alias=Mental_Health

Fearon, P., Kirkbride, J. B., Morgan, C., Dazzan, P., Morgan, K., Lloyd, T., Hutchinson, G., Tarrant, J., Fung, W. L., Holloway, J., Mallett, R., Harrison, G., Leff, J., Jones, P. B., Murray, R. M., & AESOP Study Group (2006). Incidence of schizophrenia and other psychoses in ethnic minority groups: results from the MRC AESOP Study. Psychological medicine, 36(11), 1541–1550. <https://doi.org/10.1017/S0033291706008774>

González, H. M., Croghan, T., West, B., Williams, D., Nesse, R., Tarraf, W., Taylor, R., Hinton, L., Neighbors, H., & Jackson, J. (2008). Antidepressant use in black and white populations in the United States. Psychiatric services (Washington, D.C.), 59(10), 1131–1138

References

Hahm, H. C., Cook, B. L., Ault-Brutus, A., & Alegría, M. (2015). Intersection of race-ethnicity and gender in depression care: screening, access, and minimally adequate treatment. *Psychiatric services (Washington, D.C.)*, 66(3), 258–264. <https://doi.org/10.1176/appi.ps.201400116>

Jackson, V. J. (2014). Addressing the complex and pernicious problem of disparities in behavioral health care. Retrieved from https://gucchd.georgetown.edu/products/Disparities_PolicyBrief.pdf

Lau, A. (2021). Getting effective mental health care to Asian American youth at risk for depression. Webinar delivered March 31, 2021. Retrieved from <https://www.youtube.com/watch?v=1crhx3oNBc>

Morales, D. A., Barksdale, C. L., & Beckel-Mitchener, A. C. (2020). A call to action to address rural mental health disparities. *Journal of clinical and translational science*, 4(5), 463–467. <https://doi.org/10.1017/cts.2020.42>

NASM (2017). Communities in action: Pathways to health equity. Retrieved from <https://www.nap.edu/read/24624/chapter/5>

National Alliance on Mental Illness. (2022). People with disabilities. Retrieved from <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/People-with-Disabilities>

References

Ndugga, N., & Artiga, S. (2021). Disparities in health and health care: 5 key questions and answers. Retrieved from <https://www.kff.org/racial-equity-and-health-policy/issue-brief/disparities-in-health-and-health-care-5-key-question-and-answers/>

Office of Disease Prevention and Health Promotion (2022). Health equity in Healthy People 2030. Retrieved from <https://health.gov/healthypeople/priority-areas/health-equity-healthy-people-2030>

Reiss F. (2013). Socioeconomic inequalities and mental health problems in children and adolescents: a systematic review. *Social science & medicine* (1982), 90, 24–31.
<https://doi.org/10.1016/j.socscimed.2013.04.026>

Rodgers, C., Flores, M. W., Bassey, O., Augenblick, J. M., & Cook, B. L. (2021). Racial/Ethnic Disparity Trends in Children's Mental Health Care Access and Expenditures From 2010 to 2017: Disparities Remain Despite Sweeping Policy Reform. *Journal of the American Academy of Child and Adolescent Psychiatry*, S0890-8567(21)01875-X. Advance online publication. <https://doi.org/10.1016/j.jaac.2021.09.420>

Rural Health Information Hub. (2021). Rural mental health. Retrieved from <https://www.ruralhealthinfo.org/topics/mental-health>

SAMHSA (2018). 2018 National Survey on Drug Use and Health: Hispanics, Latino or Spanish Origin or Descent. Retrieved from https://www.samhsa.gov/data/sites/default/files/reports/rpt23249/4_Hispanic_2020_01_14_508.pdf

References

SAMHSA (2018). 2018 National Survey on Drug Use and Health: African Americans. Retrieved from https://www.samhsa.gov/data/sites/default/files/reports/rpt23247/2_AfricanAmerican_2020_01_14_508.pdf

Shim, R. S., & Compton, M. T. (2020). The Social Determinants of Mental Health: Psychiatrists' Roles in Addressing Discrimination and Food Insecurity. *Focus* (American Psychiatric Publishing), 18(1), 25–30. <https://doi.org/10.1176/appi.focus.2019003>

The Advancement Project (2013). The School to Prison Pipeline: Brochure. Retrieved from <https://advancementproject.org/resources/school-prison-pipeline-brochure/>

In Williams, M. T., In Rosen, D. C., In Kanter, J., & Arredondo, P. (2019). Eliminating race-based mental health disparities: Promoting equity and culturally responsive care across settings

Presenter's Contact Information

Contact: Marilyn L. Sampilo, PhD, MPH

Email: SampilM@ccf.org



DrMLSampilo



Marilyn Sampilo

GPRA Evaluation Link



<https://form.jotform.com/222288964940164>

Accelerating Training in Behavioral Health Equity: A Learning Series for Trainees

Part 2

Link is being shared in the chat.



National Hispanic & Latino

ATTC

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



National Hispanic and Latino

PTTC

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

Tribute to Selena and Vicente Fernandez

SEPTEMBER 15-16, 2022



For More Information on
Registration, CEs, Call for
Proposal, Sponsorship,
Exhibitor and Advertising,
Scan the QR Code or visit:
<https://nlbhconference.com/>

Join us for a special musical tribute featuring Pepe & Susie, a Mariachi Tribute to Vicente Fernandez and Jenny Sotongo as Selena, La Reina del Tex-Mex! Proceeds benefit the JTR Scholarship Fund.



National Latino
Behavioral Health Association **NLBHA**

SAMHSA
Substance Abuse and Mental Health
Services Administration

For more information about the National Hispanic and Latino ATTC and to request training and technical assistance you can reach us at:

www.nlbha.org

ATTCnetwork.org/hispaniclatino



Or directly at:

**Susie Villalobos, Ed.D, M.Ed.,
CCTS-I**

susie@nlbha.org

915-503-5111

**Raquel Guzman Vega,
LMSW**

raquel@nlbha.org

**Ana L. Chavez-Mancillas,
MSW**

achavezm@nlbha.org

CONNECT WITH US



[National Hispanic & Latino ATTC](#)



[Juntos Network](#)



[Cultivating Wellness: A Newsletter Celebrating
Latino Behavioral Health](#)

For more information about the National Hispanic and Latino PTTC and to request training and technical assistance you can reach us at:

www.nlbha.org

PTTCnetwork.org/hispaniclatino



Or directly at:

**Susie Villalobos, Ed.D, M.Ed.,
CCTS-I**
susie@nlbha.org
915-503-5111

Priscila Giamassi, MPM, CPS
priscila@nlbha.org
678-822-1308

**Christina Mancebo-Torres,
MPH**
christina@nlbha.org
774-400-0897

CONNECT WITH US



[National Hispanic & Latino PTTC](#)



[Juntos Network](#)



[Cultivating Wellness: A Newsletter Celebrating
Latino Behavioral Health](#)

**Thank you.
¡Gracias!
Obrigado.**