

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

## *Part 2*

Presented by  
Marilyn Sampilo, PhD, MPH  
August 23, 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.

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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.

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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





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*"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**

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# 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

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# 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.

<https://native-land.ca/>

# Disclosures

No conflicts to disclose

# Q & A Follow-Up

## Questions from Session I

# Key Objectives

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

# Framing

Discussions of oppression and racism have been emotionally-charged

We all have different experiences with these topics

Our identities have impact and influence on our experience

# Framing

Today is about recognizing, reducing, and preventing harm

We may experience discomfort when discussing these subjects

# General Guidelines

Consider discomfort as the price for growth and that growth leads to opportunity

Consider how we could be doing things differently, how we can grow, how we can respond to call for change

# General Guidelines

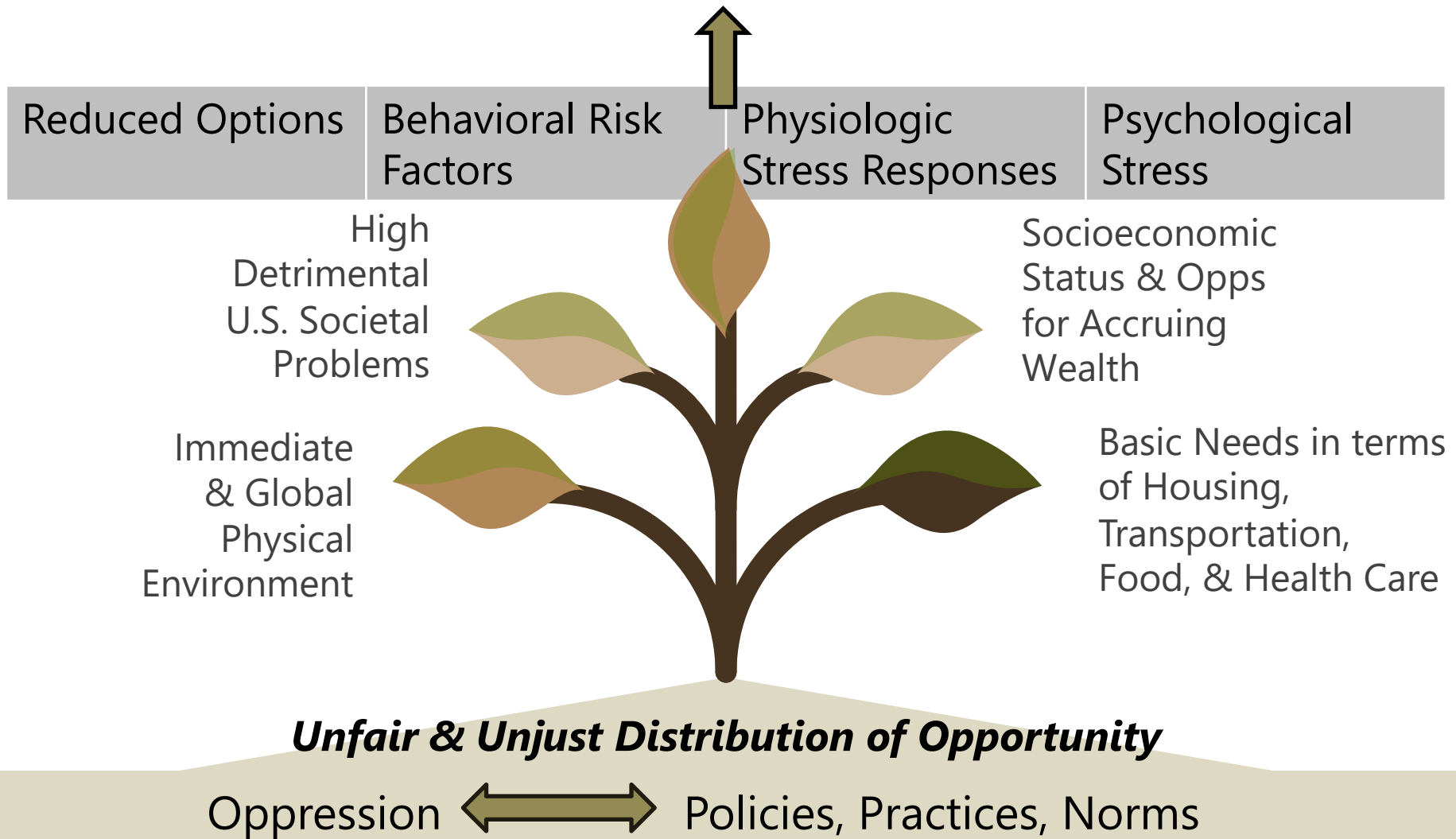
Pay attention to our/your own reactions and reflections about what might be causing them

Avoid judging others' experiences; consider your own experiences



# Social Determinants of Mental Health

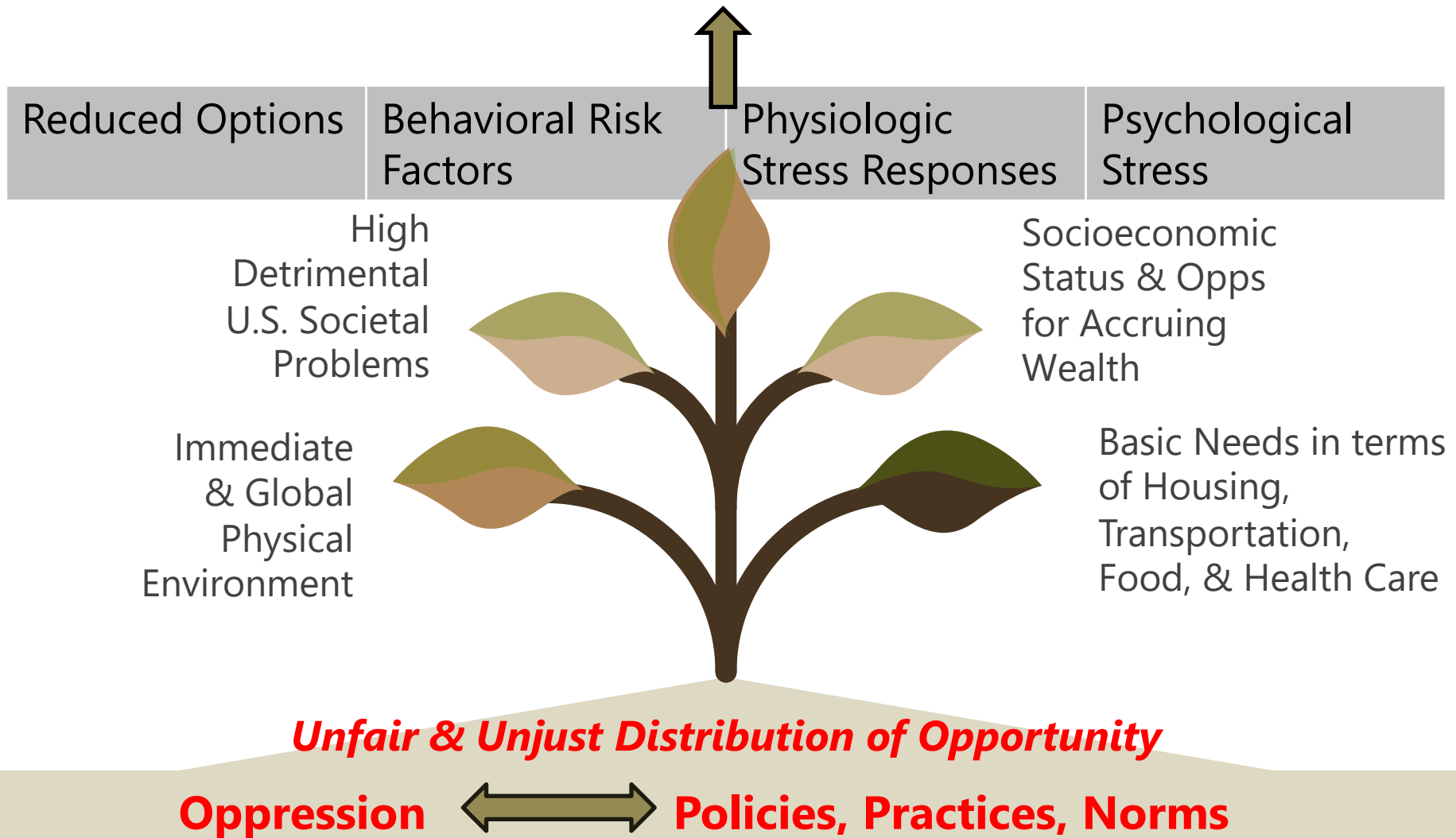
## ***Adverse Mental Health Outcomes***



Compton & Shim, 2015;  
Shim & Compton, 2020

# Social Determinants of Mental Health

## ***Adverse Mental Health Outcomes***



Compton & Shim, 2015;  
Shim & Compton, 2020

# Oppression: Racism

## Structural

- Cumulative, compounded effects of factors that systematically disadvantage BIPOC communities
- Overarching system of racial bias across institutions and society

## Systemic

- Perpetuated discrimination within a system
- History/basis of racist principles and/or discriminatory practices

# Root Causes of Inequity



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

Structural Inequities

Social Determinants of Health

Health Inequity

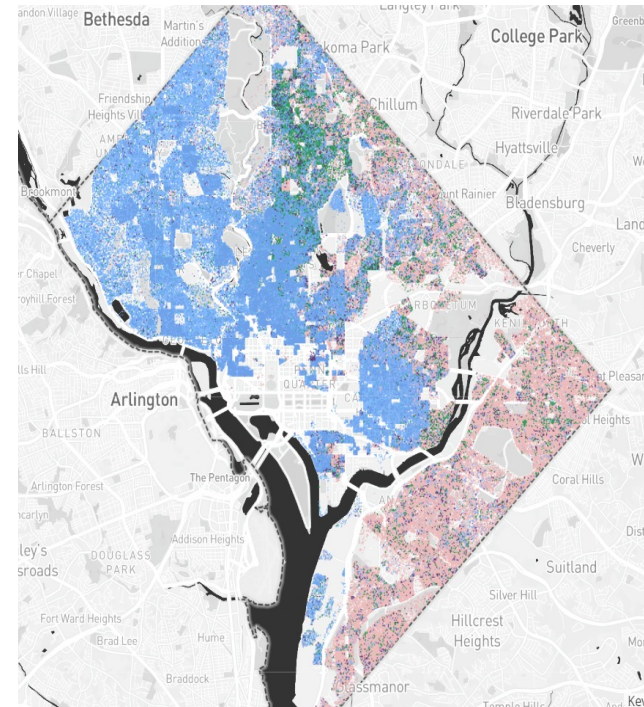
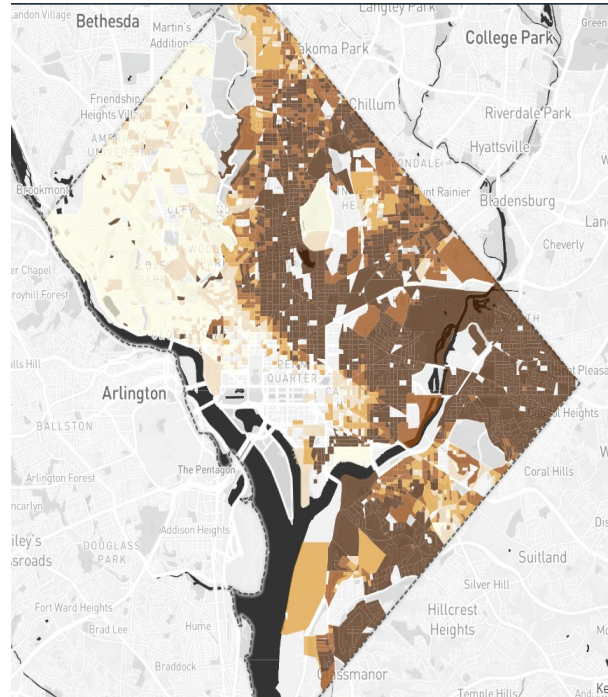
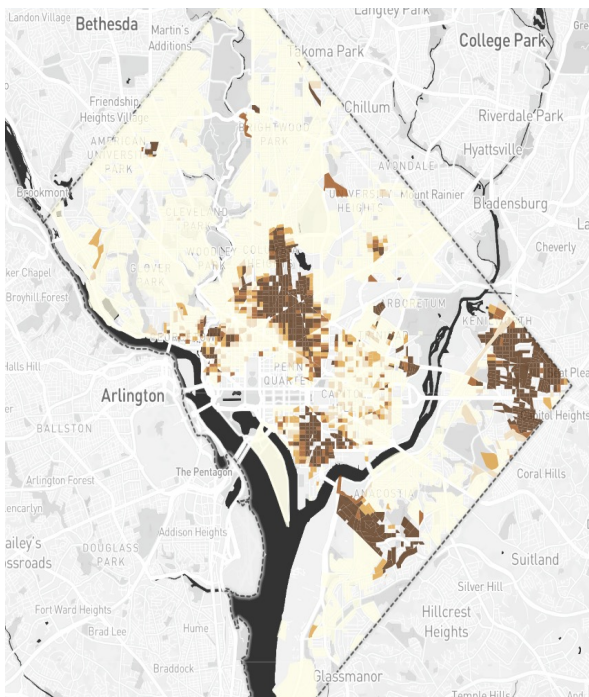
# Let's Consider An Example...

# Washington D.C.

History of racially restrictive deed covenants to ensure racial exclusivity

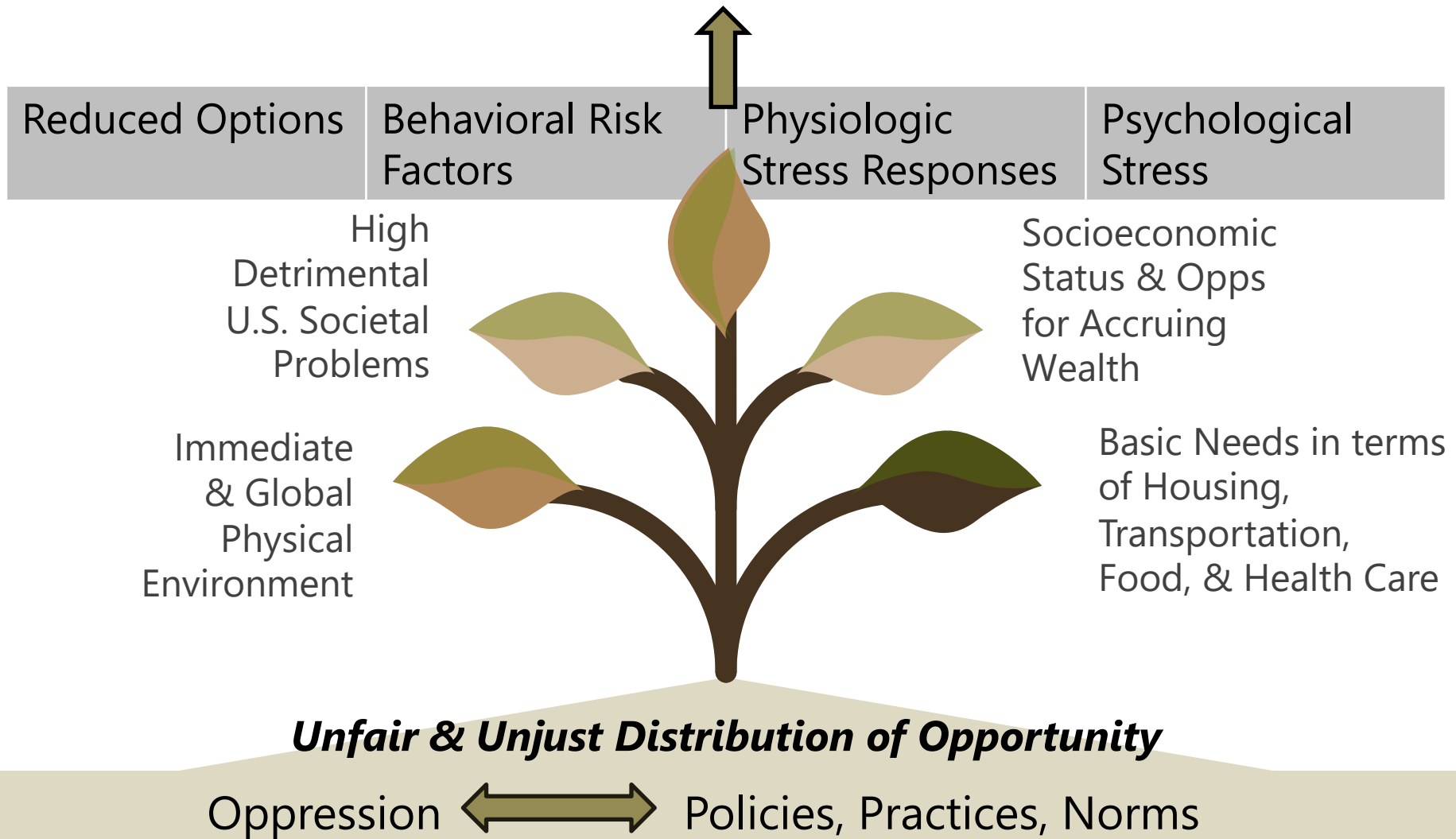
Covenants governed who could purchase or occupy buildings

# Washington D.C.



# Social Determinants of Mental Health

## ***Adverse Mental Health Outcomes***



Compton & Shim, 2015;  
Shim & Compton, 2020



# Social Vulnerability

Social vulnerability refers to potential harm to people. It involves a combination of factors that determine the degree to which someone's life and livelihood are put at risk during public health emergencies.

Social vulnerability refers to the resilience of communities when confronted by external stresses on human health, stresses such as natural or human-caused disasters, or disease outbreaks.

# Social Vulnerability

## Socioeconomic Status

- Poverty
- Un-employment
- Per capita income
- Education
- Insurance status

## Household Composition & Disability

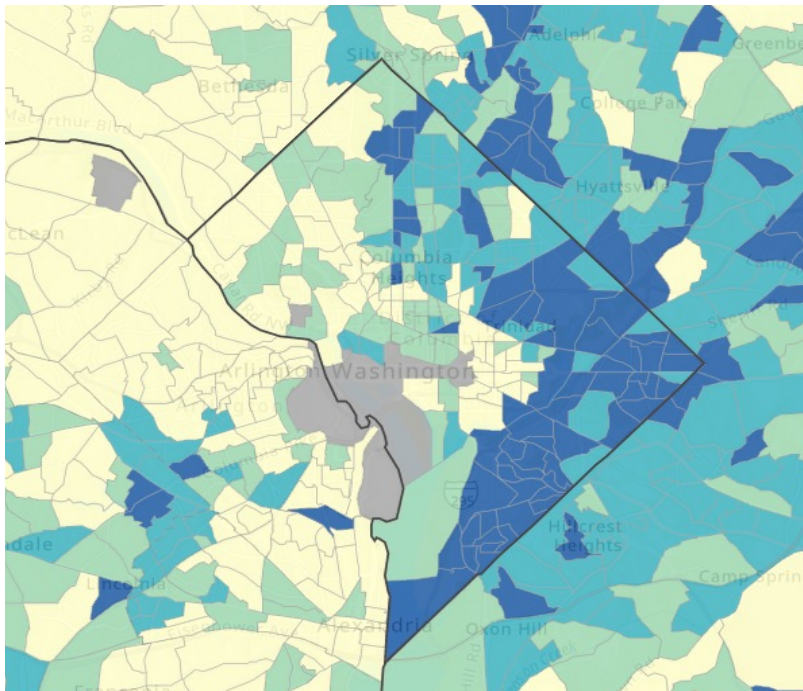
- Age  $65 \geq$
- Age  $< 18$
- Age  $5 \geq$  w/ a disability
- Single-parent households

## Minority Status & Language

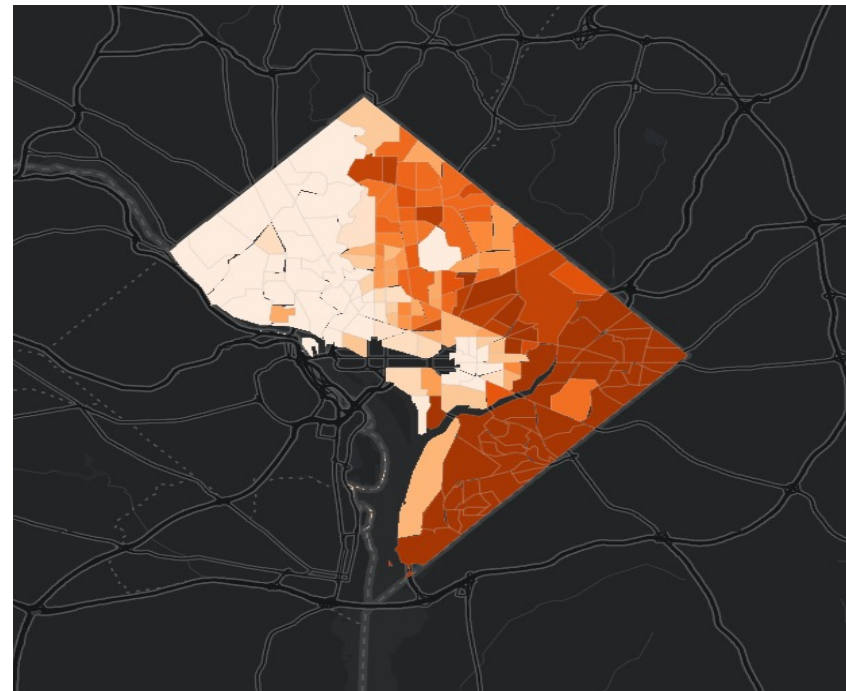
- Minority
- Limited English proficiency

## Housing Type & Transportation

- Multi-unit structures
- Mobile homes
- Crowding
- No vehicle
- Group quarters



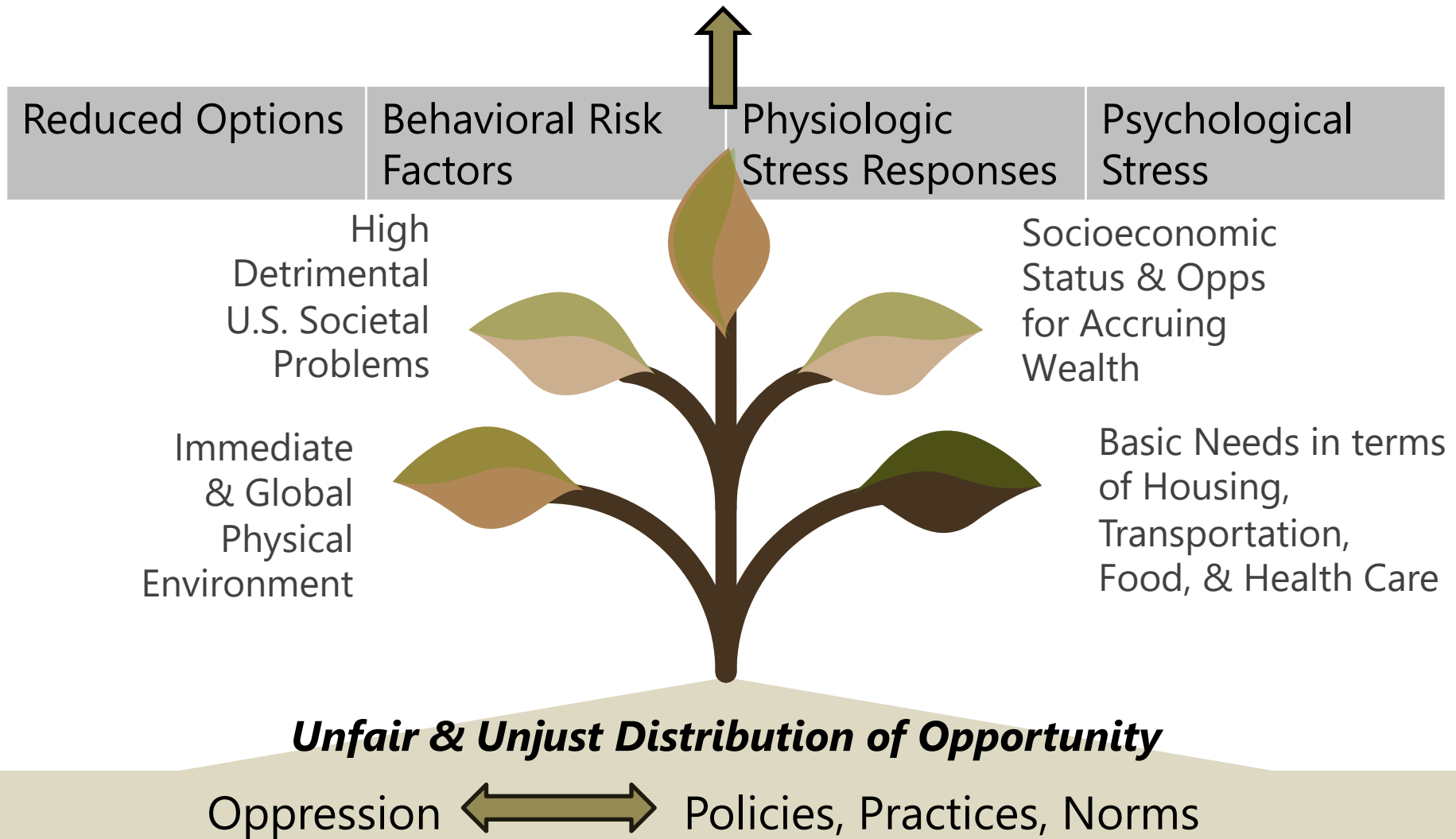
CDC/ATSDR, 2018



DC Health Matters,  
2020

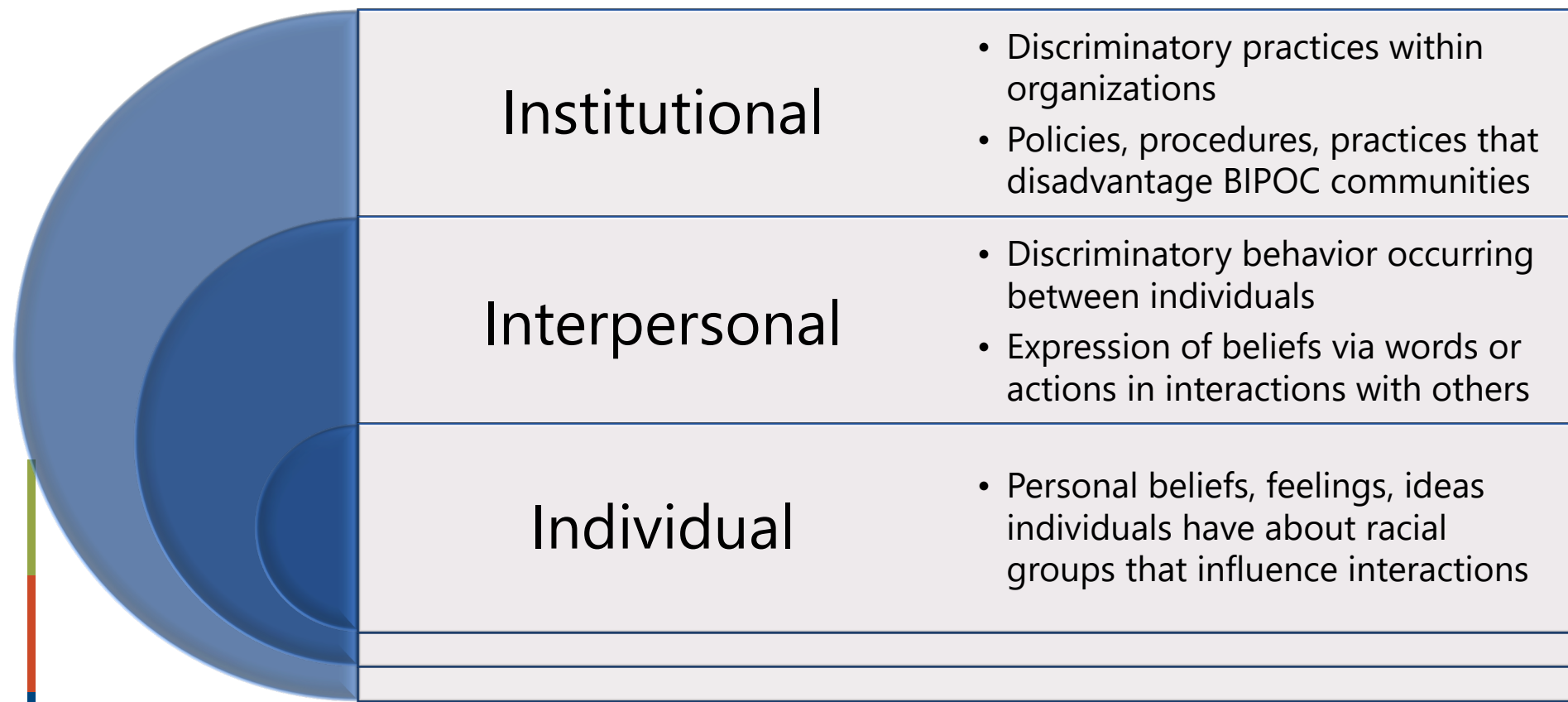
# Social Determinants of Mental Health

## ***Adverse Mental Health Outcomes***



Compton & Shim, 2015;  
Shim & Compton, 2020

# Oppression: Racism



# Influence of Racism/Racial Bias

**C**  
**Systemic/  
Institutional  
Factors**

**B**  
**Provider/  
Clinician  
Factors**

**D**  
**Structural  
Factors**

**A**  
**Individual  
Factors**



# Barriers & Facilitators in Wards 7 & 8

Societal-level factors  
-Poverty

Community-level factors  
-Access  
-Stigma

# Barriers & Facilitators in Wards 7 & 8

## Provider and medical system-related factors

- Model of mental health care
- Patient-centered care*

## Individual and interpersonal factors

- Disconnect between symptoms and treatment
- Fear and mistrust
- Social & familial support*
- Triggering events*



# Inequity

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

# Let's "Chat"

What words/thoughts/ideas come to mind when you think of social justice?



# Social Justice: Principles

Access

Equity

Rights

Participation

APHA, 2021; Human  
Rights Careers, 2021;  
WHO, 2016

# What Is Social Justice?

“The goal of social justice is full and equitable participation of people from all social identity groups in a society that is mutually shaped to meet their needs.”

“The vision for social justice is a world in which the distribution of resources is equitable and ecologically sustainable, and all members are physically and psychologically safe and secure, recognized, and treated with respect.”

Bell, 2016

# What Is Social Justice?

“Requires confronting the ideological frameworks, historical legacies, and institutional patterns and practices that structure social relations unequally so that some groups are advantaged at the expense of other groups that are marginalized.”

Bell, 2016

# Let's "Chat"

What comes to mind when you think of social justice in behavioral or mental health?

Why do you think social justice is important to behavioral health?

# Why Social Justice?

Inequalities in health are unfair, avoidable and by reasonable social action preventable

Society should work to ensure that every individual has the capability to be as healthy as possible

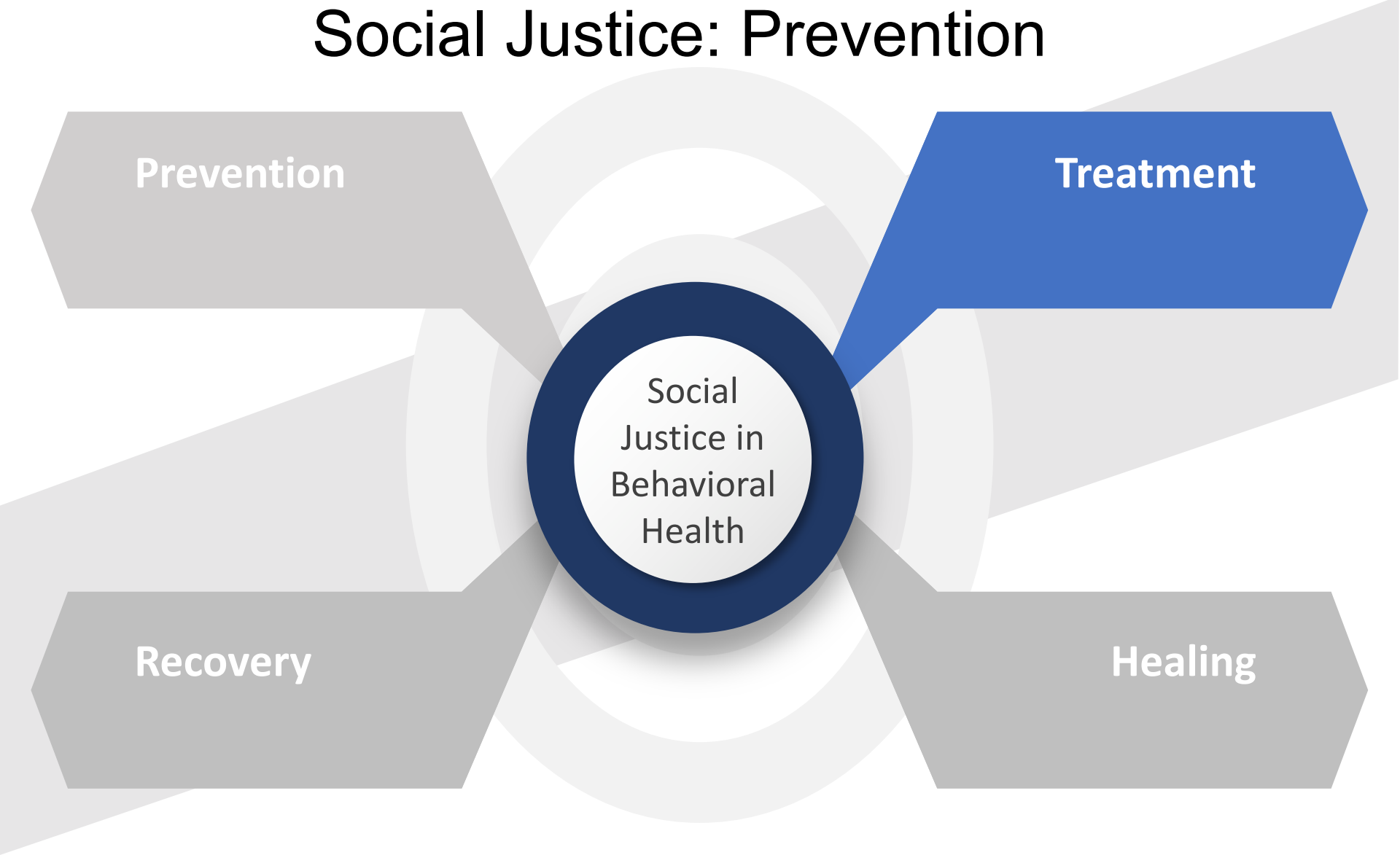
This requires ensuring every individual has the same opportunity for access, use of care, and quality of care



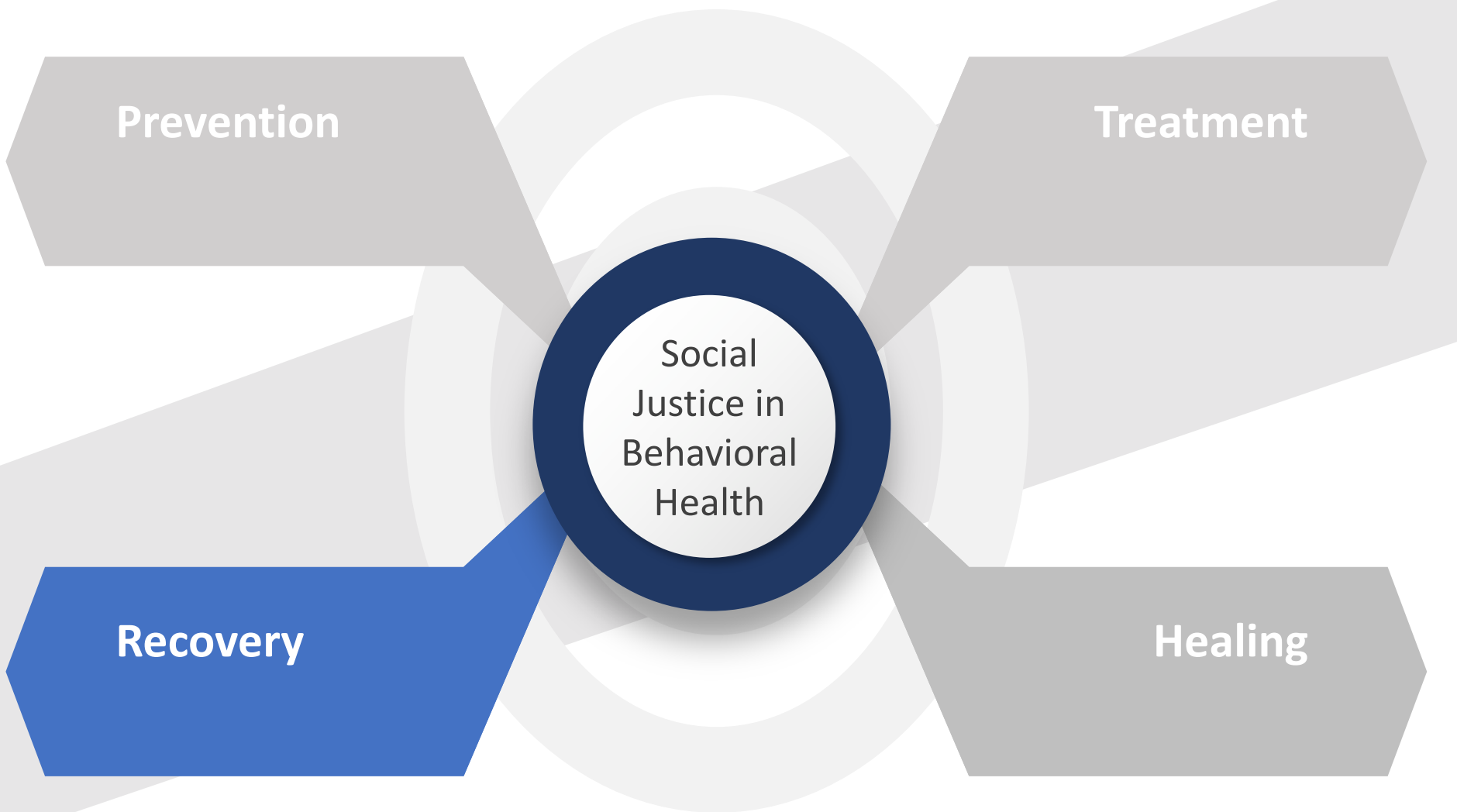
# Social Justice: Prevention



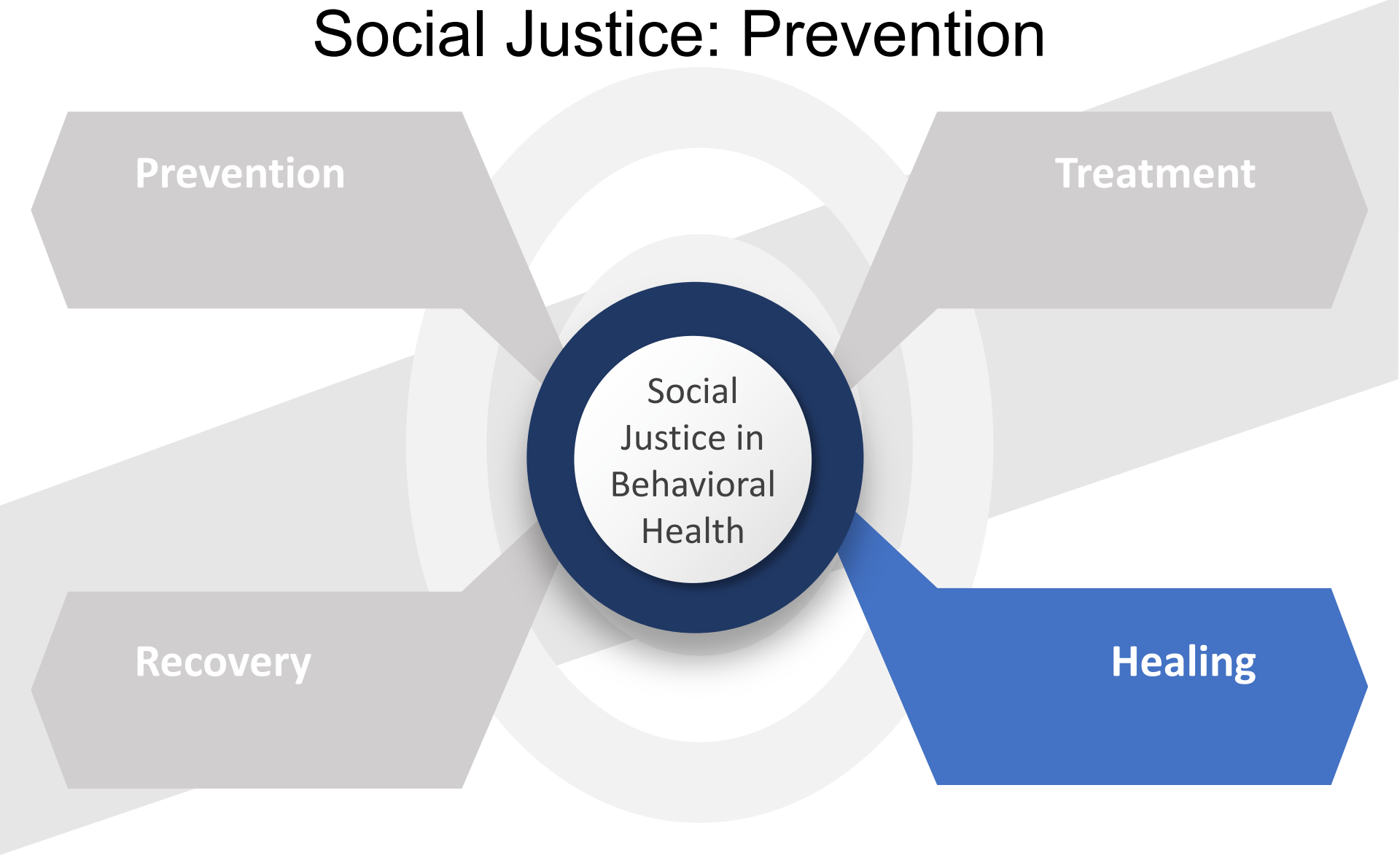
# Social Justice: Prevention



# Social Justice: Prevention



# Social Justice: Prevention



# Let's “Chat” Again

What do you think are barriers to promoting social justice in behavioral health?

# Promoting Social Justice in Behavioral Health

Education, self-reflection, interrogation

Promotion of norms of anti-racism, equity, diversity, and inclusion across domains of professional practice

Community engagement and community-centeredness

Advocacy and empowerment

# What's Next?

We ground our work in social justice beginning with education, self-reflection, and interrogation.







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DrMLSampilo



Marilyn Sampilo

# GPRA Evaluation Link



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

*Part 3*

*Monday, August 29<sup>th</sup> at 2 pm ET time*

***NEW LINK is being shared in the chat.***



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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.



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*Or directly at:*

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**Thank you.  
¡Gracias!  
Obrigado.**