

Community Engagement in Addressing Economic and Social Determinants of Health: Access & Treatment in Behavioral Health

Hoang B. Appel, PhD, MPH
UW School of Medicine

Robin Fleming, PhD, RN
UW Bothell School of Nursing and Health Studies

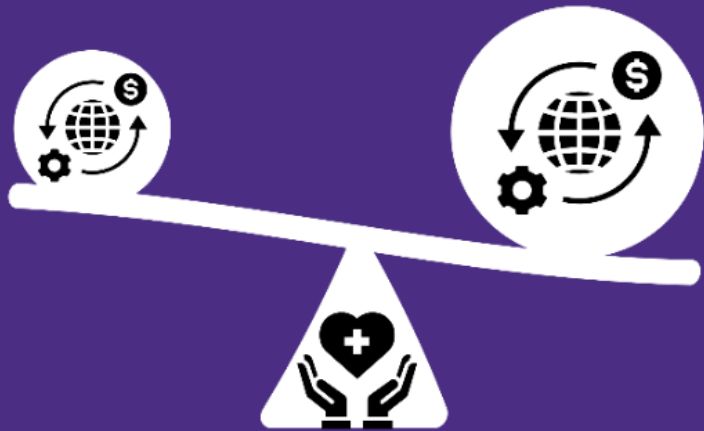
Sarina Barrett, BA
Latino Educational Training Institute - LETI

Harborview Behavioral Health Institute RESJ - September 27, 2024



Overview

- > Economic Inequality and its Effects on Mental Health
- > Integrative Care and Behavioral Health
- > Addressing Mental Health in School and Community Settings



1

**Economic Inequality
&
its Effects on Mental Health**

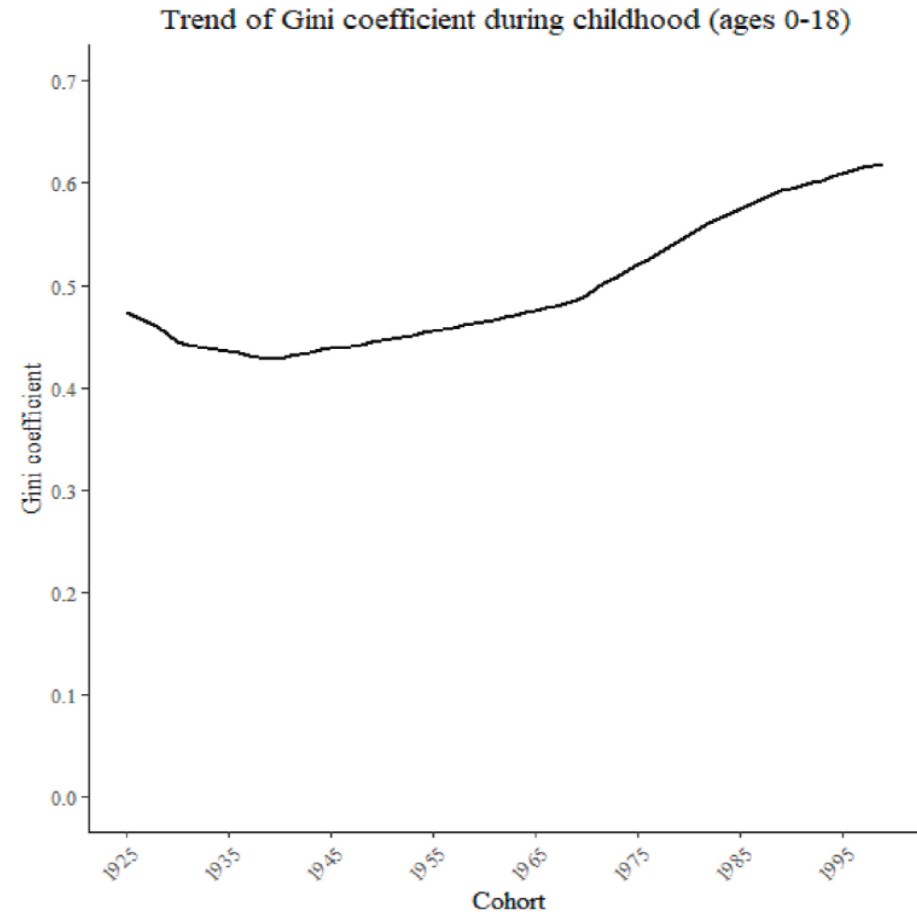
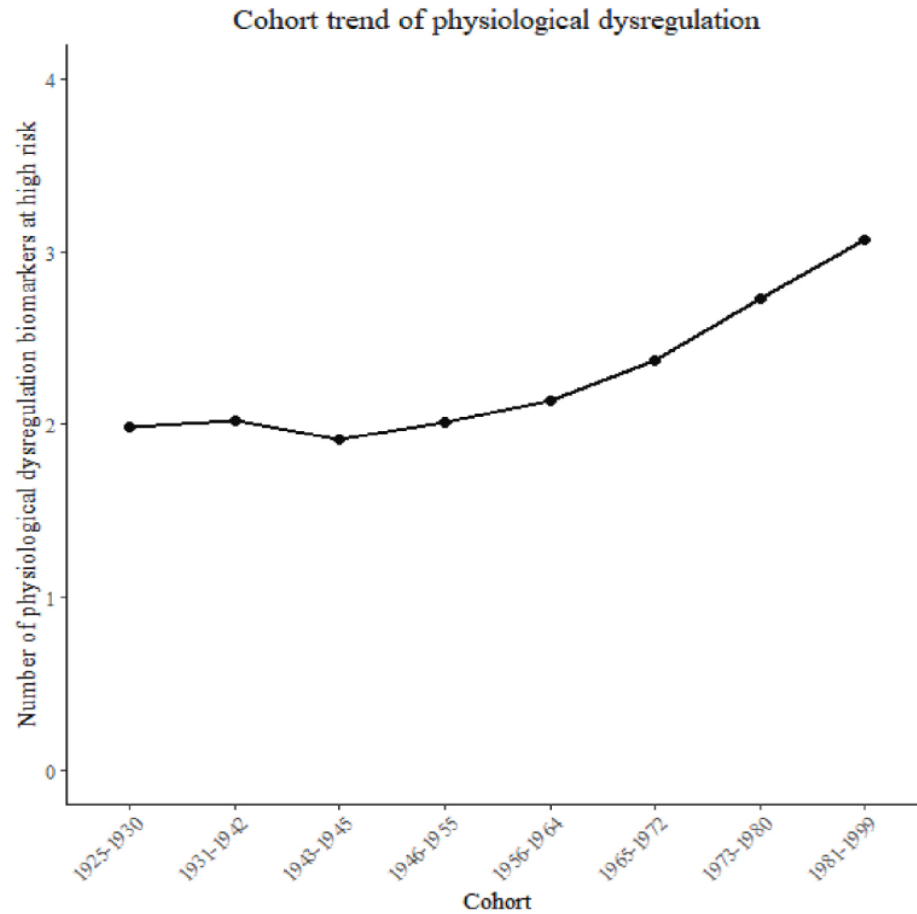
W

How is Economic Inequality in Healthcare Measured?

- > Gini Coefficient
- > Excess medical care costs
- > Lost labor market productivity
- > Premature deaths



Gini Coefficient and Physiological Dysregulation

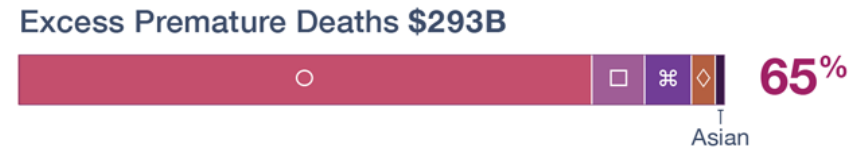


Economic Burden by Racial and Ethnic Minority Groups

Burden by Racial & Ethnic Minority Groups

Black/African American ○	\$310B	69%
Hispanic/Latino □	\$94B	21%
American Indian/Alaska Native ⌘	\$26B	6%
Native Hawaiian/Pacific Islander ◇	\$12B	3%
Asian △	\$8B	2%

Burden by Economic Components and Racial & Ethnic Minority Groups



Lost Labor Market Productivity \$81B



Excess Medical Care Costs \$77B



Economic Burden by Educational Levels

Burden by Educational Levels

Less than High School ○	\$256B	26%
High School/GED □	\$593B	61%
Some College ◇	\$128B	13%

Burden by Economic Components and Educational Levels

Excess Premature Deaths \$649B



Lost Labor Market Productivity \$174B

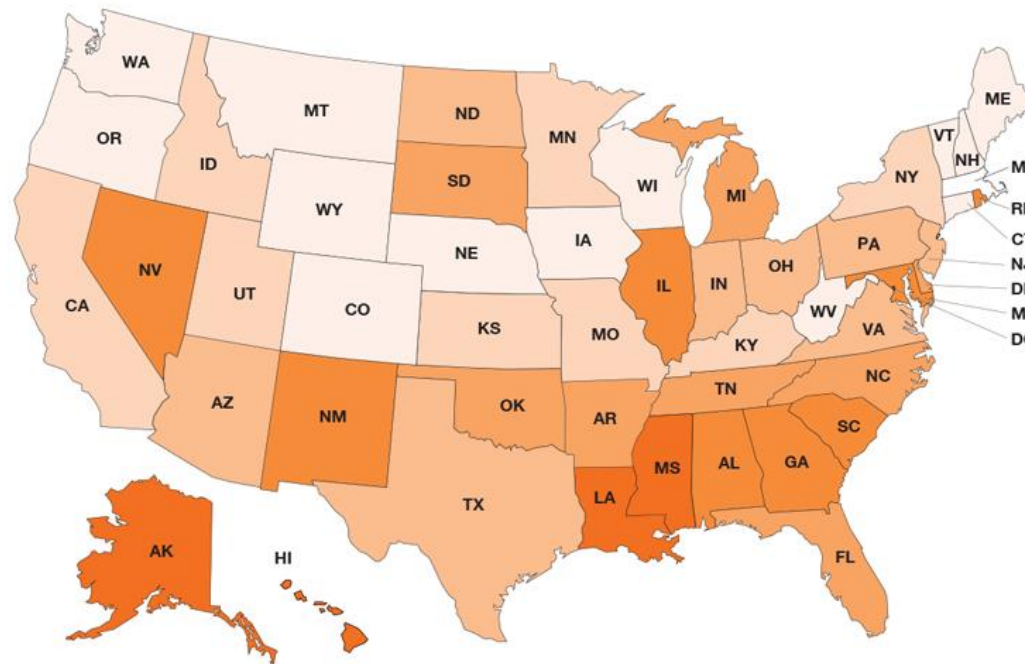


Excess Medical Care Costs \$155B



Economic Burden by Racial and Ethnic Minority Groups

Burden Per Person By State

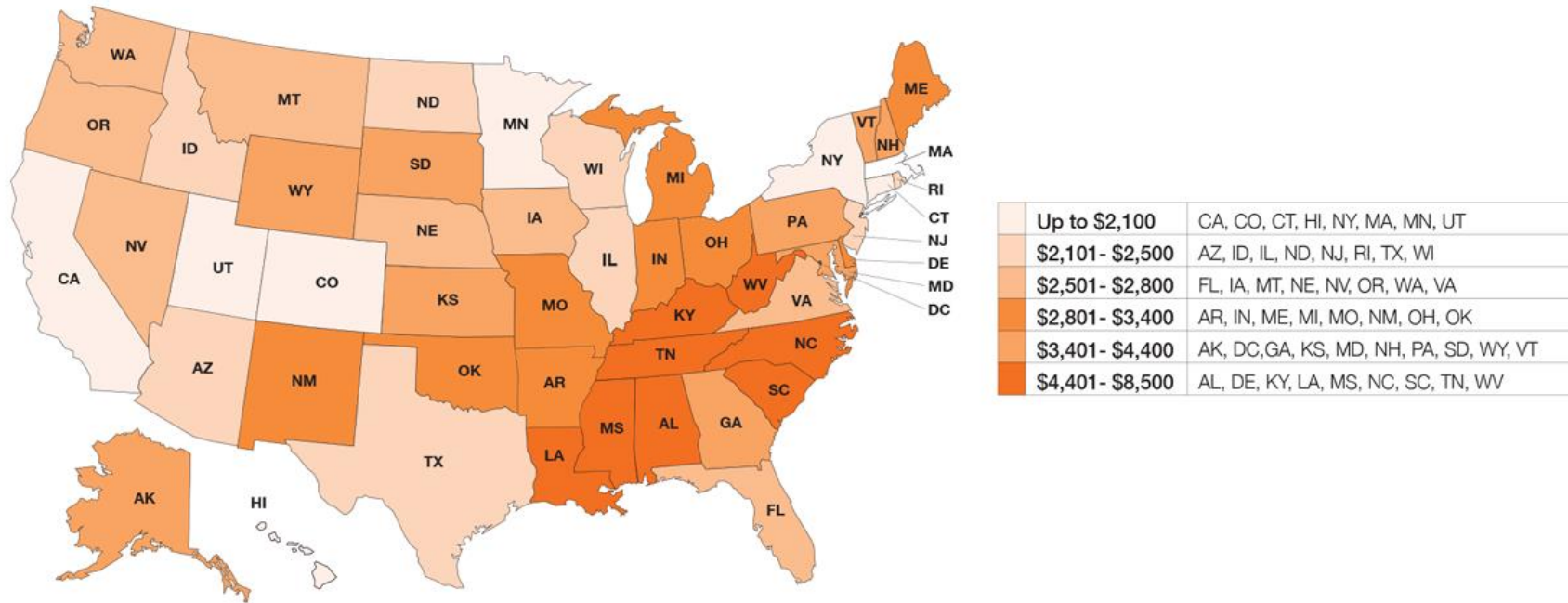


Up to \$800	CO, CT, IA, MA, ME, MT, NH, NE, OR, VT, WA, WI, WV, WY
\$801- \$1,000	CA, ID, KS, KY, MO, MN, NY, UT
\$1,001- \$1,500	AZ, DE, IN, ND, NJ, OH, PA, TX, VA
\$1,501- \$2,000	AR, FL, MI, NC, OK, SD, TN
\$2,001- \$3,000	AL, DC, GA, IL, MD, NM, NV, SC, RI
\$3,001- \$5,000	AK, HI, LA, MS

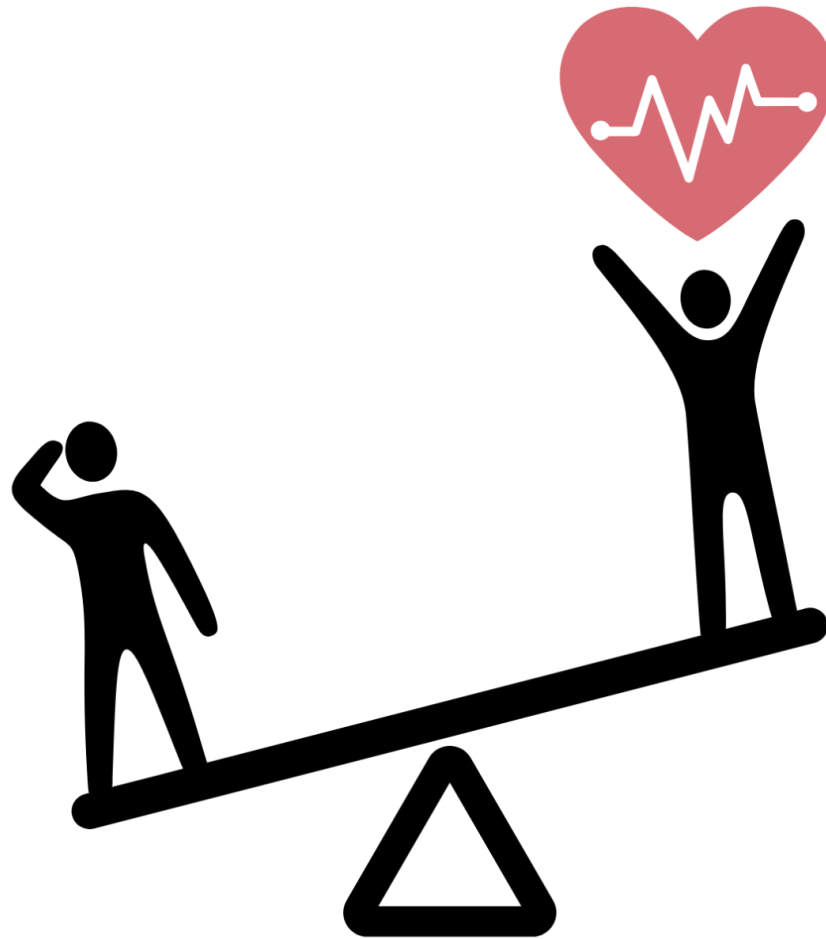


Economic Burden by Educational Levels

Burden Per Person By State



The Effects of Inequality on Mental Health



W

How Economic Inequality Affects Health

> Individual Level

- Effects on health primarily mediated through psychological stress

> Community Level

- Social comparison = anxiety
- Feelings of withdrawal
- Erosion of social trust = lack of engagement

> Childhood Inequality Linked with Poorer Health in Adulthood



2

**Integrative Care
&
Behavioral Health**

W

Community Engagement and Partnership

- > Association between social relationship and positive health
- > Social capital
- > Associations between sense of community and MH symptoms
- > Behavioral Health = mental health & substance abuse
- > Integrate BH services into community promote accessibility & positive health outcomes



Integrated Behavioral Healthcare

- > **One-stop healthcare: care in one setting**
 - “behavioral health integration,” “integrated care,” or “collaborative care” in primary care
- > **Coordination, communication, and collaboration**



Mental Health Disparities

Social Determinants of Health



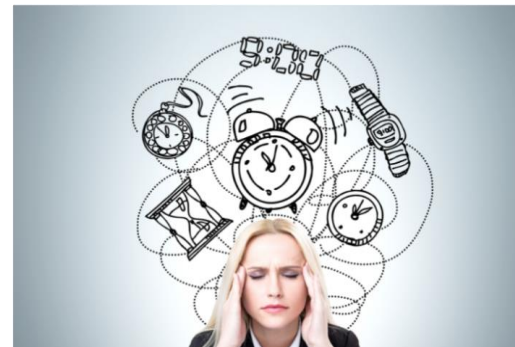
Disparities in Mental Health



Implicit Bias



Lack of awareness in 988 MH hotline



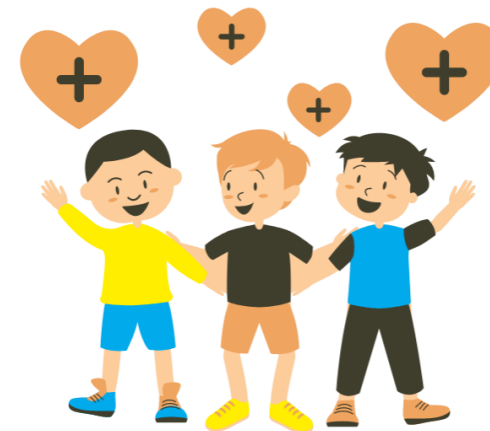
3

**Addressing Mental Health in School
&
Community Settings**

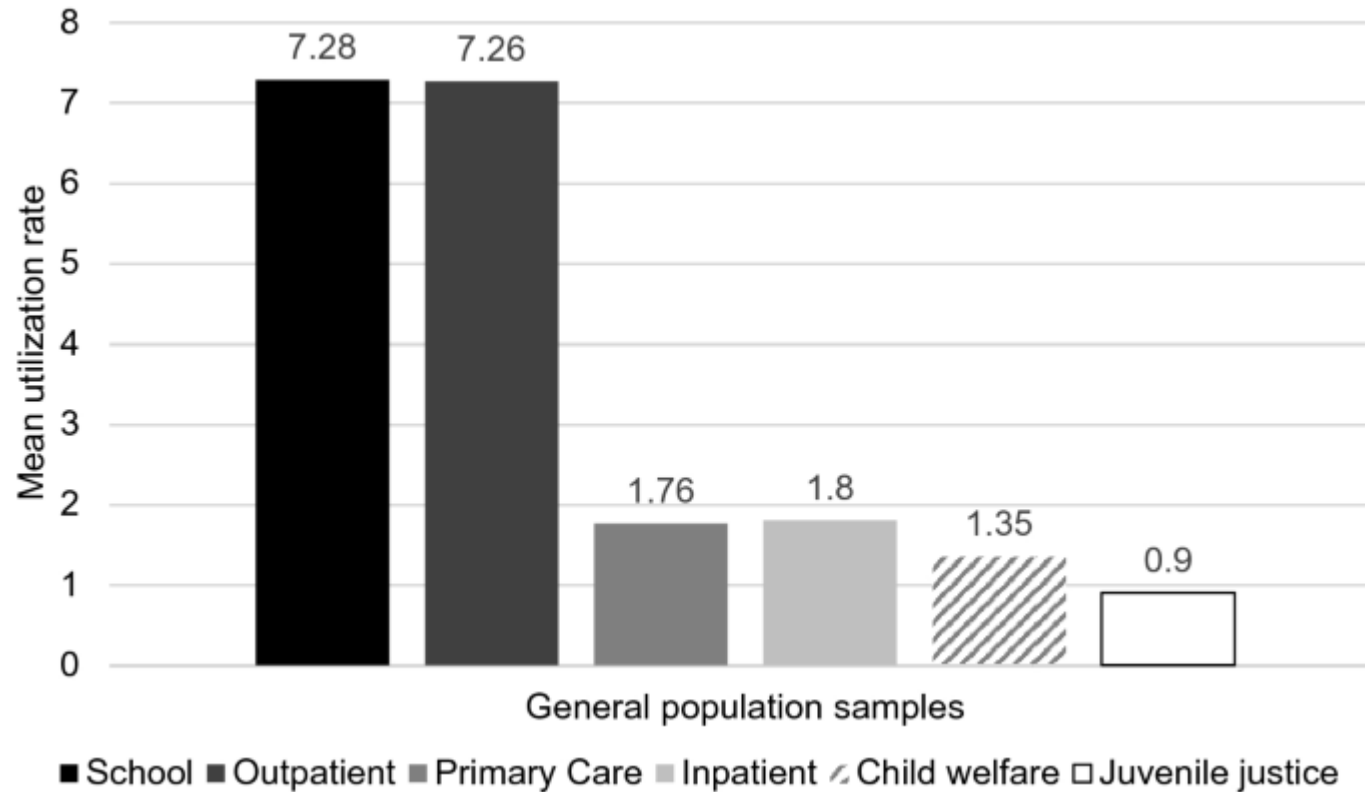
W

Surge in Mental Health Needs in K-12 Settings Post Covid

- > In 2022, 69% of schools reported an increase in the number of mental health concerns of their students.
- > Ethnic-racial minority youths experienced disproportionate Covid-related health disparities and declines in mental health



Students Most Likely to Receive MH Services at School



Characteristics of Students Receiving Diagnostic Mental Health Services in Schools



- > Most are in secondary schools in urban environments
- > More than half are students of color
- > More than half are eligible for free and reduced price lunch



Characteristics of Students Receiving Treatment for Mental Health Services in Schools

- > Treatment slightly higher in middle schools (45%) than in high schools (41%)**
- > Majority of treatment services are offered in urban areas (schools with populations > 1000 students)**
- > The percentage of schools providing treatment services did not vary measurably by percentage of students of color enrolled.**
- > The percentage of public schools providing treatment services were both higher for schools where 76 percent of students were eligible for free and reduced price lunch.**



School Nurses and School-Based Health Centers

School Nurses	SBHCs
Access to entire student population	Access to students enrolled (requires parental consent)
Medication management and administration for all students with health care plans	Medication management and administration for clients
Health screenings as required by state law	No state-mandated screenings
Staff training as required by state law	No mandated staff training
Health assessments for students referred for special education	Health assessments and primary care services for enrolled students; some SBHCs provide dental care
Classroom health education	
Case coordination - school; parent/guardian; /student; other medical-MH providers; community agencies	
Serve on school-based student intervention teams	
Contribute to and often lead on overall school building environmental health and safety	
Open door to all students and clinical care for daily management of health conditions, acute illnesses and injuries, health emergencies, and during disasters	By appointment - provide more robust mental health services
Creation of health care plans for students with potentially life-threatening health conditions	
Responsible for vaccine compliance	Some SBHCs provide vaccines



Ways to improve mental health services in schools

- > Increase school nurse presence in schools
- > Increase MH professionals in SBHCs
- > Cultures of caring and connectedness in schools
- > Building capacity in systems that impact children (schools, community centers, housing, food security, environmental safety):
Coordination, communication, and collaboration
- > School partnerships with local mental health providers
- > Telehealth services
- > Increase BH workforce diversity
- > Civic engagement



Thank you! Questions?



Hoa B. Appel, PhD, MPH
University of Washington
School of Medicine

happel@uw.edu



Robin Fleming, PhD, RN
University of Washington Bothell
School of Nursing & Health Studies

fleming9@uw.edu



Sarina Barrett, BA
Latino Educational
Training Institute

sarina@letywa.org



References

- Abrams, Z. Kids' Mental health is in crisis: Here's what psychologists are doing to help. American Psychological Association, 2023; 54(1)
- Center for Disease Control and Prevention. Social Determinants of Health at CDC. 2022. Available at: <https://www.cdc.gov/about/sdoh/index.html>.
- Dehon E, Weiss N, Jones J, et al.. A systematic review of the impact of physician implicit racial bias on clinical decision making. Acad Emerg Med. 2017;24(8):895–904.
- Druss B.G., von Esenwein S.A., Compton M.T., Rask K.J., Zhao L., Parker R.M. A Randomized Trial of Medical Care Management for Community Mental Health Settings: The Primary Care Access, Referral, and Evaluation (PCARE) Study. Am. J. Psychiatry. 2010;167:151–159.
- Duong MT, Bruns EJ, Lee K, Cox S, Coifman J, Mayworm A, Lyon AR. Rates of Mental Health Service Utilization by Children and Adolescents in Schools and Other Common Service Settings: A Systematic Review and Meta-Analysis. Adm Policy Ment Health. 2021 May;48(3):420-439. doi: 10.1007/s10488-020-01080-9. Epub 2020 Sep 17. PMID: 32940884.
- Eboigbe LI, Simon CB, Wang YS, Tyrell FA. The compounded effect of the dual pandemic on ethnic-racial minority adolescents' mental health and psychosocial well-being. Curr Opin Psychol. 2023;52:101626. doi:10.1016/j.copsyc.2023.101626



References

FitzGerald C, Hurst S. Implicit bias in healthcare professionals: a systematic review. *BMC Med Ethics*. 2017;18:19.

Gini Index. US Census Bureau. October 8, 2021. Accessed September 18, 2024.

<https://www.census.gov/topics/income-poverty/income-inequality/about/metrics/gini-index.html#:~:text=The%20Gini%20Index%20is%20a,Last%20Revised%20%2D%20October%208%2C%202021>

Kawachi I, Berkman LF. Social cohesion, social capital, and health. In: Berkman LF, Kawachi I, eds. *Social Epidemiology*. New York: Oxford University Press, 2000: 174–90.

LaVeist, T. A., Pérez-Stable, E. J., Richard, P., Anderson, A., Isaac, L. A., Santiago, R., Okoh, C., Breen, N., Farhat, T., Assenov, A., & Gaskin, D. J. (2023). The economic burden of racial, ethnic, and educational health inequities in the US. *JAMA*, 329(19), 1682-1692. [doi:10.1001/jama.2023.5965](https://doi.org/10.1001/jama.2023.5965)

McKenzie K, Whitley R, Weich S. Social capital and mental health. *Br J Psychiatry* 2002;181:280–3. [10.1192/bjp.181.4.280](https://doi.org/10.1192/bjp.181.4.280)

McMillan DW, Chavis DM. Sense of community: A definition and theory. *J Community Psychol* 1986;14:6–23.

Mental Health and Well-Being of Students and Staff During the Pandemic . Institute of Education Sciences. April 2022. Accessed September 18, 2024. <https://research.phoenix.edu/center-leadership-studies-organizational-research/blog/student-behavior-and-mental-health-aftermat-0>.



References

- Mental health services in public schools. National Center for Education Statistics (NCES). April 2022. Accessed September 18, 2024. <https://nces.ed.gov/fastfacts/display.asp?id=1130>.
- Panchal, N, Hill L, Artiga S, Hamel L. Racial and Ethnic Disparities in Mental Health Care: Findings from the KFF Survey of Racism, Discrimination and Health 2024; Kaiser Foundation, Retrieved from <https://www.kff.org/racial-equity-and-health-policy/issue-brief/racial-and-ethnic-disparities-in-mental-health-care-findings-from-the-kff-survey-of-racism-discrimination-and-health/>
- Patel V, Burns JK, Dhingra M, Tarver L, Kohrt BA, Lund C. Income inequality and depression: a systematic review and meta-analysis of the association and a scoping review of mechanisms [published correction appears in World Psychiatry. 2018 Jun;17(2):235. doi: 10.1002/wps.20538]. World Psychiatry. 2018;17(1):76-89. doi:10.1002/wps.20492
- Zhang X, Carabello M, Hill T, et al.. [Trends of racial/ethnic differences in emergency department care outcomes among adults in the United States from 2005 to 2016](#). Front Med. 2020;7:300.
- Zheng H, Choi Y, Dirlam J, George L. Rising childhood income inequality and declining Americans' Health. Social Science & Medicine. 2022;303. doi:10.1016/j.socscimed.2022.115016

