



Addressing Depression and Anxiety in a Healthcare Setting

Community of Practice

Providing a Culturally Relevant Evidence-Based Response

January 31, 2023

2:00 – 3:30 p.m.

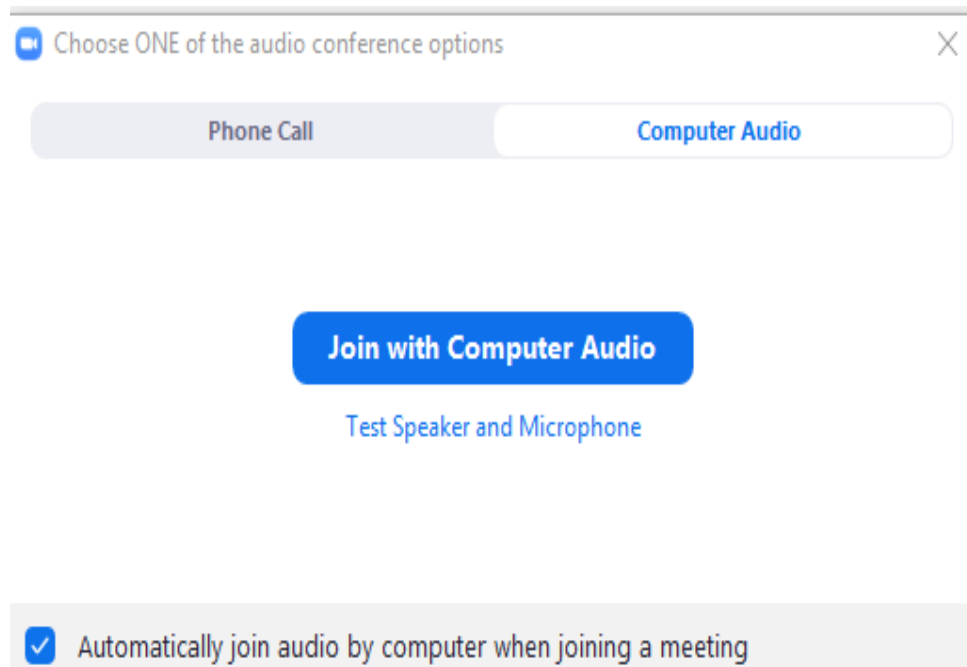
Vision: Healthy Communities, Healthy People



Connecting to Audio

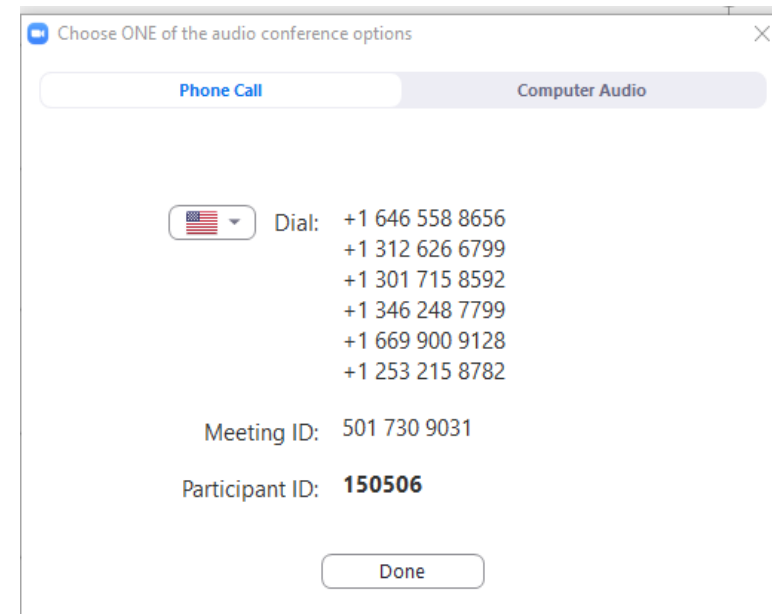
By computer:

- Click **Join with Computer Audio**.



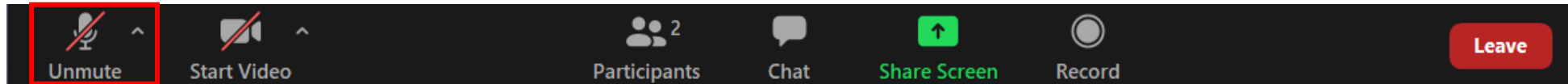
By phone:

- Click the **Phone Call** tab, dial a listed phone number, and enter **Meeting ID** and **Participant ID**.

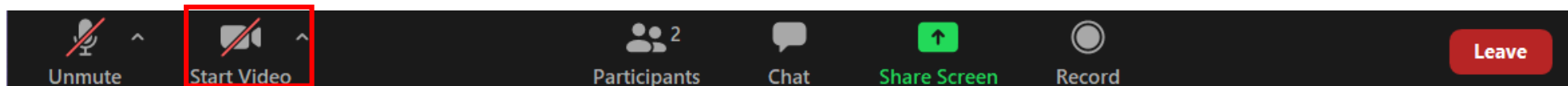


Zoom Participation

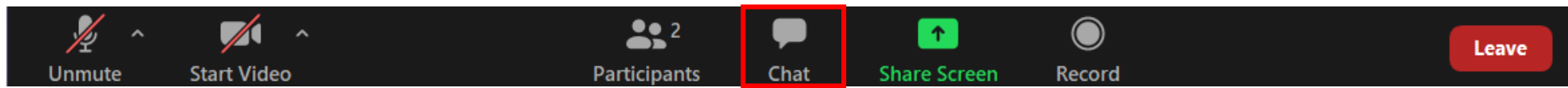
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- We encourage everyone to keep their video enabled. Click **Start Video** to join by webcam.



- To ask a question using the **Chat** feature, click the **Chat** icon located at the bottom center of your Zoom window.



Continuing Education

- We will be offering **1.5 CE credit per session** attended for a maximum of 12 CEs for participation in all 8 CoP sessions.
- You **must** complete the Health Center Satisfaction Assessment after **each** session for which you plan on receiving CEs.
- **CE credits will be distributed for all sessions at the conclusion of the CoP.**



This course has been approved by JBS International, Inc. as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #86832, JBS international, Inc. is responsible for all aspects of their programming.



JBS International, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6442. Programs that do not qualify for NBCC credit are clearly identified. JBS International, Inc. is solely responsible for all aspects of the programs.

CoP Presenters and Facilitators



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Agenda for Today

Check-In & Attendance

Presentation: *Providing a Culturally Relevant Evidence-Based Response*

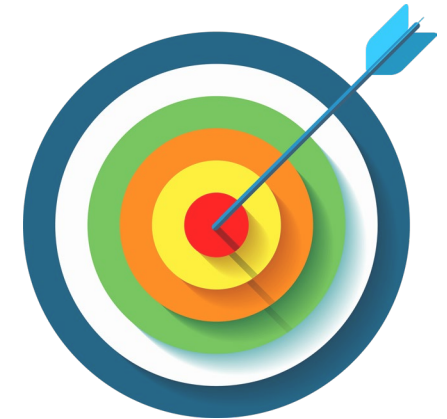
Participant Q & A

Session Wrap-Up & Between-Session Activity

Session Learning Objectives

By the end of this session, participants will have

1. Expanded their conceptualization of culture, considering its impact on their program and practice;
2. Gained tools for reflecting on the ways our work takes into consideration the role and impact of culture on individuals and the community; and
3. Deepened their understanding of the relationship between historical trauma and social determinants of health (SDOH), and the ways this history and context influence client and provider choices and decisions to access services.



Source: iStock

Today's Presentation

- Revisiting our contextual understanding of behavioral health
- Discussing culture, personhood, and the importance of cultural relevance in clinical practice
 - Weaving in what we know about trauma, SDOH, and the role of bias



Checking In with Your Colleagues: 15-Minute Breakout

- This past week at the clinic: Plus, Minus, Delta
- Questions, comments, or reflections from our last discussion



Equality



Equity

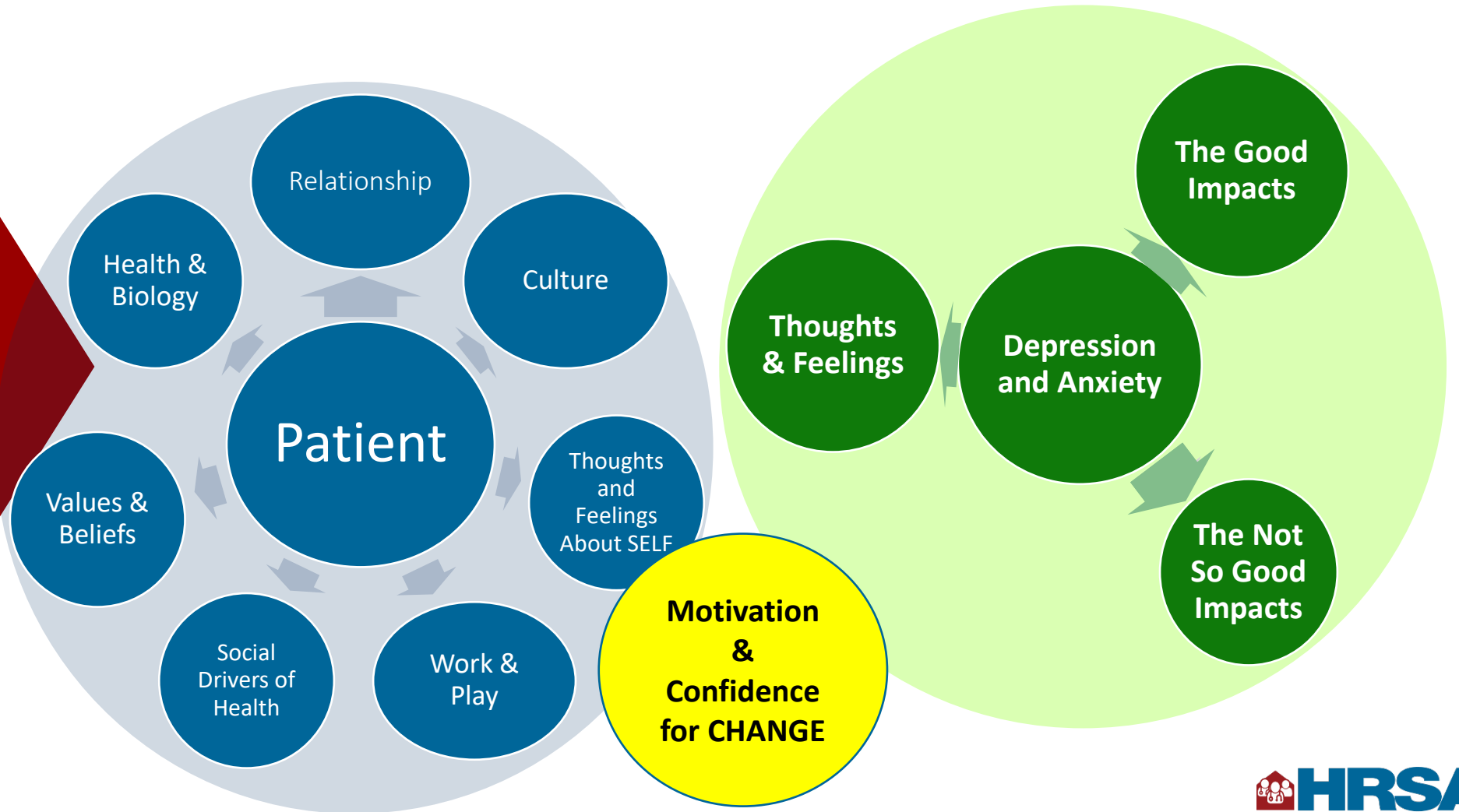


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Revisiting Our Contextual Understanding

EXPERIENCES

- As children
- As adults



What Do We Mean by “Culture”?

- Synonym for diversity referring to race, ethnicity, gender identity, sexual orientation, religion, country of origin, and ability.
- Important! *Culture is more than a category or label.*
- Recognize the intersectionality within us all - the complexity of PERSONHOOD

A Brief Review of Last Week's Case Study

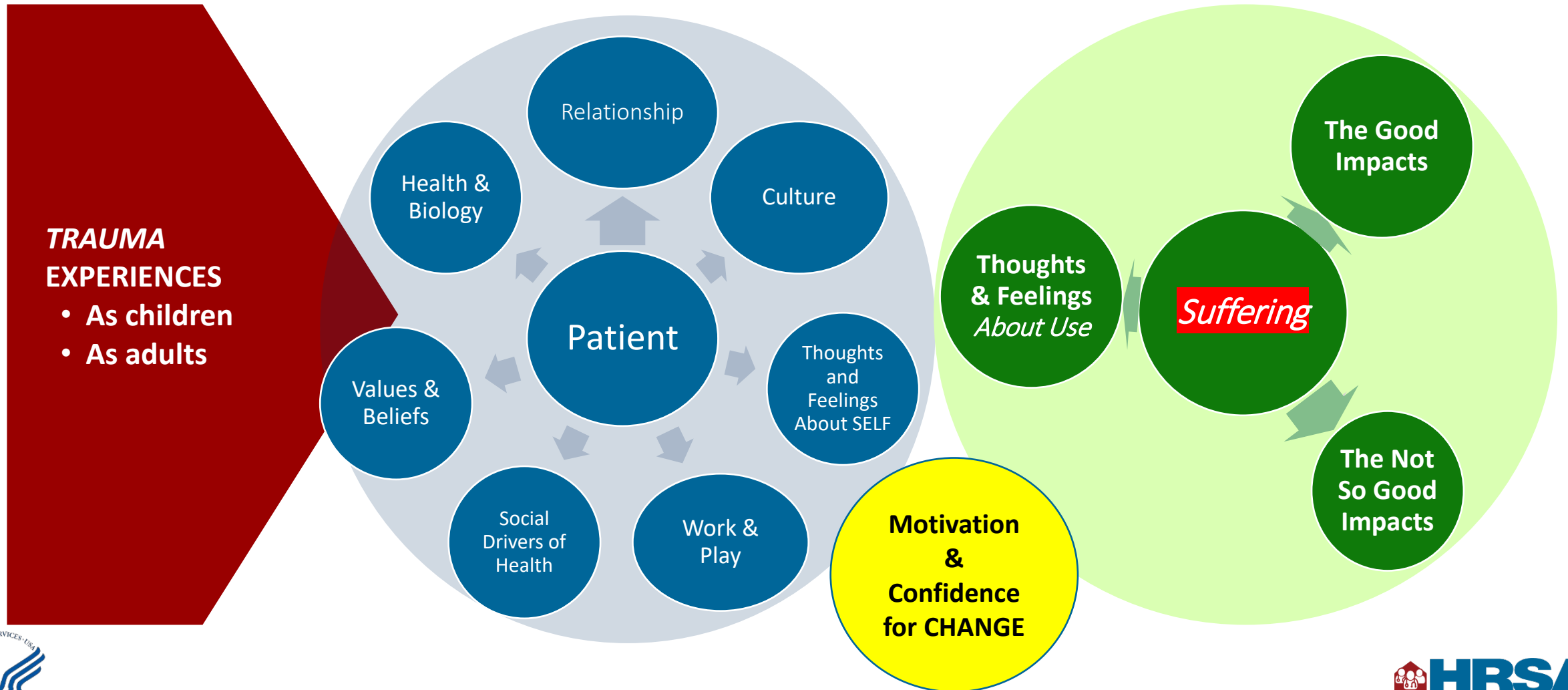
Depression Case Study – Cecilia

34 y.o. Hispanic female immigrated from Guatemala at 5 y.o. with her immediate family. She has a difficult relationship with her mother, potential abandonment/attachment issues, her mother periodically uses alcohol heavily.

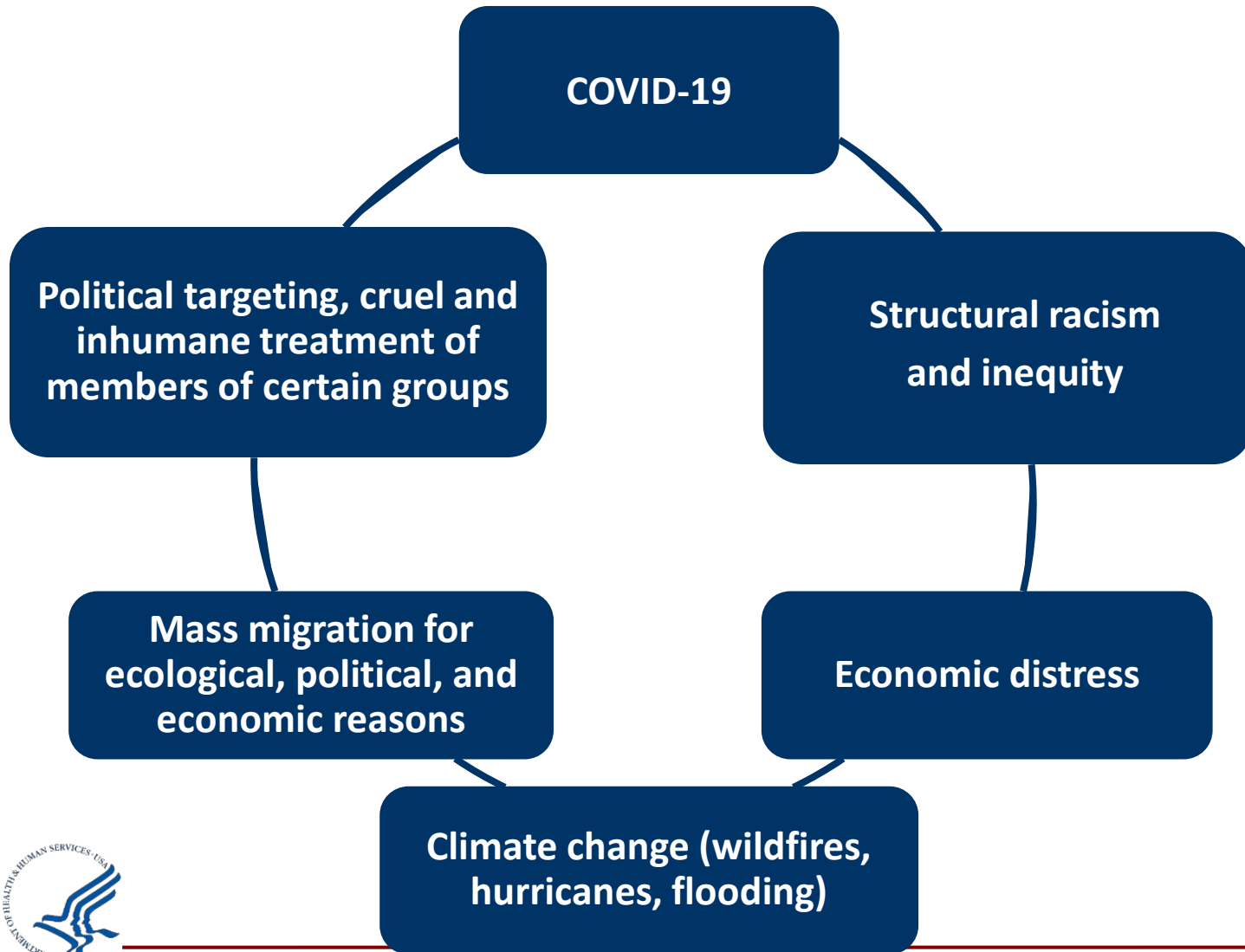
Cecilia is now married, a working mother of two young children and complains of ongoing mood disturbance. She scored in the moderate range on a Depression screening. She denies feeling suicidal.



Revisiting Our Contextual Understanding



Context Matters: Interacting Pandemics



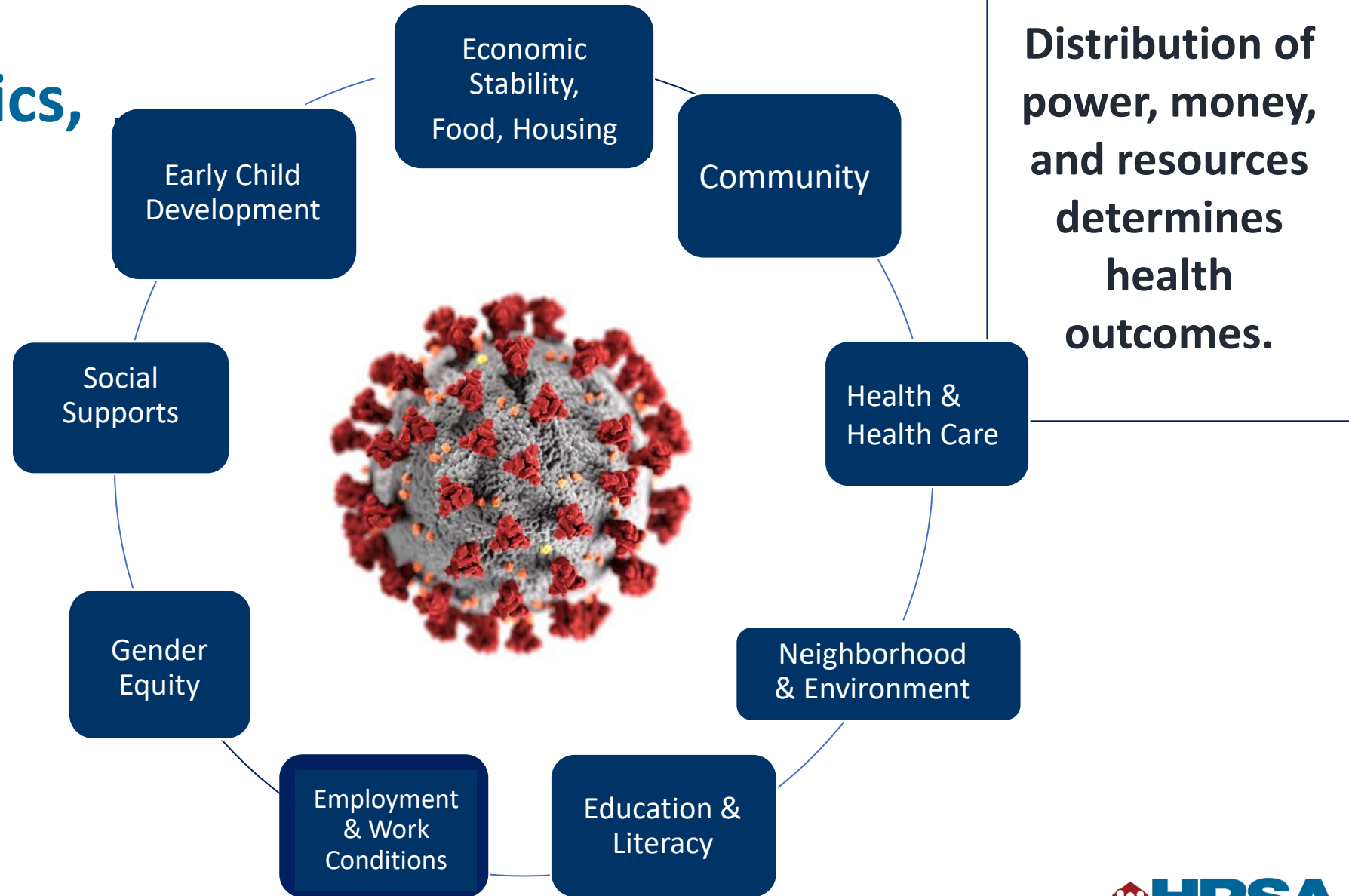
- Effects of pandemics are ALWAYS unequal.
- Longstanding inequities are heightened and super-exposed:
 - Exploitation
 - Disparities
 - Suffering
- **Doing good without conscious awareness of how structural forces are expressed interpersonally can lead to doing harm.**
- How can we navigate these realities?



Social Drivers of Health, Pandemics, and Disparities

Office of Disease Prevention and Health Promotion
Healthy People 2020 Goal:

"Create social and physical environments that promote good health for all."



Personhood



- Who we are—our identity, sociocultural world, family, self, and individuation
- How we perceive the world, think, feel, our values and worldviews, who we trust and don't trust
- What we need from others and who we go to to meet these needs

What we think?

What we feel?

How we express what we are feeling?

How we make sense (meaning) of what is happening?

What does feeling better look like?

What does “recovery” mean?

What is most important in our sociocultural world?

Culture and Personhood

Culture and Help-Seeking Behavior

- What is normal and what is not normal?
- How do you seek help?
- From whom do you seek help?
- Who do you trust?
- What is the risk?
- What lessons have you learned surviving painful experiences?
- How does your culture impact help-seeking?

How Is Culture Relevant to Clinical Practice?

- As noted, culture is the product of group values, beliefs, norms, practices, expectations, and experiences.
- Culture is both *our own and our clients'*.
- Culture influences how we conceptualize or understand illness and wellness, problem severity, the meaning of symptoms, the treatment system, attitudes toward medication, and the decision to seek care or not.
- The influence of culture cannot be overstated.



Participants Personhood/Provider Exercise

What is important to know about your personhood (one or two things)?

How might these aspects affect how you see practice?

What inner and outer resources do you draw on when facing complexity in practice (one or two examples)?

The Importance of Culturally Relevant Practice

1. As practitioners, it's important to recognize the histories of our clients (and ourselves) and how history impacts our clients today.
 - Consider the legacy of colonization, slavery, and white supremacist beliefs embedded in institutions and practices and how this history continues to impact racial/ethnic minorities, marginalized individuals and communities, and our entire culture today.
2. Anchoring our clinical work with the individual priorities and values of the people we serve yields measurably better outcomes.



Strategies to Improve Your Culturally Relevant Practice

- Do your self-work and your homework! Find out what you can.
- Be careful not to assume or infer beliefs, or make assumptions about an individual, based on group generalizations.
- While broad cultural values may exist, it's equally true that significant variability exists between individuals and within cultural groups (no group is monolithic).

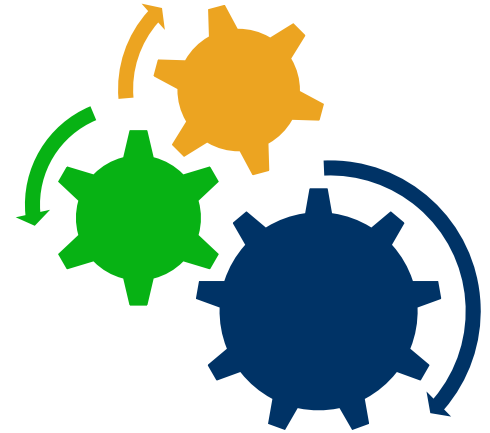
Open Discussion: Thoughts and Questions



Wrapping Up & Between-Session Activity

Task: Please take a few minutes to reflect on the following questions:

- 1) What was the most important thing you learned today?
- 2) What questions remain in your mind?



Mapping SDOH

1. Economic stability, food, & housing
2. Community
3. Health & health care
4. Neighborhood & environment
5. Education & literacy
6. Employment & work conditions
7. Gender equity
8. Social supports
9. Early childhood development

**Between-
Session
Activity**



**Mapping your own
SDOH**

Next Steps

- Remember, Office Hours immediately following the CoP and Friday, February 3rd. Zoom link: <https://us06web.zoom.us/j/81221222222>
- Coaching Calls are available—*please reach out to schedule a coaching call if you would like additional assistance.*



Source: iStock by Getty Images

More Opportunities for TA on Integrated Care

Visit <https://bphc-ta.jbsinternational.com/>

- Request TA
- Access Learning Management System (LMS)
- Learn more about BH TA options
 - One-on-One Coaching
 - E-learning Webinars
 - Intensive TA for Practice Change
 - Join a Community of Practice (CoP)
 - Oral and Behavioral Health Learning Collaborative
 - Brown Bag Sessions

The screenshot shows the homepage of the BPHC-BH TA Resource Portal. The header includes the logo for BPHC-BH TA (Bureau of Primary Health Care Behavioral Health Technical Assistance) and navigation links for Event Calendar, About Us, and Contact Us. Below the header is a secondary navigation bar with links for Home, Technical Assistance Resources, Request Technical Assistance, and Learning Management System. The main content area is divided into three columns. The left column features a 'Welcome to the BPHC-BH TA Resource Portal!' section, followed by a paragraph describing the portal's purpose for HRSA health centers, and a 'Subscribe to the BH TA Bulletin' section. The middle column contains a 'Learn About BH TA Options' section with a bulleted list of services: One-on-One Coaching, E-learning Webinars, Intensive TA for Practice Change, Join a Community of Practice (CoP), Integration of Oral Health and Behavioral Health Virtual Learning Collaborative, and Virtual Brown Bag Lunches. The right column features an 'Upcoming Events' section with two event listings: 'Identification and Evidence-Based Interventions for Treating Anxiety and Depression Community of Practice - Session 1' on January 17, 2023, and 'Integration of Oral Health and Behavioral Health Virtual Learning Collaborative - Discussion Session 1' on January 18, 2023. A 'View more events' link is provided at the bottom of the events section.

Upcoming TA Opportunities

Communities of Practice:

- **Behavioral Health Services Needs for Adolescents in the Primary Care Setting, January 19–April 27, 2023**
 - Register: <https://bphc-ta.jbsinternational.com/event-calendar/transition-aged-youth-addressing-behavioral-health-needs-community-practice-session>

Registration links for webinars can also be found on the BH TA Portal.

Earn up to 12 CEs for attending these CoPs.



Health Center BH TA Satisfaction Assessment

We Welcome Your Feedback!



- Remember! If you want to obtain CEs for your time today, you must complete a satisfaction assessment.
- There are two ways navigate to the assessment:
 1. Follow the link provided in the chat here.
 2. You will be emailed a link from us via Alchemer, our survey platform.



References

World Health Organization. (n.d.). *Social determinants of health*.
https://www.who.int/social_determinants/sdh_definition/en/

Robert Wood Johnson Foundation. (2017). *Equality/equity bicycle graphic, green* [Image].
<https://www.rwjf.org/en/library/infographics/visualizing-health-equity.html#/download>

Centers for Disease Control and Prevention. (n.d.). *Social determinants of health at CDC*.
<https://www.cdc.gov/about/sdoh/index.html>



Biweekly Office Hours

- Immediately following the session





Thank You!

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Vision: Healthy Communities, Healthy People

