

# Behavioral Health Regional Planning Meeting April 18<sup>th</sup>, 2018

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# Agenda

1:00 pm- 4:00 pm

1:00 pm Introductions/Icebreaker (30 mins)

1:30 pm Behavioral Health Strategic Planning Activity (60 mins)

- ▶ Health Equity 101 - video
- ▶ Feedback on Strategies - small groups
- ▶ Partner Roles

2:30 pm Break (15 mins)

2:45 pm Health Equity Planning Activity (45 mins)

3:30 pm Public Health Improvement Plan Process Update (15 mins)

3:45 pm Next Steps (15 mins)

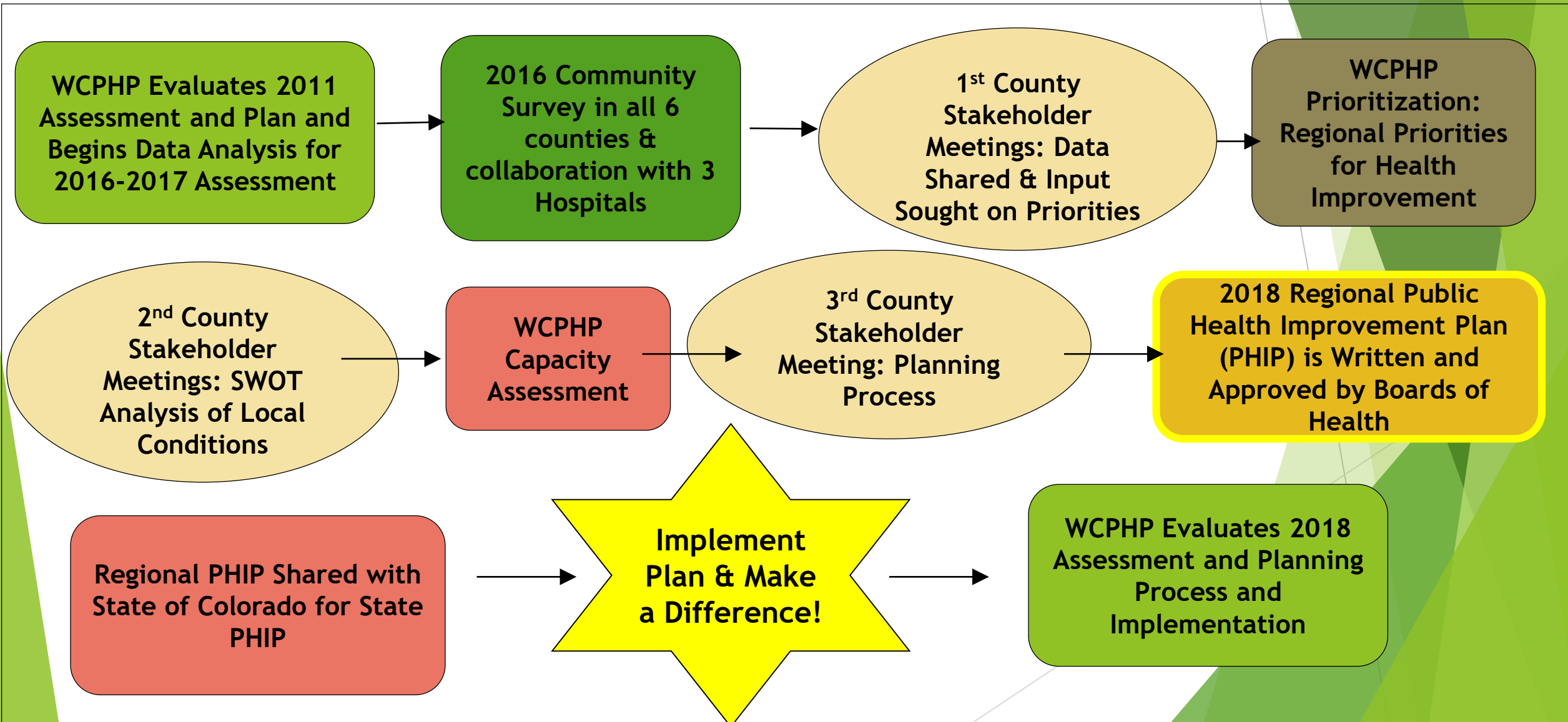
# Meeting Goals

- ▶ Community input on strategy areas for Behavioral Health regionally
- ▶ Review and discuss partner roles
- ▶ Increase understanding of health equity
- ▶ Update on Public Health Improvement Plan Process

# Introductions

- ▶ Name
- ▶ Agency
- ▶ One thing you do for self-care for maintenance of your mental health

# Overview of Regional Assessment and Planning Process





## 2017 Regional Health Priorities

### 1. Behavioral Health

- Mental Health/Substance Abuse/Suicide Prevention

### 2. Healthy Eating Active Living

- Active Transport/Built Environment

### 3. Healthy Housing

- Radon, Water Quality, Lead

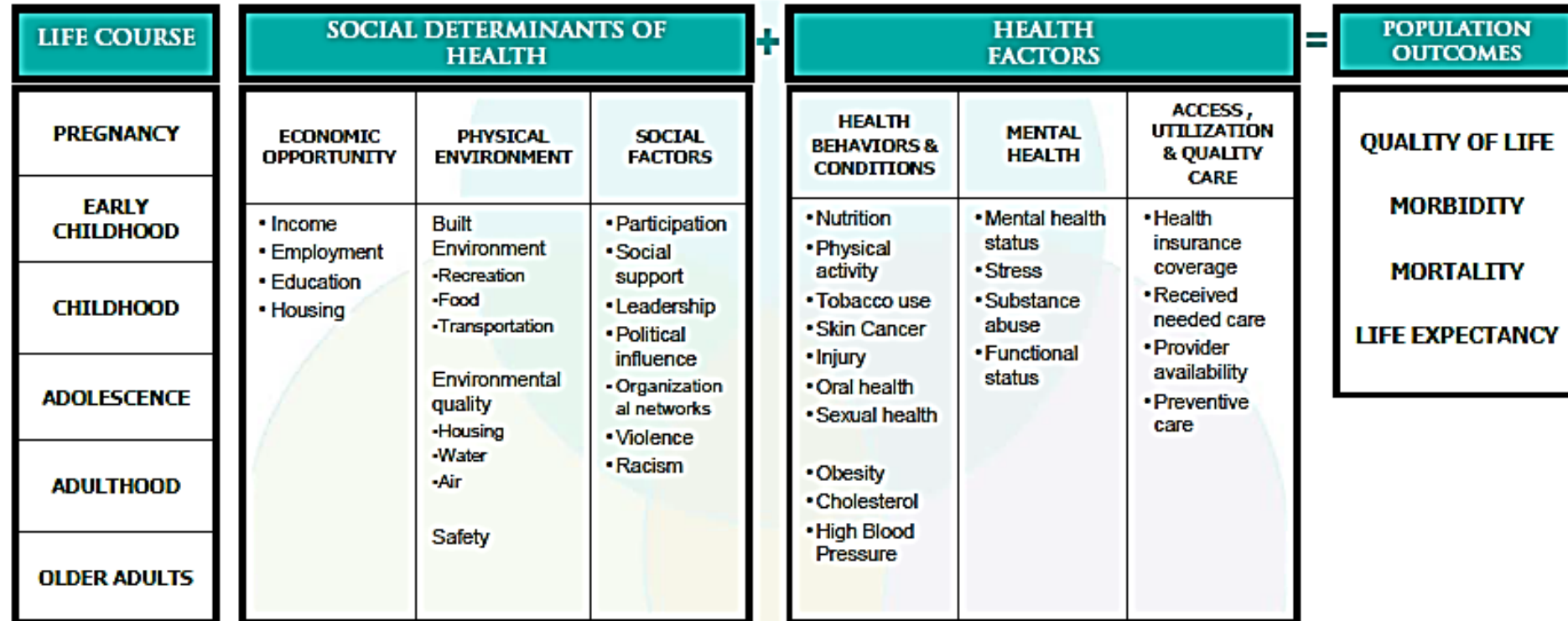
# Health Equity 101

- ▶ Diversity = different types
- ▶ Health Disparities = differences in health status between populations
- ▶ Health Equity = understanding systemic causes of differences
  
- ▶ What is Health Equity? - Health Equity Institute
- ▶ <https://www.youtube.com/watch?v=ZPVwgnp3dAc>
  
- ▶ Health Equity and Social Justice 101 Training Series - NACCHO
- ▶ <https://www.youtube.com/watch?v=2k5XPbEB4H0>

# Health Equity

## AN EXPLANATORY MODEL FOR CONCEPTUALIZING THE SOCIAL DETERMINANTS OF HEALTH

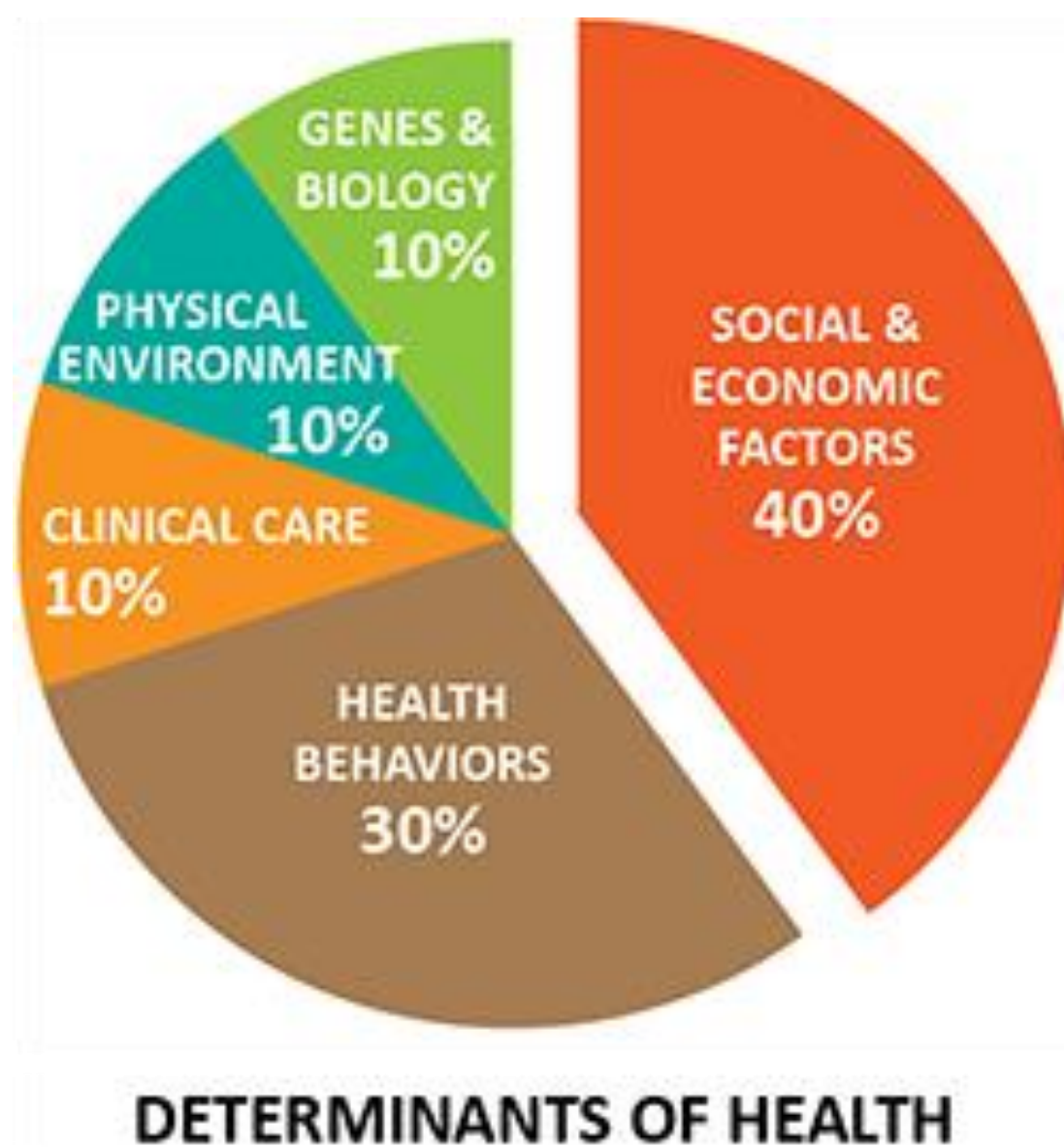
**NATIONAL INFLUENCES**  
**GOVERNMENT POLICIES**  
**U.S. CULTURE & CULTURAL NORMS**



### Public Health's Role in Addressing the Social Determinants of Health

- Advocating for and defining public policy to achieve health equity
- Coordinated interagency efforts
- Creating organizational environments that enable change
- Data collection, monitoring and surveillance
- Population based interventions to address health factors
- Community engagement and capacity building





## Social Determinants of Health Definition

“Social determinants of health are life-enhancing resources, such as food supply, housing, economic and social relationships, transportation, education and health care, whose distribution across populations effectively determines length and quality of life.”

S. A. James in *Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health*, CDC, 2008

# How might we use a Health Equity Framework for our Public Health Improvement Plan

- ▶ Data - using and presenting data on health disparities
- ▶ Seeking the voice of populations affected by disparities, then using that input to guide strategy selection and program planning
  - ▶ Note: for one of our Health Equity grants we will be measuring how well we incorporate the voice of vulnerable populations in the chosen strategies
- ▶ Planning
  - ▶ Ensuring that the target populations are populations affected by disparities
  - ▶ Including a strategy around incorporating health equity into our agencies, program planning, or training

# Developing Regional Strategies

## ▶ Strategies:

- ▶ Community Stakeholder Input
- ▶ Regional Alignment
- ▶ Capacity Assessment
- ▶ Evidence Based Strategies
  - ▶ State of CO Public Health Plan
  - ▶ Existing CDPHE funded strategies
    - ▶ CCPD, STEPP, OBH, SIM, CTC, OHD

# WCPHP Internal Capacity Assessment

## I. Ability to provide Colorado Core Public Health Services

- a) **Assessment, Planning, Communications**
- b) Vital Records and Statistics
- c) Communicable Disease Prevention, Investigation, Control
- d) **Prevention and Population Health Promotion**
- e) Emergency Preparedness and Response
- f) Environmental Health
- g) Administration and Governance

## II. Ability to participate in regional work, grants, and regional collaboration

- a) Central Fiscal Agent
- b) Staff
- c) Reporting/Billing
- d) WCPHP Meetings
- e) **Community Partners/Coalitions**
- f) Gaps/Barriers to Participating
- g) Additional Services to Share

# Partners & Advisors

- ▶ Subject matter experts and experts on your community
- ▶ Help us achieve alignment across the region
- ▶ Advisory group, provide input
  
- ▶ WCPHP to support existing initiatives
  - ▶ Regional focus
  - ▶ Align with Regional Behavioral Health Collaborative
  - ▶ Align with stakeholder identified Strategy Areas, including vulnerable populations

# Community Health Improvement Meeting Outcomes

## ► Behavioral Health Strategy Areas

- Marketing, Promotion, Education/Training
- Access (Transportation, Vouchers, Programs)
- Funding and Policy
- Organization/collaboration

## ► Opportunities

- Inpatient beds, tele-health
- Integration
- Crisis Center in Montrose
- Peer Counseling
- Prevention - children

### To Consider:

- Infrastructure & Capacity
- Collaboration
- Data
- Health Equity

# CO State Plan 2015-2019:

## Mental Health and Substance Abuse

- ▶ Goal: Advance policy and community approaches to improve the social and emotional health of mothers, fathers, caregivers and children.
- ▶ Strategies that align with WCPHP:
  - ▶ Support efforts designed to increase access to high quality mental and behavioral health care and develop and expand the behavioral health workforce to support healthy parenting
  - ▶ Expand comprehensive social and emotional health screening of caregivers by increasing adoption of depression screening codes for caregivers at the child's visit
  - ▶ Promote best practice mental health integration in all publically funded primary care, and change the reimbursement structure for mental health services by increasing incentives



# CO State Plan 2015-2019:

## Mental Health and Substance Abuse

- ▶ Goal: Reduce the burden of depression in Colorado by improving screening and referral practices and reducing the stigma of seeking help for depression, especially among pregnant women, men of working age and individuals who are obese.
- ▶ Strategies that align with WCPHP:
  - ▶ Support efforts designed to increase access to high quality mental and behavioral health care and develop and expand the behavioral health workforce to support healthy parenting
  - ▶ Expand comprehensive social and emotional health screening of caregivers by increasing adoption of depression screening codes for caregivers at the child's visit
  - ▶ Promote best practice mental health integration in all publically funded primary care, and change the reimbursement structure for mental health services by increasing incentives

# CO State Plan 2015-2019:

## Mental Health and Substance Abuse

- ▶ Goal: Reduce prescription drug overdose death rates of Coloradans ages 15 and older by increasing safe prescribing practices and permanent disposal sites for controlled substances.
- ▶ Strategies that align with WCPHP:
  - ▶ Ensure all physicians and dentists receive continuing education about safe prescribing practices, including the use of the prescription drug monitoring program.
  - ▶ Ensure proper disposal of prescription drugs by establishing permanent drug disposal sites.

# Health Equity and Behavioral Health

- ▶ Lesbian, gay and bisexual (LGB) Coloradans are two to three times more likely than their heterosexual peers to experience poor mental health, with nearly 60 percent of LGB high school students reporting poor mental health compared to heterosexual peers and almost 35 percent of LGB adults reporting poor mental health.
- ▶ Though there is little difference in the rates of poor mental health by race and ethnicity, blacks and Hispanics fall behind when it comes to receiving help from a professional. A total of 7.3 percent of blacks and 8.4 percent of Hispanics receive support for a mental health concern compared to 13 percent of white Coloradans.
- ▶ The state's suicide rate is climbing, with 19.4 suicides for each 100,000 residents—or 1,058 Coloradans—in 2014, up from 16.5 in 2007. Data reveal a disproportionate impact on individuals from rural communities and men.
- ▶ <https://www.coloradohealth.org/news/new-report-reveals-stark-disparities-mental-health>

# Possible Priority Populations

- ▶ Working age men
- ▶ Youth
- ▶ Families with children, parents, caregivers
- ▶ Pregnant women
- ▶ Immigrant population and/or Spanish-speaking
- ▶ LGBTQ
- ▶ Substance Abuse

# Draft Action Plan Strategies

- ▶ STRATEGY 1: Integration of Behavioral Health into Primary Care and other sites
- ▶ STRATEGY 2: Community Education/Stigma Reduction/Substance Abuse prevention (opioids)
- ▶ STRATEGY 3: Health Equity Advocacy in Behavioral Health (Access to Care)
- ▶ STRATEGY 4: Regional Collaboration and Coordination

# Action Plan Small Group Activity

- ▶ Identify Note-taker and person to report out to large group
- ▶ Review Action Plan
  - ▶ Do strategies align with your knowledge of your community/agency?
  - ▶ Do strategies, objectives, target population, and indicators make sense?
  - ▶ What are the resources and barriers you know of?
- ▶ Your role in the plan
  - ▶ Does your agency contribute towards the strategy/objective?

# Types of Health Equity Trainings

- ▶ Understanding how Health Equity issues affect society and ourselves, history and self-reflection
- ▶ How to incorporate Health Equity into Public Health Agencies:
  - ▶ Similar to worksite wellness - gaining buy-in from leadership, forming a team, looking at policies and practices within the organization - hiring, program planning, measurement
  - ▶ The role of Public Health professionals in addressing the social determinants of health
- ▶ Data and Communicating about Health Equity:
  - ▶ Being explicit about how race affects health, using common values to explain why it is important to address health disparities. Explaining how health disparities are affected by social determinants like structural racism. Developing our comfort.
- ▶ How to engage the community to advance Health Equity

Tools for engaging the community or seeking out the voice of people affected by health disparities.

# IAP2's Public Participation Spectrum



	<b>Inform</b>	<b>Consult</b>	<b>Involve</b>	<b>Collaborate</b>	<b>Empower</b>
<b>Public participation goal</b>	To provide the public with balanced and objective information to assist them in understanding the problem, alternatives, opportunities and/or solutions.	To obtain public feedback on analysis, alternatives and/or decisions.	To work directly with the public throughout the process to ensure that public concerns and aspirations are consistently understood and considered.	To partner with the public in each aspect of the decision including the development of alternatives and the identification of the preferred solution.	To place final decision-making in the hands of the public.
<b>Promise to the public</b>	We will keep you informed.	We will keep you informed, listen to and acknowledge concerns and aspirations, and provide feedback on how public input influenced the decision.	We will work with you to ensure that your concerns and aspirations are directly reflected in the alternatives developed and provide feedback on how public input influenced the decision.	We will look to you for advice and innovation in formulating solutions and incorporate your advice and recommendations into the decisions to the maximum extent possible.	We will implement what you decide.
<b>Example techniques</b>	<ul style="list-style-type: none"> <li>■ Fact sheets</li> <li>■ Web sites</li> <li>■ Open houses</li> </ul>	<ul style="list-style-type: none"> <li>■ Public comment</li> <li>■ Focus groups</li> <li>■ Surveys</li> <li>■ Public meetings</li> </ul>	<ul style="list-style-type: none"> <li>■ Workshops</li> <li>■ Deliberative polling</li> </ul>	<ul style="list-style-type: none"> <li>■ Citizen advisory Committees</li> <li>■ Consensus-building</li> <li>■ Participatory decision-making</li> </ul>	<ul style="list-style-type: none"> <li>■ Citizen juries</li> <li>■ Ballots</li> <li>■ Delegated decision</li> </ul>

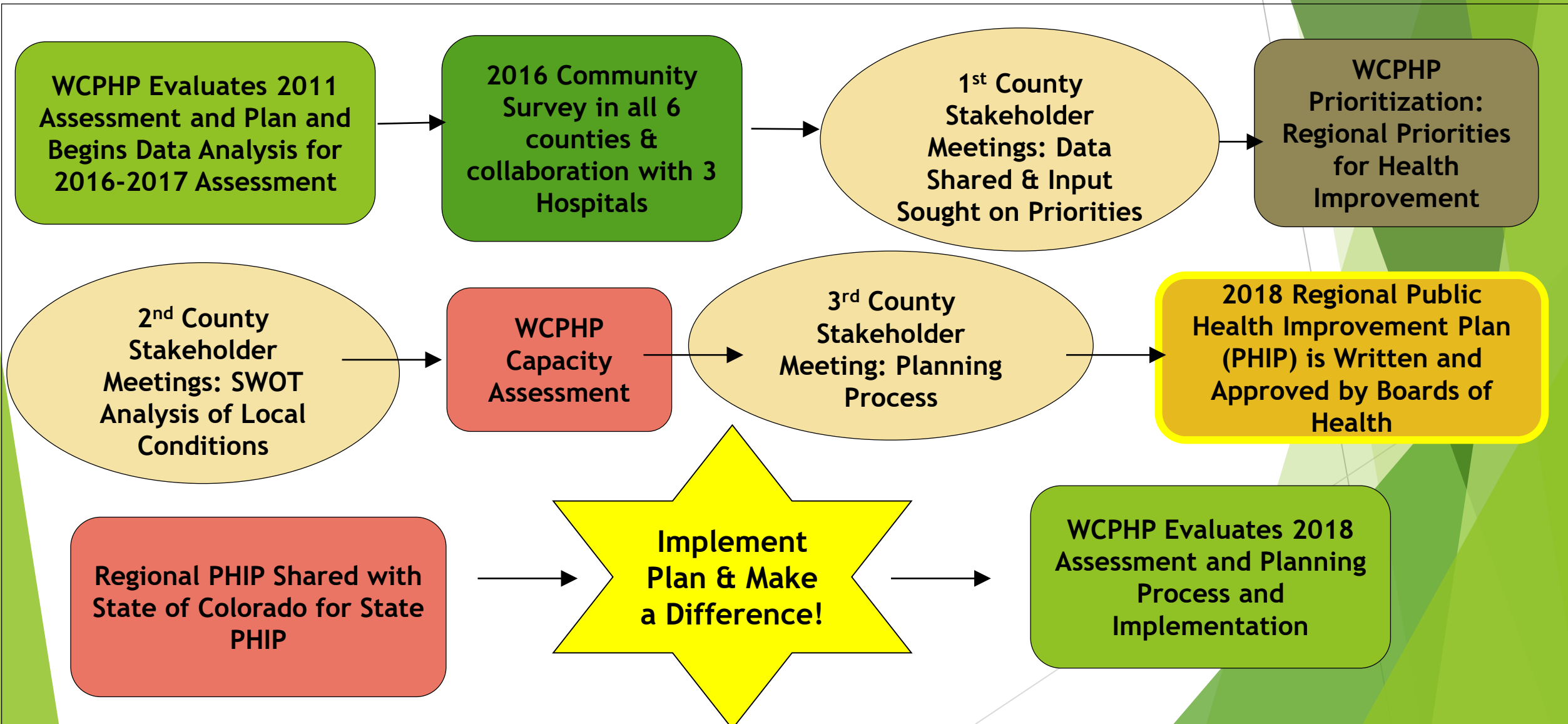
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# Health Equity Activity

- ▶ Small Groups:
- ▶ Thinking about your strategy, decide what type of community engagement your team would recommend for the following projects (it's ok to be thinking about your local community):
  - ▶ 1) Community Education for Stigma Reduction aimed at men, youth, pregnant women (other priority population)
  - ▶ 2) Training on resources and referral for bartenders, barbers, other community sites (aimed at priority populations)
  - ▶ 3) Improving access to mental health services for Spanish-speakers (or other priority population)
  - ▶ 4) Developing regional policy recommendations for improving access to care for behavioral health services (aimed at improving care for priority populations)

# Overview of Regional Assessment and Planning Process



# Next Steps for Planning Process

- ▶ Regional Health Planning Meetings-Winter and Spring 2017
  - ▶ Bring BH Stakeholder feedback to Regional Behavioral Health Collaborative public health subgroup and larger group at next meeting.
  - ▶ Communicate back to stakeholders on process
- ▶ Writing of Public Health Improvement Assessment and Plan Summer 2018
  - ▶ Review by local Boards of Health
  - ▶ Share with communities and regional partners
  - ▶ Share with the State of Colorado