We take care of each other. We make sure everyone has what they need, not just physically but also mentally. Our wellbeing is connected to the health of the planet and the other living beings who share it with us.
We value

Collaboration
Integrity
Excellence
Innovation
Inclusion
Courage

Join the conversation

Question box:
- Ask questions of the panelists

Group chat:
- Introduce yourself
- Comment on learnings
- Share personal experiences
Did you know?

CNN and Kaiser Family Foundation poll published in October 2022.

9 out of 10 adults said they believed that there’s a mental health crisis in the US today.
National Alliance on Mental Illness

1 in 5 U.S. adults experience mental illness

17%
of youth (6-17 years) experience a mental health disorder

COVID-19 & mental health

Increased depression and anxiety
Substance use and suicide

Record highs

Partnerships are key

“Not everyone’s a cardiologist, but a lot of people are trained in CPR. If we only rely on the mental health force, we’re going to keep going around in circles and never actually get anywhere. I think we see this as all of our problems.”

Justin Baker
Psychologist and assistant professor
Ohio State University College of Medicine
Welcome

Shamaila Khan, Ph.D.
Clinical associate professor
Boston University
Director, Center for
Multicultural Mental Health
Boston Medical Center

Kini-Ana Tinkham, RN
Executive director of the
Maine Resilience Building Network

What we will cover today

01 What are elements of innovative mental health partnerships?

02 How are partnerships helping to expand care to youth and adults?

03 What are some CHR&R mental health related data and strategies?
Join Us!
Discussion Group

When:  Immediately following the webinar

What:  Interactive learning experience, opportunity to share ideas and ask questions

How:   Zoom

Why:    Deepen the webinar learning, allow further exploration

WHEN YOU ARE IN DEEP STUFF, LOOK STRAIGHT AHEAD, KEEP YOUR MOUTH SHUT & SAY NOTHING
Training Includes Responsive Health Care Approach

TO CARE FOR SOMEONE, I MUST KNOW WHO I AM

TO CARE FOR SOMEONE, I MUST KNOW WHO THE OTHER IS

TO CARE FOR SOMEONE, I MUST BE ABLE TO BRIDGE THE GAP BETWEEN MYSELF AND THE OTHER

Training Includes Cultural Competence, Humility, Responsiveness

HUMILITY operates under three important tenets:

01 Committing to a lifelong process of self-evaluation and self-critique

02 Desiring to fix power imbalances between providers and clients

03 Developing community partnerships to advocate within the larger organizations within which we participate

A person’s health is influenced by a range of factors

- **Who they are:** age, sex, genetic factors.
- **What they do:** Smoking, physical activity, alcohol & diet
- **Conditions:** where people are born, grow, live and work.
  - including: networks, socio-economics, cultural, environmental and health systems

**Traditional Frameworks**

Many traditional SDOH frameworks do **not** explicitly name systems of oppression that cause disparities in health determinants.

*Social Determinants of Health*
Supreme Court decisions that can deepen inequities
- Roe vs Wade = Gone
- Affirmative Action = Gone
- Student Loan Forgiveness = Gone
- Constitutional Carry = Secured
- Business Religious Freedom = Secured

Innovative Partnerships Address Traditional & Evolving SDOH Frameworks

Traditional Frameworks
Address the social determinants of health, including poverty, in order to achieve large and sustained improvements in health outcomes

Evolving Frameworks
Address the social determinants of equity, including isms such as racism, in order to achieve social justice and eliminate health disparities
Innovative Partnerships Address Barriers to Mental Health Treatment

➢ 1 in 5 American adults have experienced a mental health issue.
➢ 1 in 20 Americans live with a serious mental illness.
➢ 50% + adults with mental illness in the U.S. (27 million people) do not receive the mental health treatment they need.

Primary barriers to mental health treatment and access are:
• Financial barriers to mental health treatment
• Lack of mental health care professionals and services
• Limited availability of mental health education and awareness
• Social stigma of mental health treatment and conditions
• Racial barriers to mental health care access and treatment

Innovative Partnerships Address Stigma

Stigma ranks last when employers list their top mental-health priorities.

Top behavioral-health priorities, % of respondents indicating as a top 3 priority (n = 289)

| Priority | %
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<thead>
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<tbody>
<tr>
<td>Improving employee productivity and engagement</td>
<td>36</td>
</tr>
<tr>
<td>Increasing access to mental-health treatment</td>
<td>31</td>
</tr>
<tr>
<td>Addressing employee well-being, stress, and resilience</td>
<td>27</td>
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<tr>
<td>Reducing employee burnout</td>
<td>26</td>
</tr>
<tr>
<td>Supporting behavioral-health needs of employees with high medical costs</td>
<td>26</td>
</tr>
<tr>
<td>Supporting behavioral-health needs of specific employee subgroups</td>
<td>22</td>
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<tr>
<td>Improving behavioral-health literacy</td>
<td>21</td>
</tr>
<tr>
<td>Improving access to substance-use-disorder treatments and recovery supports</td>
<td>20</td>
</tr>
<tr>
<td>Improving supports after disability leave</td>
<td>19</td>
</tr>
<tr>
<td>Reducing total cost of care for employees with behavioral-health needs</td>
<td>18</td>
</tr>
<tr>
<td>Reducing stigma</td>
<td>17</td>
</tr>
</tbody>
</table>

*Question: Respondents selected their organization’s top 3 behavioral-health priorities for 2021 from the list above.
Source: McIntrye Health Employer Survey, 2020
Recap: Elements of Innovative Mental Health Partnerships

- Include responsive health care training approaches
- Address the social determinants of **and** the determinants of equity
- Address barriers to mental health treatment, including stigma

BEST Partnership: Addressing Racial Justice

Boston Medical Center’s Boston Emergency Service Team (BEST) established the Partnership for Behavioral Health and Racial and Social Justice. Collaborating directly with community institutions, such as the Boston Police Department (BPD), Boston Public Schools, and Boston’s court system.

Offers antiracist and implicit bias training to teach law enforcement officials, first responders, school safety officers, and other stakeholders how to appropriately respond on the ground.

Buddy System Supporting Providers

How the 'Buddy System' Supports Frontline Workers' Mental Health

Between the trauma of the COVID-19 pandemic, monkeypox, and staffing shortages, there is a massive toll on providers’ mental health.

By Shamaila Khan, PhD October 13, 2022

- 'Community Leaders Have More Impact on Neighbors Than Celebrities' In COVID-19 Vaccine Trust
- Boston Medical Center learned crucial lessons about public health messaging during community conversations about the COVID-19 vaccine and pandemic.

Barbers as MH Advocates

Harvard University researchers found Black barbers are gatekeepers of the community and could help bridge the gap with mental health care.

Responsive Health Care Approach

“We need to have more [care] representatives who have walked in our same shoes. Patients need someone who looks like them and has been through the same thing.”

Shamaila Khan, PhD

Supporting Mental Wellness for Youth
WHY IS THIS IMPORTANT IN MAINE?

• Maine ranks number two in the country for anxiety in children. ¹

• Social isolation combined with lack of access to services for rural Mainers is contributing to the problem. We know that many of the root causes of these problems are connected to Adverse Childhood Experiences (ACEs).

(The Child and Adolescent Health Measurement Initiative, Data Resource Center for Child & Adolescent Health)

www.maineresilience.org

High School Mental Health Trend

- 35.9% felt sad or hopeless for 2 or more weeks (past 12 months)
- 18.5% seriously considered suicide in the past 12 months
- 9.0% attempted suicide at least once in the past 12 months

Maine Center for Disease Control and Prevention

¹ The Child and Adolescent Health Measurement Initiative, Data Resource Center for Child & Adolescent Health
Youth Data

Only 52% of high school students feel like they matter to people in their communities.

Only 55% of middle school students feel like they matter to people in their communities.

2021 Maine Integrated Youth Survey

www.maineresilience.org

Adverse Childhood Experiences (ACEs)

- All forms of abuse and neglect
  - Parental substance use
  - Incarceration
  - Domestic violence.

- Trauma inducing situations
  - Having a parent with a mental illness
  - Being part of a family going through a divorce.
Examples of Positive Childhood Experiences (PCEs)

- Felt able to talk to their family about feelings
- Felt their family stood by them during difficult times
- Enjoyed participating in community traditions
- Felt a sense of belonging in high school
- Felt supported by friends
- Had at least two non-parent adults who took genuine interest in them
- Felt safe and protected by an adult in their home

Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. JAMA Pediatr. 2019 Sep 9; e193007
Positive Childhood Experiences Mitigate ACEs Effects

Research indicates that the absence of PCEs may be more damaging to long-term health outcomes than the presence of ACEs.

PCEs protect adult mental health...even in the face of ACEs.
DEFINING MATTERING

“Mattering is the sense of being significant and valued by other people... People who believe they matter to others have a key protective resource that can buffer them from life stressors and challenges throughout their lives.”

Gordon Flett

www.maineresilience.org

YOUTH MATTERING IS AN IMPORTANT PROTECTIVE FACTOR

Youth Mattering is the sense that a young person is SEEN, HEARD, and VALUED by others in their community.

It is a protective factor that can reduce the effect of stressful life events that a young person may experience.

Promoting the well-being of our youth is one of the most important investments we can make in our community.
HOW THIS PROJECT BEGAN

Grant from the U.S. Centers for Disease Control and Prevention and Association of State and Territorial Health Officials

- Autism Society of Maine
- Black P.O.W.E.R.
- New Mainers Public Health Initiative
- OUT Maine
- Wabanaki Public Health and Wellness

Five organizations worked in partnership with MRBN to receive input from youth about mattering.

Youth Thriving

www.maineresilience.org
Using a Health Equity Approach

Social and economic inequalities; living wages; discrimination; racism; sexism; homophobia, and transphobia; migration; media and technology; popular culture; government policies

Access to affordable, quality housing; neighborhood safety; access to green spaces; access to healthy food; pollution; natural disasters; climate change; access to healthcare

Relationships with friends, teachers, community members, business owners; school climate; library; clubs and teams

Relationships with parents, caregivers, and siblings; family mental health; financial stability; adverse childhood experiences

Age; genetics; race; ethnicity; gender; sexual orientation; health beliefs and behaviors; internalized trauma; coping skills; self-esteem

These are examples and not a comprehensive list of factors.

WORKING ACROSS SECTORS TO SUPPORT YOUTH MATTERING AND WELL-BEING

Community Organizations and Groups

Healthcare

Parks and Recreation

Faith-Based Communities

Education

Law Enforcement

School Boards

Business
WHY DO MULTI-SECTOR PARTNERSHIPS MATTER TO ADDRESSING YOUTH MENTAL HEALTH

Strong community connections can help promote well-being

PARTNERS
- Franklin County Coalition– Farmington and Rangeley
- Coastal Healthy Community Coalition–Biddeford
- Be The Influence– Windham
- Town of Harpswell

MRBN’s Research Findings

FROM ADULTS
- Want to engage young people in community life
- Often struggle with how to do so
- Concerned that many communities lack infrastructure for supporting youth
  - Youth Centers
  - Afterschool programs

FROM YOUTH
- Want to be part of helping their communities thrive
- Feel unheard and dismissed by adults
- Want adults to take an active interest in youth and the issues that are important to them
There is no “right” way to connect – it’s up to you!
- Start small
- Ask them about barriers to mattering
- Evaluate policies that impact
- Knowing what to avoid...

CHANGE STARTS WITH US

- Adult behavior change is needed to help young people feel supported and that they matter to their communities
Mental health measures

- Poor Mental Health Days
- Mental Health Providers
- Frequent Mental Health Distress
- Drug Overdose Deaths
- Insufficient Sleep
- Suicides

What Works for Health

99 strategies associated with mental health
Watch on demand

Webinar
Making social connections for community health
July 19, 2022

POLL

Do feel you could adapt the strategies shared during the webinar to use within your community?

Yes
No
Maybe
Questions?

Click on survey in the chat
August 22, 2023

Webinar title

Dr. Tiffany Manuel
President and CEO
TheCaseMade

Dr. Christine Muganda
Data & Analytics Team Lead
County Health Rankings & Roadmaps

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Discussion Group

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