

California Reducing Disparities Project Latino Community-Defined Solutions for Reducing Mental Health Disparities

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MHSOAC Meeting
November 21, 2014

California Reducing Disparities Project (CRDP): Phase 1

- A key statewide policy initiative with \$60 million earmarked for ethnically and culturally specific programs and interventions.
- Main goal is to develop a statewide comprehensive strategic plan to reduce disparities.
- Identify community-defined promising practices, models, resources and approaches helpful for county program planners, practitioners, and policy makers in designing programs to better address the needs of underserved communities.
- Contribute culturally and linguistically relevant recommendations from five ethnic/cultural groups to develop a comprehensive statewide strategic plan toward reducing mental health disparities.

Moving from Defining Disparities to Seeking New Solutions

- Invest in communities most impacted by health disparities.
- Support “**Community-Defined Evidence**” vs. “**Adapting/Adopting Evidence-Based Practices.**”
- Commit to 9-year investment to identify and test new community-defined approaches to reduce disparities.
- Support solutions coming from communities most impacted by disparities.
- Involve solutions that are inclusive across the lifespan.
- Invest in community-based participatory evaluation.

Community-Defined Evidence

- “...a set of practices that communities have used and found to yield positive results as determined by community consensus over time, these practices may or may not have been measured empirically but have reached a level of acceptance by the community.”
- The central goal is to develop an evidence-base using cultural and/or community indicators that identify community-defined and community-based practices that work for and matter to these communities.

CRDP: Background

- In June 2007, the MHSOAC voted to focus on five racial, ethnic, cultural, groups to be included in a Statewide project for Ethnic and Cultural Specific Programs and Interventions.
 - African Americans;
 - Asian/Pacific Islanders;
 - **Latinos;**
 - Lesbian, Gay, Bi-sexual, Transgender, Questioning youth (LGBTQ); and
 - Native American populations.

CRDP: Latino Population Focus

- The Latino Statewide Reducing Disparities Project started July 1, 2010. The goals were to:
 - Produce a community-defined, strength-based, culturally and linguistically appropriate report on reducing disparities in mental health services for Latinos.
 - Identify and engage a diverse range of Latino stakeholder representatives at the state, regional, and local levels.
 - Include consumers, providers, public agencies, and representatives of community interests, and have diversity in terms of gender, age, sexual orientation and mental health and health issues.

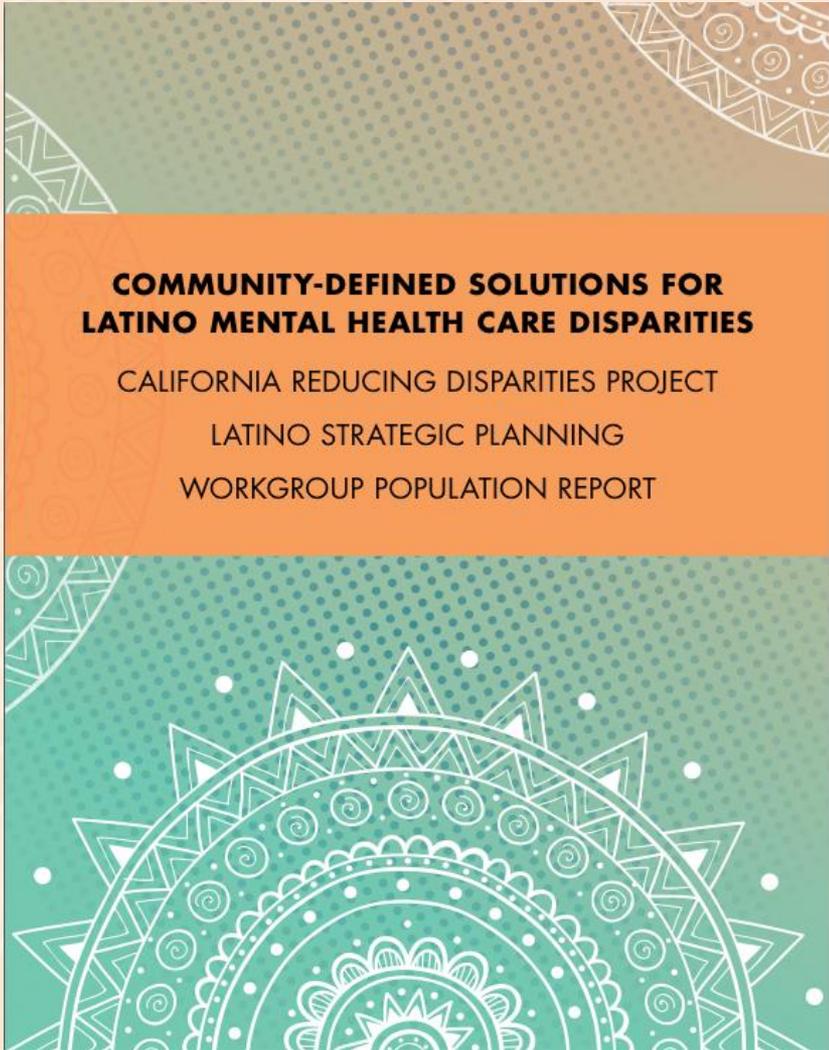
Latino Strategic Planning Workgroup

LATINO CONCILIO

Website: <http://www.latinomentalhealthconcilio.org>



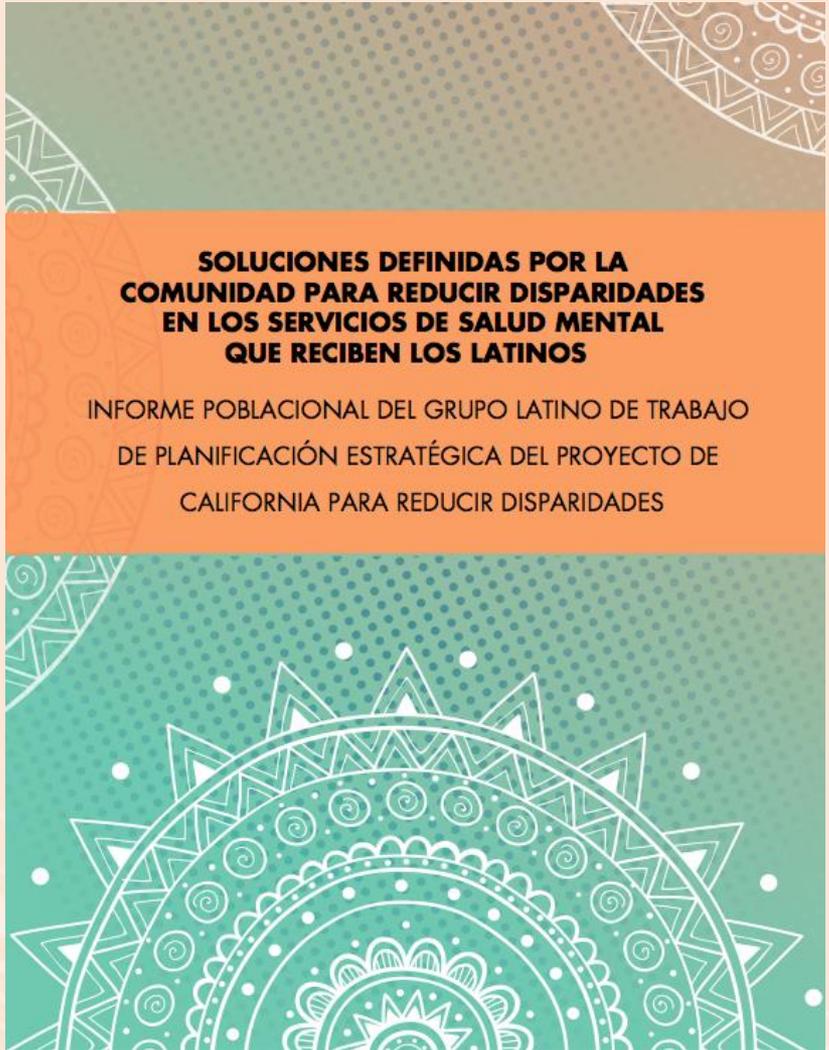
CRDP: Phase 1 Reports

The English report cover features a light green background with a pattern of small white dots. A large, intricate white mandala design is positioned at the bottom, consisting of multiple concentric layers of geometric shapes like triangles, circles, and spirals. The top right corner has a smaller, partial version of this mandala. A solid orange horizontal band is located in the middle of the page, containing the report's title and subtitle in white text.

**COMMUNITY-DEFINED SOLUTIONS FOR
LATINO MENTAL HEALTH CARE DISPARITIES**

CALIFORNIA REDUCING DISPARITIES PROJECT
LATINO STRATEGIC PLANNING
WORKGROUP POPULATION REPORT

English

The Spanish report cover features a light green background with a pattern of small white dots. A large, intricate white mandala design is positioned at the bottom, consisting of multiple concentric layers of geometric shapes like triangles, circles, and spirals. The top right corner has a smaller, partial version of this mandala. A solid orange horizontal band is located in the middle of the page, containing the report's title and subtitle in white text.

**SOLUCIONES DEFINIDAS POR LA
COMUNIDAD PARA REDUCIR DISPARIDADES
EN LOS SERVICIOS DE SALUD MENTAL
QUE RECIBEN LOS LATINOS**

INFORME POBLACIONAL DEL GRUPO LATINO DE TRABAJO
DE PLANIFICACIÓN ESTRATÉGICA DEL PROYECTO DE
CALIFORNIA PARA REDUCIR DISPARIDADES

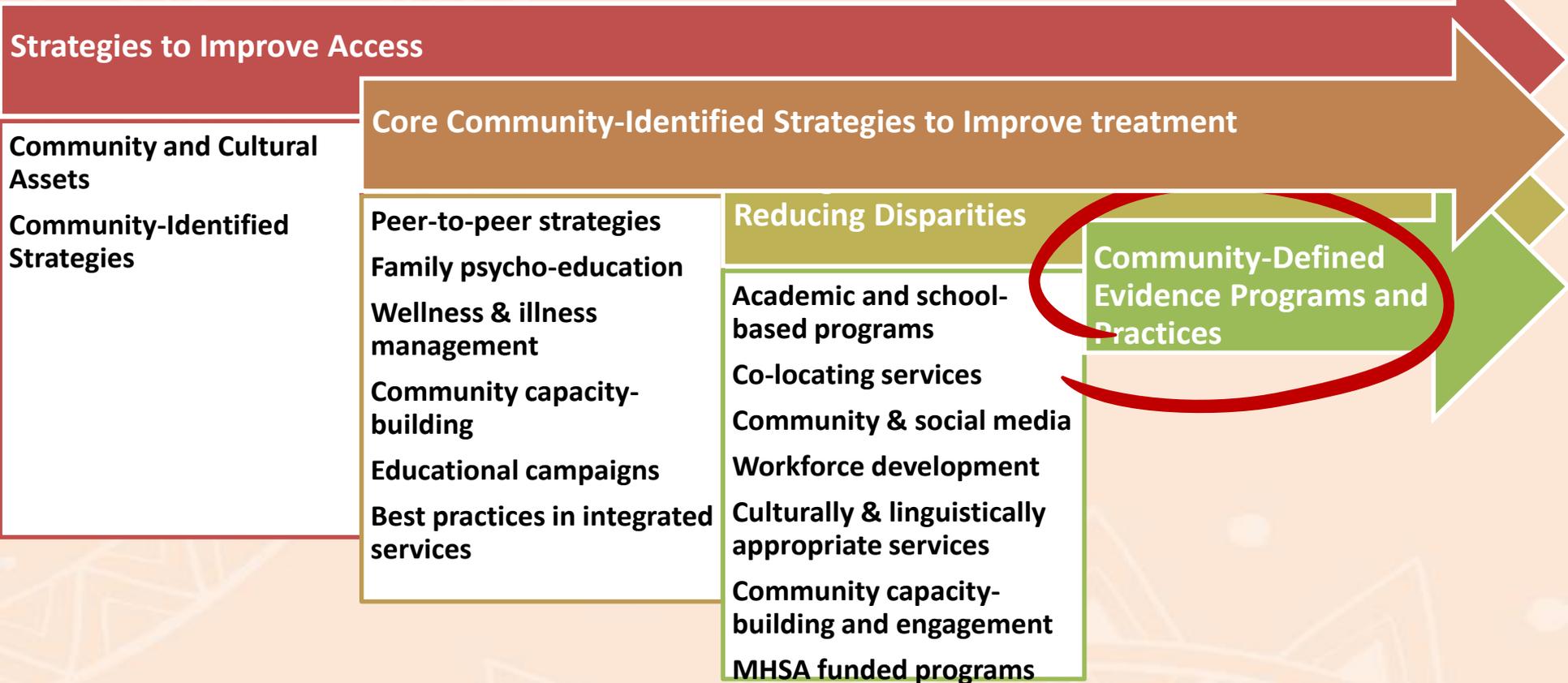
Spanish

Forum Sites by City, Region, and County

City/Community	Geographical Region	County	Study Participants by County (N = 553)	*Latino Population % of County/School	**Latino Penetration Rates % by County
Oakland	Bay Area	Alameda	60	25.4 %	5.0%
Salinas	Bay Area	Monterey	69	75.0%	3.4%
San Jose	Bay Area	Santa Clara	35	33.2%	3.8%
Solvang	Bay Area	Ventura	34	29.2%	3.1%
Camino	Central	El Dorado	21	12.1%	3.2%
Fresno	Central	Fresno	40	50.3%	2.7%
Sacramento	Central	Sacramento	14	26.9%	4.0%
Stockton	Central	San Joaquin	52	40.3%	2.7%
Arcadia	Southern	Los Angeles	30	12.1%	3.6%
Carson (Cal State University)	Southern	Los Angeles	54	41.5%	3.6%
Cerritos (high school)	Southern	Los Angeles	13	15.2%	3.6%
Huntington Park (high school)	Southern	Los Angeles	20	98.5%	3.6%
Los Angeles	Southern	Los Angeles	32	48.5%	3.6%
San Diego	Southern	San Diego	39	28.8%	5.0%
Chico	Superior	Butte	40	15.4%	4.8%

Sources: *U.S. Census Bureau, 2010; *Los Angeles USD, 2010; *APUSD, 2010; *California State University, 2010; *California Department of Education, 2011; **External Quality Review Organization, 2010

Community-Defined Strategies and Solutions



Community-Defined Evidence: Examples of Promising Programs and Practices for Latinos

Program	Brief description	California region	Criterion 1 Capacity building	Criterion 2 Awareness about mental health	Criterion 3 Community outreach	Criterion 4 Latinos' access to services	Criterion 5 Meaningful practices	Criterion 6 Local adaptations for Latinos	Criterion 7 Interventions and treatment
Bienestar – serves Latino LGBT youth, gay and bisexual men, transgender, and HIV/AIDS communities	Operates culturally and linguistically appropriate programs for the Latino community. Understands how important culture intertwines with HIV and seeks to meet the needs of each community.	Southern: Los Angeles County	✓	✓	✓	✓	✓	✓	✓
Bienvenido Program – serves Latino youth, families, and consumers	Is a prevention and intervention program that increases access to mental health services, and improves mental health and quality of life of Latino immigrants.	Central: All counties in the Central Valley	✓	✓	✓	✓	✓	✓	
Casa de La Familia – serves at-risk Latino male youth and victims of crime	Specializes in treatment of post-traumatic, anxiety, and depressive disorders of children, adolescents, adults, and elderly clients through crisis intervention and long-term individual and family therapy.	Southern: Los Angeles and Orange Counties	✓	✓	✓	✓	✓		✓
Center for Community Advocacy – provides training to farmworkers to serve and advocate for improved housing and health conditions	Provides leadership through a Mexican promotoras/es-based model. Promotoras/es are trained using a curriculum designed by the center with a focus on reaching out to rural communities.	Bay Area: Monterey County	✓	✓	✓	✓	✓	✓	

Strategic Directions to Improve Access, Availability, Appropriateness, Affordability, and Advocacy

- School-based mental health programs;
- Community-based organizations and co-location of resources;
- Community and social media;
- Culturally and linguistically appropriate treatment;
- Workforce development to sustain culturally and linguistically competent workforce; and
- Community capacity building and community outreach and engagement.

Ventura County Strategic Directions: Reducing Disparities*



* CRDP Latino Population Report, UC Davis Center for Reducing Health Disparities, 2012



Strategic Direction 6: Community Capacity-Building and Outreach and Engagement



- Promotores and Promotoras Training.
- Mixteco Engagement and Farm-Worker Outreach, and Treatment Project.
- City Impact – Community Coalitions for Stronger Families.
- Kids and Families Together – Foster Youth Kinship Project.



Mixteco/Indigena Community Organizing Project (MICOP): Community Coalition for Stronger Families (CCSF)

- **Training** - Mental health training for Mixteco Health Promotores to reduce stigma and other barriers to seeking services.
- **Outreach & Engagement** – Sharing mental health education and raising awareness in Mixteco community.
- **Education** – Presentation for partners and community agencies about Mixteco mental health needs, culture, and community.
- **Violence Prevention** – Developed culturally appropriate training curriculum with The Partnership for Safe Families & Communities of Ventura County.



Oxnard, CA



Santa Paula, CA



CRDP Phase 2: Community Forums

- **Community Forums**
 - Mixteco communities (Ventura County)
 - Latino foster youth (Riverside County)

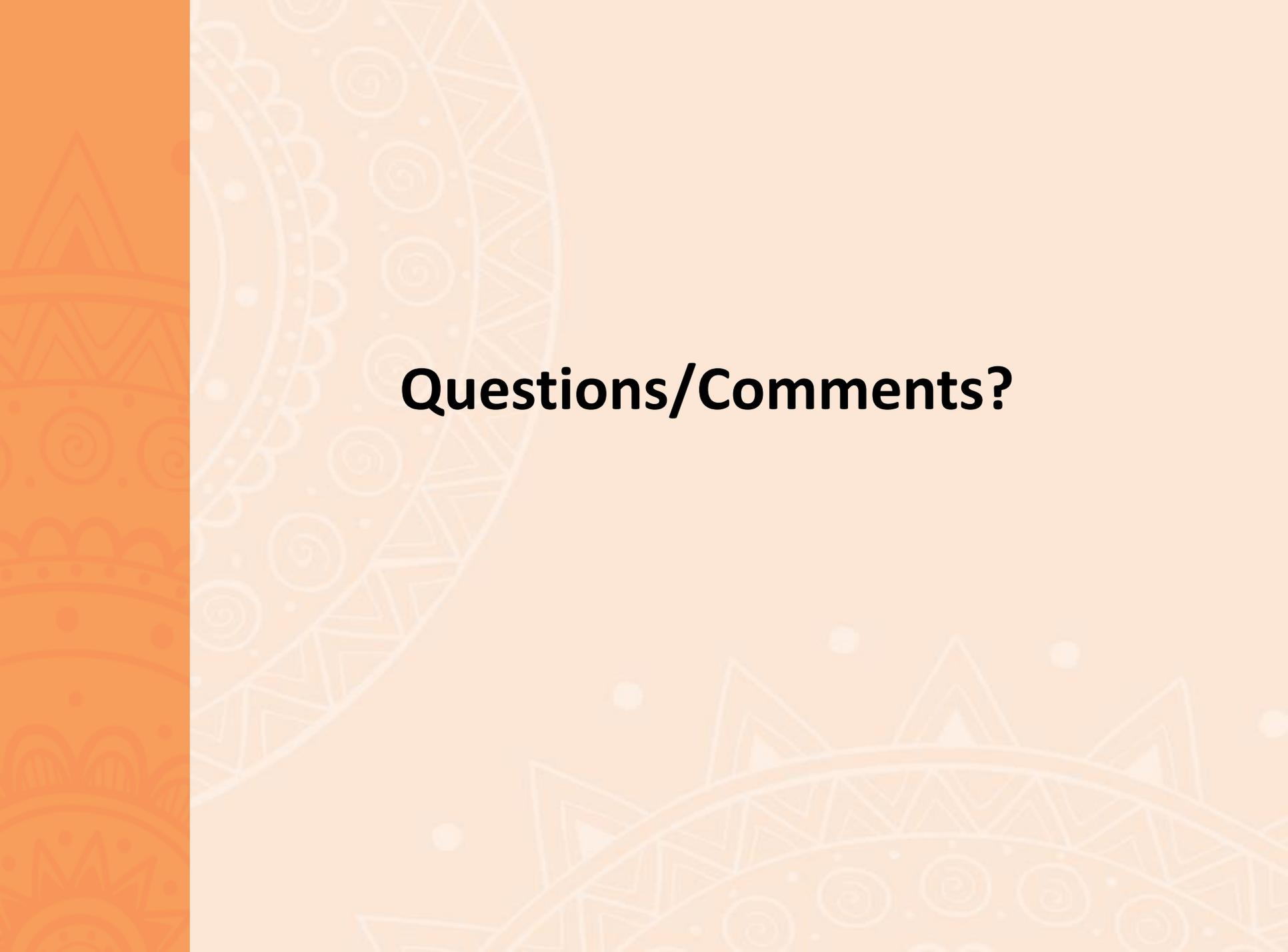


CRDP's Policy Implications

- Invest in integration of mental health services and primary care while building capacity and workforce diversity in underserved communities.
- Build on community assets through collaboration between the university and communities to ensure that diverse, underserved communities have equal access to affordable and culturally and linguistically appropriate care.
- Strengthen evaluation and data collection to better assess the reduction of mental health disparities at the population level and the effectiveness of community-defined evidence practices.

Next Steps

- The CRDP is ready to implement and evaluate community-defined evidence programs and practices and transform systems of care.
- More must be done to recognize and address mental health disparities by focusing on improving:
 - Mental health workforce diversity;
 - Cultural and linguistic competence among mental health care workers;
 - Community engagement to increase access to mental health care; and
 - Prevention and early intervention.
- The CRHD has built blocks and is partnering with some counties (i.e., Ventura, Solano, Tulare) who have sought help to assist them in the transformation of their systems of care to be more responsive to diverse communities' MH needs.

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Questions/Comments?