

Racial and Ethnic Inequities in Health Care: Patient and Family Perspectives

Examining and Addressing Disparities in Mental
Health and Addictions Treatment and Services

NASEM July 12, 2023

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Racial/Ethnic Differences in Mental Health Care Access and Retention

Only about 1 in 2 come back for a second visit



Only about 1 in 5 that access mental health treatment “make it” to 4 outpatient visits within a two-year time period

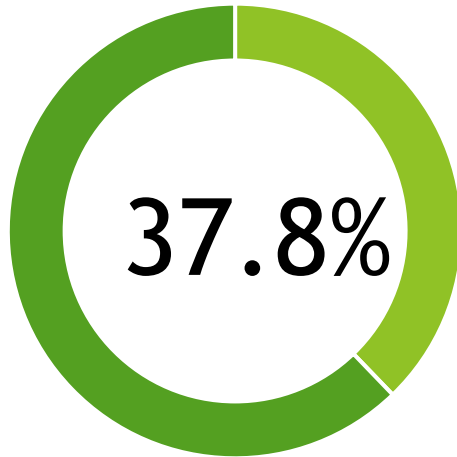


Blacks and Latinos leave treatment earlier and have fewer visits than Whites

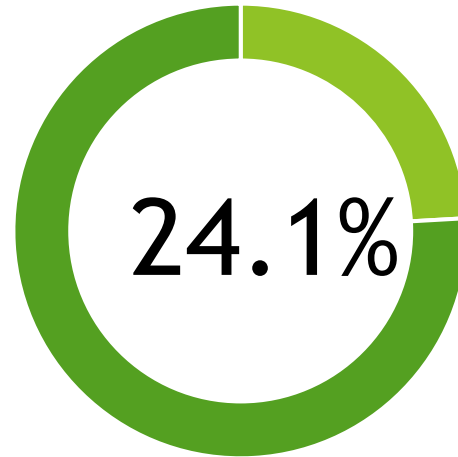


(Cook et al. HSR 2014)

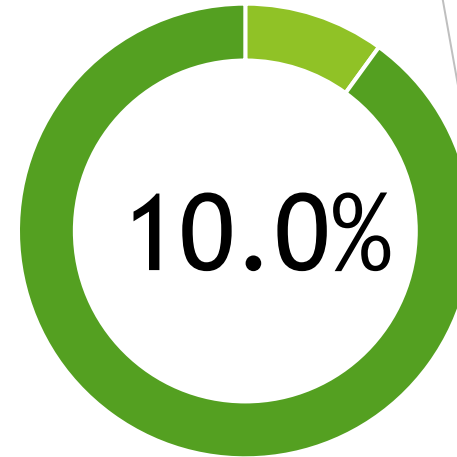
Past 12-month disorder-specific treatment of diagnostic statistic manual #5 mental disorders



Individuals with **Mood Disorders** (MDD, Bipolar) that received any last year treatment



Individuals with **Anxiety Disorders** (GAD, phobia) that received any last year treatment



Individuals with **Illicit Drug Use Disorders** (Opioid, Cannabis) that received any last year treatment

Beyond the numbers: Understanding access to and retention in treatment

► *Results from “What Attracts,
What Keeps and What Doesn’t?”
Exercise with Black Voices:
Pathways 4 Recovery led by La
Verne Saunders and Valeria
Chambers (11-27-18)*

What Attracts?	What Doesn't Attract?	What Keeps?
<ul style="list-style-type: none">• Authenticity• Empathy, acceptance, action, compassion• Honesty & trust• Appreciation• Relationships and connections• Useful information• <u>Being heard & seen</u> <p><i>Benjamin Cook, unpublished analysis of Medical Expenditure Panel Survey</i></p>	<ul style="list-style-type: none">• Judgement• <u>Lack of cultural responsiveness</u>• De-validation• Lack of training• Evidence of institutional racism• Process-oriented vs people-oriented• Lack of diversity	<ul style="list-style-type: none">• Familiar faces & consistent staff• Acceptance & commitment• Shared vision• Cultural humility• Able to contribute, share and help out• Shared experiences• <u>Feeling comfortable and safe</u>

Stressors		Protective Factors
Perceived Stress	Job Stability	Social Connections
Major Life Stressors (death, assault, injury)	Work Schedule Stability Job Insecurity	Social Relationships Family Functioning
Work-Life Balance Stress	Housing Stability	Resilience Conscientiousness
Family Immigration Concerns	Financial Insecurity	Positive Religious Coping
Negative Religious Coping	Neighborhood Safety	Purpose in Life Self-Esteem Mastery
Adverse Childhood Events	Discrimination	Optimism

mechanisms underlying behavioral health disparities: “Toxic stress” at the individual and family levels

► Stressors and protective factors significantly associated with depression and anxiety symptoms and child mental health (Slopen, Cook, Flores, Williams et al. *Children* 2022)

- ▶ **Sense of community**
- ▶ **Social connections**
- ▶ Not alone, not “weird”
- ▶ Regular gatherings
- ▶ Informal, natural, **familiar settings**
- ▶ **Create one’s “family” of choice**
- ▶ Resilience building- “keep coming back”
- ▶ Mutual accountability, validity & support
- ▶ **Belief in self, community,**
higher power of one’s own understanding
- ▶ **Purpose in life-** working the Steps,
giving back, service
- ▶ Mastery- “one day, one step at a time”
- ▶ **Focus on things contributing to wellness**
- ▶ **Connection to resources**
- ▶ **Increased self-esteem, optimism/hope,**
greater trust in self & others

Peer Support for Dual Diagnosis Offers Protective Factors
Against Toxic Stressors and Someone to “come with”
Throughout the Recovery Process.

The slide features a white background with decorative green geometric shapes. A light green triangle is in the top-left corner, and a darker green triangle is in the top-right corner. A diagonal line separates the white background from a green area at the bottom-right.

Examples of Grass-Roots Organizations Which Leverage Families and Communities

The Cory Johnson Program for Post-Traumatic Healing

- ▶ Weekly evening programs on Thursdays
- ▶ Located in the community
- ▶ Every Thursday, a different focus- Afro-flow yoga, Journaling, Art, Trauma ed., Racial healing, Men's trauma group
- ▶ Free dinner, live jazz, inspirational dance performances, child-care, clinician
- ▶ Community Conversations online and/or in person, on COVID, COVID vaccines; Racism & violence; Trauma & grief
- ▶ Signature program: "Can We Talk" draws community members and professionals from throughout New England & the Tri-State area.
- ▶ Community Companions work 1:1
- ▶ Available around the clock
- ▶ Signature program "Can We Talk?"
- ▶ Safe space to speak freely, center stage
- ▶ Attended by young & old, people of color and white, community members, healthcare professionals & other helping professionals
- ▶ Being replicated throughout the U.S.
- ▶ Boasts a Men's Trauma Group with long waiting lists of Black & Brown men!

United Neighbors of Fall River: Supporting Children Through Strengthening Families

1 of 22 Coalitions in MA

Supports families by coordinating local resources

Increases neighborhood activities that empowers residents, & builds community partnerships

- Community Wellness Initiatives
- Peace Programs
- Confronting Discrimination Programs
- Families' Programs, and more

Medicine Wheel + 12 Steps, WhiteBison.org

- ▶ 8-week training > weekly mtgs
- ▶ Can be tailored - Native American/Alaska Natives, any Indigenous Tribe
- ▶ In MA open to anyone willing to learn and participate
- ▶ Recordings & videos, powerful historical content, alongside live facilitation
- ▶ Facilitators are Pw/LE
- ▶ Cultural traditions- smudging, prayers, chanting, connection with elders, youth, nature & all living creatures; as well as detailed history of tribal peoples and lands in the U.S.
- ▶ Based on the Teachings of the Medicine Wheel, the Cycle of Life, & the 4 Laws of Change
- ▶ Separate groups by gender, and youth, 13-21 yrs.
- ▶ Youth focus- the emotional, mental, physical, and spiritual reason behind SU to begin with
- ▶ Discussion, small group, pairs; journaling, homework, in textbook & workbook; questions & reflections
- ▶ Steps with corresponding focus on character & values: honesty, hope, faith, courage, integrity, willingness, humility, forgiveness, justice, perseverance, spiritual awakening, service.

References and Readings

Laudet, A.B., Magura, S., Vogel, H.S., Knight, E. (2000). Support, Mutual Aid and Recovery from Dual Diagnosis, *Community Mental Health Journal*, 36(5): 457–476.

Cook BL, Progovac AM, Cortés DE, et al. (2021). Comparing Preferences for Depression and Diabetes Treatment among Adults of Different Racial and Ethnic Groups Who Reported Discrimination in Health Care. Patient-Centered Outcomes Research Institute (PCORI). <https://doi.org/10.25302/01.2021.ME.150731469>

Drake, R.E., Essock, S.M., Shaner, S., et al, 2001, April 1, Implementing Dual Diagnosis Services for Clients with Severe Mental Illness, <https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.52.4.469>

Maté Gabor, 2018. In the Realm of Hungry Ghosts: Close Encounters with Addiction, London: Vermilion.

Puschner B, et al. Using Peer Support in Developing Empowering Mental Health Services (UPSIDES): Background, Rationale and Methodology. *Annals of Global Health*.2019; 85(1): 53, 1– 10, DOI: <https://doi.org/10.5334/aogh.2435>.

The Cory Johnson Program for Post-Traumatic Healing, The Social Impact Center, Roxbury, MA; <https://rpcsocialimpactctr.org/about>

Medicine Wheel and 12 Steps, <https://whitebison.org>

The 12 Steps through the lens of 12 Wisdom Traditions: Hinduism, Buddhism, Cosmology, Islam, Judaism, Taoism, Native American, Christianity: <https://www.12wisdomsteps.com/>

An African American Christian re-interpretation of the 12 Steps: <https://www.12wisdomsteps.com/cultural-points-of-resistance-to-the-12-step-recovery-process>

Thank you!

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