

How Promotores & Community Health Workers can promote Mental Health in Agricultural Communities & Bridge Patients to Integrated Care

Javier I. Rosado, PhD

Cathy DeVito



About Us

The Center was established at the Florida State University College of Medicine to provide resources to families and health care providers related to the treatment and prevention of toxic stress during childhood.

A PARTNER IN
NCTSN

The National Child
Traumatic Stress Network



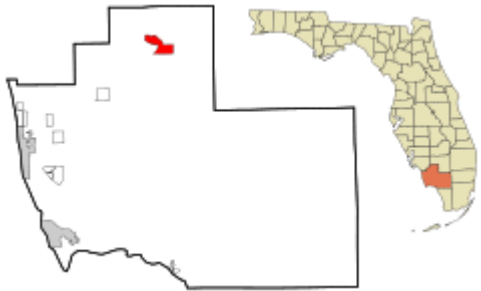
About Us

The FSU Isabel Collier Read Medical Campus is co-located with an FQHC serving the agricultural community of Immokalee, Florida.



healthcare
network

About Us



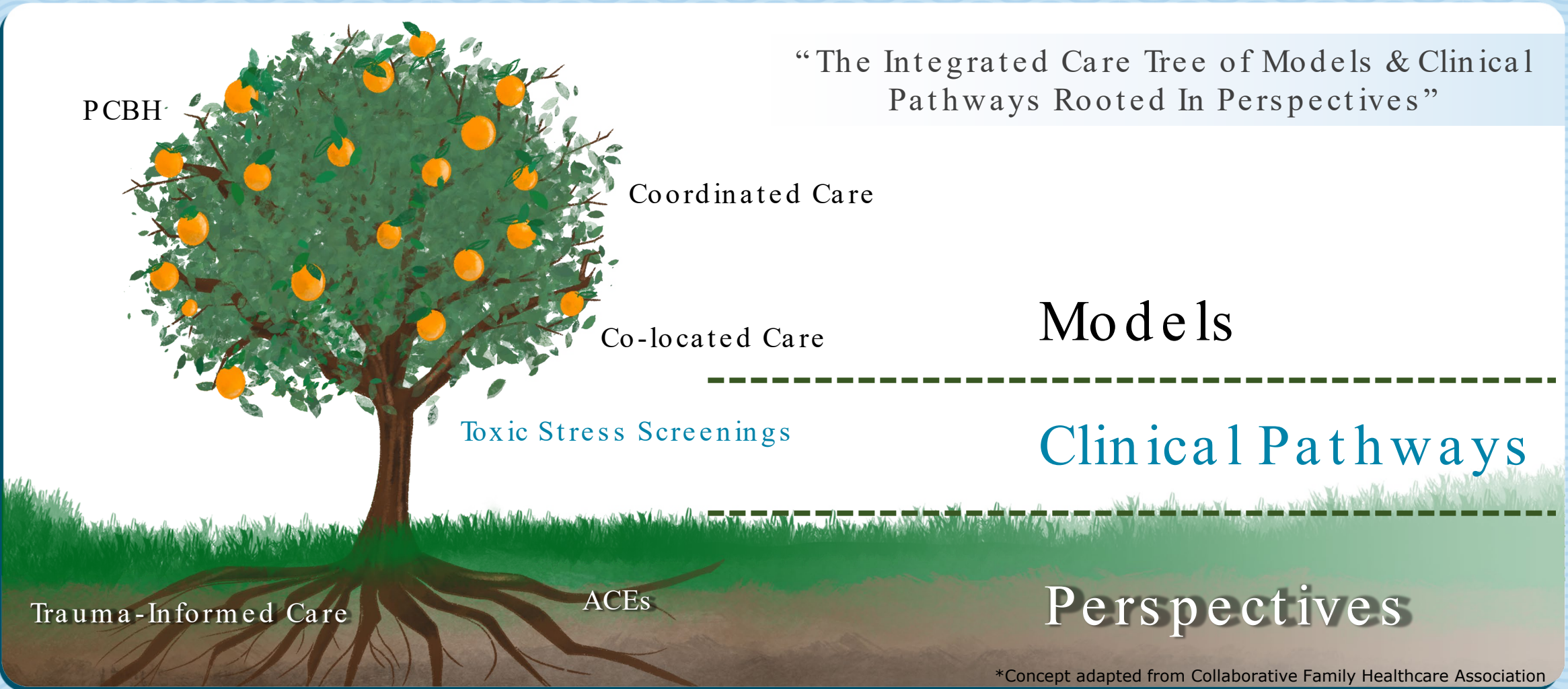
Immokalee, FL



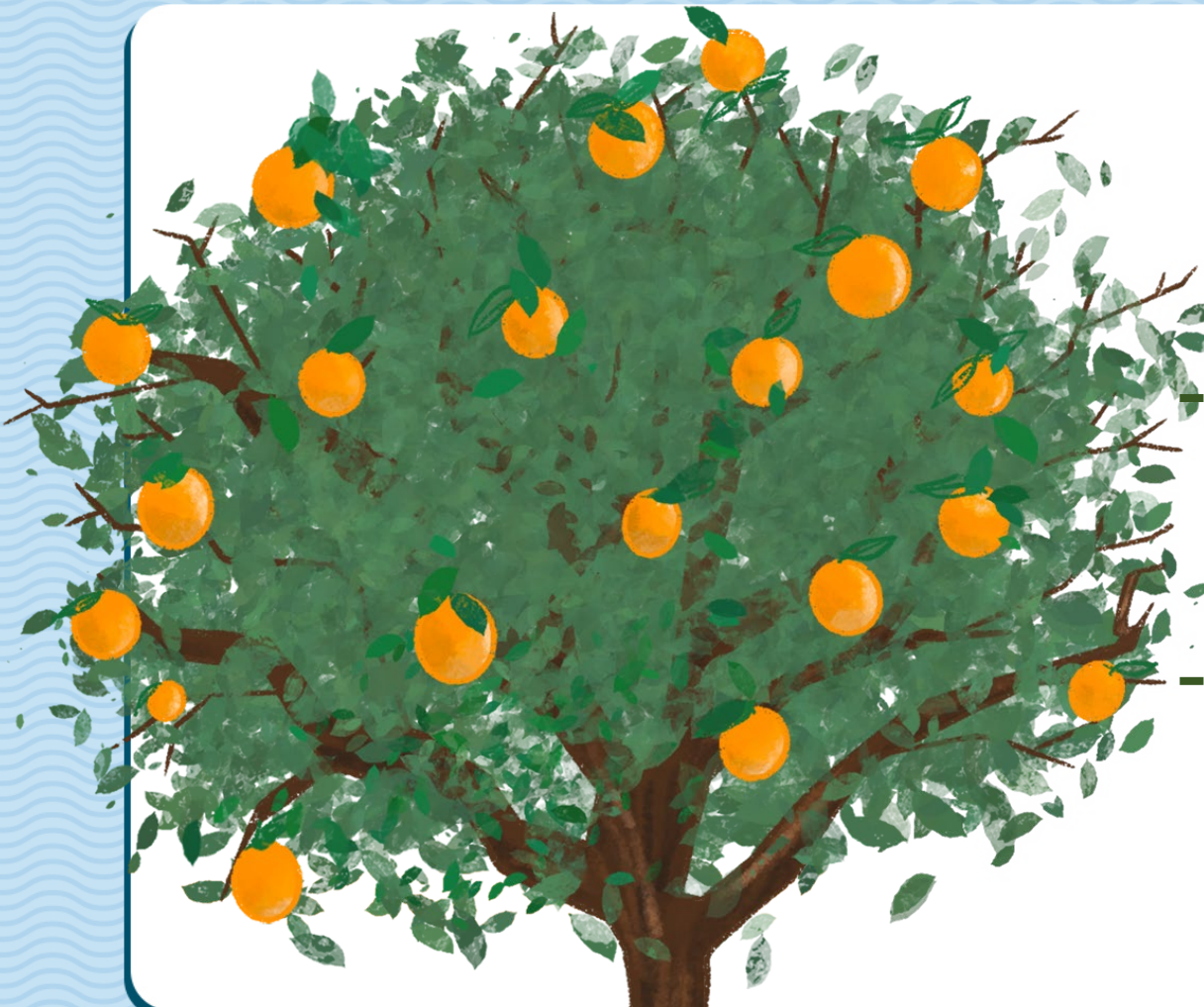
Learning Objectives

Upon completion of this session, participants will be able to:

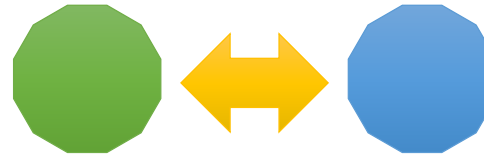
- List strategies that promotores and community health workers can utilize to address stigma associated with mental illness
- Identify approaches for teaching communities how to recognize common mental health presentations
- Access resources that can be utilized for the promotion of mental health



*Concept adapted from Collaborative Family Healthcare Association

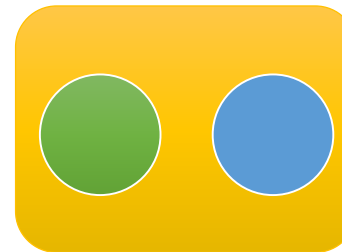


Models



Coordinated Care

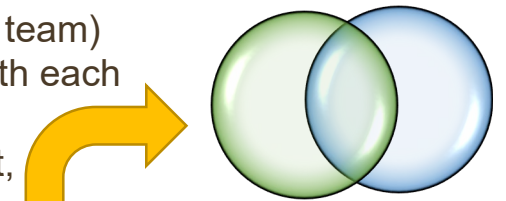
Dr. X (primary care) refers pt to Dr. Y (psychologist) located in a separate Building. Dr Y sends report of eval & updates.




Co-located Care

Dr. X (primary care) refers to Dr. Y (specialist) who is located in same building but has separate charts. Dr. Y sends report & updates.

Dr. X & Dr. Y (part of the primary care team) share space in same clinic, consult with each other on cases, develop a common treatment plan, have a common chart, share support staff as part of one treatment team, patient perceives one treatment plan.



**PCBH/Integrated
Care**



Clinical Pathways: algorithms used to guide care to ensure that persons with specific conditions receive monitored, timely care

Example: **Trauma/ACE Screenings**





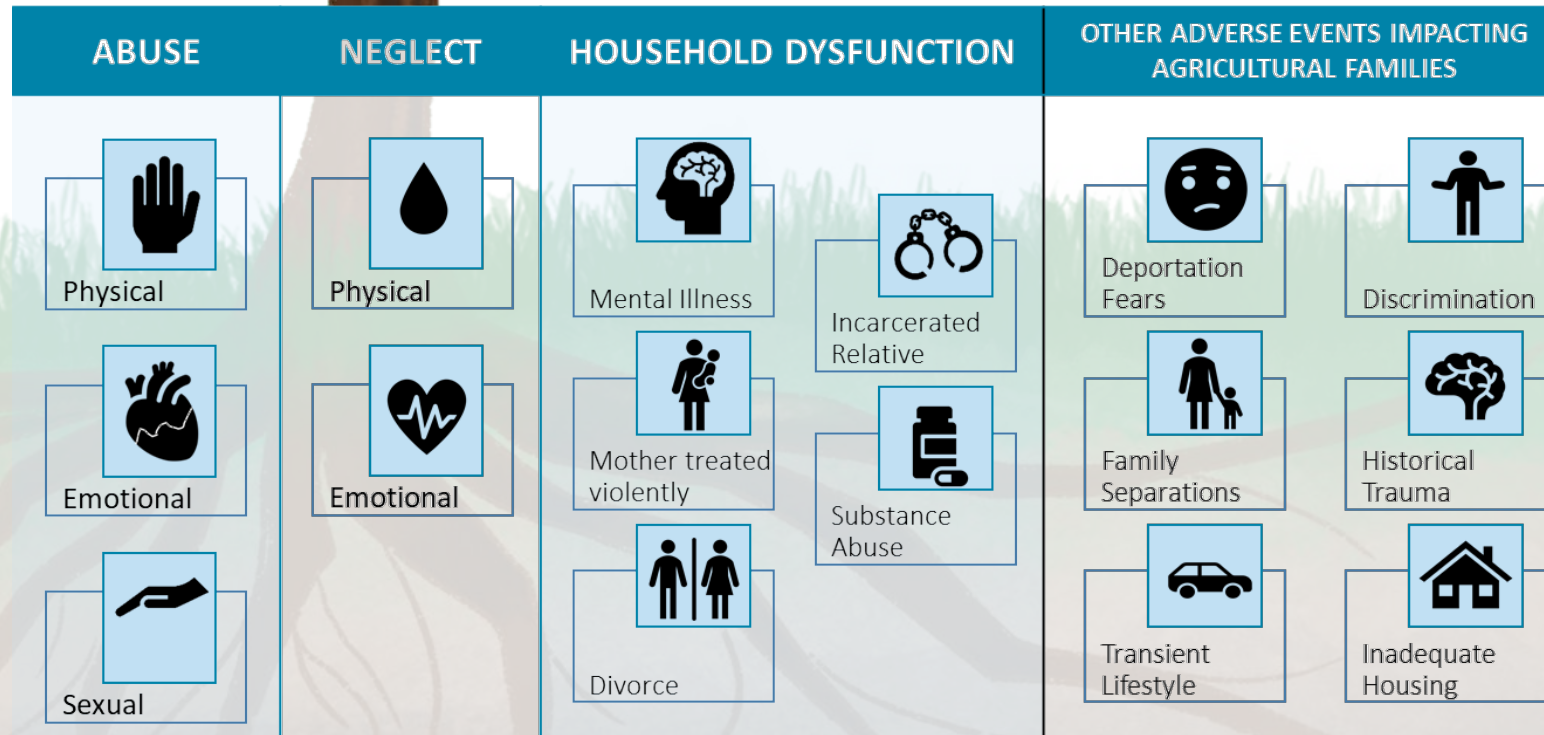
Perspectives: approaches or frameworks that guide and feed integrated care efforts

Example: **Trauma-Informed Care**

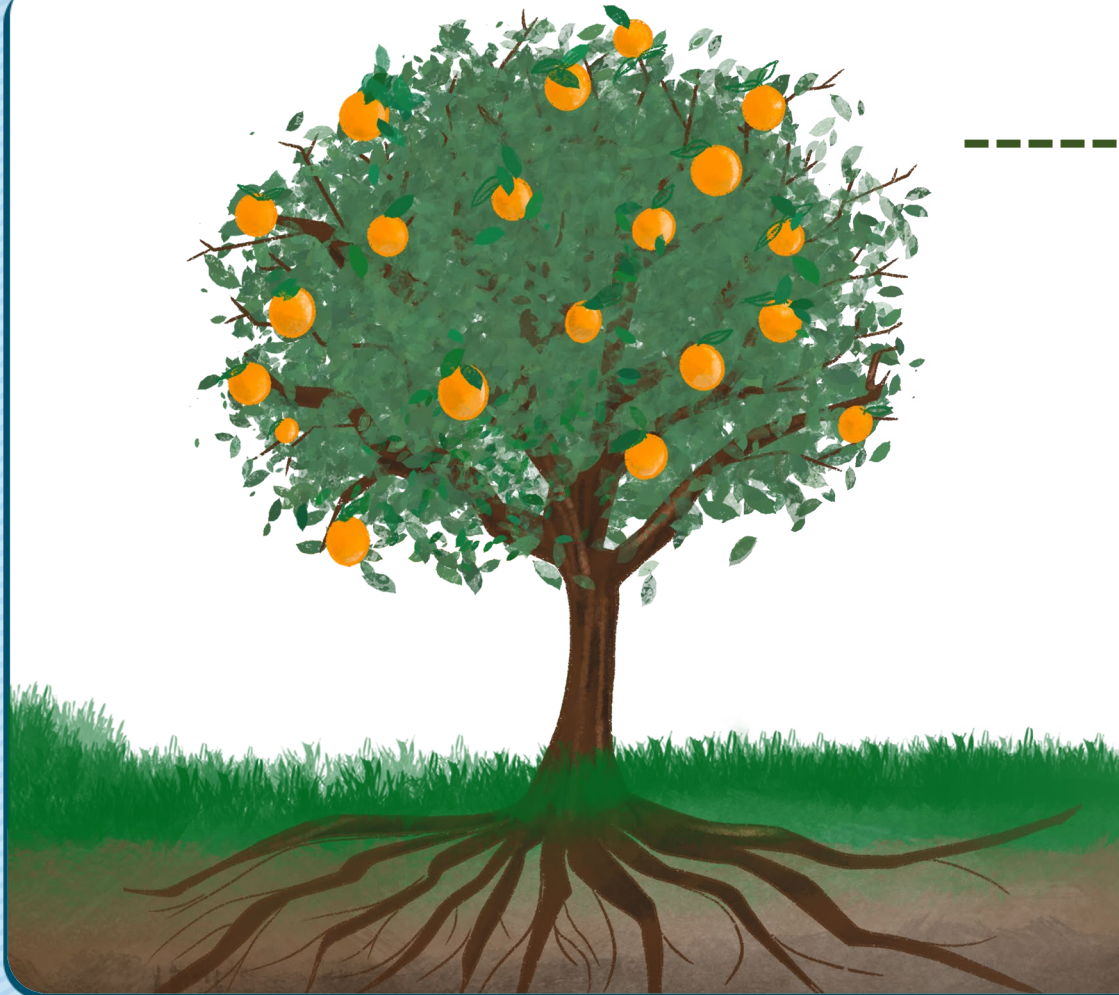
Trauma-informed care seeks to:¹

- Realize impact of trauma
- Recognize signs & symptoms
- Adapt policies & procedures
- Avoid re-traumatization

Perspectives: approaches or frameworks that guide and feed integrated care efforts



Where do I Fit In?



Job Component	Competencies
Interpret	Explain the meaning of medical information important to the well-being of people
Explain	Clarify difficult behavioral health concepts. Behavioral health is mental/emotional well-being and choices/actions that affect wellness
Educate	Impart knowledge on topics that impact community health
Inform	Disseminate health information that impacts the community
Bolster	Provide support to community members
Advocate	Argue for or provide support for community structural or policy change
Outreach	Reach community members in different ways than those customarily used
Organize	Arrange beneficial activities for the community
Find & Link	Locate resources for community members & link individuals with identified resources

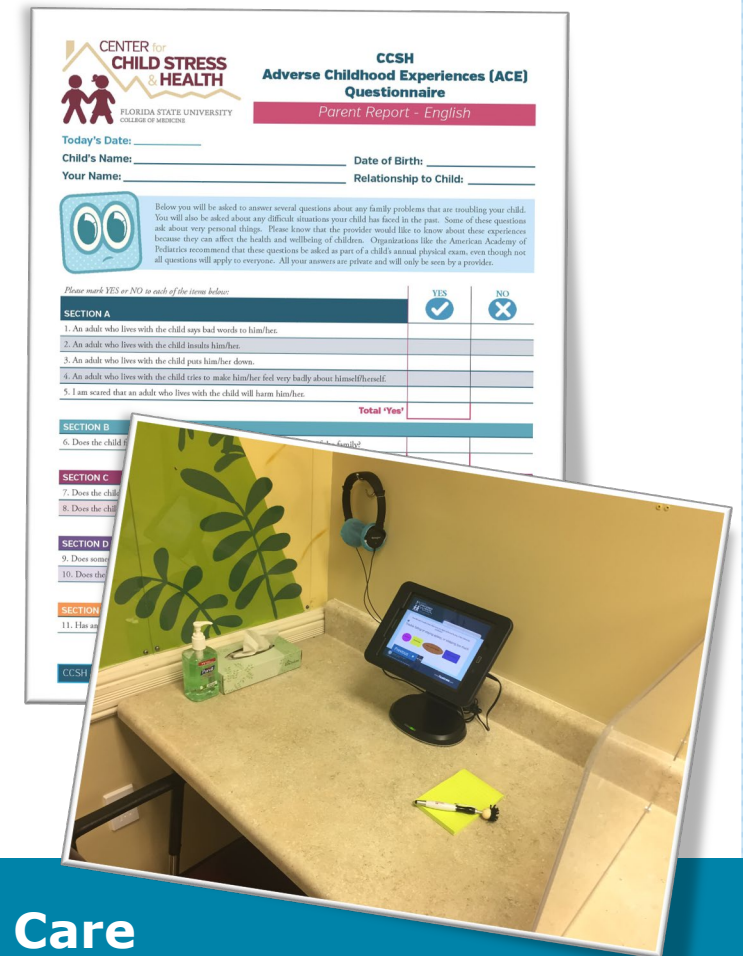
Advocate: Argue for or provide support for organizational structural or policy change

Example: **Trauma-Screenings**

Migrant agricultural workers show an increase in the incidence of mental disorders including anxiety and trauma due to a series of socio-environmental variables, including:¹

- Loss of social status
- Discrimination
- Separations from family

¹Mucci N, Traversini V, Giorgi G, Tommasi E, De Sio S, Arcangeli G. Migrant Workers and Psychological Health: A Systematic Review. Sustainability. 2020



Find & Link: Locate resources for community members & link individuals with identified resources

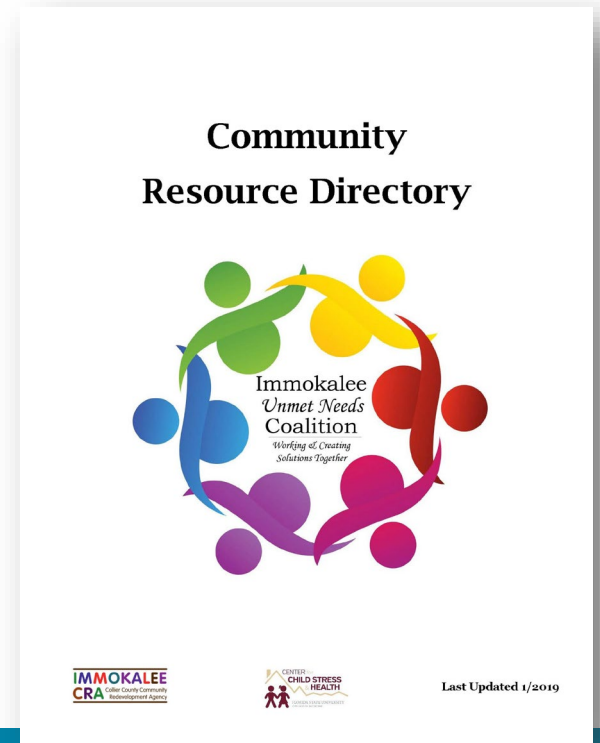
Example: **Integrate CHW into Existing Clinical Pathways**



Application of promotores(as) & CHW Skills within Integrated Care

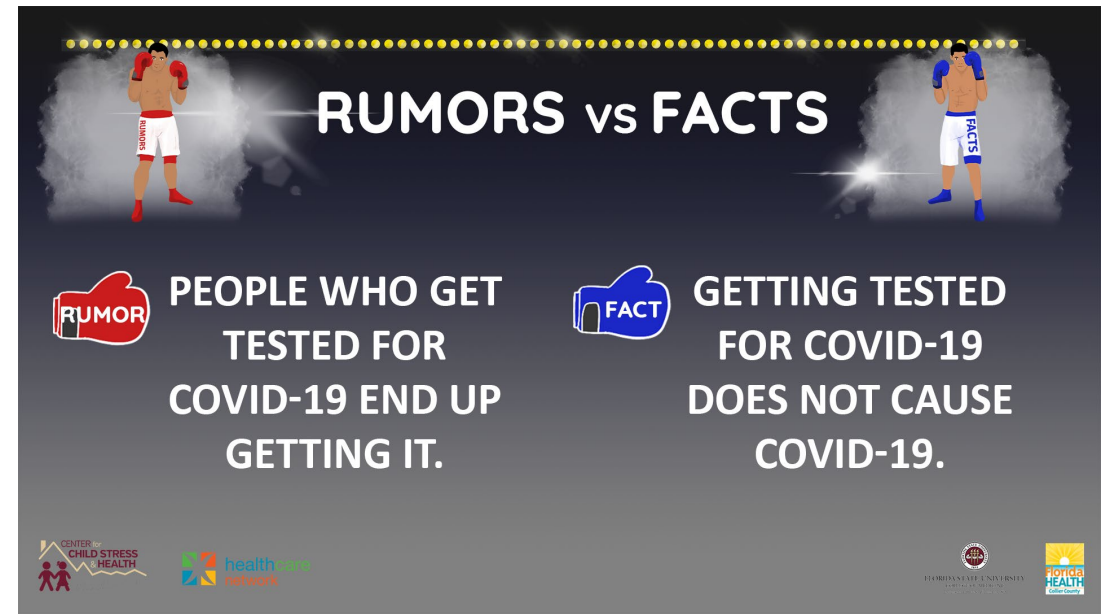
Find & Link: Locate resources for community members & link individuals with identified resources

Example: **Community Resource Guide**



Inform: Disseminate health information that impacts the community

Example: **Addressing COVID-19 Myths & Rumors**



Application of promotores(as) & CHW Skills within Integrated Care

Bolster: Provide support to community members

Example: **Crisis-Response**

Supporting the community when crisis occurs:

- Natural Disasters
- Motor Vehicle Accident
- Suicide/Sudden Death



Interpret: Explain the meaning of medical information important to the well-being of people
Explain: Clarify difficult behavioral health concepts

Example: **Utilizing analogies to explain health concepts**



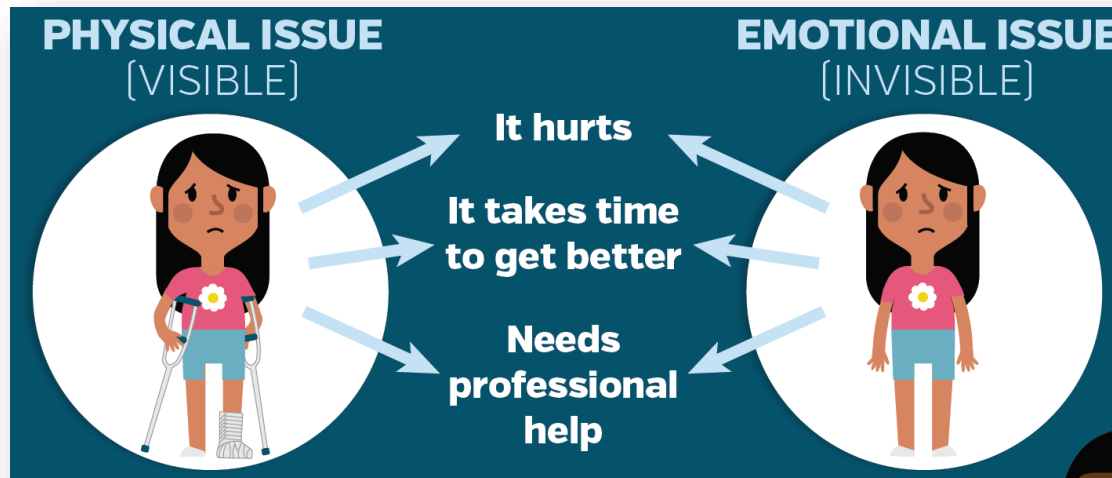
Analogy to explain the importance of a child's environment on their developing brain



Analogy to explain the importance of resilience and mental health treatment

Interpret: Explain the meaning of medical information
Explain: Clarify difficult behavioral health concepts

Example: **Integrate Physical & Emotional Concerns**



SUPPORTING OUR CHILDREN'S HEALTH

Hello, my name is Ana and I am Maria's mom. As parents, we care for our children's wellbeing and happiness. Our children's overall health and development is our priority and we support them by doing things like: providing basic needs, supporting their schoolwork and teaching them life skills.

We also take our kids to the doctor when they are sick or when we have a concern about their physical health. Did you know that a physical issue or illness is very similar to an emotional issue? Look at how similar these are! Below you can see pictures of my daughter, Maria. On the left side, there is a picture of when she broke her leg and needed a cast. On the right side, there is picture of when she was going through a rough time in school, was sad and stressed out.

PHYSICAL ISSUE [VISIBLE]

EMOTIONAL ISSUE [INVISIBLE]

It hurts

It takes time to get better

Needs professional help

I am Junior, Maria's father. As you can see, a physical issue is very much like an emotional issue. In both situations the child is hurting and needs professional help. It might also take some time for them to feel better. As a dad, I do not like to see my kids in pain and I am sure you do not like it either. You might ask yourself: "Is there anything I can do to help my child feel better?"

WHAT TO DO IF YOUR CHILDREN DO NOT FEEL WELL:

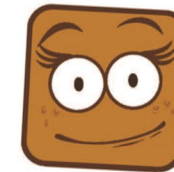
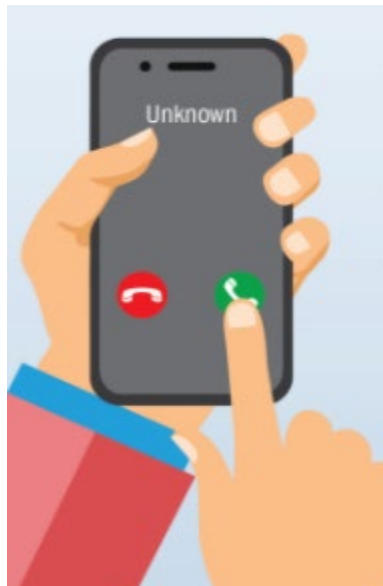
1. Ask them how they feel and listen to them.
2. Be patient with them, remember they are in pain.
3. Reassure that you are there to support them.
4. Seek professional help to ask what else you can do for them.
5. Ask your child if he or she wants to talk to someone else, like a counselor or a doctor. If he or she says yes, these are some options:
 - Make an appointment with the pediatrician.
 - Ask their school counselor, teacher or afterschool program for resources and/or information.
 - Contact the community mental health clinic to make an appointment.

www.fsustress.org

FLORIDA STATE UNIVERSITY
COLLEGE OF MEDICINE

Interpret: Explain the meaning of medical information
Explain: Clarify difficult behavioral health concepts

Example: **Explaining Telehealth**



**YOUR CHILD MAY BENEFIT FROM
BEHAVIORAL HEALTH SERVICES
THROUGH TELEPSYCHOLOGY.**

WHAT IS TELEPSYCHOLOGY?

- Telepsychology services refer to the process of providing counseling services using technology, such as video conferencing.
- One of the main differences between telepsychology services and traditional services is that for telepsychology the patient and the clinician are not in the same site or location.
- The computer that is utilized for these services is located in a safe and private room in the school. The computer program that is utilized for teleconferencing is safe and secure.
- If there are any fees associated with your child's participation, we will let you know in advance.
- The average number of sessions is usually between 1 to 4 times; more sessions are provided if needed.

WHAT ELSE IS IMPORTANT TO KNOW?

- The psychologist will contact you -if needed- to explore your concerns and answer any additional questions you may have about the process prior to starting services.
- Although there are benefits, there may also be some risks. For example, technology may stop working during a session.
- The telepsychology sessions are not recorded in any way.



www.FSUSTRESS.org

MORE INFORMATION:

If interested in services, you can confirm in-person at the site or by contacting: **239-658-3123**

In urgent situations, in the event of disruption of service, or for routine or administrative reasons, the psychologist may contact you to provide additional information.

If your child begins services, but you want to discontinue after signing the consent form, you may discontinue services at any time without penalty.

Educate: Impart knowledge on topics that impact community health

Example: **Toxic Stress & Trauma**



Application of promotores(as) & CHW Skills within Integrated Care

Educate: Impart knowledge on topics that impact community health

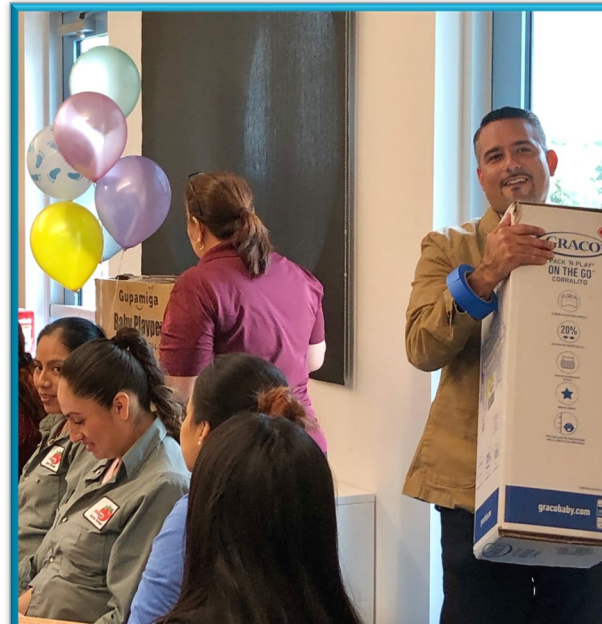
Example: **School Family Literacy Event**



Application of promotores(as) & CHW Skills within Integrated Care

Outreach: Reach community members in different ways than those customarily used

Example: **Community Baby Shower to educate on Post-partum Depression**



Application of promotores(as) & CHW Skills within Integrated Care

Organize: Arrange beneficial activities for the community

Example: **Open Streets Activity to Promote Wellness**



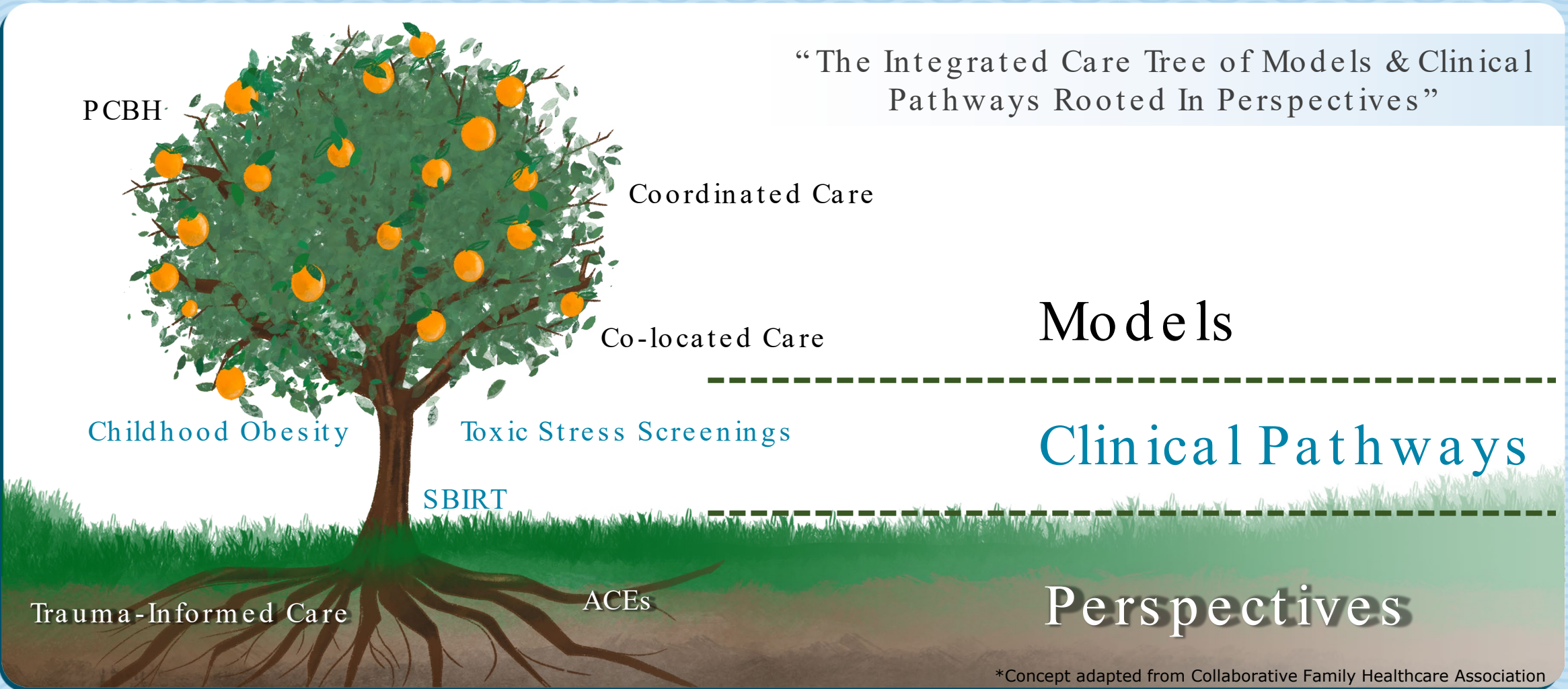
Application of promotores(as) & CHW Skills within Integrated Care

Organize: Arrange beneficial activities for the community

Example: **Mental Health Awareness Walk**



Application of promotores(as) & CHW Skills within Integrated Care

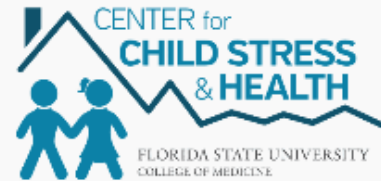


*Concept adapted from Collaborative Family Healthcare Association

Online Resources

Contact:

(239) 658-3123
fsustress@med.fsu.edu



Toxic Stress

Types of Stress

Support

Activities

ABOUT US

FOR PROFESSIONALS

HELPFUL LINKS

TYPES OF TOXIC STRESS

Depression

Everyone feels sad or blue once in a while, but when those sad feelings don't seem to go away or keep coming back, it could be depression. Depression is a common but serious problem that can affect a person's daily life. The good news is that most people who experience depression get better with treatment.



Depression Handout:

[English](#) | [Español](#) | [Kreyól](#)

Divorce

Separation of parents or divorce in a family can cause distress to all family members. Divorce can be a traumatic experience for children, but most children adjust well within two years. Children often have more problems when parents remain in a marriage filled with high conflict instead of splitting up.

Grief

It is OK for a child to attend a funeral as long as things are explained ahead of time, the child is accompanied by an adult that can explain the service to them and they are allowed to talk about it after the service has ended.



Grief Handout:

[English](#) | [Español](#) | [Kreyól](#)

Deportation

Children often worry when adults around them worry. News reports and adult discussions about deportation can cause children many worries because they do not understand concepts about the law and policy and they fear separation from their parents.

Questions/Comments?

