

SALUD MENTAL:
INTEGRATED HEALTHCARE,
MENTAL HEALTH EDUCATION,
& PROGRAM DEVELOPMENT

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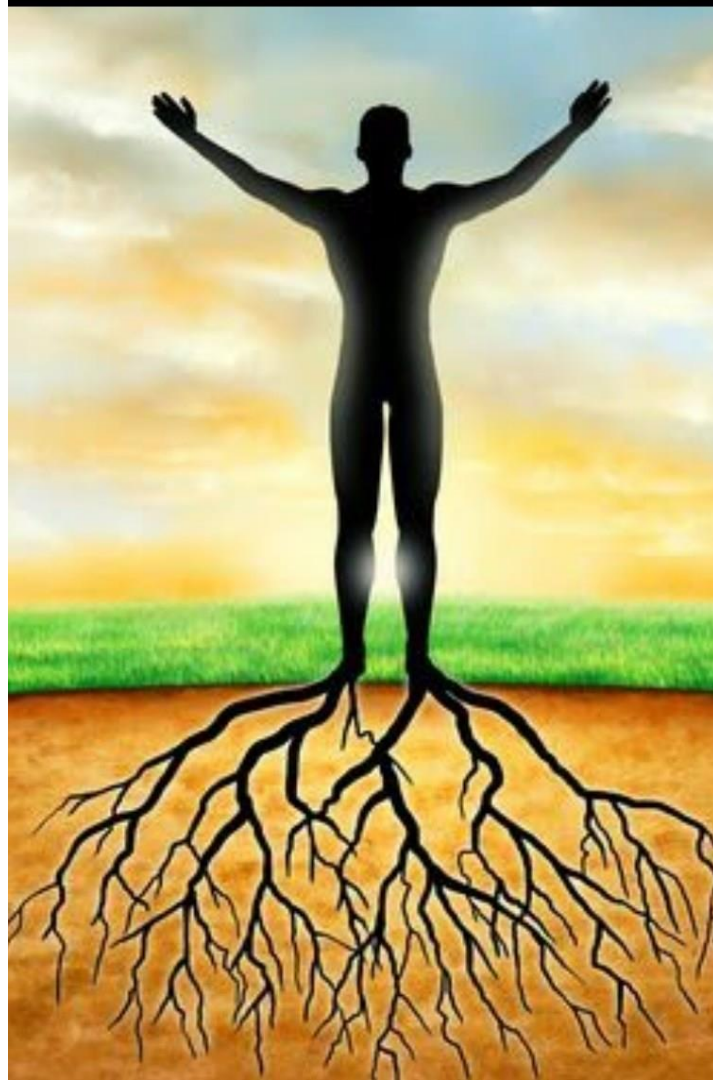


VECINOS
FARMWORKER HEALTH PROGRAM

OVERVIEW

- ▶ Why are we here, What do we do, What is our purpose, Concept of MH for Migrant Farmworkers, based on our beliefs & best practices
- ▶ Obstacles and difficulties of starting an integrated Health care including COVID times
- ▶ Where to get information and how to make it accessible to our population

Settling In



Who is VECINOS

- ▶ Began in 2001 as a program of the Jackson County Public Health Department
 - ▶ 2004: Incorporated as an independent non-profit and sought funding from the NC Farmworker Health Program, which we still receive annually. Received mobile clinic from area rotary clubs
 - ▶ Expansion to 6 western counties and seasonal farmworkers
 - ▶ 2013: Administrative offices on Western Carolina University's campus
 - ▶ 2017: Expanded to 8 western counties
 - ▶ 2019: Behavioral health program, additional funding for more staff, new mobile clinic campaign to support BH on outreach, expansion to two additional communities
 - ▶ 2020: Roll out new Mobil Clinic, COVID response, telehealth, OVW Grant
- **Serve 8 westernmost NC counties and surrounding communities**
 - **Currently: 6 full time employees - 3 outreach workers, 1 outreach coordinator, Clinic manager**
 - **Medical Providers, including: RNs, FNPs, MDs, LCSWs; Interns: WCU interns and volunteers**
 - **MH program has many highly educated and specialized volunteers, like psychiatrists, psychologists, LCSWs**
 - **2020 outcomes:**
 - **420 medical encounters; 151 Behavioral health encounters, 39 patients**
 - **1438 total patient encounters**

WESTERN NORTH CAROLINA

- Rural, mountainous topography
- MH HPSA scores range 15-20
- Over 4,500 square miles
- Mix of H2A, migrant, seasonal workers
- 3 bilingual therapists in service region
- Lack of resources, especially in Spanish



CULTURAL EXPECTATIONS

- ▶ What does mental health look like in the LatinX culture?
- ▶ Is culture a barrier when it comes to mental health?
- ▶ How do we help farmworkers make time for their own health care?

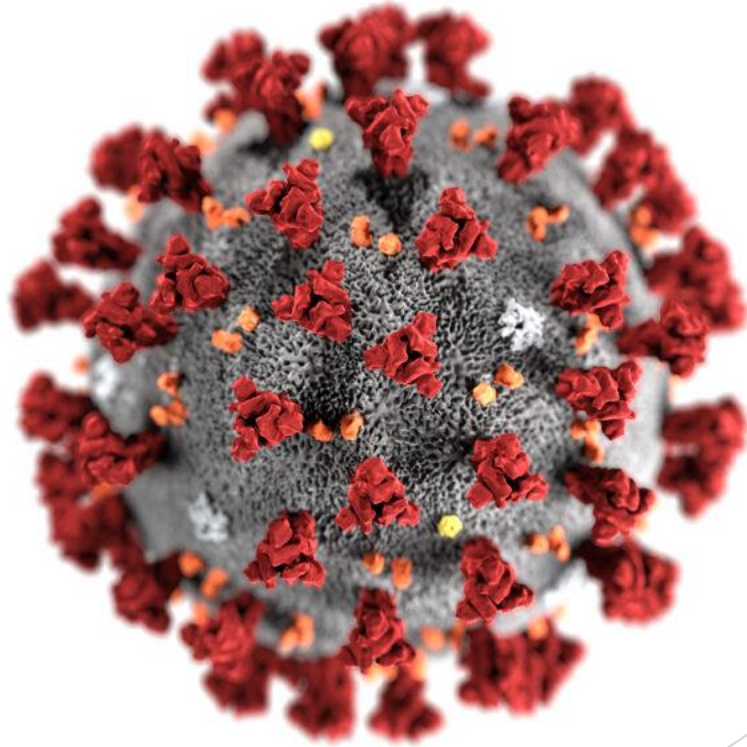


Covid Times



COVID Changes

- ▶ Implementing Telehealth
- ▶ Zoom meetings-Home office
- ▶ Supporting staff through self-care
- ▶ COVID Team on board July
- ▶ Utilizing new Mobile unit to provide COVID test, October



MENTAL HEALTH PROGRAM ESTABLISHMENT



BACKGROUND

- Patient Needs
 - Lack of bilingual mental health services in area
 - Outreach workers interpreting for English MH for 2 years
 - Community connections - Kenny/Marianne
 - INTERNAL CLINICAL REVIEW FOR CAPACITY
 - Office of Rural Health Grant
 - MH outreach assessment
 - Program Coordinator
- Questionarios- MH Community Needs Assessment
 - MH Advisory Council
 - Implementation of services in clinic
 - Currently moving towards offering services at outreach

ADVISORY BOARD

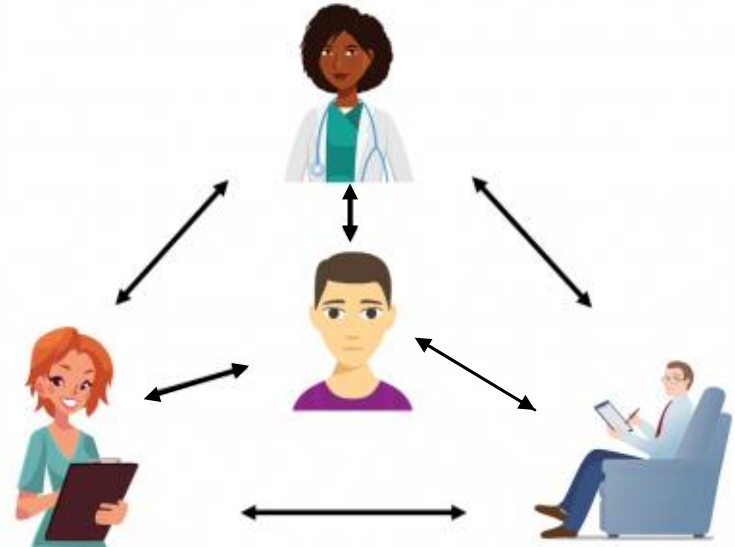
- ▶ Executive Director
- ▶ Lead Therapist
- ▶ Psychologist
- ▶ Community partners
- ▶ Interns
- ▶ LCSW supervisor





PROGRAM FRAMEWORK

- ▶ Integrated Healthcare Model
- ▶ Migrant Farmworkers
- ▶ Seasonal Farmworkers
- ▶ Education



A Visit to the Mental Health Program



- ▶ Patient Registration- CHW
- ▶ Screenings:
 - ▶ PHQ-2→ PHQ-9
 - ▶ RHS-15
 - ▶ CAGE-AID
 - ▶ Multi-Dimensional Behavioral Health Screen (MBHS)
 - ▶ Biopsychosocial Assessment
 - ▶ MECA Framework
- ▶ Referral to Mental Health Care Provider





It's all in the Details

- ▶ Communication between providers
- ▶ Encounter Tracking
- ▶ Tracking patient's progress-MBHS
- ▶ Policy and procedure
 - ▶ Manual
 - ▶ Consent forms
 - ▶ Release of Information
 - ▶ Billing codes





COMMUNITY
MENTAL HEALTH
NEEDS ASSESSMENT
QUESTIONARIES

DEVELOPMENT of the CMHNA

- ▶ What is it?
- ▶ Questions- Google Forum
- ▶ Why is it important to learn about the people we are going to serve



Demographics

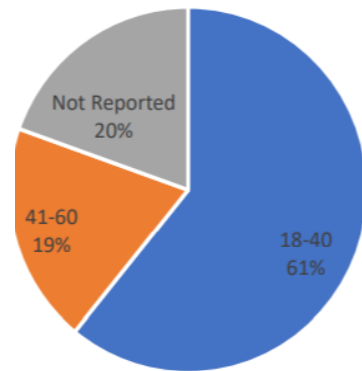
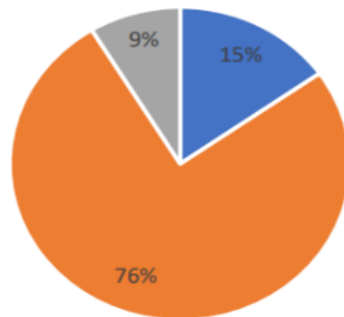
Results

Gender

Age Group

gender	Frequency	Percent	Cumulative Frequency	Cumulative Percent
F	7	15.22	7	15.22
M	35	76.09	42	91.30
U	4	8.70	46	100.00

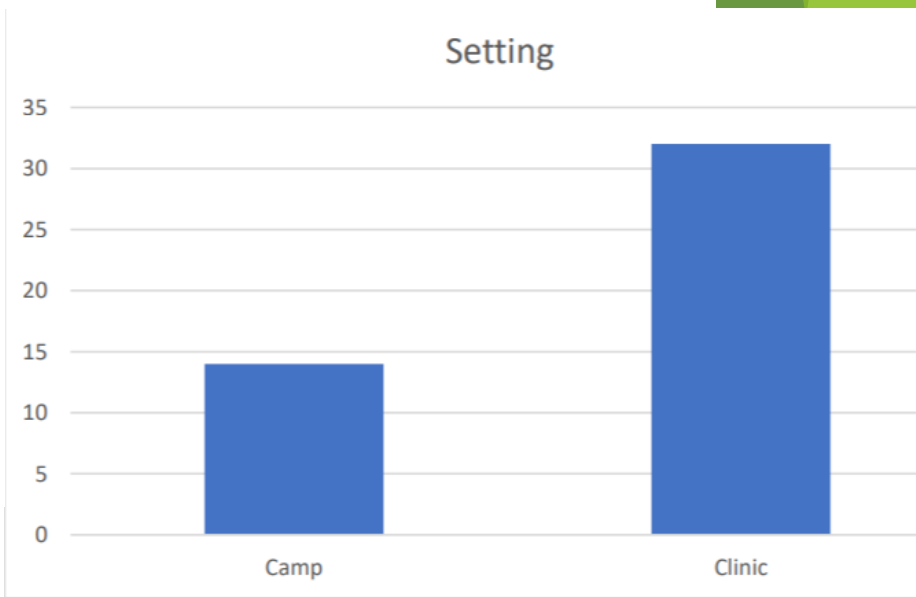
■ Female ■ Male ■ Unreported



Age Group	Frequency	Percent	Cumulative Frequency	Cumulative Percent
18-40	28	60.87	28	60.87
41-60	9	19.57	37	80.43
Not Reported	9	19.57	46	100.00

Setting

Settings	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Camp	14	30.43	14	30.43
Clinic	32	69.57	46	100.00



Revisions

Restructured Questionnaires for this year's Mental Health Needs Assessment




Providing mental health groups

Number of participants

Timely analysis of the research

MENTAL HEALTH EDUCATION

The background features a dark blue trapezoidal shape on the left side, which tapers towards the right. To the right of this shape, there are several overlapping, semi-transparent green polygons of various shades, creating a layered, abstract effect. The overall composition is modern and clean.

	<p>Comprometer a acciones ¿Que puede hacer durante la semana para apoyarse, usted mismo, y a otros? Escribe en una agenda maneras en cual se puede apoyar.</p>
	<p>Oye la razón No presta atención a los pensamientos de ansiedad y preocupaciones Aunque pone su atención en factos y cosas positivas de su vida.</p>
	<p>Valores ¿Cual son sus valores? ¿Como quiere tratarse a usted mismo y a los demás?</p>
	<p>Identificar Recursos Identifique quien da recursos y donde se puede recibir apoyo y ayuda, y en fortaleza</p>
	<p>Desinfectar y Distancia Lava sus manos y mantenga una distancia de 6' pies con otros personas. Use una mascarilla cuando salga en público. Asegúrese de cubrirse la nariz y la boca.</p>
	<p>Vecinos Depende en su comunidad, utilizar sus apoyos, y pide ayuda si la necesita.</p>
	<p>Escuchar Escucha para la verdad y factos. Encuentra noticias de fuentes confiables.</p>
	<p>Conexiones Mantenga su conexiones familiar y de amigos para el apoyo. Nosotros estamos en esto juntos.</p>
	<p>Implementar Estamos viviendo tiempos nuevos y necesitamos esquillas nuevos: Desarrollar un plan, hacer un Agenda del día, hacer ejercicio, buscar esperanza.</p>
	<p>No sale la casa Mantenga en casa cuando se puede, no sale si no es necesario</p>
	<p>Orientar Sé el cambio que deseas ver en el mundo. Mantenga su valores y pon un buen ejemplo por su familia y vecinos.</p>
	<p>Salud Sustenta bienestar, Come saludable, Duerma bien, Respirar bien profundo, buscar tranquilidad en su mente, Mover su cuerpo; Hablar con su médico si tiene algunos síntomas: Fiebre, Tos, Respiración dificultosa</p>

COVID RESPONSE

Utilize systems of MH Education that were already in place.

LITERACY LEVELS

- English as a second language
- Spanish as a second language
- Indigenous language as first language
- Diverse reading and writing levels



Solution

- Translate English documents
- Concise sentences
- Picture based

Resources

Journeyworks--<https://www.journeyworks.com>
Vistaprint----<https://www.vistaprint.com>
www.samhsa.gov



PERFORMANCE MEASURES

MEASURES

Evaluation of the qualitative review of community needs assessment

Quantitative review of regular behavioral health screenings

Quantitative data on patient encounters, discuss case studies, weekly meetings with MH team

Number of encounters from 2020:

mental health: 151

mental health ed: 585

Common diagnosis: 34% Post Traumatic Stress

Average Patient visits: 2.87 (1-18 visits per patient)

31 patient have received consistent mental health counseling

Subjective Take Away

Connections, Collaborations &
Advisors

Meet the clients where they
are

Grant Funding

Tracking Patient Outcomes

What have you learned?

- ▶ Unique factors to consider when establishing an integrated health care program for MSAW
- ▶ Guidelines for implementing mental health
- ▶ Performance measures that can be used when measuring programmatic results education for MSAW
- ▶ The growing pains of COVID-19

Farmworkers: We need them! They need us.



The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings.

-Masanobu Fukuoka

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THANKS!

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