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.
About Us

The FSU Isabel Collier Read Medical Campus is co-located with an FQHC serving the agricultural community of Immokalee, Florida.
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
"The Integrated Care Tree of Models & Clinical Pathways Rooted In Perspectives"

Models

Clinical Pathways

Perspectives

PCBH

Coordinated Care

Co-located Care

Toxic Stress Screenings

Trauma-Informed Care

ACEs

*Concept adapted from Collaborative Family Healthcare Association
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

¹Adapted from the Substance Abuse and Mental Health Services Administration’s “Trauma-Informed Approach.”
Perspectives: approaches or frameworks that guide and feed integrated care efforts
Where do I Fit In?

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

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

---

\(^1\)Mucci N, Traversini V, Giorgi G, Tommassi 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

CHW Informs Community
Computerized Trauma Screening
Brief Review of Critical Items (team hallway consult if needed)
Consultation by Psychologist
Team Consult
Well Visit by Pediatrician

Physician Guidance
Behavioral Health Treatment

CHW Encounter
- Find & Link
- Accompany
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

We social distance now so that no one is missing when it matters most.
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
Interpret: Explain the meaning of medical information

Explain: Clarify difficult behavioral health concepts

Example: Explaining Telehealth
Educate: Impart knowledge on topics that impact community health

Example: Toxic Stress & Trauma
**Educate:** Impart knowledge on topics that impact community health

**Example:** School Family Literacy Event
Outreach: Reach community members in different ways than those customarily used

Example: Community Baby Shower to educate on Post-partum Depression
Organize: Arrange beneficial activities for the community

Example: Open Streets Activity to Promote Wellness
Organize: Arrange beneficial activities for the community

Example: Mental Health Awareness Walk
“The Integrated Care Tree of Models & Clinical Pathways Rooted In Perspectives”

Models

Clinical Pathways

Perspectives

PCBH
Coordinated Care
Co-located Care
Childhood Obesity
Toxic Stress Screenings
SBIRT
Trauma-Informed Care
ACEs

*Concept adapted from Collaborative Family Healthcare Association
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.

**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.

**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.

**Deportation**
Children often worry when adults around them worry. News reports and adults 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?