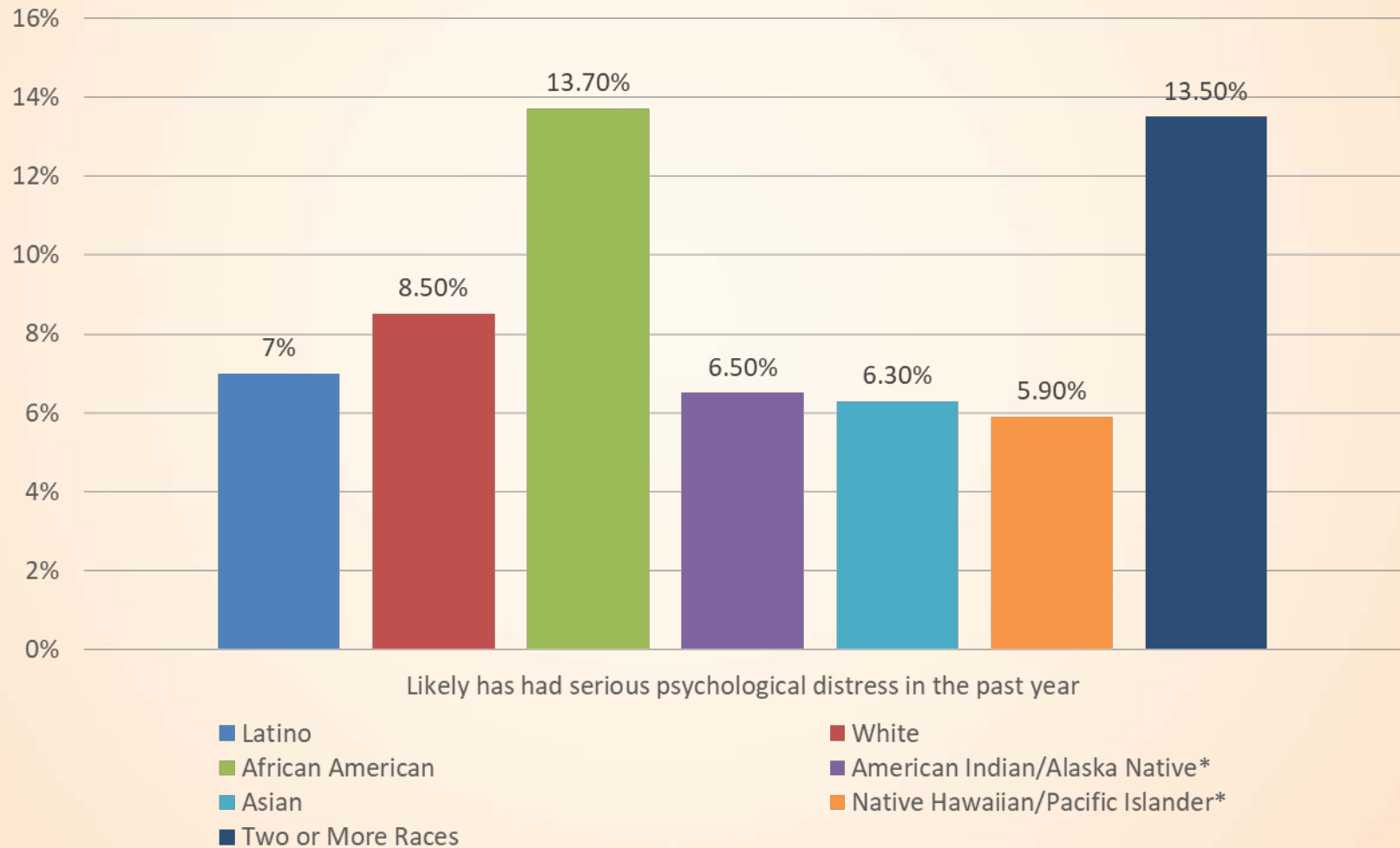


# Best Practices to Reduce Disparities in Mental Health

October 24, 2018

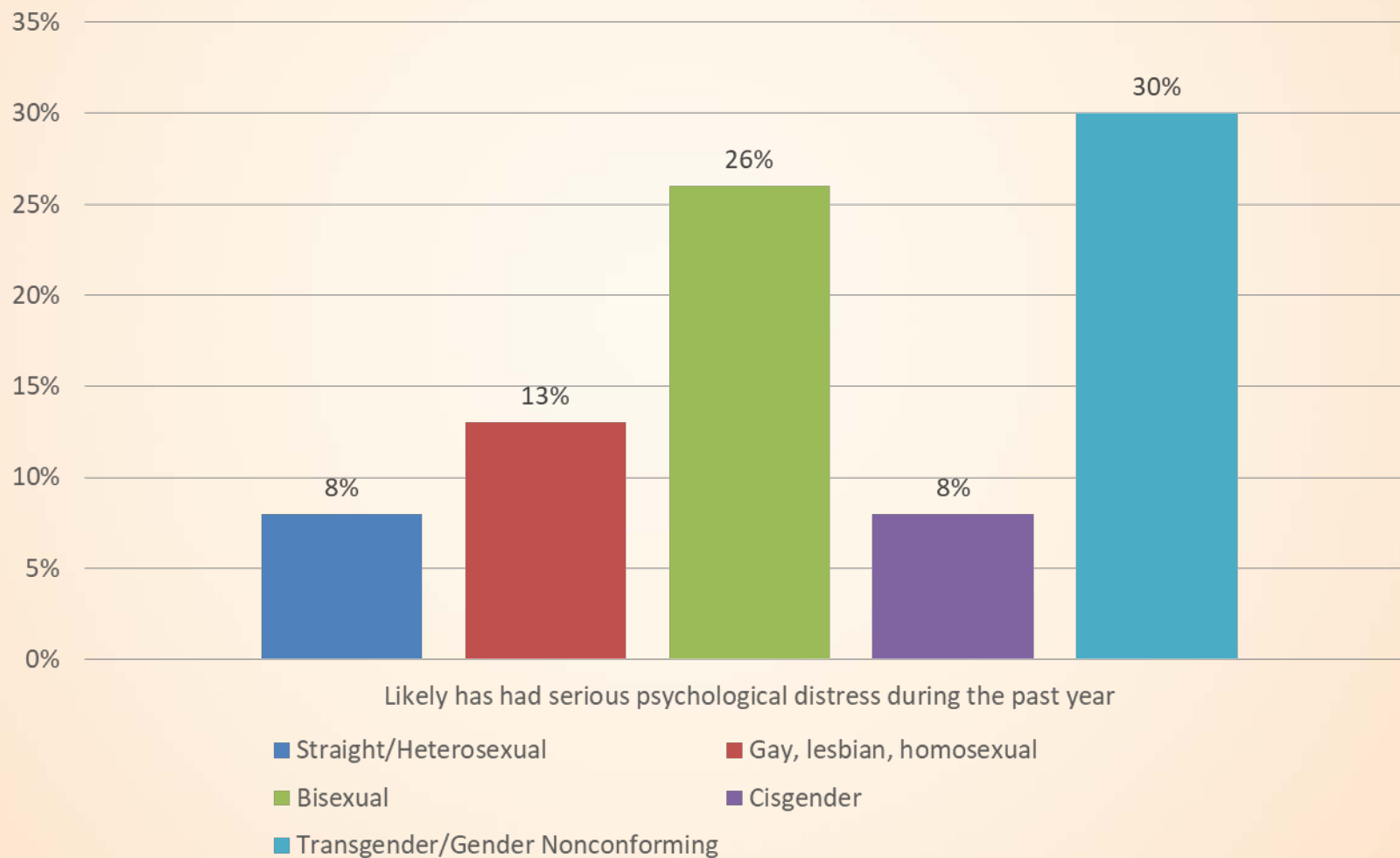


# Mental Health Disparities



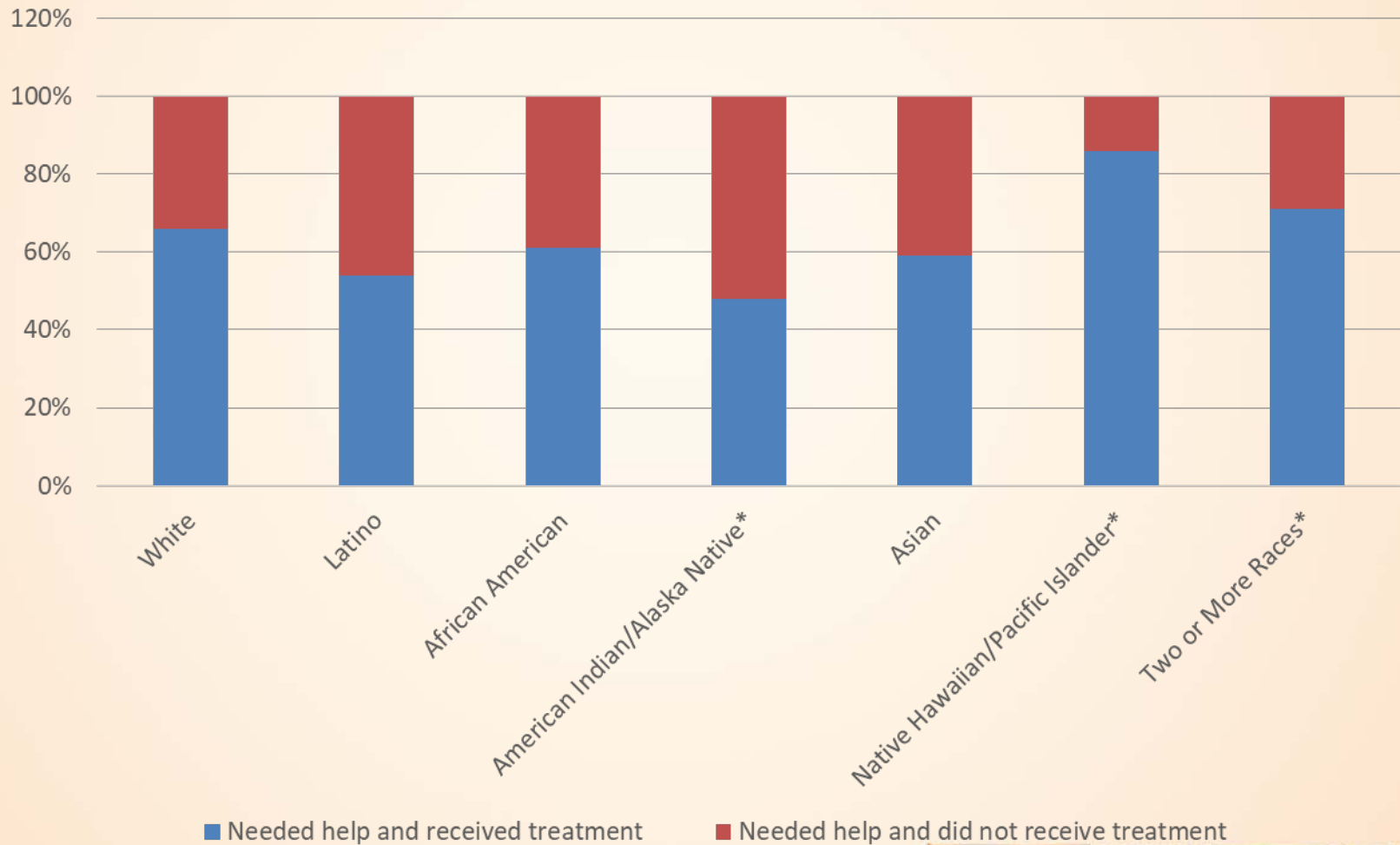
**CHIS, 2016**

# Mental Health Disparities



**CHIS, 2016**

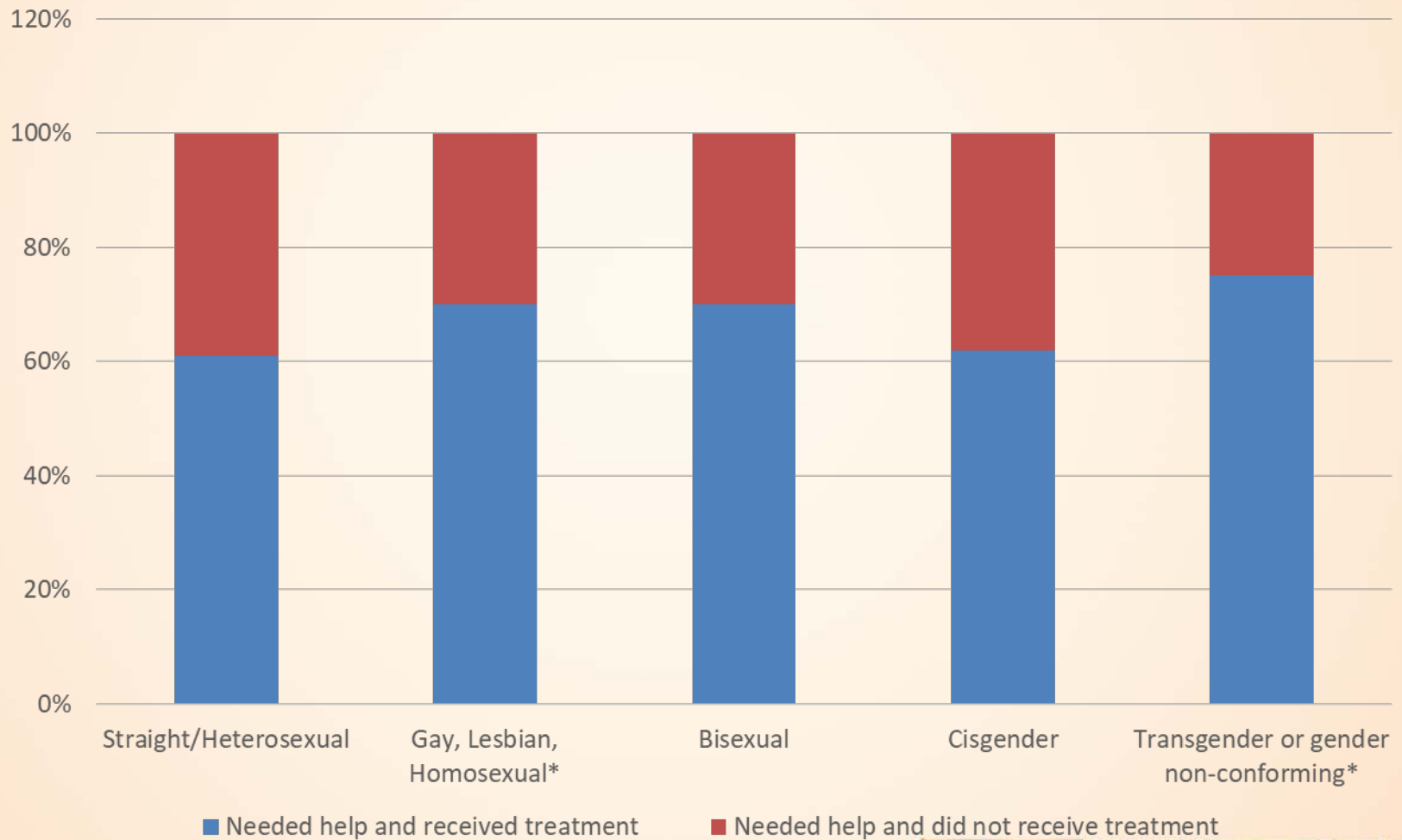
# Mental Health Disparities



**CHIS, 2016**



# Mental Health Disparities



**CHIS, 2016**



## About the CRDP

- Project established in 2009 with funding from the Mental Health Services Act (Prop 63)
- Currently operates under the Office of Health Equity at the California Department of Public Health
- Focuses on achieving mental health equity for 5 population groups: African American, Asian and Pacific Islander, Latino, Native American, and LGBTQ





# Phase I: Strategic Plan to Reduce Mental Health Disparities

- Purpose: *Provide community-driven direction to transform California's public mental health system and reduce disparities in racial, ethnic, and LGBTQ communities*
  - Identify culturally and linguistically appropriate strategies to improve access, services, and outcomes for unserved, underserved, and inappropriately served populations
  - Provide guidance for implementing CRDP Phase II
- Four overarching themes, 5 goals, and 27 strategies
- Synthesis of population reports
- Extensive vetting (CRDP partners, town halls and public comment period, state partners)



**“WE AIN’T CRAZY!  
Just Coping With a Crazy System”**

Pathways into the Black Population  
for Eliminating Mental Health Disparities

family courage peace togetherness culture faith love

EDITORS  
Y. Diane Woods, Dr.P.H.  
Project Director, Client Family Member

Nicelma J. King, Ph.D.  
Public Policy Analyst, Client Family Member

Suzanne Midori Hanna, Ph.D.  
Marriage and Family Therapist

Carolyn Murray, Ph.D.  
Psychologist

California Reducing Disparities Project

Asian Pacific  
Islander (API) **POPULATION REPORT**

*In Our Own Words*

Wellness 康健

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

CALIFORNIA REDUCING DISPARITIES PROJECT  
LATINO STRATEGIC PLANNING  
WORKGROUP POPULATION REPORT

***First, Do No Harm:**  
Reducing Disparities for  
Lesbian, Gay, Bisexual, Transgender, Queer and Questioning  
Populations in California*

*The California LGBTQ  
Reducing Mental Health Disparities Population Report*

**NATIVE VISION:** A Focus on Improving Behavioral Health  
Wellness for California Native Americans

California Reducing Disparities Project  
Native American Strategic Planning Workgroup Report



# California Reducing Disparities Project Strategic Plan to Reduce Mental Health Disparities

Developed by the California Pan-Ethnic Health Network  
In Partnership with the California Reducing Disparities Project Partners



Funded by the  
Mental Health Services Act  
(Proposition 63)



California Pan-Ethnic Health Network

# A True Community Effort

- 324 SPW/advisory group members
- 103 focus groups with 2,011 participants
- 4,575 survey participants
- Dozens of interviews
- Hundreds of regional meetings before, during, and after development of the population reports
- 35-day public comment period, including 5 town hall meetings with over 300 participants
- Over 800 comments collected
- Over 7,000 participants!



# Four Overarching Themes

- Cultural and linguistic competence
- Capacity building
- Data collection
- Social and environmental determinants of health



## Phase 2: Community Defined Evidence Practices

- Designed to build on and implement the recommendations of the Strategic Plan
- Focuses on demonstrating the effectiveness of population-specific mental health interventions
- Funded 35 nonprofit organizations to conduct and evaluate programs in order to demonstrated the effectiveness of Community Defined Evidence Practices





# Community Defined Evidence Practices

- Defined as a **set of bottom-up practices derived from a community's ideas of illness and healing or positive attributes of cultural or traditional practices.**
- The practice has been used by the targeted community, which has determined it to yield positive results through community consensus.
- Can include a range of culturally tailored treatment approaches or support. These services are often culture-specific practices that are supported by community experience but may not yet be recognized or funded by the public mental health system.



# “Reducing Isolation through Support and Empowerment”

*The Center for Sexual and Gender Diversity  
Bakersfield, CA*

**Jan Hefner**



# “Shifa for Today”

*Muslim American Society: Social Services Foundation  
Sacramento, CA*

**Gulshan Yusufzai**



**Thank you!**  
Questions?

