

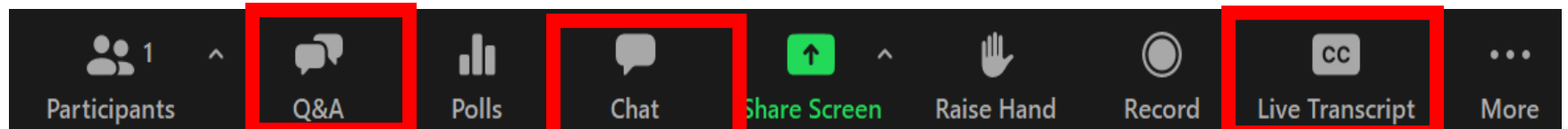
# CoE-IHS Office Hour: Addressing Cultural Denial to Improve Whole Health Outcomes in BIPOC Communities

Wednesday, July 19th, 2023  
3-4pm ET

**CENTER OF EXCELLENCE** for Integrated Health Solutions

Funded by Substance Abuse and Mental Health Services Administration and operated by the National Council for Mental Wellbeing

# Questions, Comments & Closed Captioning



The image shows a dark grey control bar for a video player. From left to right, the buttons are: 'Participants' (with a '1' and an upward arrow), 'Q&A' (with a speech bubble icon), 'Polls' (with a bar chart icon), 'Chat' (with a speech bubble icon), 'Share Screen' (with a green square and upward arrow), 'Raise Hand' (with a hand icon), 'Record' (with a circle icon), 'Live Transcript' (with a 'CC' icon), and 'More' (with three dots). Three red boxes highlight the 'Q&A', 'Chat', and 'Live Transcript' buttons. Three black arrows point from text labels to these buttons: one from 'Type in a question in the Q&A box' to 'Q&A', one from 'Type in a comment in the chat box' to 'Chat', and one from 'Click Live Transcript and then select "Show Subtitle"' to 'Live Transcript'.

Type in a question in the Q&A box

Type in a comment in the chat box

Click Live Transcript and then select "Show Subtitle"

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# Introductions

## Moderator:

- **Dr. Ami Roeschlein**, *Consultant*, Trauma-Informed Resilience-Oriented Services, Center of Excellence for Integrated Health Solutions, National Council

## Panelists:

- **Aaron Williams**, *Senior Advisor*, Practice Improvement & Consulting, National Council
- **Dr. Terence Fitzgerald**, *Consultant*, Trauma-Informed, Resilience-Oriented Services, Center of Excellence for Integrated Health Solutions, National Council
- **Sean Bear, BA, CADC** – American Indian Consultant, Tribal Natural Resources
- **Katie Hunsberger, MPP**, *BHA Student Support Coordinator*, Northwest Portland Area Indian Health Board Tribal Community Health Provider Project

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How are your values different from other people's? How might your values not be the 'norm'?

What **assumptions** do you make when faced with a **cultural clash**? What are you **curious** about? What might **increase your understanding** of a person **whose background is different from you**, the next time you meet- whether they are clients, colleagues, neighbors?

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Due to systemic marginalization, Black, Indigenous, and people of color (BIPOC) communities are disproportionately affected by whole person health disparities. These communities often face barriers to equitable whole person health resources and may be more likely to experience untreated mental health, substance use and general health conditions. Additionally, systemic racism and other sources of discrimination can contribute to high levels of stress and trauma, which in turn can contribute to negative health outcomes and perpetuate a harmful cycle.

Addressing these disparities requires a commitment by health care organizations and providers to examine attitudes, beliefs, interactions, policies, structures and practices that deny the differences and strengths of BIPOC cultures.

Evidence shows that culturally responsive integrated care practices, policies, structures and attitudes that understand and affirm unique differences among BIPOC communities can improve whole health outcomes.

These practices can include ensuring language access, providing culturally adaptive evidence-based programs, collecting diversity data, fostering cultural humility among staff and building community partnerships.



**Identify challenges** you experience taking a cultural humility perspective and supporting health literacy. **Reflect on the challenge** of adopting a cultural humility perspective and supporting health literacy. **How can you learn and grow from each experience?**

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# Tools & Resources (1 of 2)

## National Council for Mental Wellbeing

- [Access for Everyone: A Toolkit for Addressing Health Equity & Racial Justice within Integrated Care Settings](#)
- [Suicide Prevention and Management](#)
- [Mental Health First Aid](#)
- [Diversity, Equity & Inclusion Framework](#)
- [Racial Equity Toolkit](#)
- [Suicide Prevention Awareness Month](#)



## Diversity, Equity, Inclusion & Belonging

- [Access for Everyone: Addressing Health Equity & Racial Justice within Integrated Care Settings](#)
- [Workforce Shortages & Impact on Providers and Staff Who Are Black, Indigenous, and Persons of Color, or Caregivers](#)
- [Supporting Leadership Development Among Black, Indigenous, and Persons of Color Staff](#)
- [Strategies to Support Wellbeing and Retention of Black, Indigenous, and Persons of Color Staff](#)

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# Tools & Resources (2 of 2)

## Blog Posts

- [Furthering the Wellbeing of Black, Indigenous & People of Color through Integrated Care](#)
- [During Black History Month, Let's Commit Ourselves to Improving the Mental Health of Black Americans](#)

## Mental Health Coalition- [click here](#) to access more resources!

- [Asian Mental Health Collective](#)- for finding Asian virtual therapists
- [American Foundation for Suicide Prevention](#)
- [Black Emotional and Mental Health Collective \(BEAM\)](#)- finding black virtual therapists
- [AAKOMA Project](#)- meets the mental health needs of Youth of Color
- [Center for Native American Youth](#)
- [MANA A National Latina Organization](#)
- [Latinx Therapy](#)- for finding Latinx therapists

### [Health Equity and Racial Justice Webpage](#)

*National Council for Mental Wellbeing*

*See our page for more information on Webinars and Upcoming Events, Resources and Tools, and Training and Technical Assistance focused on Health Equity and Racial Justice*

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# Upcoming CoE Events

CoE-IHS Office Hour: How Paraprofessionals are Enhancing the Integrated Care Workforce

[Register for the office hour](#) on Thursday, July 20th from 11-12pm ET

CoE-IHS Office Hour: Meadowlark: Building a Team-based Approach to Perinatal Care

[Register for the office hour](#) on Thursday, July 27th from 1-2pm ET

Interested in an individual consultation with the CoE experts on integrated care? [Contact us through this form here!](#)

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# Thank You

Questions?

Email [integration@thenationalcouncil.org](mailto:integration@thenationalcouncil.org)

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