INTERACT FOR HEALTH

2022 Partner Update

Oct. 14, 2022

- Welcome! We're glad you're here.

- All participants are in listen-only mode.

- Slides will be shared after the webinar.

- We encourage frequent use of the chat box to participate and ask questions.

- Say hello now using the chat box to tell us your name and organization.

Agenda

I. Welcome & Review Agenda

II. Strategic Planning Update

    I. Vision, Mission and Values

    II. Strategic Approach and Objectives

III. Summary and Next Steps

Recap of the July Update

Learned from Data

- Our region lags the nation in key indicators of health.
- Significant disparities exist between people and places, driven by social inequities.

Listened to People (1,800+ voices)

- Developed SWOT analysis for Interact for Health
- Top needs: Mental health of youth and adults; social determinants

Emerging Themes

- Health Equity Leadership
- Mental Health & Well-Being

Who and Where We'll Focus

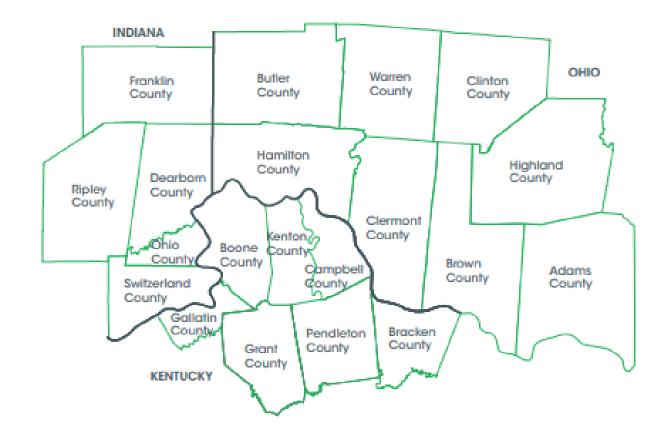**Priority populations**

Black and Hispanic residents

Children and youth in families with low-incomes

People living in rural communities

20-county region

Our Roles: How We'll Show Up

Trusted, non-partisan voice for change

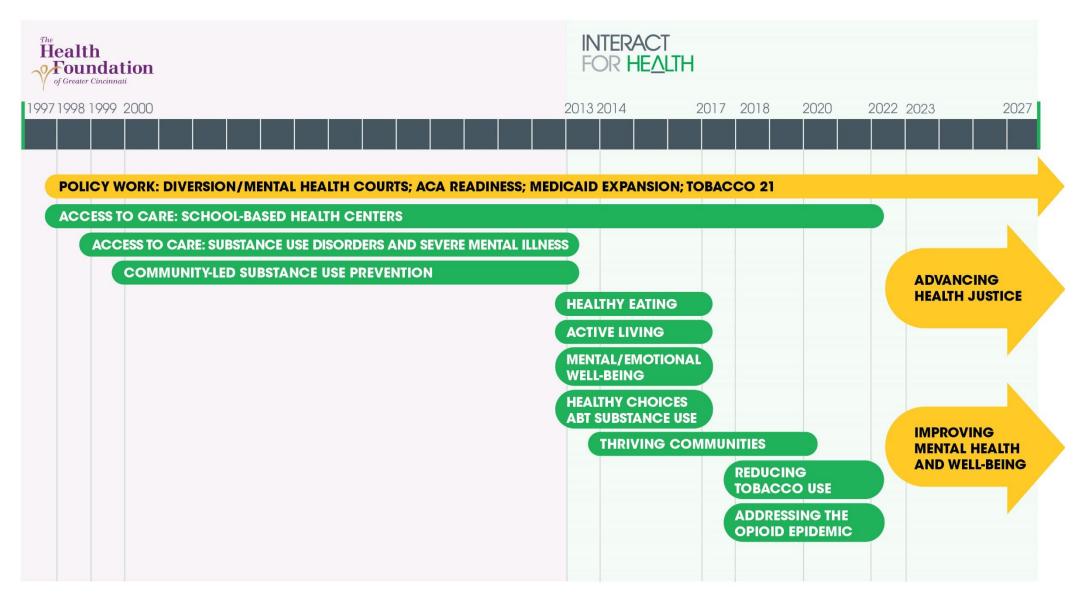Resource for data on health and health justice

Regional convener

Flexible, catalytic funder

Amplifier of community voice

Continuing Longtime Commitment to Issues

Vision and Mission

Our vision:

People in our region are healthy and thriving, regardless of who they are or where they live.

Formerly: Our community will be the healthiest region in the country.

Our mission:

To ensure people in our region have a just opportunity to live their healthiest lives.

Formerly: To improve health by promoting health equity in our region through community engagement, grants, research, education and policy.

Updated Values

- **We tackle root causes.** We work to undo and prevent unfair systems, policies and all forms of racism and discrimination.

- **We amplify community power.** Acknowledging our privilege as a funder, we know that those closest to a problem are closest to the solutions.

- **We speak openly.** We don't shy away from hard conversations. We are brave in words and actions.

- **We partner with trust.** We come to the table with humility, honesty and transparency. We start by listening.

- **We are relentless problem solvers.** We work with curiosity, urgency and flexibility. We take risks, innovate and learn from mistakes.

- **We strive for impact.** We work to achieve positive, lasting change at scale. We are future-focused and seek to transform the status quo.

STRATEGIC APPROACH

Overall Strategic Approach

- A more **adaptive approach** where we co-create solutions with community and partners and adapt based on learning.

- **Invest more in policy and systems change** driven by community and collective efforts.

- Greater focus on **tackling root causes and upstream prevention.**

- Elevate the voice of **those with lived experience** in leading change.

- Adopt a **trust-based approach** that reduces grantee burden, provides longer-term flexible funding and improves transparency.

REALITY

One gets **more than** is needed, while the other gets **less than** is needed. Thus, a huge disparity is created.

EQUALITY

The assumption is that **everyone benefits from the same supports.** This is considered to be equal treatment.

EQUITY

Everyone gets the support they need and want, which produces equity.

JUSTICE

All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed.** The systemic barrier has been removed.

Aligning our Strategy

Disparities in Health Outcomes

Poor Quality of Life
Premature Death
Incarceration
Poor Health Behaviors
Diabetes
Violence
Loneliness
Alcohol and Drug Use
Low Birthweight
Emotional and Sexual Abuse
Mental Health Challenges
Tobacco Use

Racism, discrimination, disparities in power and influence

Social Drivers of Health and Well-Being

Economic Instability
Social Isolation
Lack of Education Access and Quality
Housing Instability
Lack of Healthcare Access and Quality
Lack of Transportation and Safe Environments

Change how people cope with life stressors

Change the life stressors, or root causes

Strategic Priorities

Improve Mental Health & Well-Being

&

Advance Health Justice

Adapted from Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. Academic Pediatrics. 17 (2017) pp. 586-593.

Aspirational Community Impact

Health justice is achieved when a person's health is no longer determined by who they are or where they live. We strive for a system that produces overall improvement and reduced disparities in the long-run.

People live longer, better lives

⬆ life expectancy and quality of life
⬇ premature death

People are not held back by root causes and systems that undermine health

⬇ racism and discrimination
⬇ social drivers of health

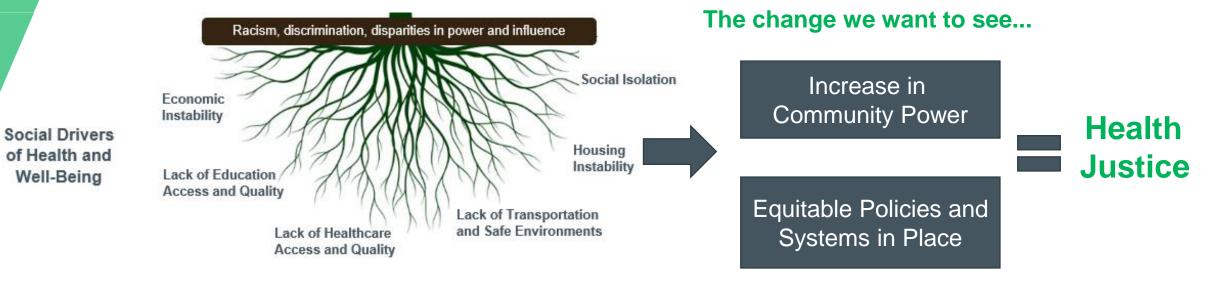**People are resilient, able to cope with setbacks**

⬆ mental health and mentally healthy days
⬇ deaths of despair (due to suicide, drugs, alcohol)

Priority #1
ADVANCE HEALTH JUSTICE
Addressing root causes through power building, policy and system change
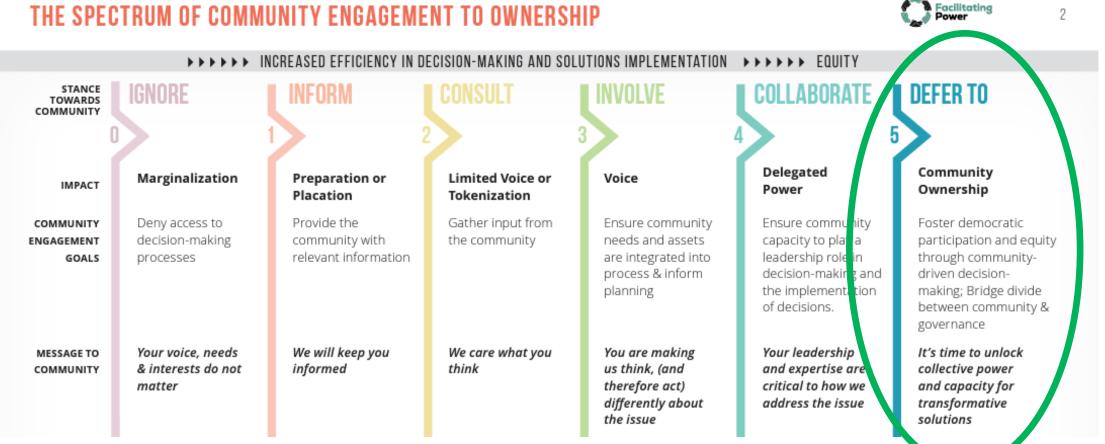
Priority #1: Advance Health Justice

Increase power in historically disenfranchised communities and improve inequitable systems and policies so that health justice is achieved for people in our region.

Racism, discrimination, disparities in power and influence

Social Drivers of Health and Well-Being

Economic Instability

Social Isolation

Lack of Education Access and Quality

Housing Instability

Lack of Healthcare Access and Quality

Lack of Transportation and Safe Environments

Adapted from Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. Academic Pediatrics. 17 (2017) pp. 586-593.

The change we want to see...

Increase in Community Power

Equitable Policies and Systems in Place

= **Health Justice**

Advance Health Justice: Definitions

- **Policy Change:** A policy change attempts to change public laws, regulations, rules, mandates (public policy) or budgets/funding.

- **Systems Change:** A system change attempts to shift the way broader systems (e.g., health, public safety, local government) make decisions about policies, programs and the allocation or use of resources.

- **Community Power:** The ability of communities most impacted by inequity to act together to voice their needs and hopes for the future and to collectively drive structural change, hold decision-makers accountable, and advance health equity.

THE SPECTRUM OF COMMUNITY ENGAGEMENT TO OWNERSHIP

▶▶▶▶▶▶ INCREASED EFFICIENCY IN DECISION-MAKING AND SOLUTIONS IMPLEMENTATION ▶▶▶▶▶▶ EQUITY

STANCE TOWARDS COMMUNITY	IGNORE	INFORM	CONSULT	INVOLVE	COLLABORATE	DEFER TO
	0	1	2	3	4	5
IMPACT	Marginalization	Preparation or Placation	Limited Voice or Tokenization	Voice	Delegated Power	Community Ownership
COMMUNITY ENGAGEMENT GOALS	Deny access to decision-making processes	Provide the community with relevant information	Gather input from the community	Ensure community needs and assets are integrated into process & inform planning	Ensure community capacity to play a leadership role in decision-making and the implementation of decisions.	Foster democratic participation and equity through community-driven decision-making; Bridge divide between community & governance
MESSAGE TO COMMUNITY	Your voice, needs & interests do not matter	We will keep you informed	We care what you think	You are making us think, (and therefore act) differently about the issue	Your leadership and expertise are critical to how we address the issue	It's time to unlock collective power and capacity for transformative solutions

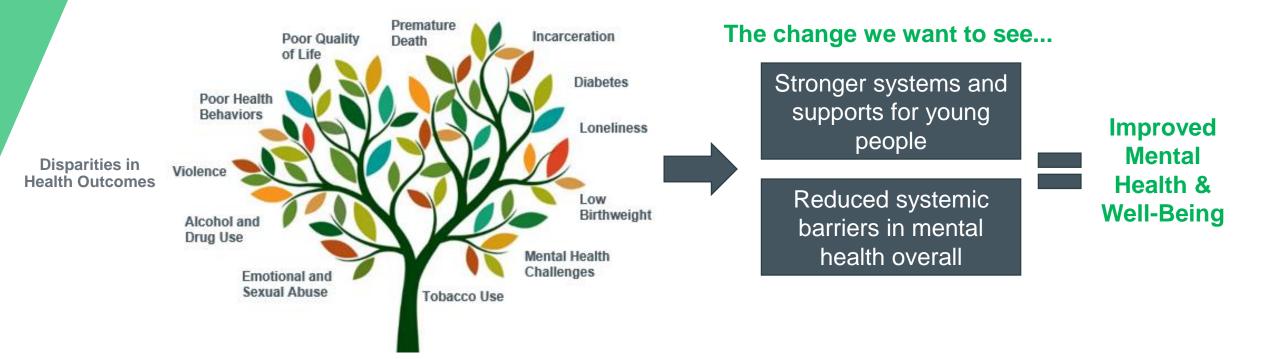The Spectrum of Community Engagement to Ownership. Facilitating Power

What are Community Power-Building Approaches?

- Understanding the importance of organizing and base building ... *Developing and sustaining an organized base of people impacted by structural inequalities.*

- Challenging dominant beliefs and mindsets that hinder systems and policy change.

- Approaching policy and system change in ways that increase the power-building capacities and influence of communities most impacted by health inequities.

Priority #2

IMPROVE MENTAL HEALTH AND WELL-BEING

Priority #2: Improve Mental Health and Well-Being

Improve systems, policies and social support so that people in our region have a just opportunity for their best mental health and well-being.

Disparities in Health Outcomes

Poor Quality of Life
Premature Death
Incarceration
Poor Health Behaviors
Diabetes
Violence
Loneliness
Alcohol and Drug Use
Low Birthweight
Emotional and Sexual Abuse
Tobacco Use
Mental Health Challenges

The change we want to see...

Stronger systems and supports for young people

Reduced systemic barriers in mental health overall

Improved Mental Health & Well-Being

Defining Mental Health

Reviewed 30+ definitions and listened to focus group insights

Mental health *is* health. It shapes how we cope with stress, overcome challenges, build relationships and enables us to value and engage in life. Simply put by someone in our community, *it means being good with yourself*.

21

Current State of Mental Health
Insights from Everyday Experts

Root causes as drivers of poor mental health

- Discrimination, marginalization
- Racism and generational trauma
- Socioeconomic barriers
- Issues stemming from the pandemic

"I think about our time here (as African-Americans) in the United States, that inherent trauma of coming here as a slave. … we're still dealing with so much, we're still hearing so much negativity about African-American people."

— Black resident

Barriers to coping with mental health

- Social isolation
- Familial dynamics
- Pressure to fit in, meet school demands
- Stigma against mental health, help-seeking
- Language barriers
- Lack of accessibility of services

"Language is a huge barrier (to getting mental health support). I know that the help is there, but finding it is the problem."

— Hispanic resident

22

Cohear. *Everyday Expert Perspectives on Mental Health and Well-Being.* 2022.
Nine focus groups with 95 people (incl. youth, members of the Black, Latino, and LGBTQ+ communities, people with low incomes, and people living in rural areas).

Ideas and Solutions
Insights from Everyday Experts

- Mental health and substance use resources, when and where people need it
- Workforce diversity
- Address stigma
- Focus on children and youth, and engage youth in feedback and solutions
- Peer support
- Community, neighborhood-driven solutions
- Policies and programs that address racism, financial insecurity

"It definitely runs in my family; depression, anxiety. I think there's a lot of doctors that are quick to give medicine, but talk therapy is really expensive if you don't have the right insurance."
— Hispanic resident

"My teacher started asking me questions on it (about my experiences with the counselor) and it was the first person who was actually interested in what I had to say about (the counselor)."
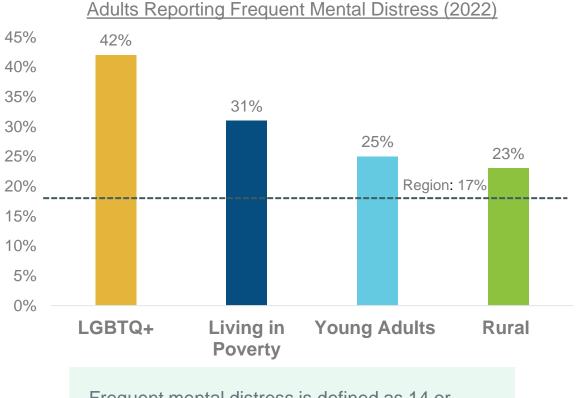— Young person

23

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Broken System of Care Preventing Progress

- **Severe workforce shortages**, contributing to growing wait lists.

- **Not enough providers of color**, resulting in insufficiently culturally competent care.

- **Lack of payment parity between behavioral and physical health**, leading to unaffordable care and too few providers.

- **Fragmentation between behavioral health and physical health**, leading to inaccessible and insufficient care for behavioral health.

- **Limited focus on prevention**, with a system focused on responding to acute crises and less attention to early detection and prevention.

- **Continued stigma**, reducing help-seeking behavior.

Expanding Priority Populations for Addressing Mental Health and Well-Being

- **People who identify as LGBTQ+**

- Children/youth in families with low-incomes

- Rural communities

- Black and Hispanic residents

Adults Reporting Frequent Mental Distress (2022)

Region: 17%

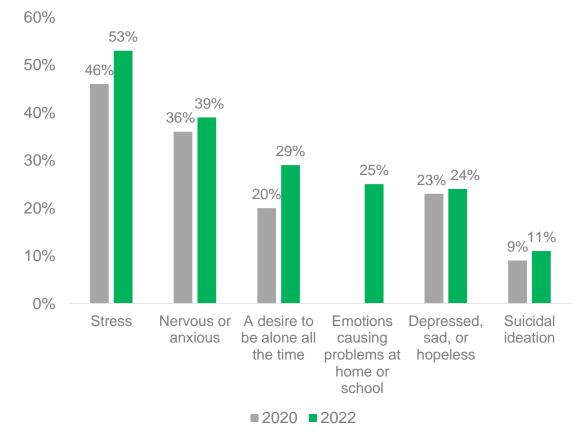|	LGBTQ+	Living in Poverty	Young Adults	Rural
	42%	31%	25%	23%

Frequent mental distress is defined as 14 or more mentally unhealthy days in the past month.

Prioritizing Young People

- Immediate, acute crisis coming out of the pandemic.

- Top health need identified by key stakeholders.

- Builds on our history of investment in school-based health centers.

- More upstream prevention and early intervention necessary as half of all mental health disorders begin by age 14, and three-quarters by age 24.

<u>Local students who report frequent mental health indicators (2022)</u>

Indicator	2020	2022
Stress	46%	53%
Nervous or anxious	36%	39%
A desire to be alone all the time	20%	29%
Emotions causing problems at home or school		25%
Depressed, sad, or hopeless	23%	24%
Suicidal ideation	9%	11%

26

SUMMARY AND NEXT STEPS

Summary of Strategic Priorities & Measures

Priority 1 : ADVANCE HEALTH JUSTICE

Increase community power	Cultivate equitable systems and policies
⬆ voice, agency, ownership ⬆ policy, system and physical changes	⬆ policy and system changes △ in flow of resources ⬆ data and accountability for progress △ in attitudes, knowledge, will to act

Priority 2: IMPROVE MENTAL HEALTH AND WELL-BEING

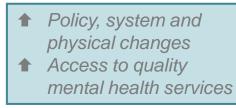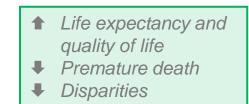| Strengthen systems, supports for young people	Remove systemic barriers in mental health overall
⬆ access to quality services for youth ⬆ youth voice, engagement ⬇ rates of depression, anxiety, suicide	⬆ policy and system changes ⬆ access to quality services, supports ⬇ stigma and discrimination ⬇ disparities for priority pops. & LGBTQ+

Our Approach to Measurement

Our control
Directly influence outcomes

Our influence
Partners with grantees, others to influence outcomes

Our aspirations
One of many factors that influence outcomes

Foundation Effectiveness	Strategic Priority Impact	Community Impact

Short-Term Foundation Outcomes

Short and Mid-Term Outcomes

Long-Term Outcomes

Emergent learning and strategy adaptation in response to changes in the environment

Examples

- *Trust-based philanthropy embraced*
- *Collaboration accelerated*

- ⬆ *Policy, system and physical changes*
- ⬆ *Access to quality mental health services*

- ⬆ *Life expectancy and quality of life*
- ⬇ *Premature death*
- ⬇ *Disparities*

Next Steps

Resources

- Data and Mapping Tool on the Social Drivers of Health: PolicyMap
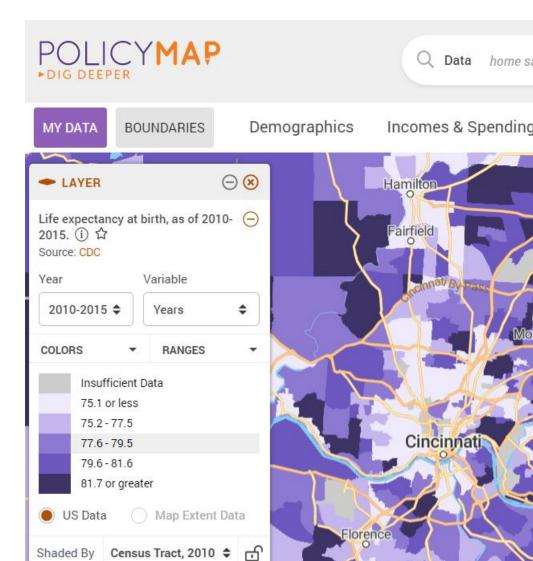- Report: Insights from Everyday Experts

Funding and Input

- Data for Equity Request for Proposals
- Youth Mental Health Partner Survey
- Fostering an Inclusive Culture Learning Cohort

Data and Mapping Tool on the Social Drivers of Health

About: An online data and mapping tool, PolicyMap provides access to data on the social drivers of health, health outcomes, environmental conditions and more. Includes access to hundreds of indicators from sources such as the Census & CDC.

Learn more: To express interest in receiving access and for more information about the launch of this tool in late 2022, please email Kelley Adcock at kadcock@interactforhealth.org.

➔ **Click here to learn about PolicyMap**

New Report

Insights on mental health and well-being from everyday experts in our region.

Nine focus groups with 95 people, including youth, members of the Black, Latino, and LGBTQ+ communities, people with low incomes, and people living in rural areas.

➜ **Click here for the report**

INTERACT FOR HEALTH Cohear

Mental Health and Well–Being in Greater Cincinnati

Everyday Expert Perspectives

Data for Equity RFP

Purpose: Interact for Health and bi3, with support from the HealthPath Foundation, have launched the *Data for Equity Funding Collaborative* to support up to 10 nonprofit organizations in developing their capacity to use data to build equitable approaches to data and evaluation.

Funding: Grants will be for up to $25,000 for 12 months.

Deadline: **Oct. 26**

➔ **Click here to learn more**

Youth Mental Health Partner Survey

Purpose: Learn from partners about efforts currently underway to improve the mental health of young people ages 0-24 in our 20-county region. We will use this survey to identify potential partners for future funding opportunities, convening learning networks and mobilizing advocacy. We will also share key findings so that we can all better understand current efforts.

Funding: 10 eligible organizations* that complete the survey will be randomly selected for a $5,000 contribution.

Commitment: 30 mins

Dates: Survey opens **Oct. 14** and closes **Nov. 4.**

➔ **Click here for the survey**

34

*The raffle is open to any public or private non-profit organizations or governmental organizations working to improve the mental health of young people ages 0-24 in our 20-county region.

Learning Cohort on Fostering an Inclusive Culture

Purpose: A learning cohort facilitated by Starfire focused on fostering an inclusive culture within non-profit organizations.

Scope: Nonprofits interested in organizational culture; diversity, equity and inclusion; and community building may apply for the cohort.

Commitment: Monthly cohort sessions for six months, running December 2022 to June 2023.

Funding: Each of the five organizations chosen will receive $5,000 to use toward their goals around building an inclusive culture.

Application Deadline: Nov. 17

➔ **Register for the webinar on Oct. 27 at 10:00am**
➔ **Link for application**

35

Next Steps

January to June	**Listen to people, listen to data**
July to September	**Prioritize and plan**
October to December	**Align and activate** • Reorganize our operations to deliver on new strategic plan. • Begin communicating about plan. • Provide updates and continue to get feedback.
2023	**Launch new strategy** • First quarter event. • RFPs released in new priority areas. • Learning/funding networks launch.

DISCUSSION