



PRESIDENTIAL TASK FORCE ON SOCIAL DETERMINANTS OF MENTAL HEALTH

2021-2022

2021 September Components Meetings



Vivian Pender, MD
President



Dilip Jeste, MD
Chairperson

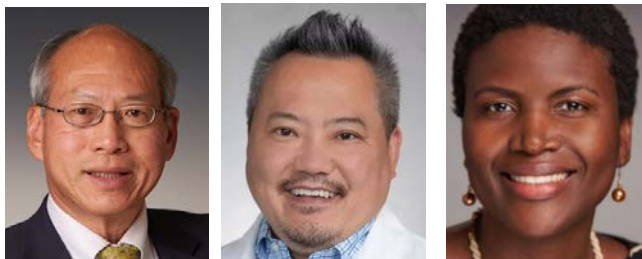
April/May: Task Force established; Call for nominations for appointments

June: Task Force Chair and members appointed and begin meeting monthly

Task Force Charge

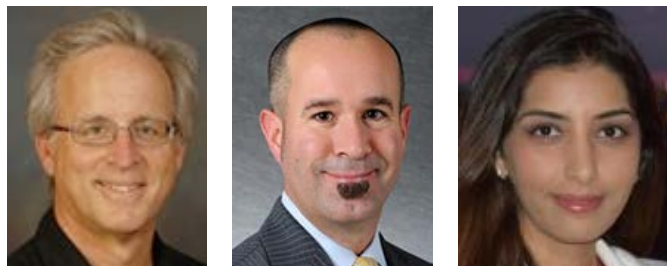
- Develop sustainable policies and programs to bring about change in the psychiatric healthcare of affected populations consistent with the APA Position Statement on Mental Health Equity & the Social and Structural Determinants of Mental Health.
- Build upon the outcome of the 2020-21 APA Presidential Task Force to Address Structural Racism Throughout Psychiatry and existing research to produce tools for action, specifically programs and policy aimed at improving the well-being of patients, the public, and psychiatrists.
- The outcome may be used by clinicians, teachers, researchers, and administrators of healthcare systems and community organizations among others, to assess social determinants of mental health and improve individual and community well-being

Clinical Workgroup



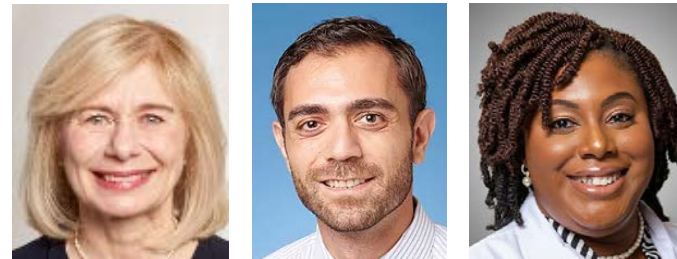
Francis Lu, MD (Chair), Steve Koh, MD, Tresha Gibbs, MD

Public Health Workgroup



Kenneth Thompson, MD (Chair), Michael Compton, MD, Sanya Virani, MD

Research & Education Workgroup



Dolores Malaspina, MD (Chair), Elie Aoun, MD, Kimberly Gordon-Achebe, MD

Policy Workgroup



Allan Tasman, MD (Chair), Gary Belkin, MD, Lisa Fortuna, MD

Consultants



Saul Levin, MD, MPA
CEO and Medical Director



Regina James, MD
Chief, Division of Diversity and
Health Equity; Deputy Medical
Director

Staff



Yoshie Davison, MSW
Chief of Staff



Ricardo A. Juarez, MS
Director, District Branch and
International Relations

- Early childhood development
- Education, job opportunities, and income
- Social inclusion and freedom from racial & other forms of discrimination
- Safe housing, transportation, neighborhoods
- Access to clean air and water
- Access to nutritious foods & physical activity opportunities
- Access to decent-quality affordable health services

- Exposure to the Impacts of Global Climate Change
- Exposure to Conflict, Violence, Shootings, War, Migration, etc.
- Interaction and Involvement with the Criminal Justice System
- Adverse Features of the Built Environment

Compton and Shim, 2020

- Stigmas against the mentally ill, aged, immigrants and other marginalized persons
- Social connectedness by number and quality
- Disruptive use of social media to society and individuals
- Positive psychosocial factors: Community-level Wisdom, Compassion, Resilience

Impact Assessment Guide

- 1. Identifying Stakeholders**
- 2. Engaging Stakeholders**
- 3. Identify and Document Social Determinants**

Adverse vs. Positive Social Determinants. Which groups are most advantaged/disadvantaged? What quantitative & qualitative evidence of inequality exists?
- 4. Examining the Causes**

What factors may be producing and perpetuating adverse social determinants and inhibiting positive social determinants?
- 5. Clarifying the Purpose**
- 6. Considering Adverse vs. Positive Impacts**
- 7. Advancing Equitable Impacts**
- 8. Examining Improvements**

What are the ways to reduce the negative effects of adverse social determinants and promote positive ones?
- 9. Ensuring Viability and Sustainability**
- 10. Identifying Success Indicators**

- **Clinical:** Clinical competency; Practice Guidelines
- **Research and Education:** Bio-psycho-social studies; Mechanisms; Interventions; Set training goals for psychiatric education; Identify the determinants of education, relationships with caregivers and the community for children with adverse exposures, inform the public and clinicians on mechanisms linking social determinants to mental health.
- **Public Health:** Public education; Prevention
- **Policy:** Advocacy, Healthcare access; Healthcare economics

www.psychiatry.org/socialdeterminantsofmentalhealth

FROM THE PRESIDENT

Addressing Social Determinants of Mental Health

BY VIVIAN B. FENDER, M.D.

According to the World Health Organization, "A person's mental health and many common mental disorders are shaped



by various social environments. In recent years, many common mental disorders are heavily associated with, whereby the high in other word they start with or resources factors further that our psy from biopsych that could ha first place. As psychi treat mental an individual using the site aware of the l that illness or treat. This aware as the social and for us th mental health

Social Determinants of Mental Health as Mediators and Moderators of the Mental Health Impacts of the COVID-19 Pandemic

Francesco Bernardini, M.D., Luigi Attanero, M.D., Merri Rottar, M.D., Michael T. Compton, M.D., M.P.H.

Contrasting COVID-19, being exposed to it, or being affected by social determinants of health. Preventing mediators and moderators of the pandemic's impacts, and the social determinants of the pandemic are understood by public policies and social norms. The major social determinants of mental health include the a

Addressing the Social Determinants of Mental Health: If Not Now, When? If Not Us, Who?

Ruth S. Shim, M.D., M.P.H., and Michael T. Compton, M.D., M.P.H.

In public health, recognition of the importance of the social determinants of health has led to significant shifts in practice and research. Psychiatry is making great progress in developing evidence-based, high-fidelity treatments that improve outcomes for patients who have access to high-quality mental health care. But for the less fortunate, waiting further upstream, long before these mental health problems occur, is just as important as advancing new treatments. "Treating" the social determinants of mental health involves focusing more on policies than on medication, therapy, and

neurobiological innovation. It entails creating public policies that improve these issues and changing social norms to place greater value on giving everyone an equal chance at living a fulfilling and healthy life. Local, state, and federal governments set policies, and the psychiatric field has considerable power in influencing those policies and shaping the social norms that inform them. This new column offers a forum to discuss these issues.

Psychiatry Services 2018; 66:844-846. doi: 10.1093/psp/psy03000003

In the past decade, references in the scientific literature to the social determinants of health have increased by almost 2,000%. Social determinants have become a significant focus of many organizations and initiatives, including Healthy People 2020, the World Health Organization (WHO), and the Institute of Medicine of the National Academy of Sciences, Engineering, and Medicine (IOM). In public health circles, recognition of the importance of the social determinants—which are defined as "the conditions in which people are born, grow, live, work, and age"—has led to a significant shift in practice and research (2). The groundbreaking WHO report *Close the Gap in a Generation* highlights

that they are among mothers who are food secure, and the children of food-insecure mothers have higher rates of behavioral problems compared with children of food-secure mothers (6). Racism is strongly associated with poor mental health—major depression and posttraumatic stress disorder, in particular (7). Taken together, the evidence underscores that social determinants are key factors in the development, severity, and chronicity of mental and substance use disorders.

Effective solutions to address the social determinants of mental health exist. Investments in programs that improve the likelihood that children live in safe, secure, and healthy

APA Official Actions

Position Statement on Mental Health Equity and the Social and Structural Determinants of Mental Health

Approved by the Board of Trustees, December 2018
Approved by the Assembly, November 2018

*Policy documents are approved by the APA Assembly and Board of Trustees. . . . These are . . . position statements that define APA official policy on specific subjects. . . . —APA Operations Manual

APA Resource Document

Resource Document on Social Determinants of Health

Approved by the Joint Reference Committee, June 2020

*The findings, opinions, and conclusions of this report do not necessarily represent the views of the office trustees, or all members of the American Psychiatric Association. Views expressed are those of the author —APA Operations Manual.

Prepared by Ole Thienhaus, MD, MBA (Chair), Laura Halpin, MD, PhD, Kunmi Sobowale, MD, Robert Trestman, PhD, MD

Preamble: The relevance of social and structural factors (see Appendix 1) to health, quality of life, and life expectancy has been amply documented and extends to mental health. Pertinent variables include the following (Compton & Shim, 2015):

- Discrimination, racism, and social exclusion
- Adverse early life experiences
- Poor education
- Unemployment, underemployment, and job insecurity
- Income inequality
- Poverty
- Neighborhood deprivation
- Food insecurity
- Poor housing quality and housing instability
- Poor access to mental health care

All of these variables impede access to care, which is critical to individual health, and the attainment of social equity. These are essential to the pursuit of happiness, described in this country's founding

VIEWPOINT

The Role of Physicians in Addressing Social Determinants of Health

Nelson Maani, PhD
Boston University
School of Public Health,
Boston, Massachusetts;
and London School of
Hygiene and Tropical
Medicine, London,
England.

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DPhil
Boston University
School of Public Health,
Boston, Massachusetts.

To a large degree, health is shaped by the conditions in which people are born, grow, live, work, and age, collectively termed the social determinants of health.^{1,2} US public and health care professionals care about improving health outcomes. Compared with other high-income countries, the US spends significantly more per capita and in total on health care.³ Yet through chronic underinvestment in some of the conditions that most influence health, such as social services, education, physical environments, and access to healthy food, progress has been undermined, with lower-than-average outcomes across a range of health indicators, including a recent decline in life expectancy.

tion with the often-demoralizing alternative: treating people only to send them back to the conditions that contributed to their health problems.

Efforts to address these issues are also reflected in the literature. In a recent series of articles, physicians were encouraged to interpret health issues from a social determinants perspective.⁴ The suggestion underpinning such initiatives, however, often was that once social determinants are "diagnosed," these powerful influences can be attended to by practitioners and clinical-service organizations.

This is, however, far easier said than done. Many fundamental determinants of health are far upstream



Social Determinants of Health

What are social determinants of health?

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

SDOH can be grouped into 5 domains:



Download SDOH graphic (141.29 KB)

Suggested citation

UPCOMING MEETINGS



*Theme: Sociopolitical Determinants:
Practice, Policy and Implementation*

- Structural Trauma in Communities
- Impact of Racism within Large Organizations
- Community Leadership and Frontline Care



Theme: Social Determinants of Mental Health

- Presidential Sessions
- Courses
- General Sessions
- Posters