

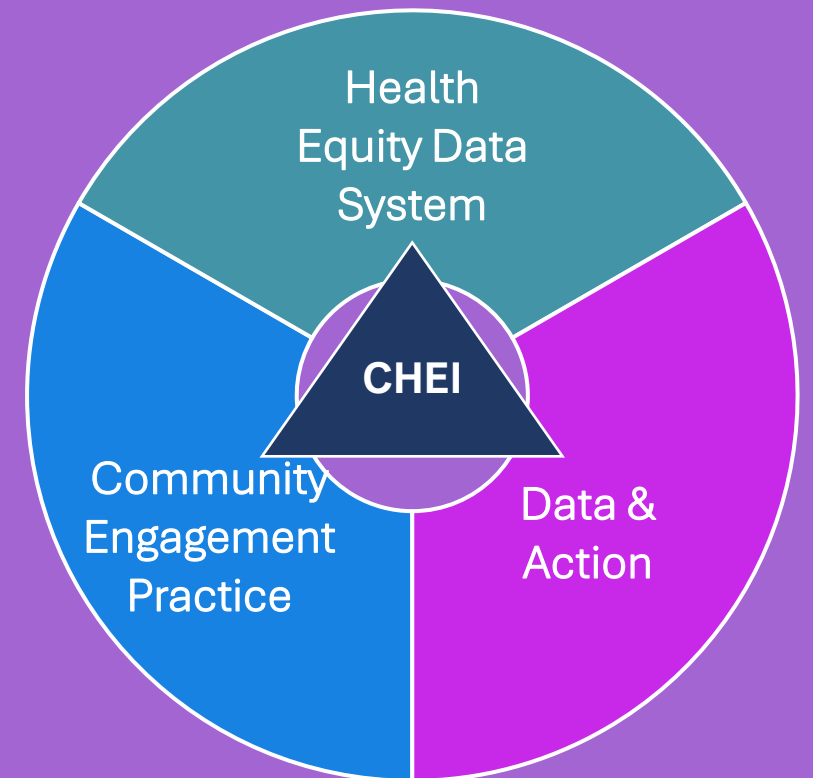


MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023
Mental Health Spotlight

Part 5: Promoting Mental Health: Potential Areas of
Action to Address Root Causes of Inequities



2023 CHES MENTAL HEALTH SPOTLIGHT



Part 4: Drivers of Mental Health Inequities

Part 4 of the 2023 CHES Mental Health Spotlight showcases findings from the 2023 CHES that connect data on mental health and various drivers of health inequities.

This slide deck is meant to be viewed after you have read through Parts 1 through 3 of the Mental Health Spotlight. To access the entire spotlight and the full mental health report, please visit the 2023 CHES Mental Health Spotlight page on www.mass.gov/CHEI.

Part 1: Community Health Equity Initiative Overview and Racial Justice Framing

Part 2: Mental Health in Massachusetts: Equity Framing and Data Overview

Part 3: Inequities in Mental Health

Part 4: Drivers of Mental Health Inequities

Part 5: Promoting Mental Health: Potential Areas of Action to Address Root Causes of Inequities

Promoting Mental Health: Action to Address Root Causes of Inequities

PROMOTING MENTAL HEALTH EQUITY



Potential Areas of Action to Promote Mental Health Equity

Implement Community-led Approaches for Direct Mental Health Support and Outreach

- Direct support and outreach strategies that are led by and created for communities of focus are necessary to meet the needs and preferences of communities of color, members of the LGBTQA+ community, people with disabilities, youth, and other communities of focus are important to promote mental health equity.
- Examples of needed support and outreach include **Suicide Prevention Programs and Resources** and **Substance Use Treatment and Prevention**.

Address Root Causes of Violence and Discrimination and Provide Support to Survivors

- CHES data showed that reduced exposure to violence and discrimination within communities of color and other communities disproportionately impacted was associated with better mental health. Programs and interventions to support survivors and address root causes of violence and discrimination are key for overall mental health promotion.

Promote Employment, Economic Stability, and Healthy Workplaces

- Economic stability can help improve access to basic needs and resources and decrease overall levels of psychological distress. Increasing opportunities for steady and safe employment that offers livable wages and benefits is one of the key pathways to economic stability. It is also important to ensure that workplaces across different industries and occupations have safe working conditions and are health-promoting.

PROMOTING MENTAL HEALTH EQUITY



Potential Areas of Action to Promote Mental Health Equity

Improve Access to Quality Health Care

- Access to quality and timely health care is important to promote and maintain physical and mental health. Addressing barriers to health care access, particularly among communities of focus, is important to ensure more equitable utilization of needed health care resources, including mental health care.
- Some examples of barriers to health care access highlighted from the 2023 CHES include lack of insurance coverage, unaffordable health care costs, and experiences of discrimination while getting health care.

Increase Access to Quality, Affordable Housing

- Health and health equity are not possible without equitable access to quality and affordable housing and neighborhoods that provide access to essential health-promoting resources and opportunities.
- Inequities in housing due to unjust historical and current policies and practices have led to inequities in housing that contribute to inequities in overall mental health across various communities.
- Work to promote access to affordable housing and improve neighborhoods within communities of focus are essential for mental health equity.

PROMOTING MENTAL HEALTH EQUITY



Potential Areas of Action to Promote Mental Health Equity

Build Resiliency to Impacts of Climate Change on Communities of Focus

- The impacts of climate change are already having a disproportionate impact on communities of focus. Work to build community resiliency to present and future impacts of climate change, including extreme temperatures, flooding, and other natural disasters, are critical for health equity.

Build Community Capacity to Address Root Causes of Health

- Community organizations play a key role in promoting the overall health of communities across Massachusetts. They provide essential resources, opportunities, and information needed to address drivers of health equity across the health equity pathway and promote overall physical and mental health. They also help build social support and community connections across communities. Investments in community organizations are important to promote mental health at the individual, neighborhood, community, and state-wide levels.
- Resources to build the capacity of these organizations to address the root causes of health are important for overall health equity promotion.

Enact Policies and Practices that Promote Health Equity

- Addressing the systems of oppression that drive health inequities will not be possible without changes to our policies, systems, and environments that help shape our health. To achieve mental health equity, we must have local, statewide, national, and institutional policies and practices that actively promote equity within communities that are denied equal access to opportunities and resources needed for health.

WANT TO KNOW MORE?



Visit www.mass.gov/CHEI for more information about the Community Health Equity Initiative and more resources on how to use these data for action.

Contact: CHEI@mass.gov

CHEI COMMUNITY ENGAGEMENT ADVISORY COMMITTEE (CEAC)



CHEI would not have been possible without the collaboration of the CEAC. Member organizations collaborated with DPH to make decisions around survey development and outreach strategies.

- Allston Brighton Health Collaborative Asian Task Force Against Domestic Violence (ATASK)
- Authentic Caribbean Foundation
- Black Literacy and Arts Collaborative
- Boston Children's Hospital Office of Community Health
- Cambodian Mutual Assistance Association
- Casa Project of Worcester County
- Health Equity Partnership of North Central Massachusetts (CHNA 9)
- DEAF, Inc.
- Dignity Alliance Massachusetts
- Disability Policy Consortium
- Greater Lawrence Community Action Council
- Haitian Community Partners
- Immigrants' Assistance Center
- Justice 4 Housing
- Massachusetts Alliance of Portuguese Speakers
- Massachusetts Councils on Aging

- Massachusetts Association of Community Development Corporations
- Multicultural AIDS Coalition
- New American Association of Massachusetts
- New England Rural Health Association
- North American Indian Center of Boston
- Ohketeau Cultural Center
- Outer Cape Health Services
- PureSpark
- Quaboag Hills Substance Use Alliance
- Revitalize CDC
- Somali Parents Advocacy Center for Education
- Springfield Family Resource Center
- Springfield Mass in Motion
- Stavros
- YMCA of Greater Boston

CHES SURVEY DISSEMINATION MINI-GRANTEES



CHES would not have been possible without the efforts of mini-grantees. These organizations received funding to conduct outreach to their community members, and their success is reflected in response rates among communities of focus.

- Advocates
- Authentic Caribbean Foundation Inc.
- Berkshire Area Health Education Center, Inc
- Black Autism Coalition
- Boston Chinatown Neighborhood Center
- Boston Lesbian Urban Foundation
- Breaktime United, Inc.
- Cambiando el mundo de personas con Discapacidades
- Cambodian Mutual Assistance Association of Greater Lowell, Inc.
- Center for Living and Working
- Centro Comunitario de Trabajadores
- Chappaquiddick Tribe of The Wampanoag Indian Nation Corporation
- CHD's Big Brothers Big Sisters of Hampshire County
- Chelsea Black Community
- Coalition for a Healthy Greater Worcester
- Community Action Agency of Somerville
- Community Economic Development Center
- Developmental Evaluation and Adjustment Facilities, Inc. (DEAF, Inc.)
- Disability Policy Consortium
- Enlace de Familias de Holyoke/ Holyoke Family Network Inc.
- Greater Fall River RE-CREATION
- Haitian Community Partners Foundation
- Health Equity Partnership of North Central MA (CHNA9)
- Health Imperatives
- Herring Pond Wampanoag Tribe
- Hilltown CDC
- Immigrants' Assistance Center
- Islamic Society of Boston
- JAHAN Women and Youth Intercultural, Inc
- Justice For Housing Inc
- La Colaborativa
- Latino Education Institute
- Latinx In Action
- Lawrence Prospera
- LEO Inc.
- LGBT Asylum Task Force
- Making Opportunity Count
- Mary Lyon Foundation
- Massachusetts Alliance of Portuguese Speakers (MAPS)
- Montague Catholic Social Ministries
- Mystic Valley YMCA
- Native American Lifelines
- New American Association of MA
- Nipmuc Nation Tribal Council
- North Quabbin Community Coalition
- Ohketeau Cultural Center
- Open Sky – Safe Homes Program
- Outer Cape Health Services
- Out at Home - The Home for Little Wanderers
- Out MetroWest
- Out Now
- Partners for Youth with Disabilities
- Pioneer Valley Workers Center
- PureSpark
- Quaboag Valley Community Development Corporation
- Quincy Asian Resources, Inc. (QARI)
- Roca Inc.
- Saheli
- Somali Parents Advocacy Center for Education (SPACE)
- Somerville Public Schools - Somerville Family Learning Collaborative
- Southeast Asian Coalition of Central MA
- Tan Chingfen Graduate School of Nursing at UMass Chan Medical School
- Tapestry Health Systems, Inc.
- The Association of Haitian Women in Boston
- The Care Center
- The Vietnamese American Civic Association
- Uhai for Health Inc
- Viability
- Vietnamese American Initiative for Development (VietAID)
- Vim Berkshires
- Voices of The Community
- Volunteers in Medicine
- Waltham Partnership for Youth
- WestMass ElderCare, Inc.
- Wildflower Alliance (under the umbrella of the Western Mass Training Consortium)
- Youth on Fire
- YWCA Central Massachusetts

CHEI MENTAL HEALTH ADVISORY GROUP



This Mental Health Spotlight was developed in partnership with members of the CHEI Mental Health Advisory Group who informed the analyses and findings highlighted within this report.

CHEI Mental Health Advisory Group Members represent various programs and divisions across DPH, including:

- Culturally and Linguistically Appropriate Services Initiative
- Division for Children and Youth with Special Health Care Needs
- Division for Pregnancy, Infancy, and Early Childhood
- Division of Child/Adolescent Health and Reproductive Health
- Office of Statistics and Evaluation - Bureau of Community Health and Prevention
- Pregnancy, Infancy, and Early Childhood Division
- State Office of Rural Health
- Women, Infants, & Children Nutrition Program