

Social (IN)Justice and Mental Health

MIDD AC Equity History

2021 – Finalized MIDD AC Equity Definition

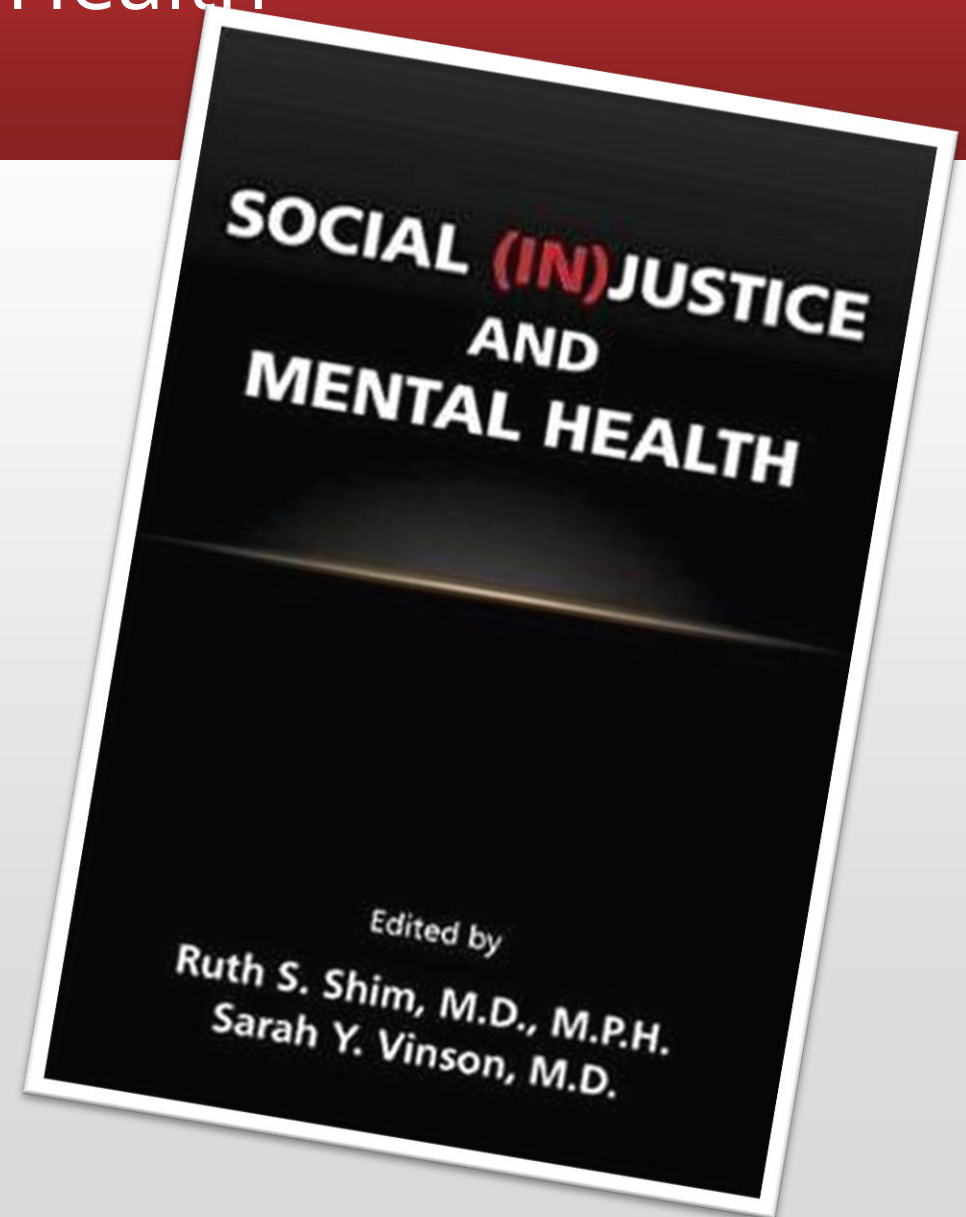
- MIDD Advisory Committee Equity Framework

2022 - Trained MIDD AC by Center of Excellence for Integrated Health Solutions

- Multiple sessions on the historical inequities in mental health and recovery services

2023 - Review of *"Social (IN)Justice and Mental Health"*

- MIDD Steering Committee created Book Review Team
- Today's presentation – Chapter One



FOUNDATION – MIDD AC Equity Work

Created equity focus through the MIDD AC Equity Definition

- *“The MIDD Advisory Committee, is an advisory body that ensures that the implementation and evaluation of strategies and programs funded by the MIDD sales tax revenue are transparent, accountable, collaborative, and effective. We believe that all community members should have access to behavioral health service that view their unique beliefs, cultures, identities, languages, lived experiences, and notions of health and well-being as strengths to promote recovery and resiliency and that are provided by staff that represent the communities we serve. Our society is rooted in historic and contemporary systems of oppression and racism that are reinforced by our behavioral health system and other systems that respond to behavioral health needs today. The inequitable distribution of benefits and burdens perpetuates avoidable health inequities in our community. Through intentional investments and partnerships with organizations committed to equity, the MIDD Advisory Committee commits to eliminating policies, practices, attitudes, and cultural messages that reinforce inequitable behavioral health outcomes by race, age, class, gender, and ethnicity.”*

Post Center of Excellence Training

- The MIDD AC equity moment incorporated in monthly meetings demonstrating equity accomplishments in members' work.

Elevating MIDD AC knowledge of Intersectionality of Racism in Behavioral Health

- How do we always make sure we are holding space for these conversations in our work?/How do we better integrate these discussions in our work?
- Social (IN)Justice is a tool for MIDD AC when supporting DEIB work

Background

Authors:

Ruth S. Shim, M.D., M.P.H. and Sarah Vinson, M.D. physicians

Purpose:

- The 16 chapter book primarily focuses on trauma.
- Addresses the context in which mental health care is delivered, and strategies for raising consciousness in the mental health profession.
- Ways to improve treatment while redressing injustice.
- The authors advocate for research that prioritizes the needs of participants and communities, rather than the needs of institutions, and focuses on structural, not individual-level, strategies.

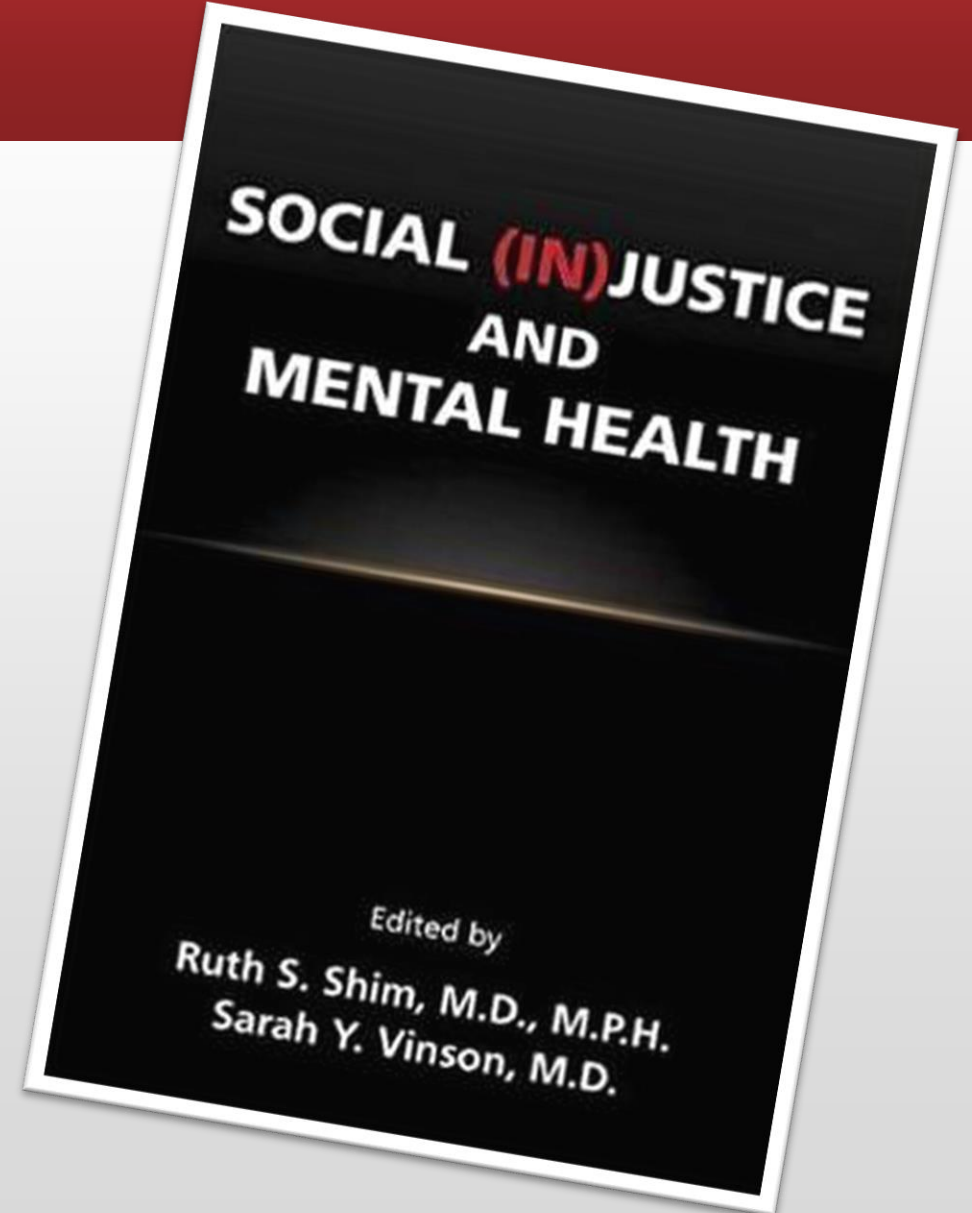


Dr. Ruth Shim

Dr. Sarah Vinson

Content

- Examples of racial inequities and needed changes in behavioral health.
- Research showing that white psychiatrists are more likely to over diagnose schizophrenia in Black patients, and this diagnostic bias may partly account for Black men being involuntarily committed to mental institutions in higher numbers.
- The inadequacy of current medical and mental health education and training in countering the powerful forces of social injustice in mental health is discussed in detail.
- Applying an equity lens requires adopting an active practice of self-study and self-reflection, and accordingly, a list of self-study resources, consisting of books, documentaries, podcasts, and TED talks, is provided to further the reader's knowledge and awareness.
- A series of "Questions for Self-Reflection," which challenge mental health clinicians to examine their own attitudes and preconceived ideas about race, poverty, disabilities, and privilege.



Social Justice Concepts

Social Justice concepts

- OPPRESSION
- IMPLICIT BIAS
- PRIVILEGE
- OTHERING
- INTERSECTIONALITY



“Oppressive language does more than represent violence, it is violence...” – Toni Morrison

- **Oppression** - unjust or cruel exercise of authority or power/ something that oppresses especially in being an unjust or excessive exercise of power.
- **Implicit Bias** - a bias or prejudice that is present but not consciously held or recognized.
- **Privilege** - a right or immunity granted as a peculiar benefit, advantage, or favor, prerogative such a right or immunity attached specifically to a position or an office.
- **Othering** – a strategy employed based on the thought that one own identified group’s existence is threaten.
- **Intersectionality** – the interconnections of different categories of social groups which create overlapping systems of oppressions.

Types of Oppression and Mental Health Expressions

- Exploitation – *Employment, high levels, underemployment, lacking and weak social employment supports*
- Marginalization – *Housing and the carceral (criminal justice) system*
- Powerlessness – *Exclusion from higher education, high-level employment and income, punishment through poverty*
- Cultural Imperialism – *Negative biases that imply racial and ethnic groups are inferior, immigration policies that restrict access into the US.*
- Violence – *High risk of experiencing domestic and interpersonal violence, victims and hate crimes*

TABLE 1-1. Types of oppression and expressions in mental health

Type of oppression	Definition	Mental health expression
Exploitation	The unequal exchange of one group's labor and energies for another group's advantage and advancement	Employment: High rates of unemployment, underemployment, and job insecurity, coupled with weak social supports for job loss, lead to increased anxiety, depression, and substance misuse
Marginalization	Expelling of specific groups from meaningful participation in society	Housing and the carceral (criminal justice) system: Transinstitutionalization of people with serious mental illnesses leads to increased incarceration and homelessness
Powerlessness	Blocking specific groups from power and routes to gain power	Education and income inequality: Exclusion of oppressed groups from attaining higher education, high-level employment, and income; punishment of people in poverty through harsh requirements to receive and maintain social welfare support
Cultural imperialism	Establishment of the ruling class culture as the norm; othering of groups that are not part of the dominant culture	Discrimination: Implicit negative biases that imply that racial and ethnic minority groups are inferior; immigration policies that exclude or restrict entry of certain groups into the United States
Violence	Threats and experiences of physical and structural violence	Exposure to violence: People who are oppressed are at risk of experiencing domestic and interpersonal violence, as well as increased risk of being victims of

Break Out Session



Discussion Questions

- Was this first chapter of value? How?
- How do you recognize your own biases?
- When experiencing or witnessing oppression, how has it impacted your thoughts, feelings, or actions?

Wrap Up – Chapter 1

Questions & Comments?

Chapter Two will be discussed at the July 27th Advisory Committee Meeting:

Social Injustice and the Social Determinants of Mental Health

Thank you!!

Menti Poll

1. What most resonated with you about Chapter One?
2. Is the information relevant to the work of the Advisory Committee and to MIDD?
3. What would be helpful as we move forward?

<https://www.menti.com/al39de6vn34f>