

# Accelerating Training in Behavioral Health Equity: A Learning Series for Trainees

## *Part 4*

Presented by  
Marilyn Sampilo, PhD, MPH  
August 30, 2022.

Presented in 2022 by the National Hispanic and Latino Addiction Technology Transfer Center (ATTC), and the Hispanic and Latino Prevention Technology Transfer Center (PTTC), National Latino Behavioral Health Association (NLBHA) P.O. Box 1360, Pena Blanca, NM 87041.

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

The opinions expressed herein are the view of the National Hispanic and Latino Addiction Technology Transfer Center (ATTC), and the Hispanic and Latino Prevention Technology Transfer Center (PTTC), and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

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Presented 2022

# HOUSEKEEPING

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- Closed captioning

The use of affirming language inspires hope.

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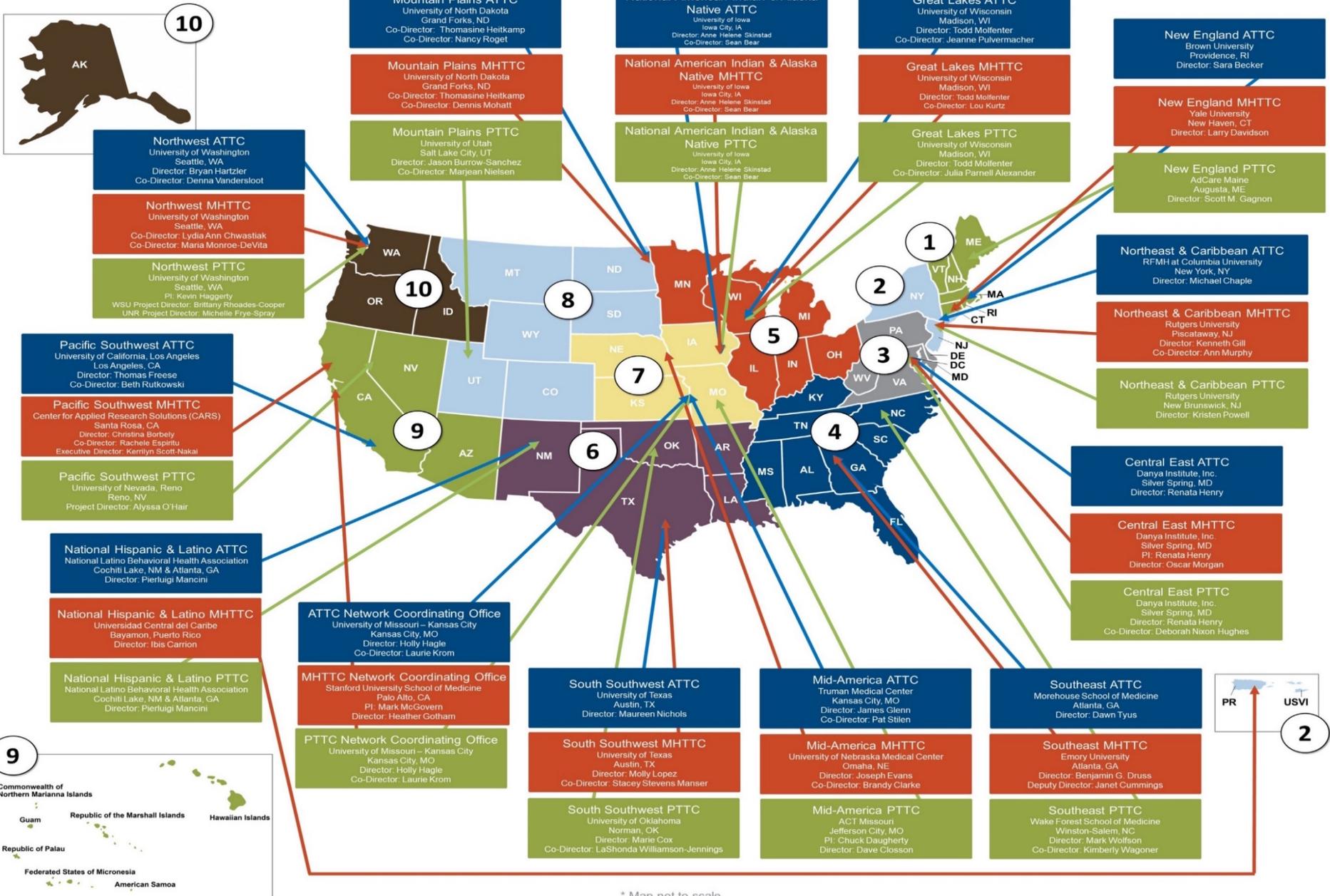
LANGUAGE MATTERS.

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**Words have power.**

**PEOPLE FIRST.**

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



\* Map not to scale.



**Fredrick Sandoval, MPA**  
**Executive Director**  
**NLBHA**

## NLBHA's Mission

The Mission and Goal of The National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services, and improve the quality of services and treatment outcomes for Latino populations.

# NLBHA's Objectives

NLBHA's Objective is to provide national leadership on mental health and substance abuse concerns of the Latino community. NLBHA's Policy Priorities are:

1. Targeted Capacity Expansion of Mental Health Services for Latinos
2. Latino Behavioral Health Evidenced Based Practices
3. Legislation to increase the number of Counselors/Therapists/Other Behavioral Health Practitioners
4. Funding for Co-Occurring Disorders of Alcohol and Substance Abuse
5. Opioid Crisis in the Latino Community
6. Suicide Prevention



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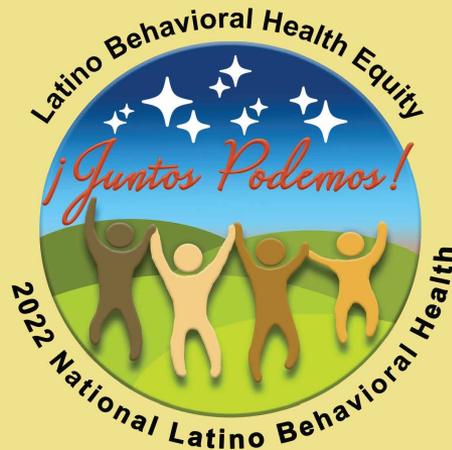


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**Susie Villalobos,  
Ed.D, M.Ed., CCTS-I**

**NHL ATTC  
Project Director**



**Raquel Guzman Vega,  
LMSW**

**NHL ATTC  
Project Co-Director**



**Ana L. Chavez-Mancillas,  
MSW**

**NHL ATTC  
Program Specialist**

# NHL PTTC Staff



**Susie Villalobos,  
Ed.D, M.Ed., CCTS-I**

**NHL PTTC  
Project Director**



**Priscila Giamassi,  
MPM, CPS**

**NHL PTTC  
Project Coordinator**



**Christina Mancebo-Torres,  
MPH**

**NHL PTTC  
Program Specialist**

# Today's Presenter



Marilyn L. Sampilo, PhD, MPH  
Center for Pediatric Behavioral Health  
Cleveland Clinic

# Accelerating Training in Behavioral Health Equity: A Learning Series for Trainees

## *Part 4*

Presented by  
Marilyn Sampilo, PhD, MPH  
August 30, 2022

# Land Acknowledgement

I am delivering this presentation on the lands of the Erie, Kaskasia and Mississauga people. The Erie, Kaskasia, and Mississauga people are the traditional owners of the land upon which Cleveland Clinic Children's sits. We wish to honor their enduring presence by acknowledging this history and including this history in our work today.

<https://www.youtube.com/watch?v=siMal6QVbIE>

# Disclosures

No conflicts to disclose

# Key Objectives

Outline strategies/tools that center marginalized communities...

Clinical practice

Community engagement

Research

Policy

Social justice is a goal,

but

Social justice is also a process.

# Where Does Social Justice Begin?

Centering the voices of marginalized communities

Changing practices and processes to center their voices



# Cultural Humility

“incorporates a lifelong commitment to self-evaluation and self-critique, to redressing the power imbalances in the patient-physician dynamic, and to developing mutually beneficial and nonpaternalistic clinical and advocacy partnerships with communities on behalf of individuals and defined populations.”

Tervalon & Murray-Garcia, 1998

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# Cultural Humility

Focused on individuals;

Focused attention given to other aspects/  
components of culture (e.g., gender, class,  
geographic location, country of origin,  
sexual orientation)

Continuous, ongoing process;

Life-long learning

Focused on achieving flexibility/humility

*“To be culturally  
humble means  
that I am willing  
to learn,”*  
- Joe Gallagher

# Why Cultural Humility



# Behavioral Health Processes



# Clinical Practice

How do we center communities' voices in our clinical practice?

Consider

assessment

treatment planning

progress monitoring

termination

# Cultural Formulation Interview (DSM-5 Cultural Formulation)

Developed by DSM-5 Cross-Cultural Issues Subgroup

Designed to facilitate and improve  
cultural assessment  
cultural case formulation

APA, 2013

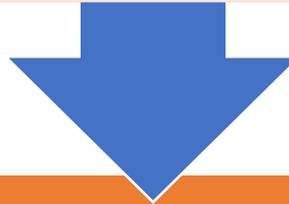
# Cultural Formulation Interview (DSM-5 Cultural Formulation)

## Cultural Definition of The Problem

◦ Individual's perception/definition of core problems and key concerns.

◦ Individual's description of problem to social network

◦ Beliefs, thoughts about most concerning aspects of problem



*Q. What brings you here today? People often understand their problems in their own way, which may be similar to or different from how doctors describe the problem. How would you describe your problem?*

# Cultural Formulation Interview (DSM-5 Cultural Formulation)

## Cultural Perception of the Causes, Context and Support

- Beliefs/thoughts about causes of problem
- Causes according to social network
- How environment is supportive
- How environment is stressful



*Q. Why do you think this is happening to you?*

# Cultural Formulation Interview (DSM-5 Cultural Formulation)

## Role of Cultural Identity

- Key aspects of background or identity

- Impact of key aspects on problem

- Other concerns related to key aspects of identity



*Q. For you, what are the most important aspects of your background or identity?*

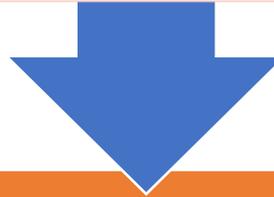
# Cultural Formulation Interview (DSM-5 Cultural Formulation)

## Cultural Factors Affecting Self-Coping and Past Help Seeking

◦ Methods of self-coping

◦ Past help seeking

◦ Barriers to help seeking



*Q. Sometimes people have various ways of dealing with problems. What have you done on your own to cope with your problem?*

# Cultural Formulation Interview (DSM-5 Cultural Formulation)

## Cultural Factors Affecting Current Help Seeking

◦ Perception of what would be most helpful

◦ Beliefs, thoughts about other kinds of help that would be helpful



*Q. Are there other kinds of help that your family, friends or other people have suggested would be helpful for you now?*

# Cultural Formulation Interview (DSM-5 Cultural Formulation)

## Cultural Factors Affecting Current Help Seeking

- Clinician-Patient Relationship- Misunderstandings and how to provide care



*Q. Sometimes doctors and patients misunderstand each other because they come from different backgrounds or have different expectations. Have you been concerned about this and is there anything that we can do to provide you with the care you need?*

# Accessing the CFI

The APA DSM-5 Cultural Formulation Interview is available:

[https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA\\_DSM5\\_Cultural-Formulation-Interview.pdf](https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA_DSM5_Cultural-Formulation-Interview.pdf)

“The APA is offering the Cultural Formulation Interview (including the Informant Version) and the Supplementary Modules to the Core Cultural Formulation Interview for further research and clinical evaluation. They should be used in research and clinical settings as potentially useful tools to enhance clinical understanding and decision-making and not as the sole basis for making a clinical diagnosis. Additional information can be found in DSM-5 in the Section III chapter “Cultural Formulation.” The APA requests that clinicians and researchers provide further data on the usefulness of these cultural formulation interviews at <http://www.dsm5.org/Pages/Feedback-Form.aspx>.

Measure: Cultural Formulation Interview (CFI)

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# Community Engagement

How do we engage with communities?

"We don't see things as they are; we see things as we are."

– Anais Nin

# Community Engagement

Consider

your space when entering a community(ies)  
your knowledge about the community(ies)  
building trust with community(ies)



- Work from the community by listening and learning.
- Work with the community by co-designing the change strategy.
- Work in the community by facilitating action and learning.
- Work for the community to build capacity for social transformation.
- Work for the community by building towards collective impact.

Satterwhite et al., 2007

# Community-Based Participatory Research

## A Primary Goal of CBPR :

To achieve social justice through social action and social change

Israel et al., 1998

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# Community-Based Participatory Research

**Key principles** of CBPAR are:

1. recognizes community as an important identity;
2. builds on strengths and resources within the community;

Israel et al., 1998

# Community-Based Participatory Research

3. facilitates collaborative and equitable involvement of partners in all phases of the research;

4. integrates knowledge and action for mutual benefit of all partners;

Israel et al., 1998

# Community-Based Participatory Research

5. promotes a co-learning and empowering process that attends to social inequalities;
6. involves a cyclical and iterative process;

Israel et al., 1998

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# Community-Based Participatory Research

7. focuses on health from both positive and ecological perspectives;
8. disseminates knowledge gained to all partners; and

Israel et al., 1998

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# Community-Based Participatory Research

9. promotes a co-learning and empowering process;
10. attends to social inequalities and health disparities.

Smith et al., 2015

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# Forms of Advocacy

Self-advocacy

Individual advocacy

Systems-level advocacy

# Engaging in Advocacy- Self

Understanding and asserting your own rights, speaking up for oneself

As clinician, supervisor, mentor, etc... you can inform and encourage one's understanding

# Engaging in Advocacy- Individual

Advocacy efforts are concentrated on one individual or a select group of individuals

You may advocate for a vulnerable individual or for a group of vulnerable individuals

Advocacy is done by a single individual or by a single entity (organization)

# Engaging in Advocacy- Systems

Advocating for the purpose of changing or developing policies, laws or rules that will positively impact one's life and well-being

Can involve issue-based advocacy and/or partnering with issue-based advocacy organizations

*\*\* Advocacy can be formal or informal\*\**

# Advocacy Action Planning

1. What are my goals (What do I want to see improved/changed? Short-term, intermediate, long-term?)
2. Who will my goal impact (What specific population are you aiming to impact? Whose voices am I centering?)
3. Who is my intended audience (Who do I want to receive my message?)

# Advocacy Action Planning

4. What is the best way to deliver my message (What is the best way to craft the message? Who is the best to deliver the message?)
5. What assets do I have? What resources do I need?
6. What might my next steps be?

# Break-Out Room Activity

Think about the concept of advocacy

1. What issues or concerns might benefit from your advocacy?
2. What advocacy steps or actions might you consider or take?
3. What resources or support do you need to take your identified steps or actions?

**\*\* Share only what you are comfortable sharing with your group\*\***

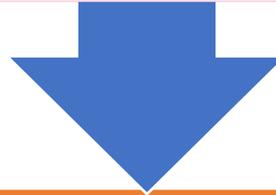
# Where Do I Begin?

## Community Engagement

- Understand experience, identify needs

- Develop partnerships

- Centering communities



“Nothing about us without us.” - Various Sources

# Where Can I Begin?



“We cannot.. forget about progress and prosperity for our community... Our ambitions must be broad enough to include aspirations and needs of others, for their sakes and for our own.” - Cesar Chavez

# Where Should I Begin?

## Individual Actions

◦ Question

◦ Commitment

◦ Civic engagement



“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.”

-Mother Teresa

## In Summary...

Our current behavioral health system is not designed to meet the needs of all

Social justice must be centered to re-imagine behavioral health

Social justice is a goal and a process

Social justice requires education and self-reflection

## In Summary...

Social justice requires centering the voices of marginalized communities

Social justice requires individual actions

Social justice requires systemic and transformative change

# What's Next

There is more to come!



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# Presenter's Contact Information

Contact: Marilyn L. Sampilo, PhD, MPH

Email: [SampilM@ccf.org](mailto:SampilM@ccf.org)



DrMLSampilo



Marilyn Sampilo

# GPRA Evaluation Link



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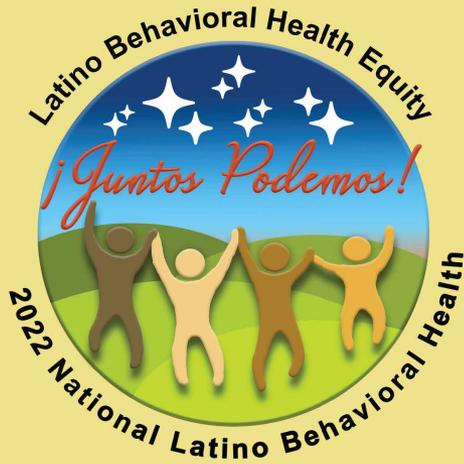


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# Tribute to Selena and Vicente Fernandez

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Join us for a special musical tribute featuring Pepe & Susie, a Mariachi Tribute to Vicente Fernandez and Jenny Sotongo as Selena, La Reina del Tex-Mex! Proceeds benefit the JTR Scholarship Fund.



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*Or directly at:*

**Susie Villalobos, Ed.D, M.Ed.,  
CCTS-I**

[susie@nlbha.org](mailto:susie@nlbha.org)

915-503-5111

**Ana L. Chavez-Mancillas,  
MSW**

[achavezm@nlbha.org](mailto:achavezm@nlbha.org)

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*Or directly at:*

**Susie Villalobos, Ed.D, M.Ed.,  
CCTS-I**  
[susie@nlbha.org](mailto:susie@nlbha.org)  
915-503-5111

**Priscila Giamassi, MPM, CPS**  
[priscila@nlbha.org](mailto:priscila@nlbha.org)  
678-822-1308

**Christina Mancebo-Torres,  
MPH**  
[christina@nlbha.org](mailto:christina@nlbha.org)  
774-400-0897

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**Thank you.  
¡Gracias!  
Obrigado.**