

*NYAPRS 35th Annual Conference
Stand Up Together for Recovery!
September 13-15, 2017
Hudson Valley Resort & Spa Kerhonkson, NY*

Multicultural Competency Wellness Wheel: Systemic Approach to Mental Health Wellness and Recovery

**NYAPRS Multicultural Competency Committee:
Presenters**

**Theresa Hall, Co- Chair
Deborah A. Wilcox, PhD, Member**

What do you see.....?



Workshop Description

To promote systemic change through mental health wellness and recovery, the social determinates of health, and increase advocacy among peers, providers and related stakeholders. The workshop experience is designed to broaden perspectives on **wellness, well-being, and recovery within the mental health system.**

Also to introduce the interlocking systems displayed within the **Multicultural Wellness Wheel** that provides a comprehensive view of recovery for individuals, families, workplaces, and communities.

(2016 National Wellness Institute. org - Multicultural Competency Wellness Wheel)

Workshop Outcomes ...

- Achieve competency on how to develop well communities that support mental health wellness and recovery
- Build healthy relationships across human and cultural differences
- Peers and providers will learn the importance of examining their own biases, cultural socialization, and values
- Learn how to utilize and apply the Multicultural Wellness Wheel to support and broaden perspectives on the concepts of Mental Health Wellness and Recovery, Well-being, and applied Multicultural Competency.
- Move to action and build sustainable cultures of health and wellbeing within the mental health system and communities... centered in the voices of peers, providers and everyday people!

Creating Safety – Building Community

What are we willing to give to one another, so that everyone will feel safe to participate?

Social Determinants of Health

- **Social Determinants of Health** are the structural determinants and conditions in which people are born, grow, live, work and age. **They include factors like socioeconomic status, education, the physical environment, employment, and social support networks, as well as access to healthy food and health care.** Based on a meta-analysis of nearly 50 studies, researchers found that social factors, including education, racial segregation, social supports, and poverty accounted for over a third of total deaths in the United States in a year. (Heiman, Artiga, 2015)

Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

The PROBLEM

People with mental illness die earlier than the general population and have more co-occurring health conditions.



68%

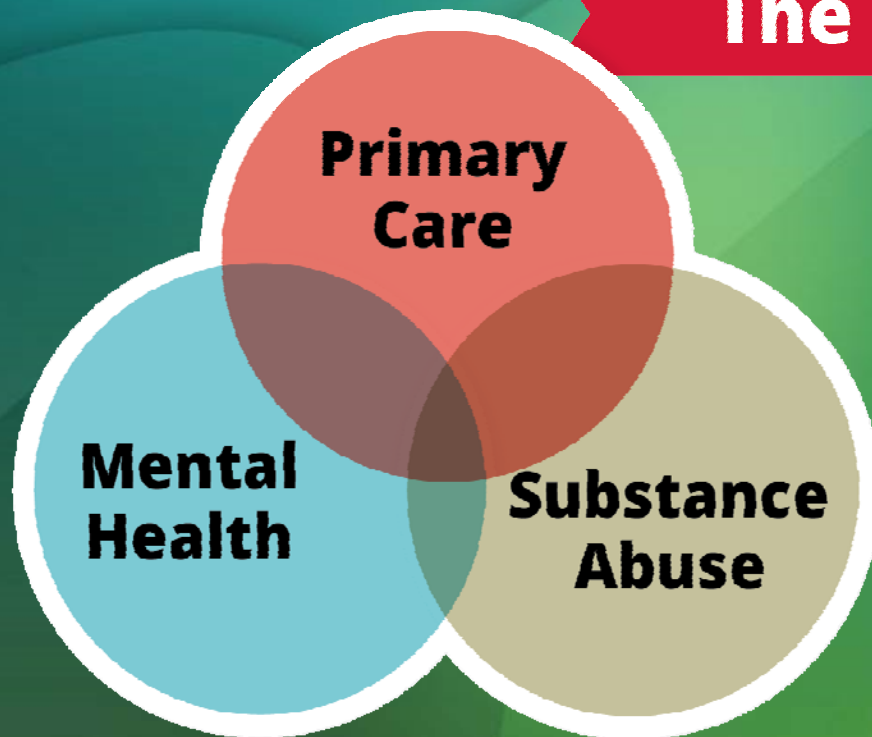
of adults with a mental illness have one or more chronic physical conditions

more than

1 in 5

adults with mental illness have a co-occurring substance use disorder

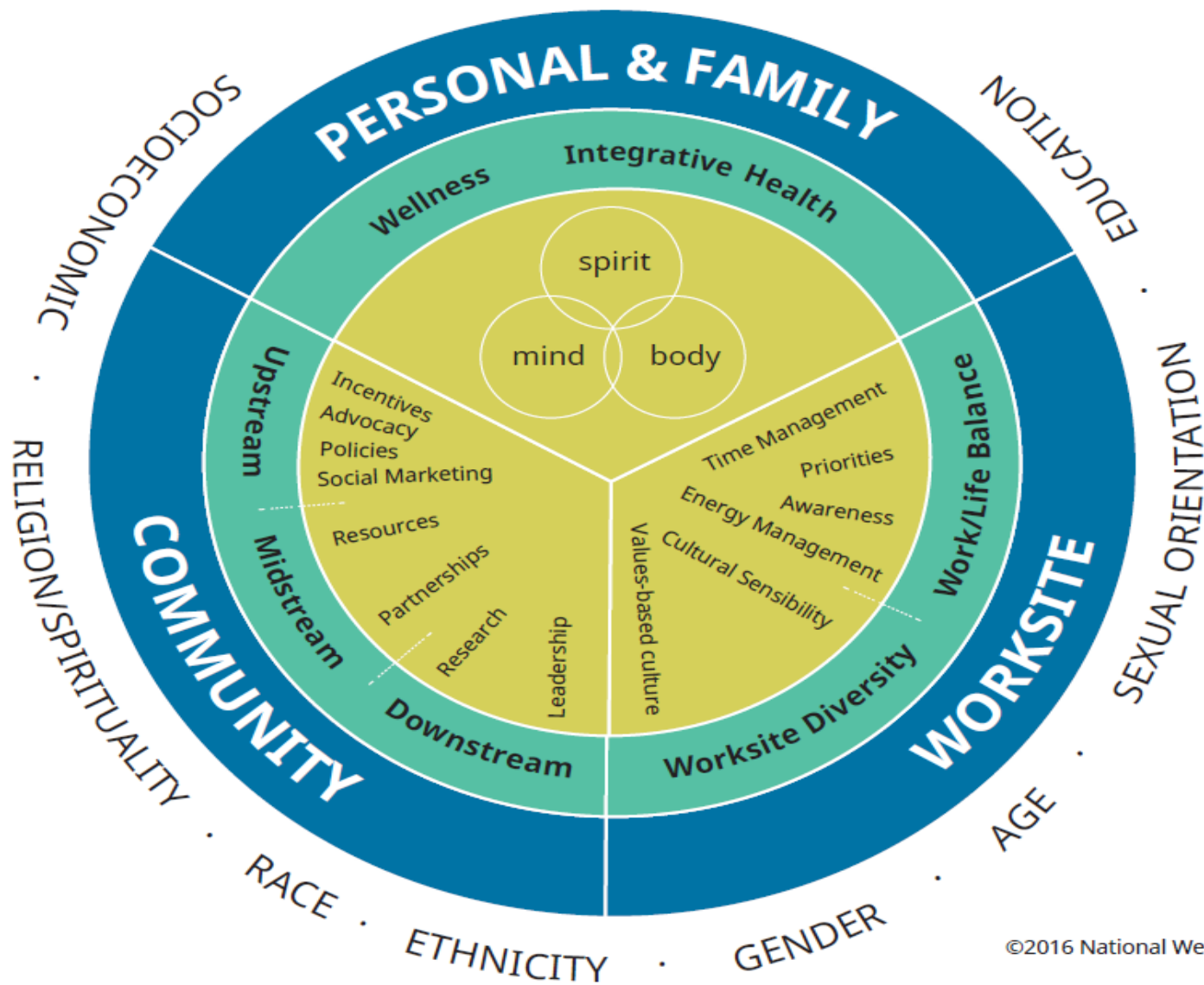
The SOLUTION



The solution lies in integrated care - the coordination of mental health, substance abuse, and primary care services.

Integrated care produces the best outcomes and is the most effective approach to caring for people with complex healthcare needs.

National Wellness Institute Multicultural Wellness Wheel



THE MULTICULTURAL WELLNESS WHEEL

Focuses On Personal & Family, Community, and Worksite Wellness

The **Multicultural Wellness Wheel** focuses on three pillars for optimal and lifelong well-being—Personal and Family, Community, and Worksite Wellness.

Personal & Family Wellness is addressed by fostering wellness through healthy daily habits and developing self-efficacy, and through integrative medicine components aligned with an integral mind-body-spirit approach.

Community Wellness is focused on Upstream, Midstream and Downstream initiatives that support underserved communities and minimize healthcare disparities.

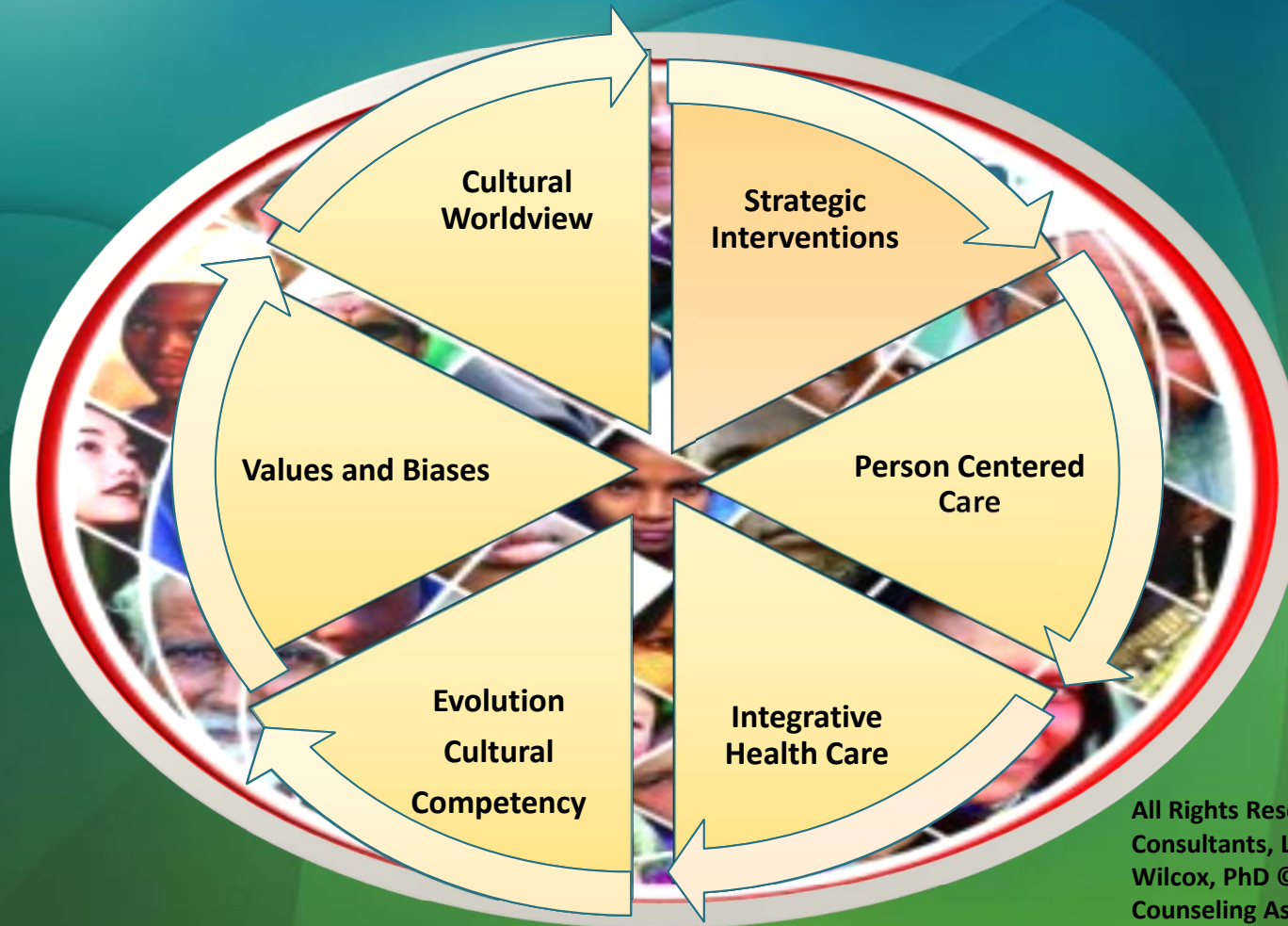
Worksite Wellness encompasses work/life balance components and worksite diversity initiatives to increase cultural sensitivity, raise awareness of worksite diversity benefits and challenges, and promote a value-driven organizational culture.

Sustained Deliberative Dialogue

www.sustaineddialogue.org

- Interactive dialogue process in which people listen to one another deeply enough to be changed by what they learn during the engagement.
- Provides the opportunity for participants to open their minds to absorb new views and enlarge their perspectives.
- Opportunity to build wellness and to bring people together across cultural differences.
- A dialogue process that allows participants to build sustainable and productive relationships.
- Deliberation is not a debate to win over others– it's a collective learning process to build democracy.
- An opportunity to rethink biases and assumptions, construct and generate new goals, transform perspectives, discover common ground, and move to action!





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Building Collaborative Relationships

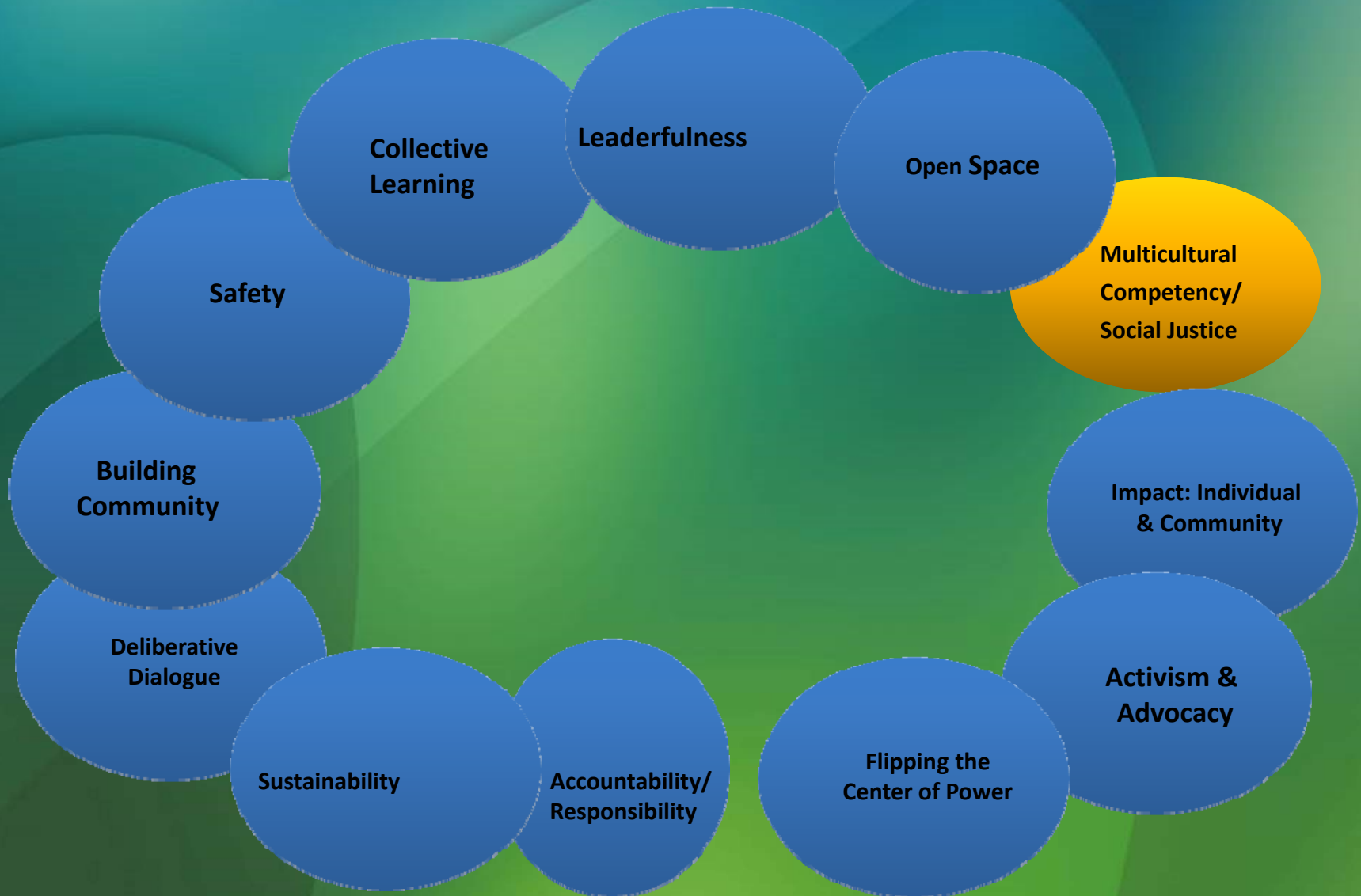


- **Developing healthcare service delivery systems that demonstrate Multicultural Competency and Social Justice best practices**
- **Collaborative partnerships between healthcare providers and the community**
- **Providing Person-Centered Care**
- **Supporting Integrated Healthcare services and systems**
- **Developing opportunities for individuals and families to make better choices about their overall Health and Wellbeing**

Overview
Wellness Management & Recovery
Applied Research: Community Mental Health
Ohio Department of Mental Health and Addiction Services
(2006-2013)

- Threaded Applied Multicultural Competency
- Peer - Centered implementation
- Promoted shared power in treatment and care
- Advocated systemic change in the mental health system
- Collaboration between peers and providers
 - Co-Facilitation of Wellness and Recovery Groups
- Promoted peer voices and leadership
- Embraced the lived experiences of peers
- Inter-agency (COS, CMHC, Vocational, & State Hospitals)
- Generated relationships across diverse populations
- Constructed sustained wellness and recovery communities through dialogue and community building

WMR Elements of Sustainable Systemic Change



Questions and Dialogue



Contact Information:

NYAPRS Multicultural Competency Committee: Presenters

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