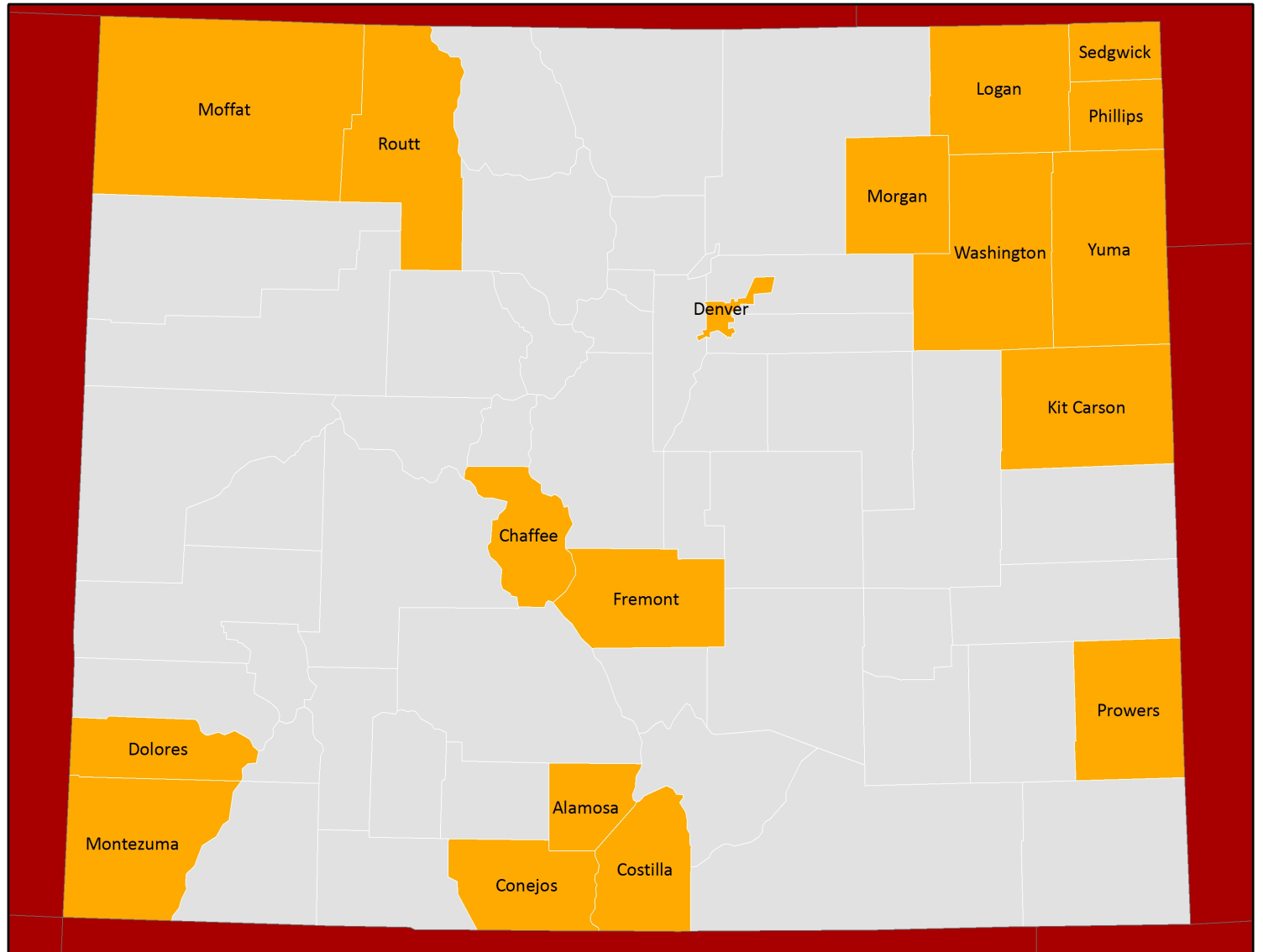


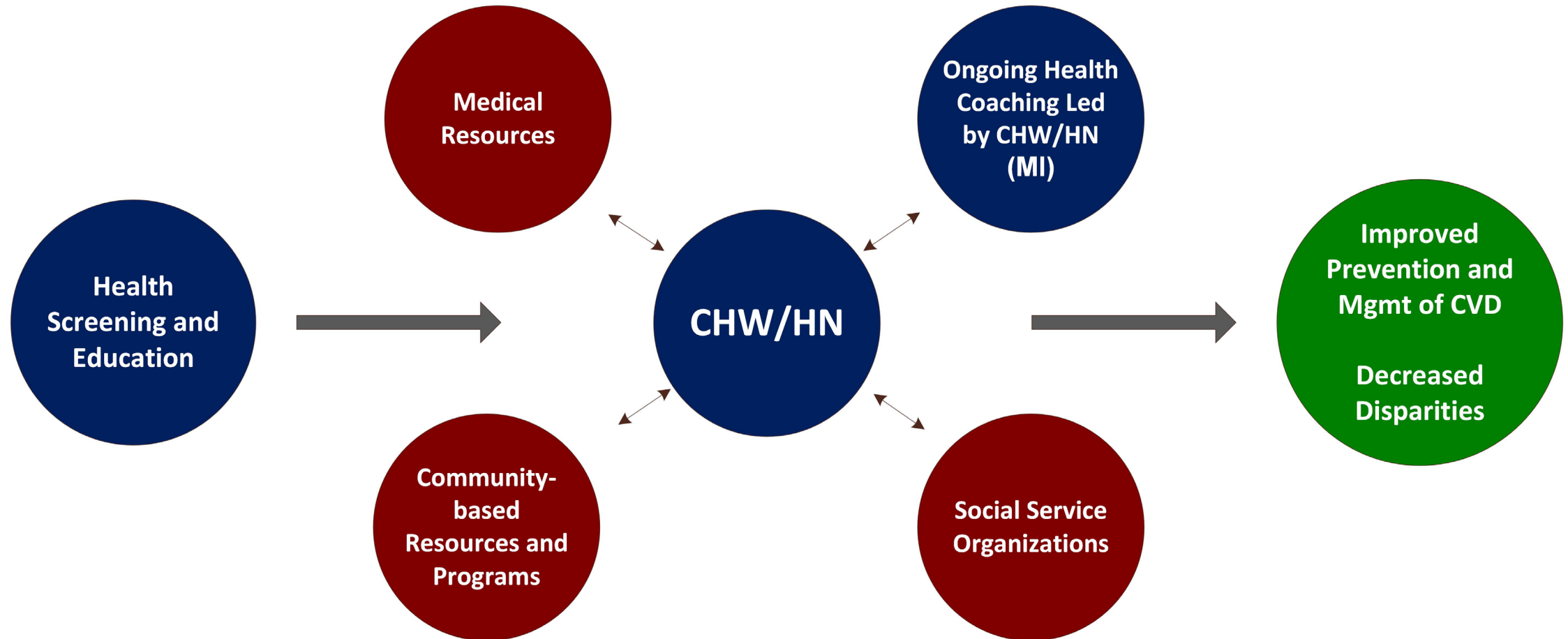


Using Health Navigators and
Community Health Workers to Address
Mental Health Disparities

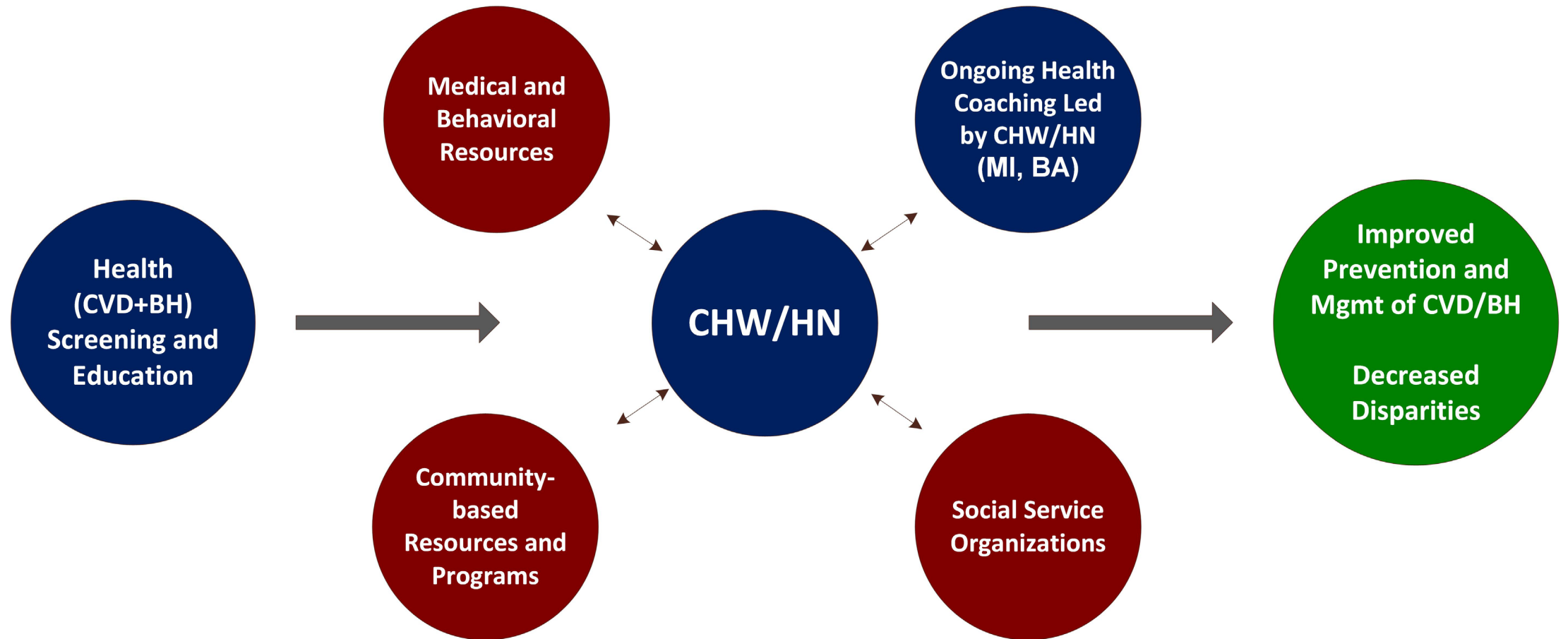
2018-2021 CHHS Communities



CHHS Model (2008-2018)

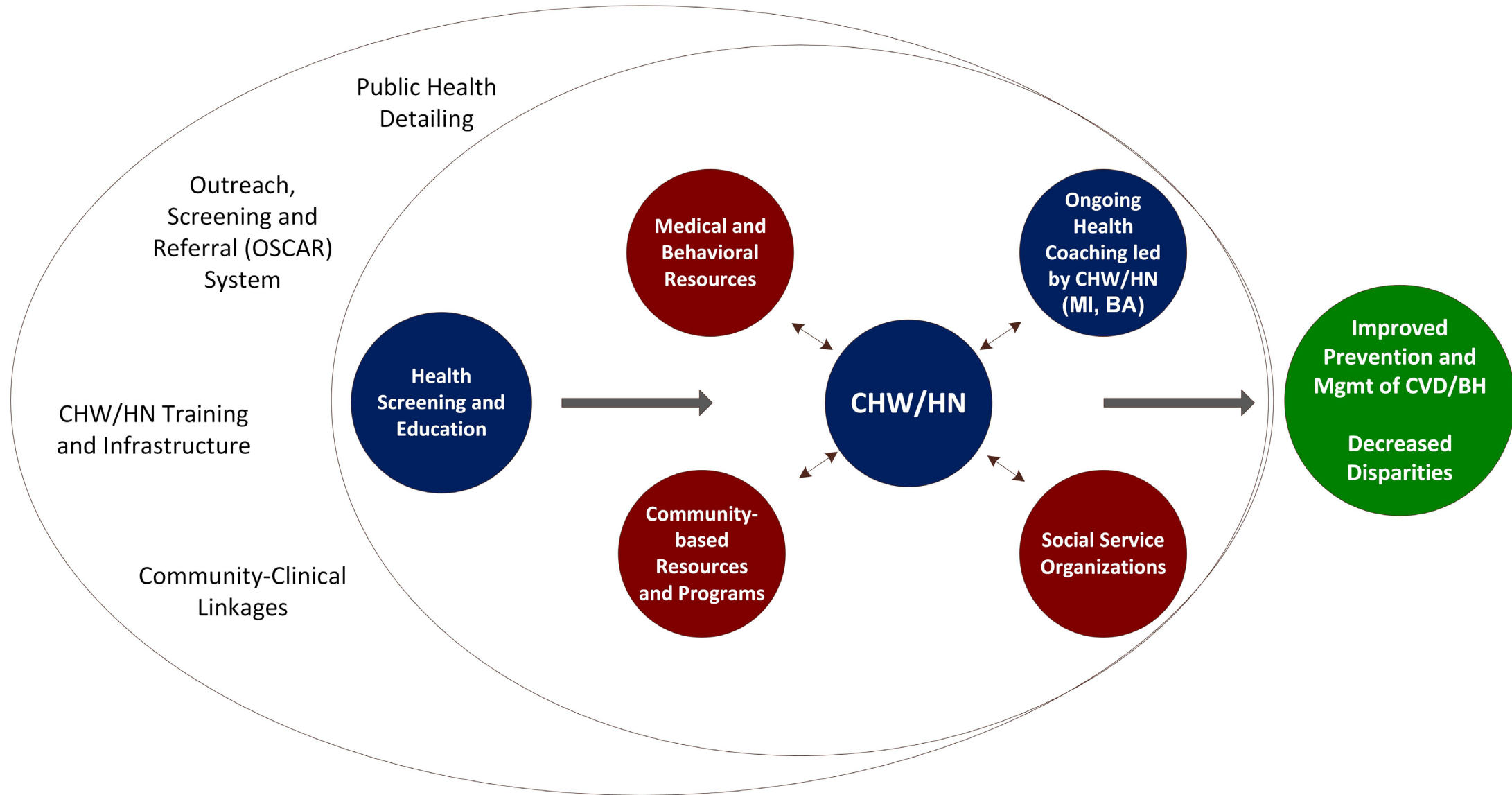


CHHS Model (2018-2021)





Larger CHHS Model (2018-2021)



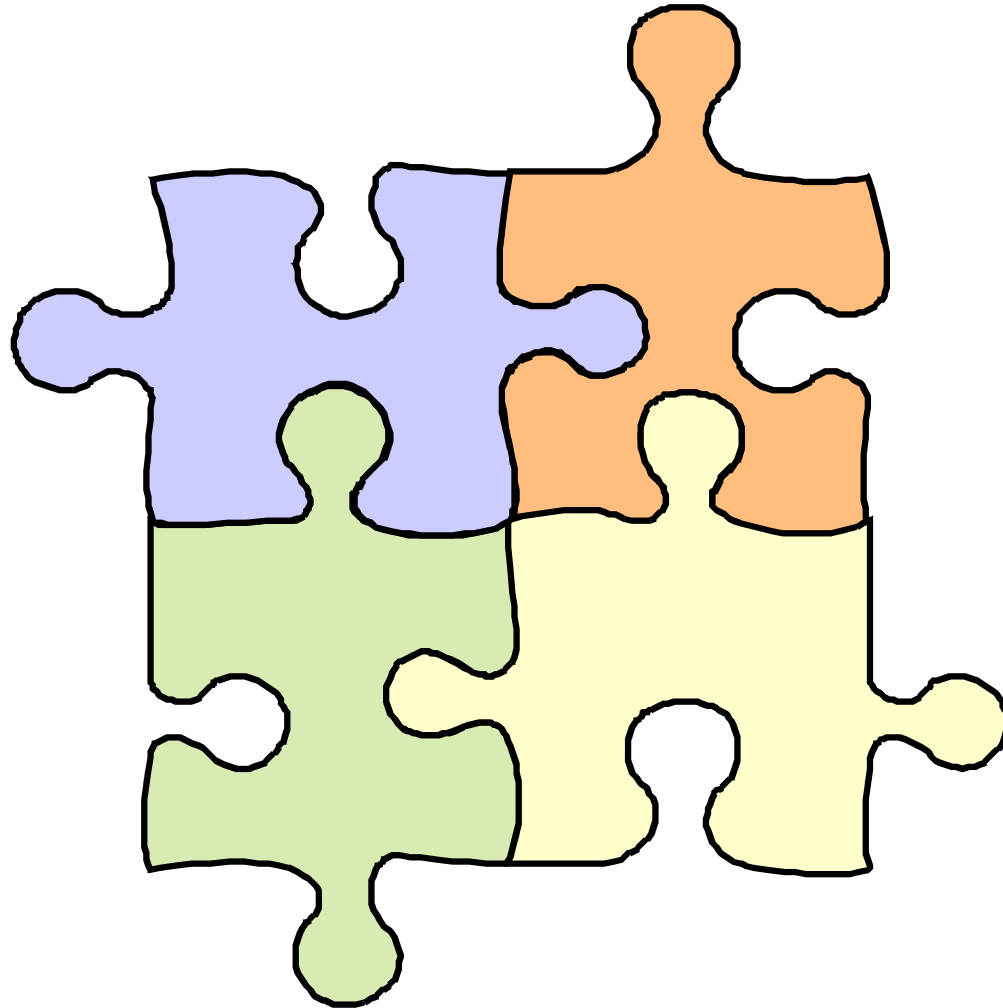
CHHS Mental Health Tools

- Motivational Interviewing
- Perceived Stress Scale (PSS)
- Generalized Anxiety Disorder (GAD)
- Patient Health Questionnaire (PHQ)
- Mental Health First Aid
- Behavioral Activation Case Mapping

Cognitive Behavior Therapy

Alliance
Strategies

Behavioral
Activation
Strategies

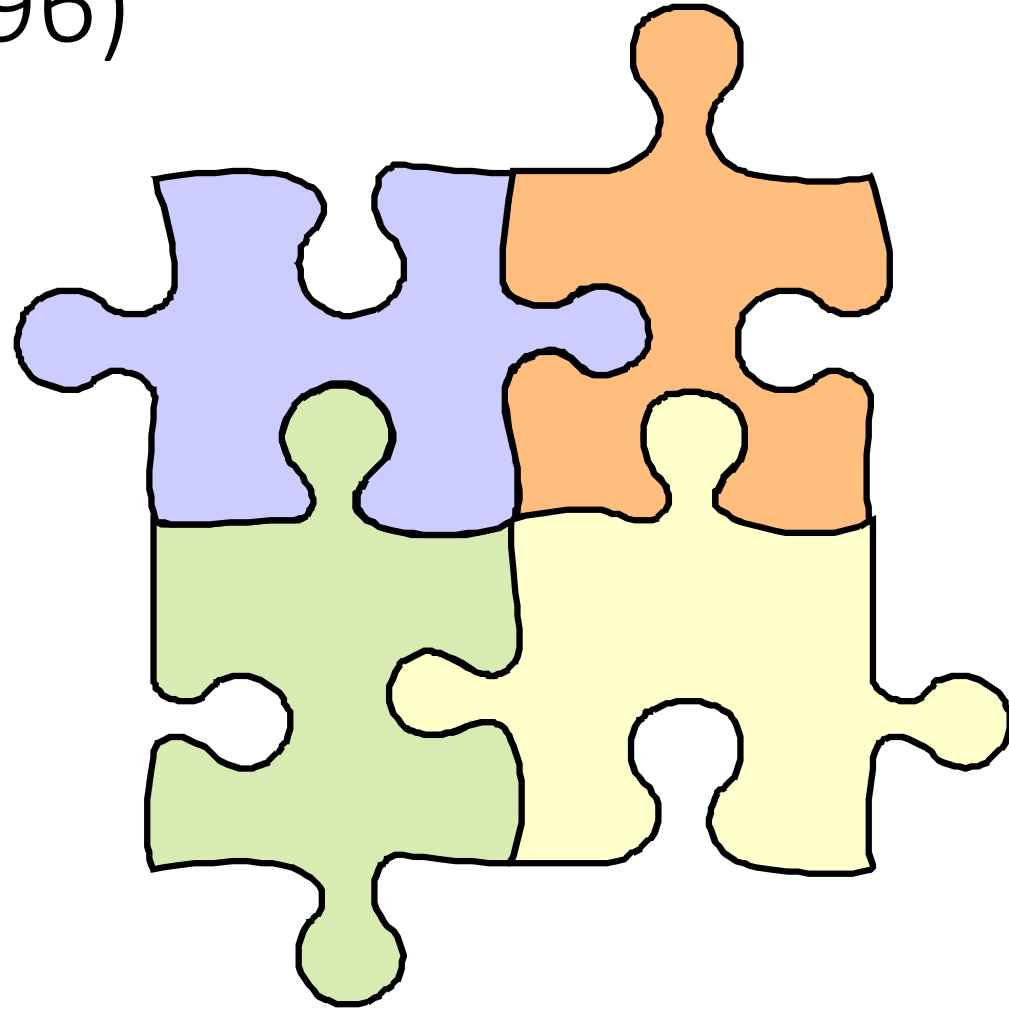
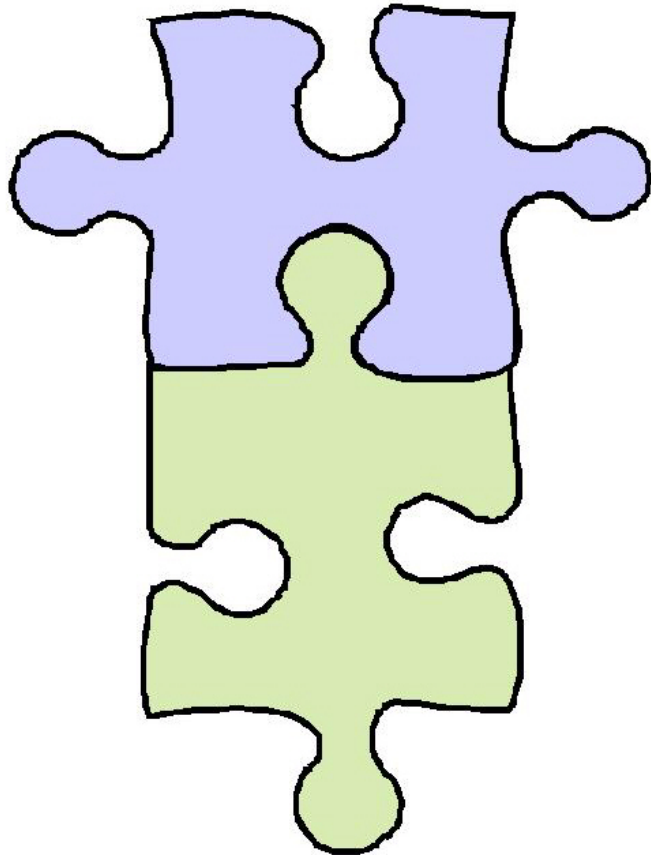


Automatic
Thought
Strategies

Core Belief
Strategies

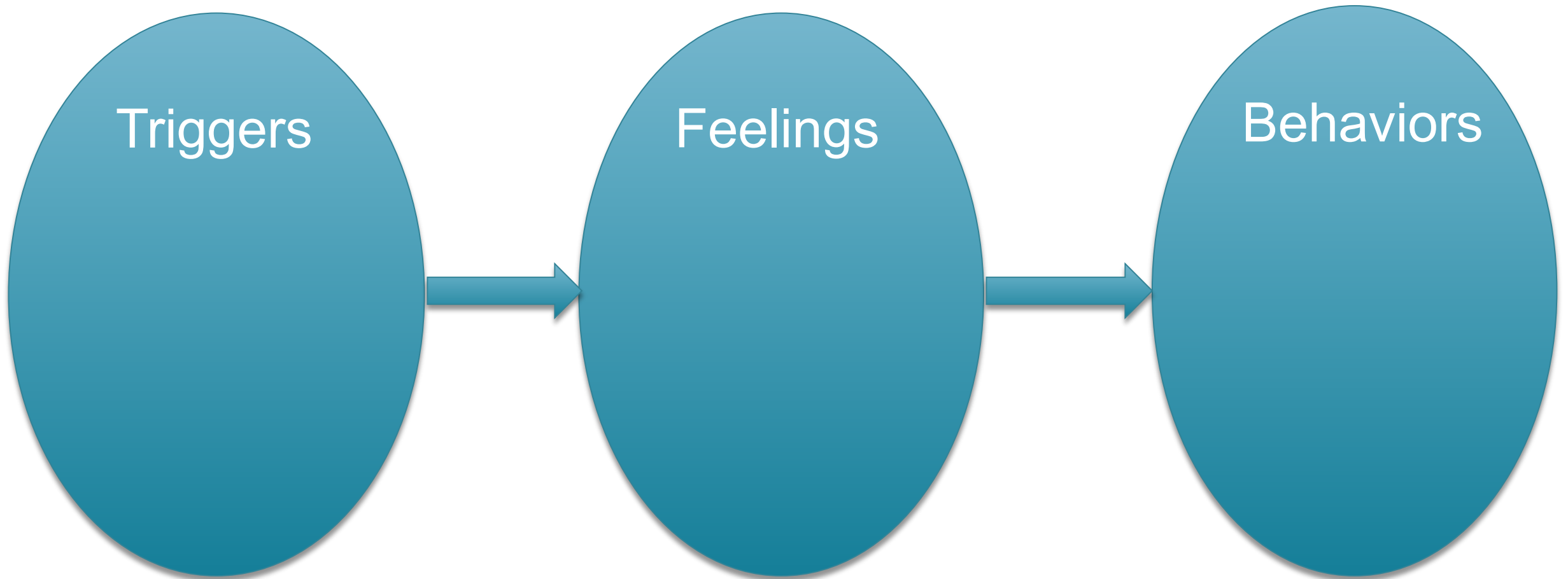
Component Analysis Study (Jacobson, 1996)

Behavioral
Activation



Cognitive
Therapy

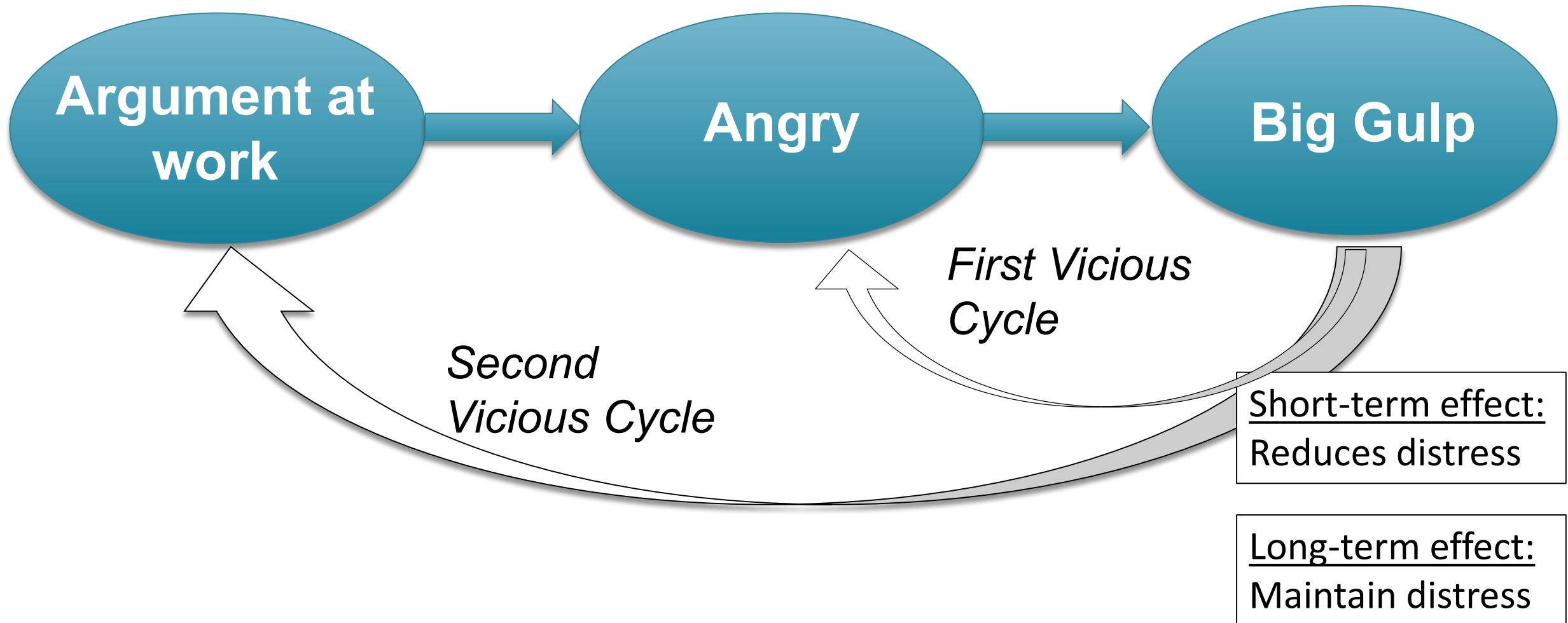
BA Case Map



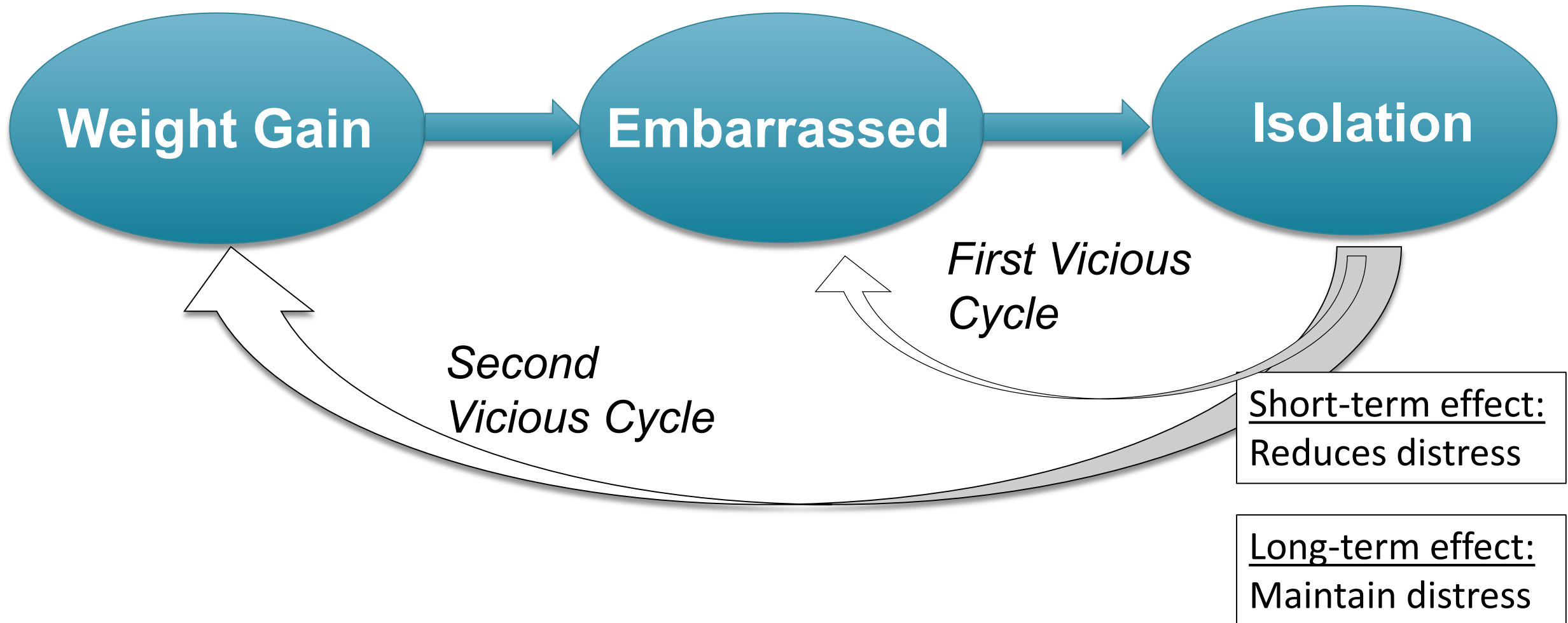
BA Case Map



BA Case Map – Vicious Cycles



BA Case Map



1

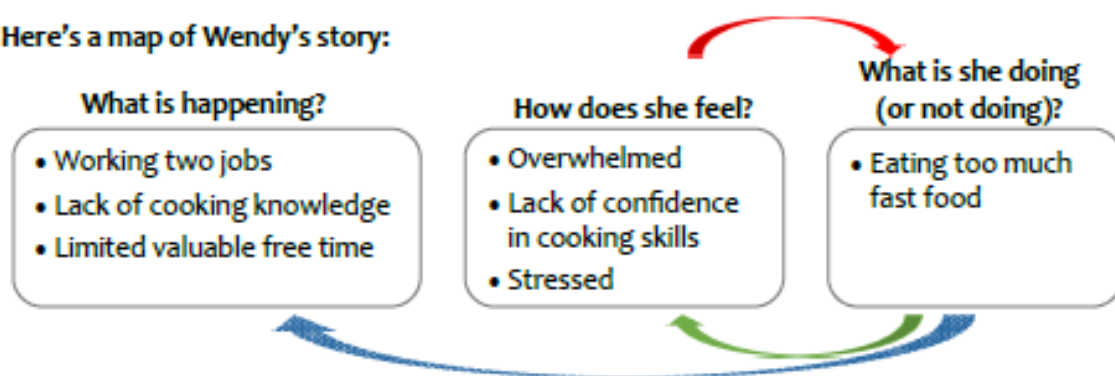
Let's explore why it can be difficult to eat healthy when we're so busy.

Meet Wendy



Wendy works at a fast food restaurant and doesn't get paid a lot of money. To make ends meet she also works cleaning office buildings at night. "I work long hours and for lunch and dinner I just want something quick to eat. So I eat a lot of fast food from my first job. I like watching Netflix cooking shows, but am not confident in my own cooking skills." She knows that eating like this will be bad for her in the long term, but it is easier to get fast food than to prepare food for herself in the morning. Wendy feels like preparing her meals will take away from her limited free time.

Here's a map of Wendy's story:



Short Term Cycle: In the short term, she feels better eating fast food because it's quick and she has one less thing to do at night or in the morning.



Long Term Cycle: In the long term, she continues to feel overwhelmed because she is super busy and needs to pay her bills.



Longer Term Cycle: In the even longer term, Wendy could develop health problems from poor eating habits that will make her feel even more overwhelmed.

2

What parts of your story sound like Wendy's?
How is your story different?

3

What step can you take in the next week towards eating healthier?

Here are some ideas based on how ready you are to eat healthier

Not quite ready...

- ☐ Talk with someone who is in a similar situation

Still thinking about it...

- ☐ Talk with someone who has successfully begun to eat healthier.

Getting ready...

- ☐ Look for fast and easy healthy recipes
- ☐ Ask for support in family or work responsibilities

I'm ready now!

- ☐ Break it up! Make your lunch and dinner 2 or 3 days next week
- ☐ Schedule food prep for the week on one of your days off

Maintaining change

- ☐ Plan for healthy rewards for meeting goals
- ☐ Create a plan to get back on track after a relapse

1

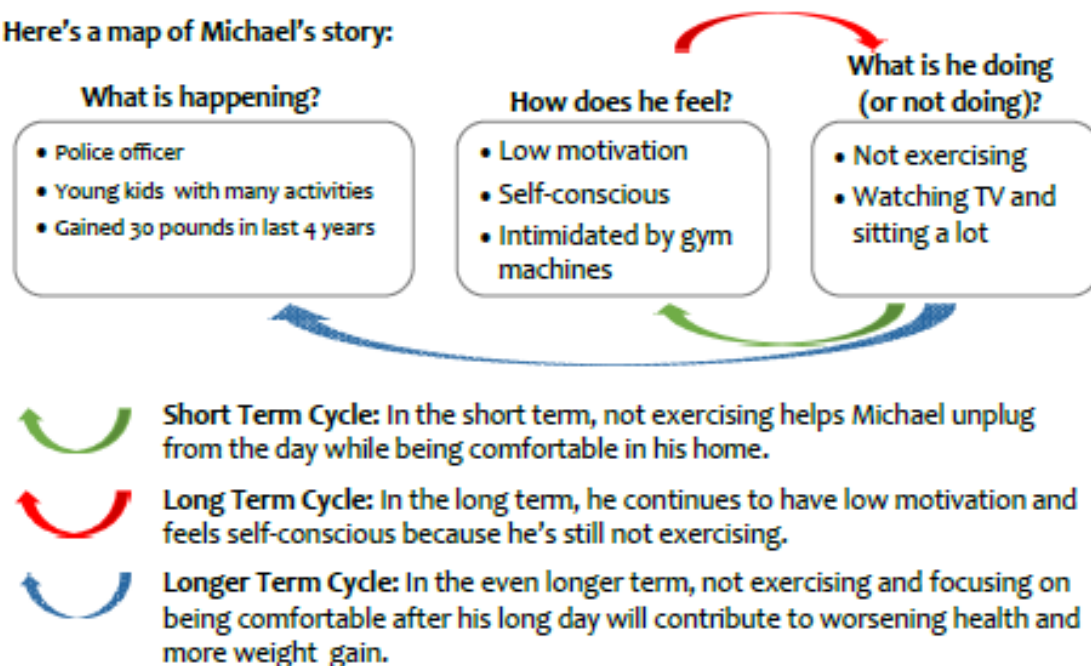
Let's explore why it can be difficult to be more active when you don't want to exercise.

Meet Michael



Michael works as a police officer and has younger kids. After a full day at work, Michael's kids often have after school games that he attends. He sits for another 2 hours watching his kids be physically active. He has gained 30 pounds in the last 4 years and feels self-conscious about his weight. "I finally get to my house around 7:00 and am not interested in doing any kind of physical activity. I just want to be in my house after a long day away." Michael also loves to watch college sports on his big screen TV and doesn't want to miss a single minute. "I tried a gym about a year ago, but didn't know how to work half of those machines, so I just gave up."

Here's a map of Michael's story:

**2**

*What parts of your story sound like Michael's?
How is your story different?*

3

What step can you take in the next week towards becoming more active?

Here are some ideas based on how ready you are to be more active this week

Not quite ready...

- ☐ Talk with someone who is in a similar situation

Still thinking about it...

- ☐ Talk with someone who has successfully increased their physical activity

Getting ready...

- ☐ Look for in-home exercises
- ☐ Ask for support in family or work responsibilities

I'm ready now!

- ☐ Break it up! Exercise for 5 minutes during work breaks, take the stairs, park far away
- ☐ Schedule activity and alert family, co-workers, bosses

Maintaining change

- ☐ Plan for healthy rewards for meeting goals
- ☐ Create a plan to get back on track after a relapse

BA Case Mapping Opportunities and Challenges

Opportunities

- Navigators and Community Health Workers can do it!
- Strong relationships with clients/patients is important
- Mapping out unhealthy behaviors makes them real
- A great tool to bridge gap between anxiety/depression and health behaviors

Challenges

- It takes time to learn and be effective
- Ongoing support is challenging but important
- Funding