



# Getting Upstream: Social Determinants of Health, Community Determinants of Health and Prevention

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CLASP Breaking Barriers, Building Communities Mental  
Health Convening—June 17, 2019

**PREVENTION**  
INSTITUTE



Prevention Institute

# Prevention Institute

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- Improving environments for health and **health equity**
- Promoting **mental health and wellbeing**
- **Preventing violence and trauma** and reducing injury
- **Supporting healthy** food and activity environments
- **Preventing use** of tobacco products
- Transforming our **health system**

# Session Objectives

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1. Understand how upstream, community-level prevention addresses mental health, healing, and resilience.
2. Describe what community trauma is and where it comes from and make a case for why addressing it is important.
3. Delineate how to address and prevent community trauma through community-level prevention strategies.
4. Share community examples from PI's work that highlight to support upstream community-driven strategies.



# What's Health Got to Do with it?



## Need help managing your diabetes?

From medication advice to a full range of supplies, your **Kroger Pharmacist** is here for you.

# Just ask!









# What's Mental Health and Wellbeing Got to Do with it?









# Experiences in our environment

In an unsafe neighborhood

Parks closed in neighborhood

Frustrating situation at work

Junk food more than health food

## Health & Wellbeing



Mental Illness



Substance Abuse



Stress



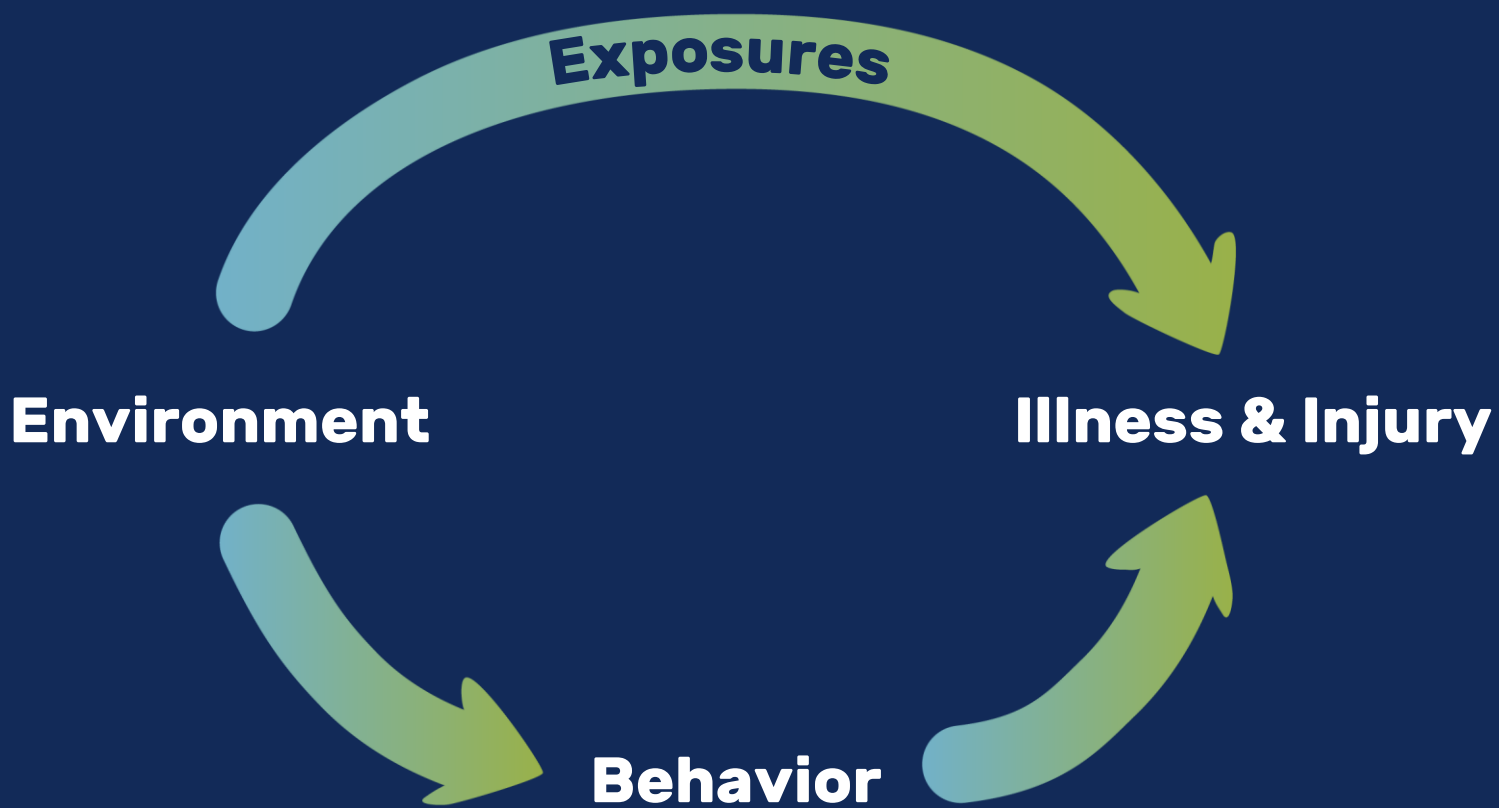
Ongoing Trauma

Traumatic Injury

Heart Disease

Asthma  
COPD

Diabetes





It is unreasonable to expect that people will change their behavior easily when so many forces in the **social, cultural,** and **physical** environment conspire against such change.

- Institute of Medicine





# Prevention

A systematic process that reduces the frequency and/or severity of illness or injury.



Primary Prevention

Promotes healthy environments and behaviors to prevent problems from occurring before the onset of symptoms.

# The Prevention Continuum

Up Front

In the Thick

Aftermath



Approaches  
that take place  
**BEFORE**  
injury or illness  
symptoms

**Immediate**  
responses  
**AFTER**  
symptoms or  
risk have  
occurred or  
with groups at  
greatest risk

**Long-term**  
responses  
**AFTER**  
Onset of illness  
or injury

**What can be done  
to prevent the  
problem from  
occurring *in the  
first place?***



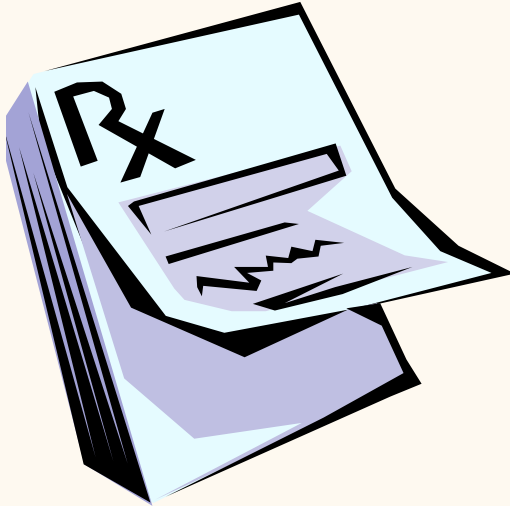
# Prevention Works

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- Child Restraint and Safety Belt Use
- Smoking Prevention
- Bans on School Junk Food
- School-Based Wellness Policies for PA
- Childhood Immunizations
- Motorcycle and Bicycle Helmet Laws

# QUALITY Prevention is the Prescription

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- Aimed at the community environment
- Comprehensive
- Changes norms:  
Makes healthy options the default

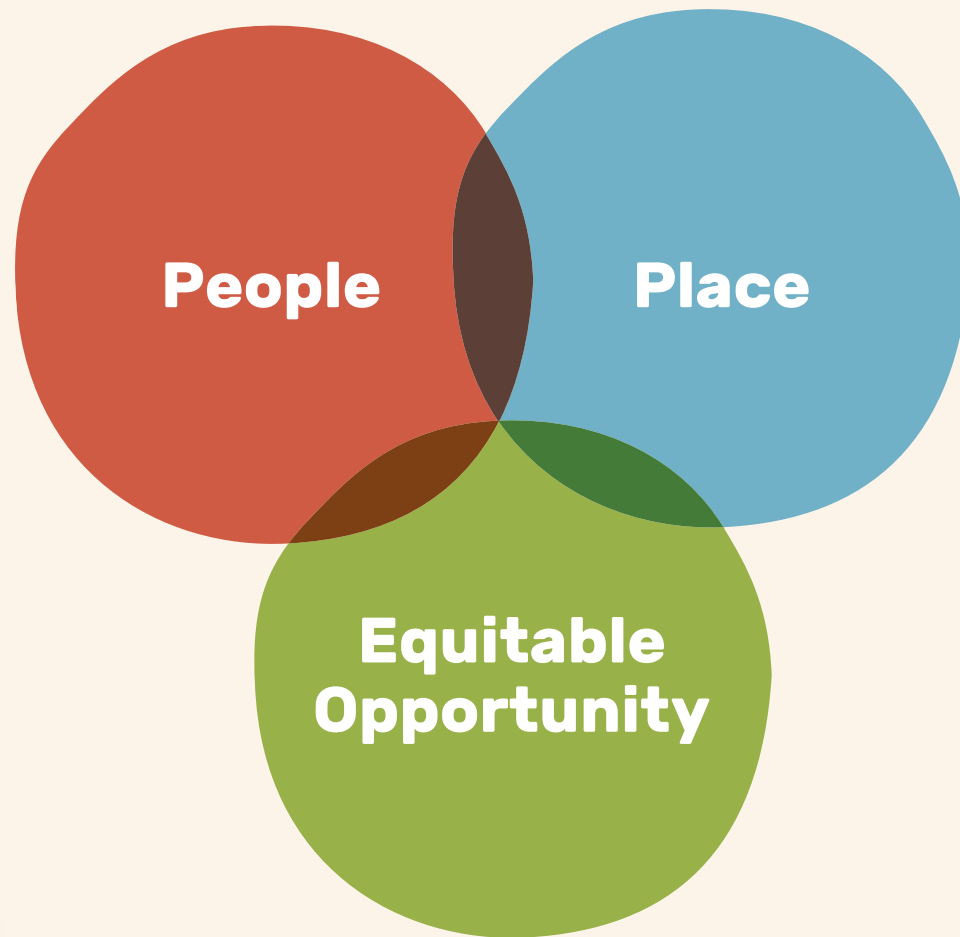


# **THRIVE**

Tool for  
Health and  
Resilience  
In Vulnerable  
Environments

Federal Office of Minority Health

# THRIVE Clusters and Factors



# People

The relationships between people, the level of engagement, and norms, all of which influence health outcomes.



**Social networks & trust**

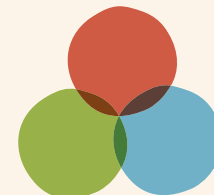


**Participation & willingness  
to act for the common good**



**Norms & culture**

**Equitable  
Opportunity**



**Place**



# Place

The physical environment in which people live, work, play, and go to school.



**Look, feel, & safety**



**What's sold & how it's promoted**



**Parks & open space**



**Air, water, soil**



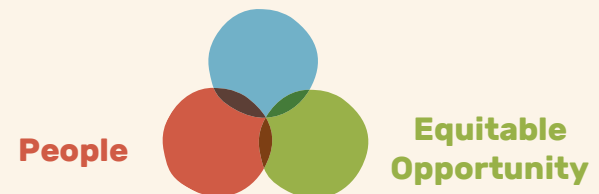
**Getting around**



**Arts & cultural expression**



**Housing**



# Equitable Opportunity

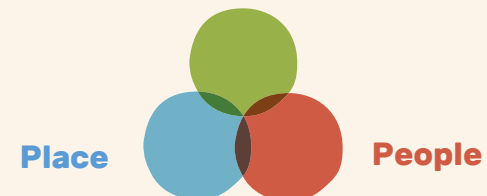
The level and equitable distribution of opportunity and resources.



**Living wages & local wealth**



**Education**



# THRIVE Factors

## People



Social networks  
& trust



Participation &  
willingness to act for  
the common good



Norms &  
culture

## Equitable Opportunity



Education



Living wages &  
local wealth

## Place



What's sold  
& how it's  
promoted



Look, feel,  
& safety



Housing



Parks &  
open space



Air, water  
& soil



Getting  
around



Arts & cultural  
expression

# THRIVE Activity

# 7 Community Determinants Associated with Mental Health & Wellbeing



- **Social networks & trust**
- **Participation & willingness to act for the common good**
- **Norms & culture**
- **Look, feel & safety**
- **Housing**
- **Arts & cultural expression**
- **Living wages & local wealth**

A photograph of a river flowing through a forested area. In the background, a bridge with a truss structure spans across the river. The foreground shows a rocky bank with some greenery and a small stream of water flowing into the main river. The sky is overcast.

# Moving Upstream

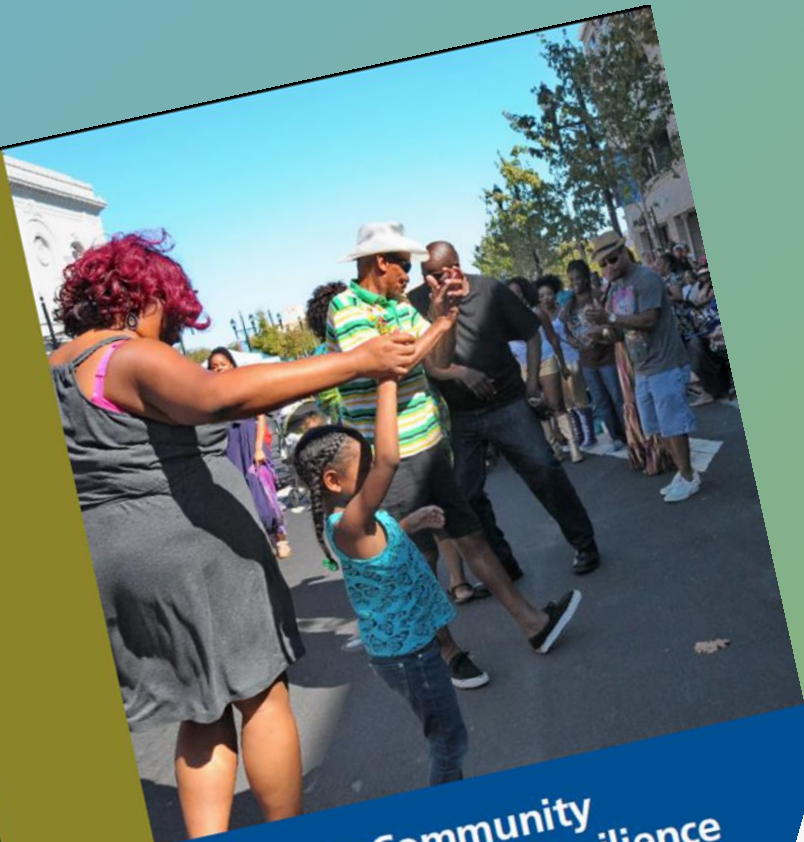
**We are still standing on the bank of the river, rescuing people who are drowning. We have not gone to the head of the river to keep them from falling in.**

**That is the 21<sup>st</sup> century task.”**  
*Gloria Steinem*



# What is Community Trauma?





## Adverse Community Experiences and Resilience

A FRAMEWORK FOR ADDRESSING AND PREVENTING COMMUNITY TRAUMA

 KAISER PERMANENTE

This paper was supported by a grant from Kaiser Permanente Northern California Community Benefit Program

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and  
equity | At the center



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## What? Why? How?

Answers to Frequently Asked Questions about the Adverse Community Experiences and Resilience Framework

Prevention Institute  
[www.preventioninstitute.org](http://www.preventioninstitute.org) | © December 2017



# UNITY City Network





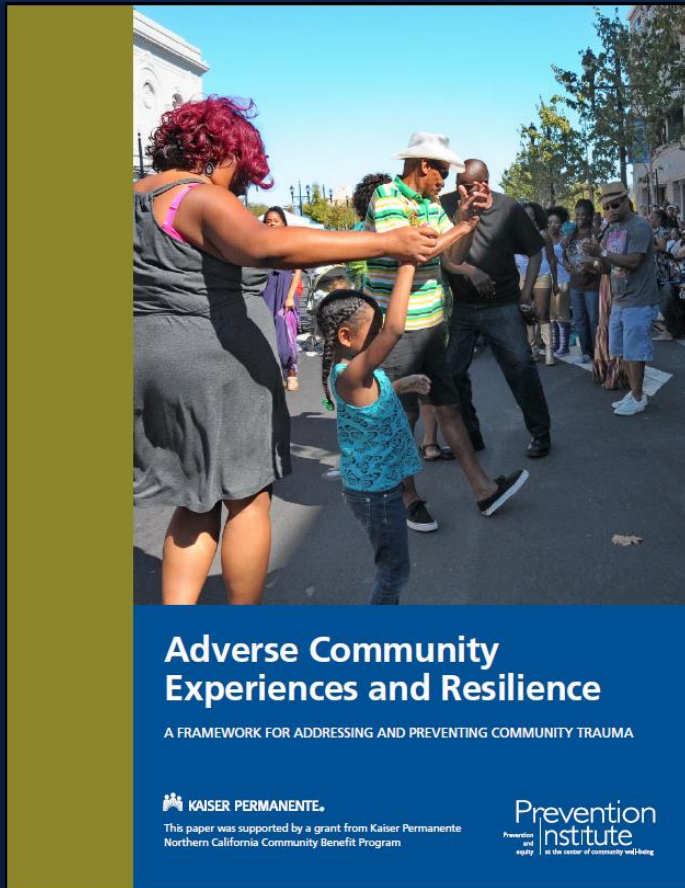
**Trauma gets in the way of us  
doing what we need to do.  
When it is chronic and not  
episodic, it is really damaging.**

-Susan Neufeld, Vice President, Resident  
Programs and Services, Bridge Housing



# Adverse Community Experiences & Resilience

*Making Connections is also informed by ACE|R report findings:*

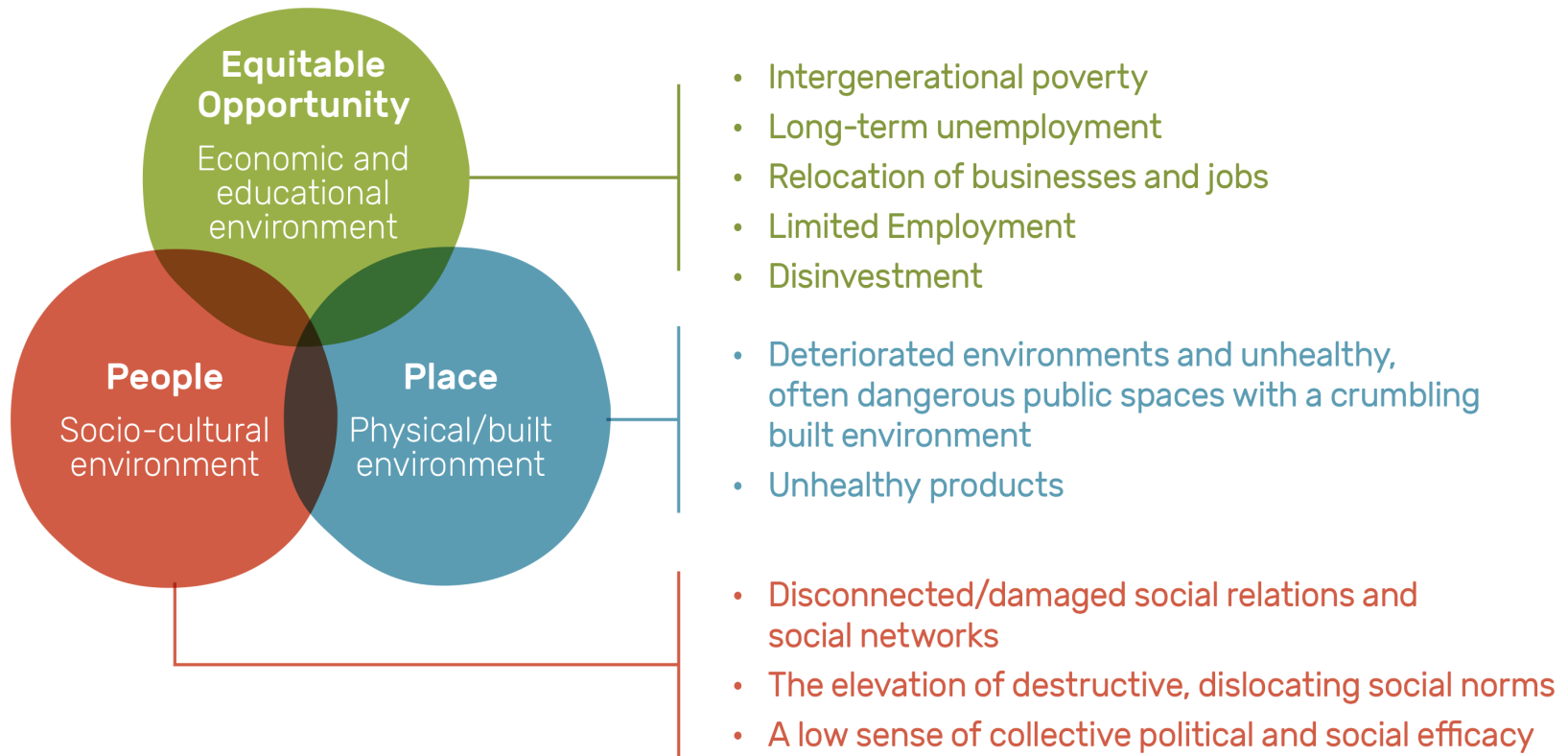


- **There is growing understanding about trauma** – particularly its prevalence and impacts
- **The predominant approach** to dealing with trauma is individual; screening and treatment; medical model
- **Trauma however, manifests at a community level** – impacted by chronic adversity (discrimination, racism, sexism, poverty, oppression)
- **There are emerging practices for addressing and preventing trauma** at the community level

# Structural Drivers and Structural Violence

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- Structural drivers are the **inequitable distribution** of power, money, and resources, and create the conditions that harm communities.
- Structural violence is **what inflicts harm** on communities and is driven by structural drivers.
- Structural violence also contributes to trauma.



# Symptoms of Community Trauma Across a Community



**People are unbelievably resilient – but traumatized people interacting with other traumatized people – a community can really run the risk of imploding.**

Violence prevention practitioner (*Adverse Community Experiences and Resilience: Preventing and Addressing Community Trauma*)



# Community Resilience

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- Community resilience is the ability/capacity of a community to adapt, recover and thrive, even in the face of adversity
- It's rooted in community factors, such as social networks and trust; willingness to act for the community good; living wages/local assets and wealth; healthy, equitable community design and infrastructure; and healthy products and services

# Elements of a Resilient Community

## THRIVE Community Factors

## Examples of THRIVE

1. Social networks & trust
2. Participation & willingness to act for the common good
3. Norms & culture

- strong social networks and trust
- community engaged in solutions
- norms supportive of healthy relationships

4. What's sold & how it's promoted
5. Look, feel & safety
6. Parks & open space
7. Getting around
8. Housing
9. Air, water, soil
10. Arts & cultural expression

- access to healthy food/products
- perceived safety
- safe parks/accessible open space
- reliable ways to get around
- safe, affordable housing
- safe/clean air, water, soil
- thriving arts /cultural expression

11. Education
12. Living wages & local wealth

- high quality education (pre-K-on)
- living wages, local ownership



# Debrief

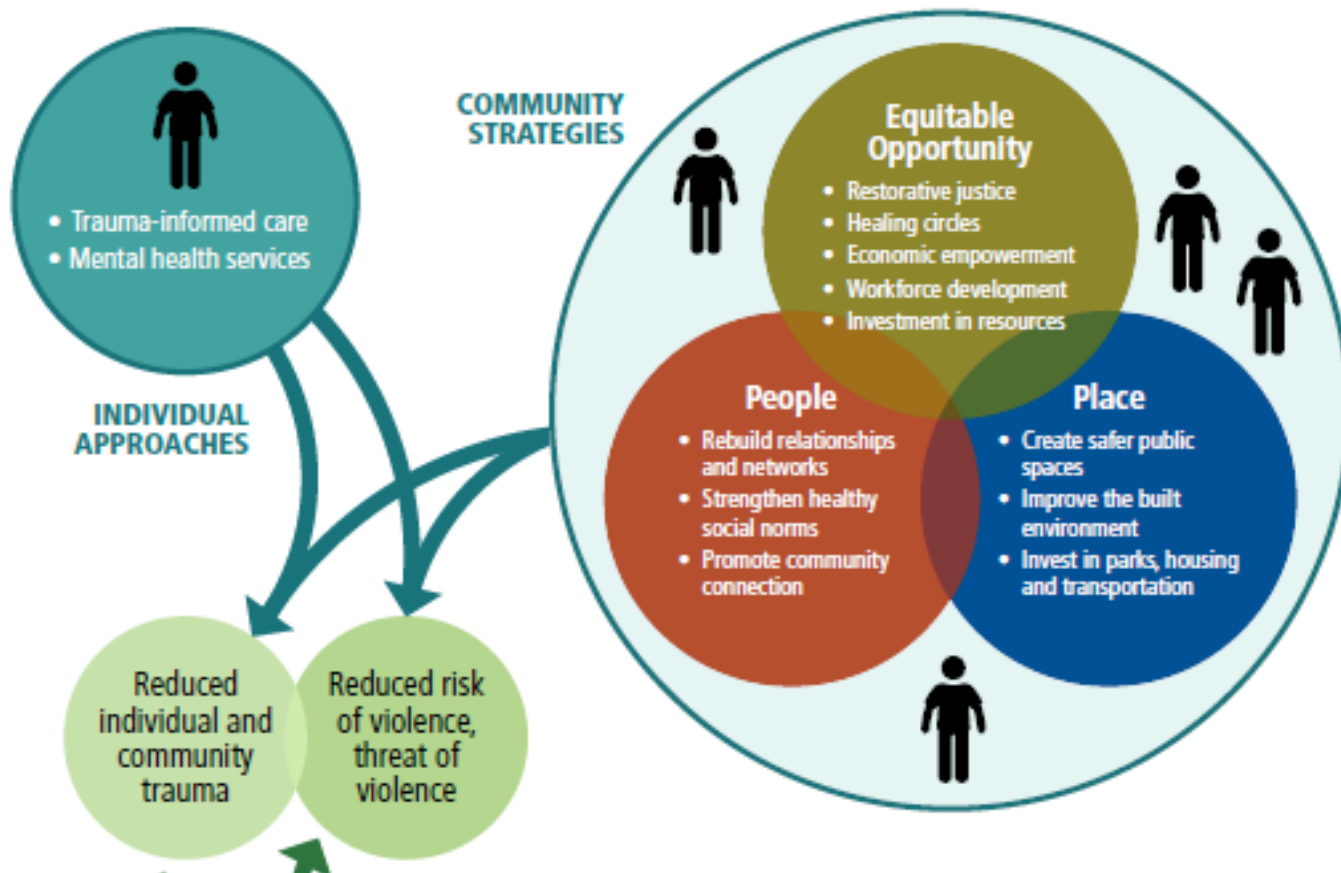
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- How does this resonate with you?
- What's coming up for you?
- How does this feel similar or different from what you see in your community?

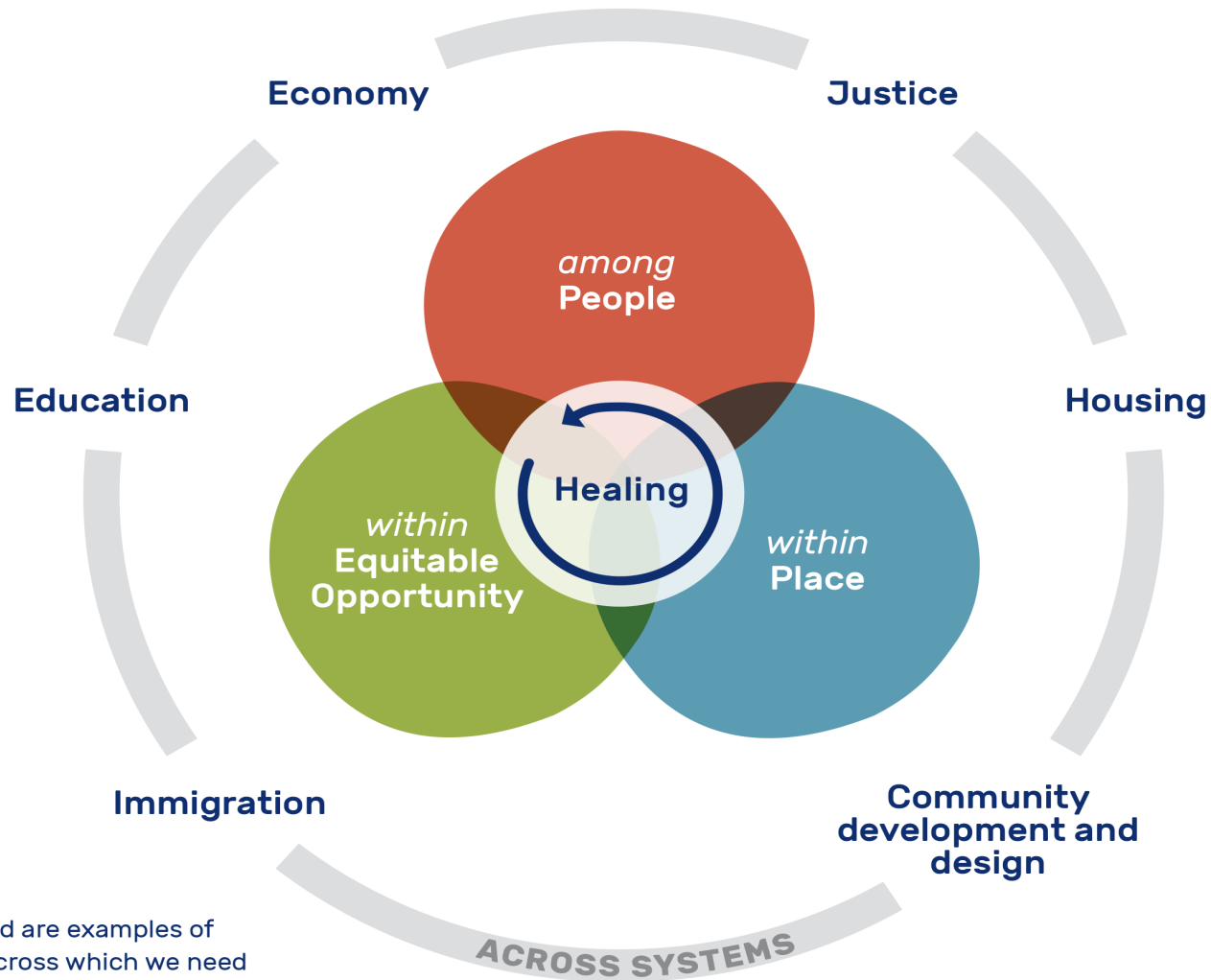


# How Do We Address Community Trauma?

Figure 5 Promoting Community Resilience: From Trauma to Well-being



## Simultaneous Community Solutions



Note: The systems listed are examples of the types of systems across which we need to work to address community trauma.

# Healing: A Starting Point for Community Agency

- Healing circles
- Vigils
- Restorative justice practices
- Acknowledgement/reconciliation
- Arts and engagement in the arts
- Community dialogues
- Practices that are culturally and community rooted and acknowledge harm and promote resilience





**Working on community determinants is both scary and reassuring. If we don't do this level of prevention, we will always be chasing the problem.**

-Ohio Community Collective Impact Model  
for Change Learning Community Partner

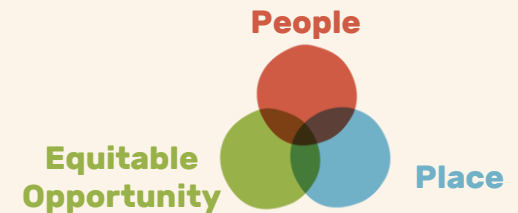




# Creating Space for Being/Doing/Connecting

# Strategies Among People

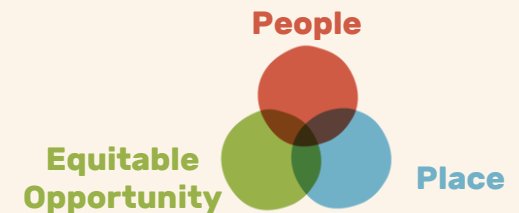
- Increase civic engagement and participation
- Supporting multigenerational relationships
- Coming together to build community efficacy
- Advancing positive norms





# Strategies Among People

- Uplifting positive narratives of hope and resilience from within the community
- Enhanced community engagement and advocacy
- Trauma informed community building
- Reconnecting with cultural identity



# Strategies within the Community (Place)

- Reclaiming land, spaces and public places
- Arts and cultural reflection/expression in the community
- Focus on ensuring stable housing with dignity
- Creating safe and supportive places for regular gathering/coming together





Photo Credit: KVICE



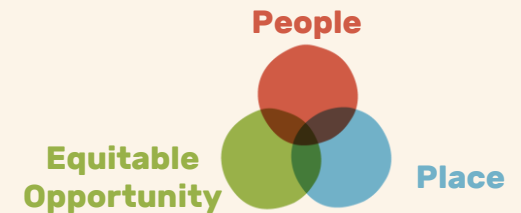
Photo Credit: KVICE

Establishing **informal gathering places for networking, resource connection and support** that also strengthen life skills and community/civic opportunities

## Engaging in Placemaking

# Strategies within the Community (Equitable Opportunity)

- Workforce and economic development
- Restorative justice in schools
- Resident ownership of businesses





# Building Capacity to Help Self and Others

# Strategies Across Systems

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- Trauma informed systems transformation
- Public health solutions to police-community violence
- Power-sharing (e.g., participatory budgeting, shared leadership and decision-making)



## Developing a community-trauma informed approach to the opioid epidemic in Ohio

### The need to address adverse community experiences and community trauma

Prevention Institute's Adverse Community Experiences and Resilience (ACE|R) Framework has been eye-opening as a lens that helps communities grappling with the tremendous impacts of the opioid epidemic. With high rates of opioid use disorder (OUD) in Ohio, staff of the Ohio Department of Mental Health and Addiction Services (OhioMHAS), Bureau of Prevention were searching for a strategy to address opioid overdose deaths and prevent the epidemic of opioid and other substance misuse from growing every day in the state. When they came across PI's ACE|R Framework, the concepts of community trauma and building resilience to address harm in the community resonated deeply with what they saw driving the crisis in the state: loss of industry, high rates of unemployment, broken relationships and lack of social supports, social isolation, and a pervasive sense of hopelessness in communities hardest hit. Molly Stone, Chief, and Valerie Leach, Prevention Administrator, OhioMHAS Bureau of Prevention, were interested in

*"Trauma reaches beyond those who directly witness or experience it, affecting communities on many levels. There's a need for healing and building resilience to prevent future community trauma. We're excited to be a part of this innovative approach to addressing community trauma resulting from the opiate epidemic."*

*– Molly Stone, Prevention Bureau Chief, OhioMHAS*

seeing if the framework had applicability to developing a prevention plan for the state.

To date, the ACE|R Framework has been used in communities across Ohio to think about and advance actions to build community trauma-informed teams; support the development of local theories of change that

# The Ohio Experience

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The concepts of community trauma and building resilience to address harm in the community resonated deeply with what 12 Ohio counties adversely impacted by OUD and Opioid Overdose Deaths saw driving the crisis in the state:

- loss of industry
- high rates of unemployment
- broken relationships and lack of social supports
- social isolation
- pervasive sense of hopelessness in communities hardest hit





**Working on community determinants is both scary and reassuring. If we don't do this level of prevention, we will always be chasing the problem.**

-Ohio Community Collective Impact Model  
for Change Learning Community Partner



# The Ohio Experience

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- This approach has been used to:
  - build community trauma-informed teams
  - Develop local theories of change that consider community trauma
  - reduce stigma that arises when issues are seen solely as problems of individual behavior versus through a broader lens of contributing community factors
  - link root causes of OUD to other “wicked” problems such as social isolation, joblessness, and poor educational opportunities
  - develop a strategic roadmap that considers underlying factors and root causes driving OUD

# A Plan to Create Resilient Communities

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- Develop a Community-Level Prevention Plan
- Addresses the community environment, underlying to community conditions and/or norms contributing to OUD
- Potentially impacts other issues, such as mental health and chronic disease
- Complex and multi-faceted, with multi-sectoral partners

# Ohio – Local Strategies Across All Areas

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- Promote Social Connectedness
- Increase Economic Stability
- Reduce Social Isolation by Increasing Access to Transportation
- Increase Safe, Affordable Housing Options

# Local Partnerships

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- Working with business community and employers
- Partnering with parks and recreation
- Partnering with faith communities
- Partnering with community colleges
- Working with local transportation agencies
- Working with housing providers

# Emerging Pillars of Wellbeing



*Hope*

*Dignity*

*Trust*

*Safety*

*Belonging & Connection*

*Control of Destiny*



Economics



Childcare



Medical Care



Jobs



Healthy Food



We each have a role



Clean Air



Parks and Activities



Policy Makers



Education



Housing



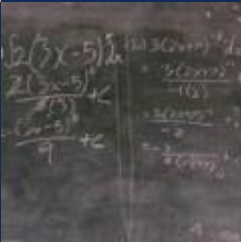
Criminal Justice



Neighborhoods



Residents



Transportation





When you start with needs, you get programs. When you start with strengths, you get possibilities.

- *Lupe Serrano, Casa de Esperanza*







# QUESTIONS and Comments



# City paints over Brooklyn 'jail' playground with space-age replacement

BY JAKE PEARSON, ELIZABETH HAYS / DAILY NEWS WRITERS / Thursday, April 15, 2010, 4:14 PM

AAA



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