Housing and Healing

The Role of Community Development in Supporting Mental Health and Well-Being
Mental health is defined as a state of well-being in which every individual:

- realizes his or her own potential
- can cope with the normal stresses of life
- can work productively and fruitfully
- and is able to make a contribution to her or his community.

Source: World Health Organization
Community Development at the SF Fed

We envision a healthy and inclusive economy in which all people have the opportunity to fully participate and no one is left behind.
Adult population in poverty, 2016

Source: ACS 2016 (5-year estimates)
Asthma prevalence among adults, 2016

Source: 500 Cities Project, CDC

Model-based estimates for current asthma among adults aged >=18 years – 2016
Poor mental health prevalence among adults, 2016

Source: 500 Cities Project, CDC

Model-based estimates for mental health not good for >=14 days among adults aged >=18 years - 2016
Historic legacy of redlining continues to drive disparities in economic opportunity, physical health, and mental health.
Health ≠ Healthcare
The Pair of ACEs

Adverse Childhood Experiences

Maternal Depression
Emotional & Sexual Abuse
Substance Abuse
Domestic Violence

Physical & Emotional Neglect
Divorce
Mental Illness
Incarceration
Homelessness

Adverse Community Environments

Poverty
Discrimination
Community Disruption
Lack of Opportunity, Economic Mobility & Social Capital
Violence
Poor Housing Quality & Affordability

Partnerships for Community Mental Health and Wellbeing

Lisa Fujie Parks, MPH
Associate Program Director Prevention Institute

April 16, 2019
Trajectory to Mental Health and Wellbeing and Equity

Structural Drivers

Community Determinants of Wellbeing

Exposures & Behaviors

Wellbeing and Equity
Structural Drivers: What’s Driving the Harm?

- Structural drivers are the *inequitable distribution* of power, money, and resources
- Structural drivers create the conditions that harm communities
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
Pillars of Wellbeing

Belonging/Connectedness
Control of Destiny
Dignity
Hope/Aspiration
Safety
Trust

Image source: F Mira, Creative Commons
Note: The systems listed are examples of the types of systems across which we need to work to address community trauma.
“By design, we have left whole communities behind. By design, we can reverse that and reclaim our nation and all of its people.”

— Rachel Davis
Prevention Institute
When you start with needs, you get programs. When you start with strengths, you get possibilities.

- Lupe Serrano
casa de esperanza
Leataata Floyd Student and Family
Community Center (LFSFCC)

The LFSFCC is a joint resource program offered by Mercy Housing California and the Sacramento City Unified School District serving students of Leataata Floyd Elementary and the surrounding neighborhood. The center offers quality education, enrichment, and health services to children, teens, and families.
Our Strategy

- Trauma Sensitive Education and Implementation
- Health navigation, expanded learning programs, and enrichment opportunities for Kindergarten-6th grade students and their families
- 7-12th grade youth empowerment programs, academic coaching, and mentoring
- Community Partnerships & Fundraising
We did it!
The Intersection of Community Conditions and Healthcare

Larissa J. Estes Dr.PH
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Department of Community Health and Engagement
Children Who Experience 4 or more ACEs:

- 32x Learning and Behavioral Problems
- 4.5x Depression
- 2-3x Asthma, Heart Disease and Cancer
- 3.5x Pulmonary Disease

- 7 out of 10 Leading Causes of Death in the U.S. correlate with exposure to 4 or more ACE’s
- 10-12x greater risk for Intravenous Drug Use and Attempted Suicide

CDC–Kaiser Permanente ACEs Study, 1995-97
TRAUMA-INFORMED CARE AND BUILDING RESILIENCE
Trauma-inducing to Trauma-reducing

TRAUMA-ORGANIZED
- Reactive
- Reliving/Retelling
- Avoiding/Numbing
- Fragmented
- Us Vs. Them
- Inequity
- Authoritarian Leadership

TRAUMA-INFORMED
- Understanding of the Nature and Impact of Trauma and Recovery
- Shared Language
- Recognizing Socio-Cultural Trauma and Structural Oppression

HEALING ORGANIZATION
- Reflective
- Making Meaning Out of the Past
- Growth and Prevention-Oriented
- Collaborative
- Equity and Accountability
- Relational Leadership
Safety Net Interventions

Culturally Responsive Evidence Based
Screening
Technology Research & Evaluation
Prevention
Training/Education
Treatment Interventions
Best Practices
Policy/Advocacy Collaboration
Community Engagement
Better Health Outcomes
Resiliency Clinics

The Resiliency Clinic Workbook
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