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For

Massachusetts Center of Excellence on Prevention

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# What do we mean by "Community Wellness"?

(Lawrence, et al., July 15, 2016)

# Community wellness is based on a public health approach with 2 assumptions:

- Most illnesses are preventable, including various types of mental illness.
- The community itself contains many solutions to its own health needs and already has many techniques to encourage resilience and wellness.

A processoriented program...

- Includes community-based program planning
- Facilitates interventions based on an assessment of community-specific health needs
- Encourages empowerment of the community, and
- Develops a community-wide support system (i.e., school, recreation staff, community activist, faith/spiritual leaders, elders in the community)





#### Poll:

 Do you feel your problem gambling (and co-occurring Mental Health/Substance Use) prevention efforts are effective in supporting communities experiencing marginalization, oppression, and health disparities?



#### Excluded or Marginalized Groups

- Those who have often suffered discrimination or been excluded or marginalized from society and the health-promoting resources it has to offer.
- They have been pushed to society's margins, with inadequate access to key opportunities.
- Economically and/or socially disadvantaged
- Include (but not limited to): People of Color, people living in poverty (esp. across generations), Religious Minorities, People with physical or mental disabilities, LGBTQ persons, and women

(Robert Wood Foundation, May 2017)

Where is?

"The Public in Public Health?









We don't understand the unique cultural, lived experiences...

KNOW THE COMMUNITY !!!



## NON-EXISTENT HEALTH EQUITY & PUBLIC HEALTH Problem Gambling Prevention Strategic Plan

- We ask mental health professionals to support community wellness but often lack developing strategic planning, including a culturally-relevant plan, for wellness efforts.
- Lack of consistent, engaged cultural diversity or diversity/equity/inclusion policies, procedures, programming, to meet the changing and diverse needs of the communities we support?

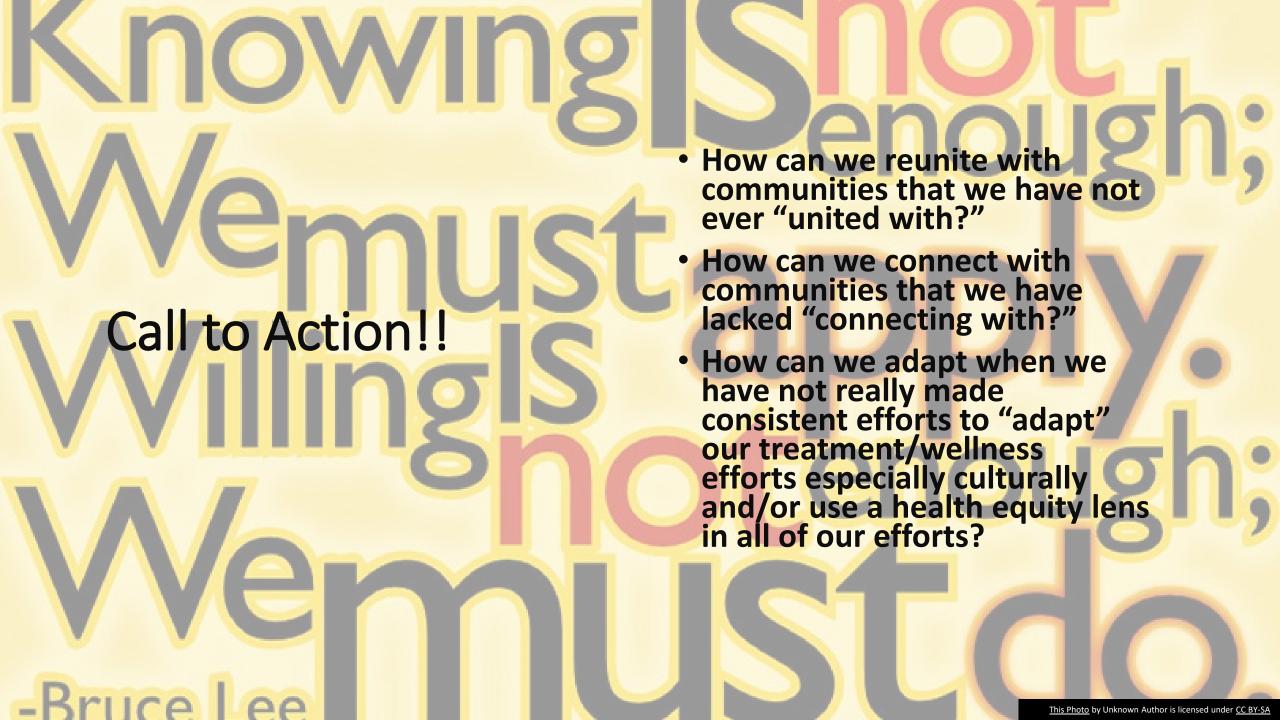
# We can't take it to the streets (including online) without a navigation system...

 A system that provides a real time map of the current location and step-by-step directions to a requested destination...

Often our wellness is focused on general communities but lack modification targeting the communities (including cultural) we are supporting.

We also lack a step-by-step process to get us to a destination..





# 

- Ineffective
- Disconnected from community needs
- Working in our own "silos"

Result:

## CONFUSE

Embedded
Biomedical
Assumptions,
Practices

Researcher Individual-Intrusion Limited Level Foci Population Innovation Exclusion, No Changes Privilege . to Policies, Deficits-Systems Based Culturally Inadequate Interventions Inappropriate Ongoing Research Practices Health Methodologies Disparities

Health Equity is Necessary!!! (Robert Wood Johnson Foundation)

 Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.

## Let's transform "business as usual!"

- Pickering et al. (2020) asked gambling help service users "what does it mean to recover from a gambling disorder?"
- Current understanding of recovery is largely based on professional opinion & theoretical models of GD.
- Conducted 32 face-to-face interviews with interviewees at various points of stages for help-seeking for gambling problems (EGMs via self-exclusion and/or specialized gambling counseling)
- Recovery was perceived as a continued process including periods of improvement and decline: identified developing insight, building meaningful life beyond gambling, identifying alternative activities, fostering strong social relationships, stabilizing \$, achieving general psychological health and wellbeing.





## To be effective... (Robert Wood Johnson, May, 2017)

- An organization may choose to focus on selected disadvantaged groups
- The depth and extent (multiple vs. single disadvantages) of disadvantaged faced by a group, as well as judgment about where maximum impact could be achieved are legitimate considerations in choosing where to focus
- Excluded or marginalized groups must be part of planning and implementing the actions to achieve greater health equity
- Some persons in an excluded or marginalized group may have escaped from some of the disadvantages experienced by most members of that group; those exceptions do not negate the fact that the group as a whole is disadvantaged in ways that can be measured

### Culturallyspecific strategies....

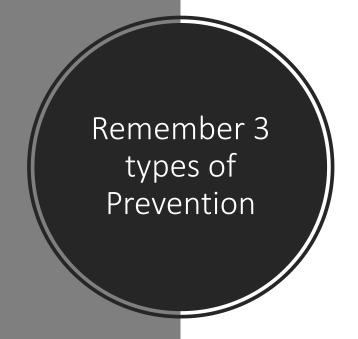
Enhance a community's ability to recover.

To tap into this cultural wisdom, we identify those in the community who are already recovering and striving.

#### Explore..

- What do they perceive as strengths of the community?
- What do they consider as barriers?
- What resources can you partner with them to improve?





#### **Primary Prevention**

Interventions designed to prevent the onset or future incidence of a specific problem

#### **Secondary Prevention**

An early intervention that decreases the prevalence of a specific problem

#### **Tertiary Prevention**

Treatment designed to improve quality of life and reduce the symptoms after a disease or disorder has developed

Does not reduce incidence or prevalence

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First, let's spot check our approaches...

And how has the COVID-19 Pandemic shifted our approaches....

What is working?

What isn't working (and do we continue despite ineffective outcomes)?

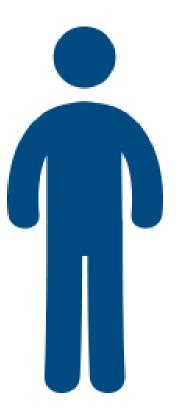




Polls? What Primary/Secondary/Tertiary Problem Gambling Intervention (Come off Mute/Type into Chat):

- What intervention has been successful (and/or effective)? Why/How?
- What contributed to an intervention's lack of success or effectiveness? Why/How?

Tertiary Prevention: Individual Foci — "How is this working for the client/family/community?



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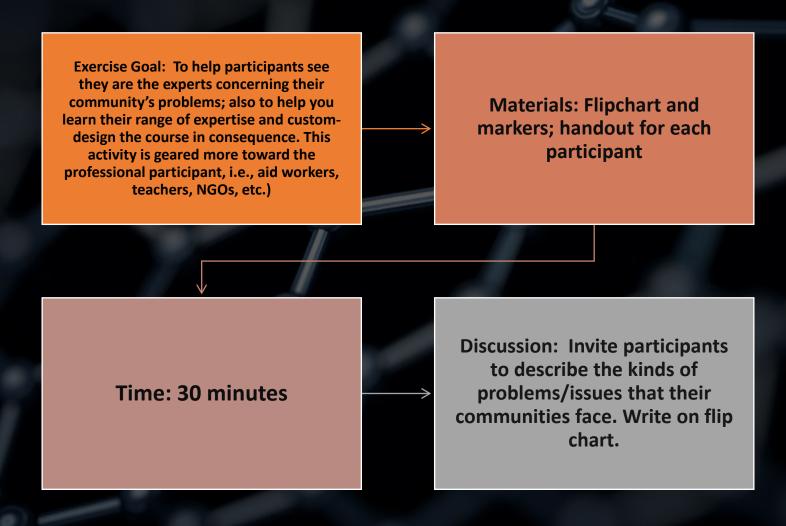




"People are doing group therapy in their own communities..." (Dr. Deborah G. Haskins, 2021)



### Community Wellness Assessment: What Problems Does Your Community Face? (Omidian, et al., 2017)





Invitation...Which community do you want to concentrate on?

- Come off of mute/type into the chat:
- 1) What is a client population you can concentrate on?
- 2) What is an area that is not working?
- 3) Identify one area of community wellness that you can focus on in the next fiscal year.

## 1 Case Study for learning: Mental Wellness Program (MWP) (Ninomiya, et al., 2020)

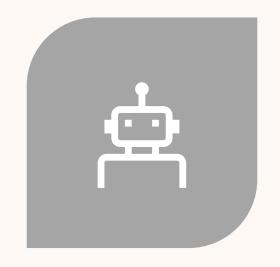
- Canadian program
- Mental health/substance use/addiction and violence (MSV) are key issues affecting the well-being of Indigenous People in Canada
- MWP aims:
- ✓ Increase community capacity
- ✓ Promote relationship-building among communities
- ✓ Close gaps in services through processes that place value on and supports Indigenous communities' rights to self-determination/control
- ✓ MWP collects/uses local data to develop/implement community-specific mental wellness strategies in 5 First Nations in Ontario.



1st: Data collection—including a community-wide survey to understand MSV issues, service needs, and community strengths; in-depth interviews with persons with lived experiences with MSV issues to understand, health system strengths, service gaps/challenges, as well as individual and community resilience factors; focus groups with service providers to improve understanding of system weaknesses and strengths in addressing MSV.

#### Phase 2: Review and Synthesis





REVIEW RESULTS FROM PHASE 1 TO IDENTIFY A PRIORITY AREA FOR STRATEGIC DEVELOPMENT, BASED ON LOCAL STRENGTHS AND NEED.

REALITY CHECK: OFTEN WE PLAN BASED ON OUR PERCEIVED NEEDS

#### Phase 3: Participatory Action Research Approach

 Involves community members, including persons with lived experience, working with the community and local service providers to develop, implement, and evaluate the MWP to address the selected priority area.



#### Phase 4: Share



Focused on developing and implementing effective knowledge-sharing initiatives.



Guidelines and models for building the MWP are shared regionally/provincially through forums, webinars, and social media as well as crosscommunity mentoring.

#### Program Outcomes

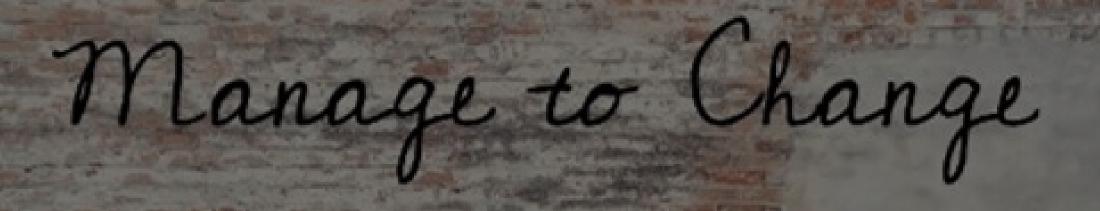
- Shared exemplary knowledge-to-action models and wellness strategies developed by and for First Nations people that can be used by other First Nations to identify shared wellness priorities in each community and determine and execute next steps in addressing areas of main concern.
- Another case study: The Massachusetts Public Health Division on Problem Gambling

See Victor Ortiz et al., (2021) "Hear Our Voices"

https://link.springer.com/article/10.1007/s40429-021-00369-5

The Massachusetts Model is doing an outstanding prevention using a health equity and social justice framework....





Finally, current updates include...

SELF MANAGEMENT OF RISKY GAMBLING BEHAVIORS
SIMILAR TO HOW WE EQUIP PERSONS TO CONTROL
CHRONIC HEALTH CONDITIONS

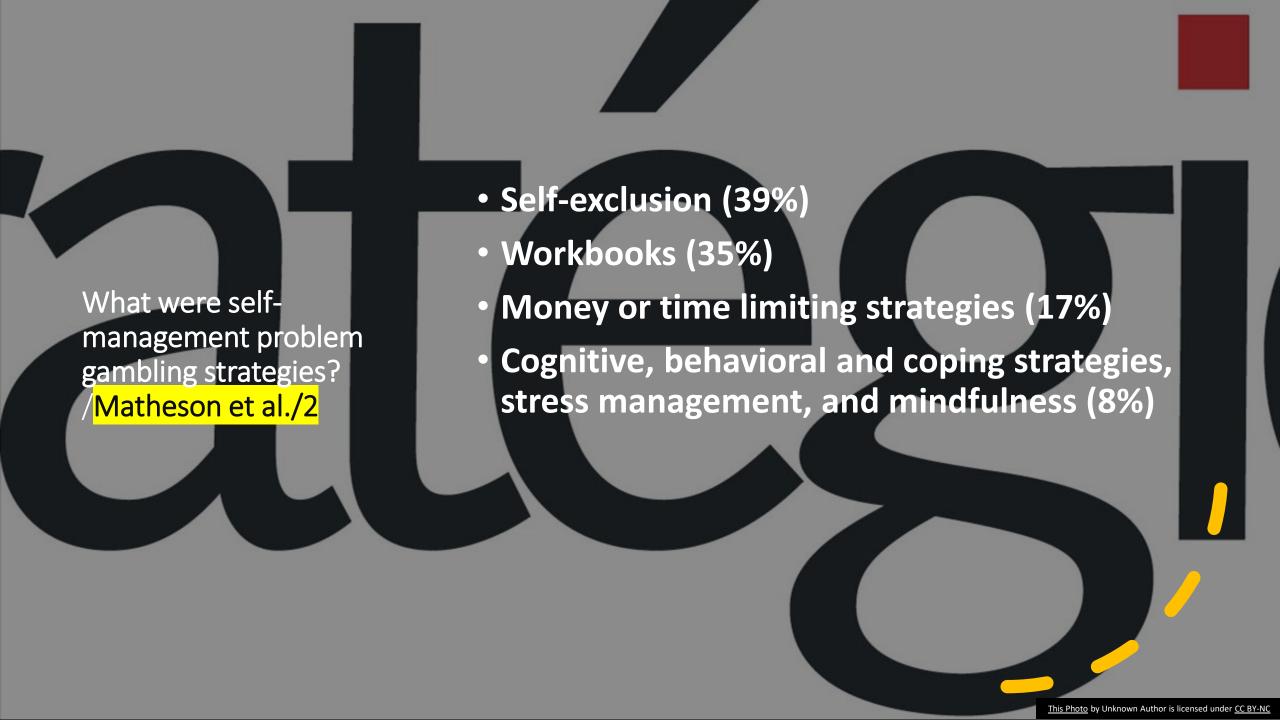
# Little research focused on self-help and self-management in gambling recovery...(Matheson, et al., 2019)

Despite evidence that a substantial number of people do not seek treatment.

# Matteson et al., (2019)

 Self-management was defined as the capacity to manage symptoms, the intervention, health consequences and altered lifestyle that accompanies a chronic health concern.





#### An example...

We have to learn new technologies and consider self-management tools also...

Remember communities experiencing marginalization/oppression do not often connect to traditional "help" sources (tertiary)....

Another Addictions Development:
Developing a mHealth Routine Outcome
Monitoring and Feedback ("SMART Track")
to Support Self-Management of Addictive
Behaviors (Beck et al., 2021)

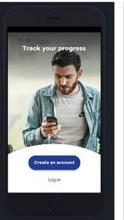
- These researchers developed SMART
   Track as a purpose built smartphone app
   designed to capture Routine outcome
   monitoring (ROM) data and provide
   tailored feedback to adults attending
   Australian SMART Recovery groups for
   addictive behavior(s).
- Authors noted that many existing ROM approaches provide clinician feedback only; client feedback is needed to enhance the positive impact of ROM on treatment outcomes.
- While this approach was within a treatment program, recovery support groups are an important aspect of recovery self-management.

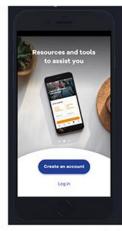
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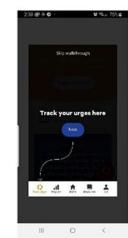
#### SMART APP Beck et al., (2021)/3











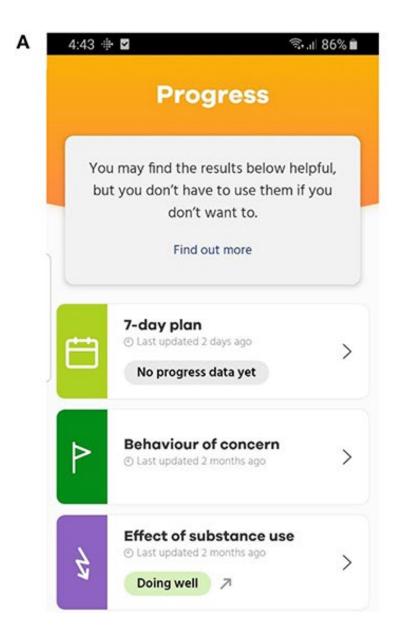


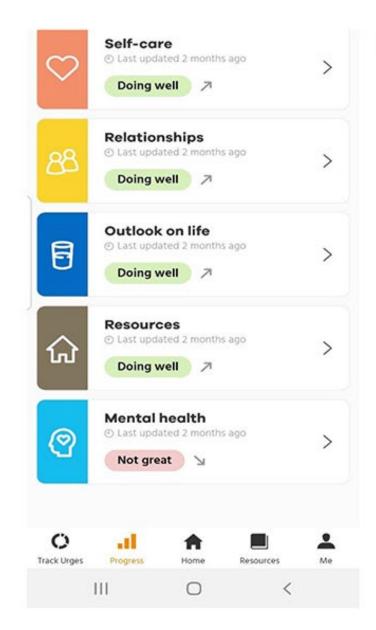


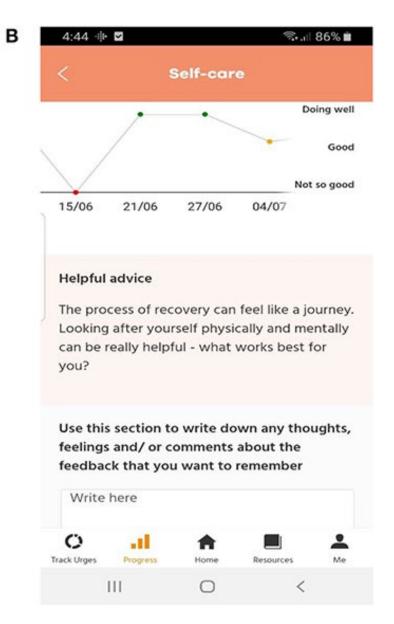












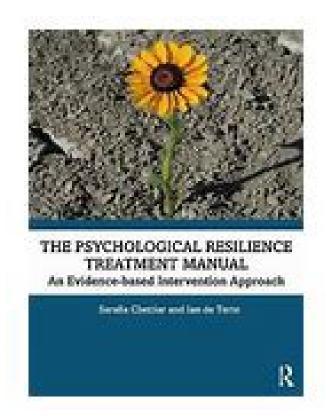
Wrap Up: There is not a one-shot approach for Gambling Disorders Prevention!!!





#### Wellness Resources

Provides Mental Health Professionals with an Evidence-Based Guide to Equip Clients with Toolbox of Adaptive Coping Strategies



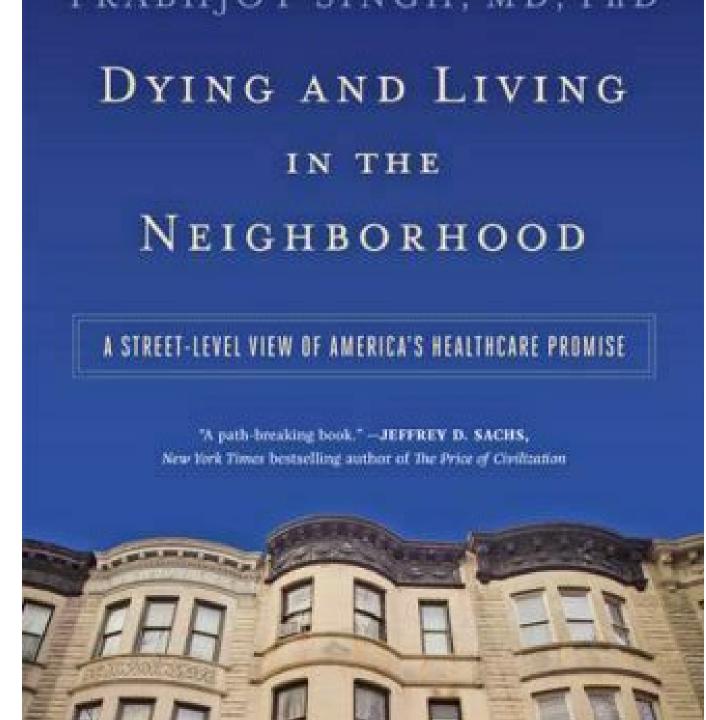
A Training Manual for Community Wellness

By Focusing Initiatives International – Patricia Omidian,
PhD and Team



#### Resource: Reinvisioning Healthcare

- Check out his website from his organization "Take Off My Shoes" also with collaborations with community-based wellness practitioners
- https://takeoffmyshoes.org/w ho-we-are



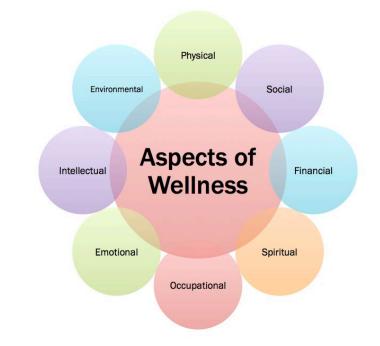
#### Resources for Community Wellness

Robert Wood Johnson Foundation

Robert Wood Johnson Foundation and Healthy People: Supporting Shared Goals to Advance Health Equity - News & Events | health.gov

#### Resources for Community Wellness

<u>Public and Community Health</u>
 Robert Wood Johnson Foundation



• <a href="https://www.rwjf.org/en/our-focus-areas/topics/public-and-community-health.html">https://www.rwjf.org/en/our-focus-areas/topics/public-and-community-health.html</a>



Creative Community
Wellness Ideas for a
COVID-19 and PostCOVID-19 Community
Wellness Thriving

Take Some Risks!!!

#### Strive to Thrive Community Wellness Series (Maryland Council on Problem Gambling, 2022 to present)



## Develop Brief Self-Management 15-min public awareness presentations (MCPG Strive to Thrive)

**Anxiety and Problem Gambling** (Marylin Marquez-Beckley)

https://drive.google.com/file/d/1 cizBvbaER3f2zB2-Kr69JA8p9hACKJfk/view



Problem Gambling and Grief and Loss (Urban Playology)

https://www.canva.com/design/D AFCNOLVoJ8/Nuir-00BW8P2YoiDbxAJQ/view?utm content=DAFCNO LVoJ8&utm campaign=designshar e&utm medium=link&utm sourc e=recording view



Integrate Podcasts

#### Create a Social Media Presence and Share Gambling Recovery Podcasts

The Broke Girl Society by Christina Cook

All In: The Addicted Gamblers Podcast (Brian & Jeff)\*Dr. Haskins interview received 645 views!

**After Gambling by Jamie** 

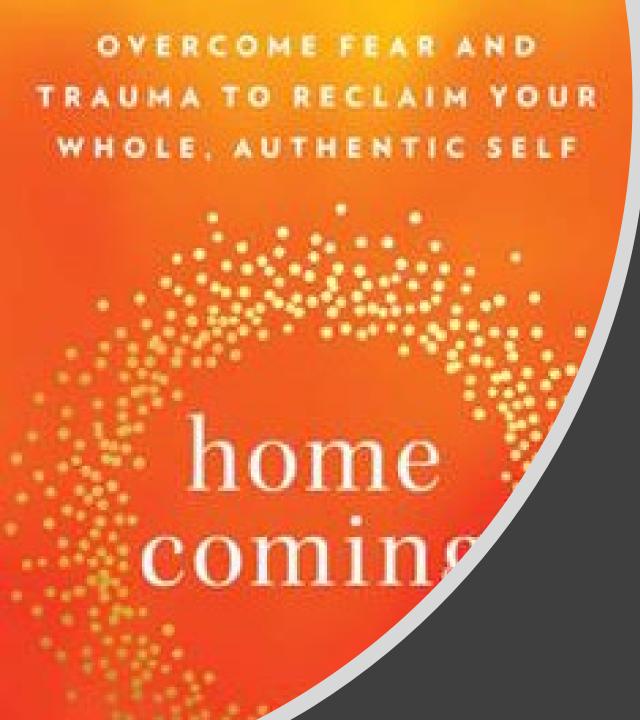
All Bets Are Off (UK)

The Problem Gamblers Podcast (Ireland)

Fold Em by Adrienne Cossom

If Your
Agency/Practice
Needs
Help...develop an
internship...





## Share Cultural Podcasts

- Dealing with Alcoholism/Addictions during COVID
- https://soundcloud.com/dr-thema-bryant-davis/ep-40?utm\_source=clipboard&utm\_medium=text&ut m\_campaign=social\_sharing
- Meditation with Justin Williams (racial and social justice trauma specialist)
- https://soundcloud.com/dr-thema-bryant-davis/ep-41?utm\_source=clipboard&utm\_medium=text&ut m\_campaign=social\_sharing

#### Taking it to the streets...(Dooby Brothers)

https://youtu.be/2rxWPEdYCnl

You don't know me but I'm your brother
I was raised here in this living hell
You don't know my kind in your world

Fairly soon the time will tell.

You telling me the things you're gonna do for me

I ain't blind and I don't like what I think I see

Takin it to the streets, Takin it to the streets, Takin it to the streets

Take this message to my brother
You will find him everywhere
Wherever people live together
Tied in poverty's despair

You telling me the things you're gonna do for me

I ain't blind and I don't like what I think I see

Takin' it to the streets

Takin' it to the streets

Takin' it to the streets

*Takin it to the streets* 

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Thank you for learning... <a href="https://hello@drdeborahhaskins.com">hello@drdeborahhaskins.com</a> www.drdeborahhaskins.com

