Thank you for joining!

We will begin our webinar shortly.

Before we begin, please check that the sound levels on your computer or phone are turned up to hear clearly.
Social Determinants of Health: Treatment Implications

- Anxiety
- Depression
- Job loss
- Working remotely
House Keeping Items

1. Today’s webinar is 1 hour including Q&A.
2. All participants will be muted during the webinar.
3. Polls will be used during the presentation. Please answer to be part of the discussion.
4. Please use the Q&A function vs. chat. We will monitor questions throughout and answer as many as possible at the end.
5. This webinar is being recorded and will be posted within 24 hours at www.beaconhealthoptions.com/coronavirus/ so you have continued access to the information and resources.

PLEASE NOTE: This presentation provides some general information that is subject to change and updates. It should not be construed as including all information pertinent to your particular situation or as providing legal advice. We encourage you to consult with your legal counsel regarding the topics raised in this presentation.
Today’s speakers

Rachel Francis, PhD
Vice President Performance Measurement & Improvement

Anne Toland, PhD
Associate Director of Behavioral Health Services
What we will discuss today...

The importance of social determinants of health and health disparity and how to assess for them

How COVID-19 is significantly impacting the social determinants of health

Treatment implications when coping with homelessness, food insecurity and economic hardships

Resources to support providers in helping to mitigate SDOH factors exacerbated by COVID-19

Other available resources
Chapter

01

Identifying and assessing social determinants of health
Social determinants of health (SDOH) are the complex circumstances in which individuals are born and live that impact their health.

- They include **intangible factors** such as political, socioeconomic, and cultural constructs, as well as **place-based conditions** including accessible healthcare and education systems, safe environmental conditions, well-designed neighborhoods, and availability of healthful food.

“The conditions in which people are born, grow, live, work and age.”

World Health Organization definition \(^1\)
Social determinants of health fall into several categories

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<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
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<td>Housing</td>
<td>Literacy</td>
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**Health Outcomes**
- Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations
SDOH impact individual health significantly

“SDOH are the conditions in which people are born, grow, live, work and age.”

Understanding SDOH allows providers to deliver quality care

HEALTH IS VARIABLE!

It is important providers have a full picture of the member in order to provide appropriate clinical support.

Demographics and clinical information alone do not provide the full picture
Members may need support with several SDOH in order to achieve desired clinical results

Data and research indicates that the SDOH have a higher impact on population health than healthcare, and that a higher ratio of social service spending versus healthcare spending results in improved population health\(^3\).

Data on SDOH equips providers to address complex member needs, including making appropriate referrals.
Screening Tools in Action

- Screening Tools
- Assessment
- Treatment Planning
- Re-Evaluate and Measure Progress
- Modify as needed
Use screenings to inform treatment plans, evaluate risk, and measure progress

- **PRAPARE**
  - Developed by the National Association of Community Health Centers
  - 21 questions
  - 5 domains

- **AHC-HRSN**
  - Developed by Centers for Medicare and Medicaid Services
  - 10 questions
  - 5 domains

- **The People’s Tool**
  - Developed by The People’s Health Center in Austin, Texas
  - 8 questions
  - 5 domains

- **Social Needs Screening Tool**
  - Developed by AAFP
  - 15 questions
  - 5 domains

- **Psychosocial Assessment**
Impact of COVID-19 on commonly reported social determinants of health
COVID-19 is exacerbating economic hardship

Prior to the pandemic, up to 78% of Americans were already living paycheck to paycheck.

In the lead-up to the historic surge in jobless claims, the United States appeared to be in a period of historic prosperity.

The spread of COVID-19 prompted widespread business closures.

Many consumers have less money to spend on necessities, while experiencing increased caregiving responsibilities and decreased social support.

As recently as February, the unemployment rate stood at a multi-decade low of 3.5%.

Between March and April the number of families that were able to pay their rent on time decreased by 12%.

It is projected that the unemployment rate could hit nearly 16% by July, which is higher than any point since the Great Depression.
COVID-19 is highlighting the importance of housing on maintaining health

Prior to COVID-19, 1.5 million Americans experience homelessness each year

COVID-19 disproportionately impacts individuals and families in low income housing, disadvantaged neighborhoods and those who are homeless.

The physical hazards associated with homelessness or living in low income housing consequently hasten the spread of the virus.¹¹

- Inability to stay home
- Lack of hand washing supplies or facilities
- Crowded living conditions
- Unable to practice social distancing
- Family and friends less likely to offer housing due to fear of exposure to the virus
COVID-19 has impacted availability of certain goods

Panicked shoppers report widespread shortages and empty aisles

Despite stores pushing on their supply chains many essentials are limited or missing altogether

Farm labor organizations fear increased disruption to the American food supply given new restrictions on guest worker visas

The United Nations World Food Programme (WFP) estimates that COVID-19 will double the number of people suffering from a food crisis, pushing it to 265 million.
Pandemic and economic hardship impact individual food supply and food shopping experience

COVID - 19 + Resulting Economic Hardship =

- There is an increase in the number of individuals unable to afford adequate food supply.
- Shortage of food options is particularly difficult for those who live in food deserts or rely on WIC approved groceries.
- Restriction of the number of people allowed to enter grocery stores, food kitchens, and co-ops.
- Many people are afraid to go to the grocery store for fear of catching the virus.
COVID-19 has impacted the ability to connect with one another

Social distancing has been a component of quarantine efforts to minimize the spread of COVID-19

Families have lost supports such as childcare, public school, and access to family, friends, community and recreational activities

Social isolation and increased stress result in increased feelings of loneliness and depression

Loneliness can be as lethal to your health as smoking a pack of cigarettes a day! \(^{14}\)
Chapter 03

Provider interventions to reduce impact of SDOH exacerbated by COVID-19
Providers can share an array of coping skills with members to lessen the pandemic’s impact

**Emotion-Focused Coping** is helpful when someone needs to take care of their emotional wellbeing when they either don’t want to change their situation or when circumstances are out of their control.

**Problem-Focused Coping** is helpful when someone wants to change their situation by removing a stressful thing from their life or trying to change a stressful situation.
Resources are evolving as the COVID-19 crisis continues

The impact from COVID-19 is fluid and changing!

Check in with members regularly about access to food, housing, and employment

Ask members directly how they are managing and how you can support them

New resources are emerging daily

Be in the know about local community resources!

Remember to refer to critical supportive wrap around services!
Providers can offer empathy while guiding members through practical steps to deal with economic hardship

- **Empathize and foster hope** about finding solutions to money problems
- Recommend **spending every dollar wisely** once member has determined needs and wants
- Encourage **cutting spending and thinking about costs ahead of time**
- Promote actively **comparing prices, shopping sales** of needed items, and **using coupons** or discounts
- Consider referring members to state by state guide to pandemic unemployment assistance benefits
Supporting members through economic hardship includes appropriate referrals and creativity

- Make referrals to available community resources such as food banks, co-ops, and food kitchens.
- Encourage exploring government income-related benefits to help pay for or supply food, such as SNAP and WIC.
- Have members consider growing their own vegetables, herbs, or participating in a community garden.

Have members consider growing their own vegetables, herbs, or participating in a community garden.
Providers can assist members having housing issues

Coronavirus Aid, Relief, and Economic Security Act ("CARES Act) includes important, immediate protections for tenants and homeowners.

- Housing Help
- Homelessness Resources
- Housing for specialty populations

https://www.usa.gov/housing-help-audiences

- Rental Assistance
- General Housing resources
- Housing Fairness support
- Federal eviction moratorium for tenants living in certain types of housing

https://www.hud.gov/topics

- Projects for Assistance in Transition from Homelessness (PATH)

https://pathpdx.samhsa.gov/Public?tab=statandprovidercontacts
Providers continue to provide high quality, evidence-based care to support members

Member needs can change rapidly and frequently during the pandemic.

Providers stay in touch with their members and encourage best practices that support overall wellness!
Search for free or reduced cost services like medical care, food, job training, and more.

1611 programs serve people in Scranton, PA (18505)

Type a search term, or pick a category
Wrap up

Collect SDOH information on your members using a validated assessment tool

Stay updated on your local and state resources, refer to Aunt Bertha - an online directory of social service organizations for your specific geographical area. [https://www.auntbertha.com/](https://www.auntbertha.com/)

Familiarize yourself with which agencies offer community based services for the homeless and food insecure populations. Collaborate with local community partners (e.g., churches, food banks, daycare organizations, housing agencies, domestic violence programs, etc.) to provide needed services and resources

Helpful services include:
- Community Outreach
- Peer Supports
- Recovery Coaches
- Case Management
Refer to Beacon’s COVID-19 webpage for the most up-to-date information.

Coronavirus Provider Resources (Link)
Provider Webinars (Link)

Upcoming Provider Webinars
2. July 1, 2020 - Suicide: Prevention and care during the COVID-19 pandemic and beyond
Resources

• SDOH Resources
  o Aunt Bertha (online directory of social services organizations): https://www.auntbertha.com
  o Federal Assistance Programs
    • https://www.hud.gov/topics/homelessness/localassist
    • https://nationaldiaperbanknetwork.org
    • https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program
    • https://www.fns.usda.gov/nslp

• Beacon Health Options
  o Coronavirus & Mental Health: https://www.beaconhealthoptions.com/coronavirus/
  o Resources for Providers: https://www.beaconhealthoptions.com/coronavirus/provider-resources/
  o Psych Hub: https://psychhub.com/covid-19/

• The Center for the Study of Traumatic Stress
  o Publications and resources for providers, families, and leaders: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

• The Center for Disease Control and Prevention (CDC)
  o Latest data and status on the spread, symptoms and testing, preparation guidelines, and more: https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html
References

1. Social determinants of health. (2019, November 15). Available at: https://www.who.int/social_determinants/en
4. PRAPARE. (n.d.). Available at: http://www.nachc.org/research-and-data/prapare/
Thank You

Contact Us

This presentation will be posted at www.beaconhealthoptions.com/coronavirus/

CONTACT US:
Beacon’s National Provider Services Line

800-397-1630 (Monday-Friday, 8 a.m.-8 p.m. ET) or contact your Provider Relations contact