Conducting Community-Based Participatory Research to Promote Health Equity in Diverse Populations

Team Kapwa
Joyce R. Javier, MD, MPH, MS, FAAP
Dean Coffey, PsyD
Jed David, MS, OTR/L, SCFES, SWC
Horacio Lopez, MD
Aviril “Apple” Sepulveda, OTD, MS, OTR/L, BCP, SCFES, SWC, CLE

USC Diversity Week
January 16, 2019
A Kwento (Story)
SILENT SACRIFICES-
VOICES OF FILIPINO AMERICAN FAMILY:
Showing Affection

Silent Sacrifices, Voices of the Filipino American Family, 1997
“AAPI youth, ages 12-19 years are the only racial/ethnic group for whom SUICIDE is the leading cause of death, yet this is rarely discussed.”

## When You See Numbers, I See My Community

<table>
<thead>
<tr>
<th>RANK</th>
<th>Ages 10-14</th>
<th>Ages 15-19</th>
<th>Ages 20-24</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Unintentional Injuries 20.0% (Tie Rank 1)</td>
<td>Unintentional Injuries 32.7%</td>
<td>Suicide 27.8%</td>
</tr>
<tr>
<td>2</td>
<td>Suicide 20.0% (Tie Rank 1)</td>
<td>Suicide 21.8%</td>
<td>Unintentional Injuries 27.2%</td>
</tr>
<tr>
<td>3</td>
<td>Cancer 10.0%</td>
<td>Cancer 11.9%</td>
<td>Cancer 12.0%</td>
</tr>
</tbody>
</table>

Center for Disease Control. Leading Cause of Death in API Females, United States. 2015. [https://www.cdc.gov/healthequity/lcod/index.htm](https://www.cdc.gov/healthequity/lcod/index.htm)
Suicidal Thoughts among Females Grades 9-12

Source: Center for Disease Control and Prevention, 2001
% MS students who ever seriously thought about committing suicide YRBS 2017 (N=1,627)
% of HS students who have seriously thought about committing suicide in the past year (N=2,544)

- SFUSD (All) MS %: 12.8%, HS %: 19.4%
- African American MS %: 13.2%, HS %: 16.4%
- Chinese MS %: 9.0%, HS %: 16.7%
- Filipino MS %: 15.6%, HS %: 32.4%
- Other Asian MS %: 14.4%, HS %: 18.1%
- Hispanic/Latino MS %: 10.7%, HS %: 23.1%
- White MS %: 17.1%, HS %: 17.6%
- Multiracial (Hispanic) MS %: 14.8%, HS %: 19.1%
- Multiracial (non-Hispanic) MS %: 14.6%, HS %: 21.4%

MS=Middle school, HS=high school, YRBS, Youth Risk Behavior Survey
“Where love is deep, much can be accomplished.”
-Shinichi Suzuki
"Ang hindi marunong lumingon sa pinangalingan ay hindi makakarating sa parorooonan"

*He who does not know how to look back at where he came from will never get to his destination.*
GET RID OF ALL FILIPINOS OR WE'LL BURN THIS TOWN DOWN
“Suicide may be less linked to mental illness among Asian Americans than the general population and may be precipitated by academic/financial problems, racism, interpersonal shame, difficulties meeting personal and family expectations, and conflict within the family.”

“Nothing About Us, Without Us”  
-Michael Masutha, Wilkiam Rowland
What is Community Engagement?

Engagement: a bi-directional relationship/interaction that results in informed decision-making about matters that affect or have the potential to affect the stakeholder group.

Multiple Approaches

Approach Aligns With Goals

Bi-Directional Goals

Value and mutual benefit

Adequate Preparation

Al Richmond, Executive Director, CCPH
Why is Engagement Important?

“There is nothing that replaces the lived experience.”

- Consuelo H. Wilkins, MD, MSCI, Meharry-Vanderbilt Alliance
Authentic Partnerships

An authentic partnership builds upon identified strengths and assets and also works to address needs and increase capacity of all partners.

Citation: Achieving the Promise of Authentic Community-Higher Education Partnerships: Community Partners Speak Out! CCPH, 2007
Framework for Authentic Partnerships

- Guiding Principles of Partnership
- Transformative Exercises
- Quality Processes
- Meaningful Outcomes
The Partnership forms to serve a specific purpose and may take on new goals over time.

The Partnership agrees upon mission, values, goals, measurable outcomes and processes for accountability.

The relationship between partners in the Partnership is characterized by mutual trust, respect, genuineness, and commitment.

The Partnership builds upon identified strengths and assets, but also works to address needs and increase capacity of all partners.

The partnership balances power among partners and enables resources among partners to be shared.

Partners make clear and open communication an ongoing priority in the Partnership by striving to understand each other’s needs and self-interests, and developing a common language.
Principles of Partnership

- Principles and processes for the Partnership are established with the input and agreement of all partners, especially for decision-making and conflict resolution.
- There is feedback among all stakeholders in the Partnership, with the goals of continuously improving the Partnership and its outcomes.
- Partners share the benefits of the Partnership’s accomplishments.
- Partnerships can dissolve, and when they do, need to plan a process for closure.
- Partnerships consider the nature of the environment within which they exist as a principle of their design, evaluation, and sustainability.
- The Partnership values multiple kinds of knowledge and life experiences.
The Community Engagement Continuum

OUTREACH
Provide information and services

CONSULT
Get information or feedback from the community

INVOLVE
Invite community participation on specific issues

COLLABORATE
Form partnerships with the community on each aspect of a project from development to completion

SHARED LEADERSHIP
Form strong partnership structures among participating entities

Al Richmond, Executive Director, CCPH
Preventing Filipino Mental Health Disparities: Perspectives from Adolescents, Caregivers, Providers, and Advocates

Joyce R. Javier, MD, MPH\(^1\), Jocelyn Supan, MPH\(^1\), Anjelica Lansang, BS\(^1\), William Beyer, MPH, MSW\(^2\), Katrina Kubicek, MA\(^2\), and Lawrence A. Palinkas, Ph.D\(^3\)

\(^1\)Children’s Hospital Los Angeles, Department of Pediatrics, Division of General Pediatrics, University of Southern California, Keck School of Medicine

\(^2\)Community, Health Outcomes, and Intervention Research Program, The Saban Research Institute, Children’s Hospital Los Angeles

\(^3\)University of Southern California, School of Social Work
Community’s Answer: Offer Parent Support during the school-age years
Positive Verbal Discipline

Parenting Stress, Behavior Problems, Physical Punishment
The Opportunity

PARA SA KINABUKASAN NG ATING MGA ANAK:
FOR OUR CHILDREN’S FUTURE
Promoting Enrollment in Parenting Programs Among a Filipino Population: A Randomized Trial

Joyce R. Javier, MD, MPH, MS, a Dean M. Coffey, PsyD, a Lawrence Palinkas, PhD, a Michele D. Kipke, PhD, a Jeanne Miranda, PhD, a Sheree M. Schrager, PhD, MS

CULTURAL TRANSFORMATION MODEL

AREAS OF ACTION

1. Making Health a Shared Value
2. Fostering Cross-Sector Collaboration to Improve Well-Being
3. Transforming Health & Health Care Systems
4. Population Health Systems & Well-Being

CULTURAL TRANSFORMATION MODEL
CULTURAL TRANSFORMATION MODEL

AREAS OF ACTION

1. Making Health a Shared Value
   - Phase 1: DEVELOP SHARED UNDERSTANDING OF MENTAL HEALTH
   - Phase 2: TRAIN PROVIDERS/COMMUNITY MEMBERS IN INCREDIBLE YEARS

2. Fostering Cross-Sector Collaboration to Improve Well-Being
   - Outcomes:
     - Participation
     - Parenting Stress
     - Parenting Practices
     - Child Behavior
     - Mental Health Stigma
     - # of New Partnerships

Population Health Systems & Well-Being
“If you want to go fast, go alone, if you want to go far, go together”
Our Approach

- **Kapwa** - shared identity
- Understudied, underserved, & growing population
- Multi-generational team & approach
- Community-defined & Evidence-Based solutions
- Engaging arts, faith, schools, and media, systems
ELEMENTS THAT IMPACT & INSPIRE OTHERS

Parents as Experts can incorporate their cultural values.

Suicide Protective Factors:
- Family Connectedness
- Adult Caring
- Effective Communication

The Family Becomes a Team.
The CAB become a Team of Teams.
Promoting Adolescent Well-Being Through Community Engagement & Positive Parenting

CREATING A CULTURE OF MENTAL HEALTH
We are preventing behavioral health disparities in an immigrant community through community partnerships.

PROJECT FOCUS:
- Behavioral Health
- Child Health
- Immigrant Health
- Mental Health

LEARN MORE
FILIPINO FAMILY WELLNESS
COMMUNITY CONVERSATIONS

JULY 22, 2017
SATURDAY | 10AM - 3PM
Children’s Hospital Los Angeles
4650 Sunset Blvd
Los Angeles, CA 90027

OUR PURPOSE
To GATHER and ENGAGE our community in rich dialogue to increase mental health awareness and to promote healthy relationships with every member of the family.

We will do this through interactive participatory discussions and workshops from various sectors of the Filipino community in the greater Los Angeles area.

DYNAMIC COMMUNITY SPEAKERS +
CULTURAL ARTS +
FAMILY-ORIENTED WORKSHOPS

FREE ADMISSION PARKING LUNCH

PLEASE RSVP BY JULY 8 -- SPACE IS LIMITED
FILIPINOOFAMILYHEALTH.COM
Knowledge of Mental Health Disparities

Stigma by changing attitudes about accessing psychological services
Why did you attend today’s community dialogue?

“We can no longer afford to be a silent minority because too many of our youth are dying.”
12 New Community Partners

Parent CAB Members: 15

44 Pilot IY Group

Trained in Incredible Years: 45

75 Parents Completed IY Classes

45 New Parents Enrolled

180 Approved for RCT
3 AWARDS

New Leadership Positions: 11

8 Media Appearances

200 Facebook Followers in Eight Months
Joyce R. Javier, MD, MPH, MS, has been named one of the 100 Most Influential Filipina Women in the World by the Filipina Women’s Network.

Congratulations, Dr. Javier!
A Culture of Health

“And while we say our kids are our future, there is a very real chance that this generation may be the first to live sicker and die younger than their parents generation.”

Risa Lavizzo-Mourey, MD, MBA,
Past President & CEO, Robert Wood Johnson Foundation
“I do not wish women to have power over men, but power over themselves.”
- Mary Wollstonecraft, 1792
**Sustainability**

<table>
<thead>
<tr>
<th>Funding Obtained</th>
<th>Funding Proposals Pending</th>
</tr>
</thead>
<tbody>
<tr>
<td>$93,500</td>
<td>$325,000</td>
</tr>
</tbody>
</table>

Approval by LAC DMH for 2 therapists to bill on CHLA MedicAid contracts to do IY groups in the Filipino community
https://www.youtube.com/watch?v=2LdBFlWe9TQ
Acknowledgements

Robert Wood Johnson Foundation

CSP UNC TEAM

Collaborators/Mentors
Michele Kipke, PhD
Lawrence Palinkas, PhD
Jeanne Miranda, PhD
Wendy Mack, PhD
AltaMed Health Services
Kayamanan ng Lahi
Los Angeles Unified School District
Search to Involve Pilipino Americans
Filipino Cultural School
Precious Blood/ St Kevin Parish
Holy Family Church
Our Lady of Fatima School
Immaculate Heart of Mary
Precious Blood School
LAC Department of Mental Health

CAB
Marilou Javier
Ana Jayme
Shelina Miranda
Edna Reyes
Ivy Daulo
Jennifer Almiron
Lorna Sierra
Arnold Tesoro
Mary Jane Tesoro
Maria Tolentino
Reionn Webber
Josephine Atienza

Staff/Volunteers
Kamil Bantol
Angela Reyes
Allan Samson
Paul Mendoza
Jocelyn Castro
Dana Paycao
Katrina Alcantara
Sanjay Chand
Ellynore Florendo
Nicole Flores
Kristina Galura
Mary Joy Onglatco
Arielle Villanueva
Sherwin Rosario
Megan Gutierrez
“We formed Team Kapwa so that we could heal as a family.”

What happens to you happens to me, what happens to me happens to us. We are all connected!

Thank you!

Maraming Salamat
Facebook
@filipinofamilyhealthLA
www.filipinofamilyhealth.com