

Solano HEALS (Health Equity for African American/Black Lives in Solano) Meeting Notes

Meeting Notes: Solano HEALS (Health Equity for African American/Black Lives in Solano)

Date: Wednesday April 25, 2018

Address: Joseph Room, JFK Library, 505 Santa Clara St, Vallejo, CA

Time: 5:30 PM – 7:30PM

Notes Taken by: Kristine Lalic

Attendees: Isaiah Bryant, Loretta Calloway, Della Cherisea, Cynthia Coutee, Dr. Shandi Fuller, Rosalyn Hannon, Amanda Harrison, Dr. Mohamed Jalloh, Lakethia Lake-Pascua, Kristine Lalic, Serena Lopez, Lydia Luckey, Sakari Lyons, Dr. Tina Mason, Sheryl Milton, Anabelle Prasad, Asundep Ntui, Danita Taylor, Susan Whalen

Agenda Item	Notes	Action Steps
1. Introductions/Ice Breaker and Announcements	Sakari welcomed attendees to the meeting.	
2. About “Solano HEALS”	Sakari introduced the mission of Solano HEALS, defined equity with regards to birth outcomes.	
3. Logo & Subcommittees	Kristine revealed the winning logo and explained the roles of the subcommittees and introduced their respective leads.	
4. Healthy Air Vallejo	<p>Anabella Prasad, MPH, Prevention Coordinator of Fighting Back Partnership delivered her presentation on “Healthy Air Vallejo”. Click below to watch videos featured in her presentation:</p> <ul style="list-style-type: none"> • “I Didn’t Know Why I Couldn’t Breathe”: https://www.youtube.com/watch?v=-xHloYhpY_Q • “Black Lives Black Lungs”: https://www.youtube.com/watch?v=Eeg5BNx--uQ&t=1s <p>Anabelle can be contacted at aprasad@fight-back.org or 707-651-7175.</p>	
5. Logic Model	<p>Dr. Fuller introduced the upstream and downstream strategies. She focused specifically on the three prioritized activities of the upstream strategy:</p> <ol style="list-style-type: none"> 1. <u>Race Equity training for providers</u> (previously called cultural humility training) 2. <u>Publish video series with AA/Black mothers and fathers telling their mental health story</u>; Share on County website, TV station, national website 3. <u>Develop universal assessment toolbox for AA/Black women</u>; Published 	

	<p>on PH website or What I Love About Vallejo website (included in toolkit – roster of mental health providers, support groups, community groups, policy, etc.)</p> <p>Dr. Fuller stated that additional activities will be added to the “Garden”.</p>	
<p>6. Group Activity, Discussion, and Mindfulness</p>	<p>Attendees were randomly assigned to one of three groups and were instructed to discuss how to conduct activities.</p> <p><u>Group 1: Race Equity Training</u> <i>Interested: Cynthia Coutee, Dr. Mohamed Jalloh, Dr. Tina Mason</i></p> <ul style="list-style-type: none"> • Review current Race Equity training curriculum, particularly the language, context, content, and identify differences from “cultural sensitivity” training <ul style="list-style-type: none"> ○ Include implicit vs. explicit bias in addition to internal bias ○ Make training applicable to medical field/providers • Develop short videos illustrating “good vs. bad” delivery of care <ul style="list-style-type: none"> ○ Roleplay: Provider, Patient X, Y, Z (same script, different race); record these interactions and share them with the providers; allow the patients and providers to provide feedback about their experience via survey and see whether they align or if there are differences • Brainstorm where to deliver the training (target audience = medical providers who may have biases) • Evaluate the effectiveness of the training via surveys • Determine incentives for involvement <ul style="list-style-type: none"> ○ Give providers/clinics/health centers/hospitals enough time to learn about the training ○ Create information/educational viral videos that can be played in lobbies in lieu of movies ○ Develop a 3-question survey to administer to patients ○ Approach clinic managers and medical students first <p><u>Group 2: Mental Health video series</u> <i>Interested: Isaiah Bryant, Amanda Harrison, Sakari Lyons, Sheryl Milton</i></p> <ul style="list-style-type: none"> • Make the videos anonymous • Include entertainers and youth telling their stories (suicidal, undertreated → successfully under control) • Use social media to network (i.e. recruit production team, participants) 	

- Community service
- Include substance abuse stories
- Present at workgroup meeting
- Outreach to concerned high schoolers
- Include mindfulness
- Teach working mothers and single parents how to manage stress (i.e. mommy and me playdates)
- Networking
- Add prenatal
- Emphasize that stress is a mental health issue
- Include resources
- Focus on prevention, idea that “there is a way out!”
- Organize community
- Club Stride

Group 3: Universal Assessment Toolbox

Interested: Cynthia Coutee, Loretta Calloway, Dr. Mohamed Jalloh, Kristine Lalic, Lydia Luckey

- List of mental health resources, including AA/Black mental health providers and other supportive resources
- Research what has worked before and re-enact; add data (studies, links to websites and self-assessments with descriptions)
 - See LA County Maternal Health website
 - Identify risks that contribute to mental health (i.e. substance abuse, unhealthy relationships)
- Connect spiritual/religion to mental health
- Develop AA community organization (i.e. Association of Black Psychologists, Association of Black Lawyers)
- Support groups for AA mothers

Garden:

- Fundraiser
- Mental health education to school-aged students
- Grantwriting

<p>7. Next Steps</p>	<p>Sakari and Dr. Fuller invited attendees to join us at the next meeting</p> <p>Next Solano HEALS Meeting: Date: Wednesday, May 30, 2018 Time: 5:30PM – 7:30PM Location: Joseph Room at JFK Library</p> <p>Next Solano HEALS Workgroup Meeting: Date: Monday, May 7, 2018 Time: 10:00-11:30AM Location: 275 Beck Ave, Fairfield, Group Room A</p>	
<p>8. Conclusion/Action Items/Closing</p>	<p>Sakari concluded the meeting.</p>	

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