

Intervening social determinants of mental health in Latin America

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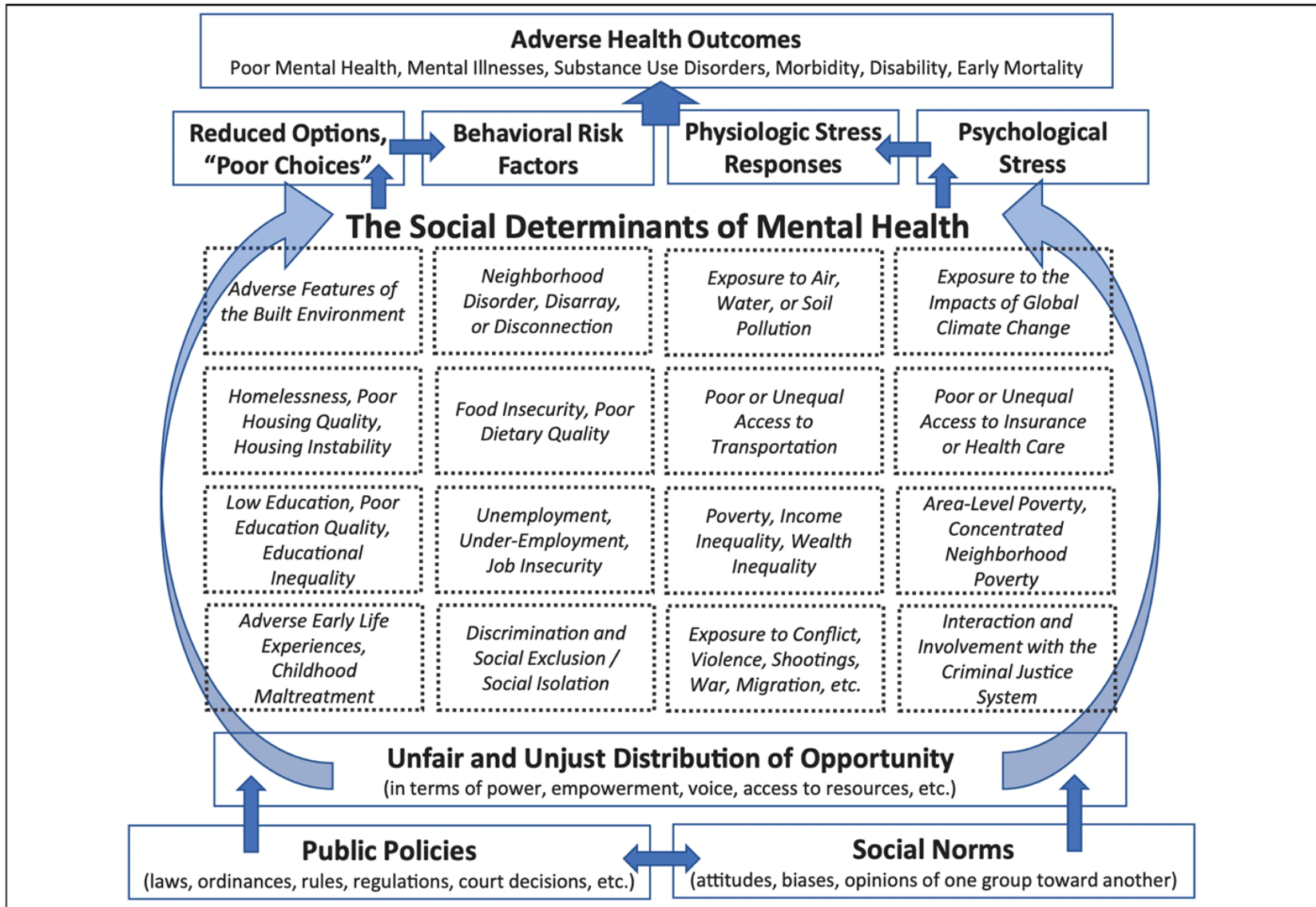
- Social Determinants of Health (SDoH) and Mental Health
 - Rationale
 - Conceptual frameworks
- Addressing SDoH among people with MH conditions
 - Evidence-based models
 - Housing First (HF)
 - Brazil and Chile
 - Individual Placement and Support (IPS)
 - Mexico
- Challenges and future steps

- Why to address social determinants of mental health?
 - social determinants **account for a large proportion of inequities in health and mental health outcomes.**
 - treatments for some mental conditions **remain very limited**, with moderate effects on outcomes at best.
 - several social factors are **amenable to public health and policy interventions.**

- Why to address social determinants of mental health?
 - there are **substantial benefits** in establishing an evidence base for social interventions (e.g., supported employment)
 - people with lived experience **advocate more focus on goals related to social determinants** (e.g., reducing stigma and social exclusion, and promoting good relationships and support within communities)

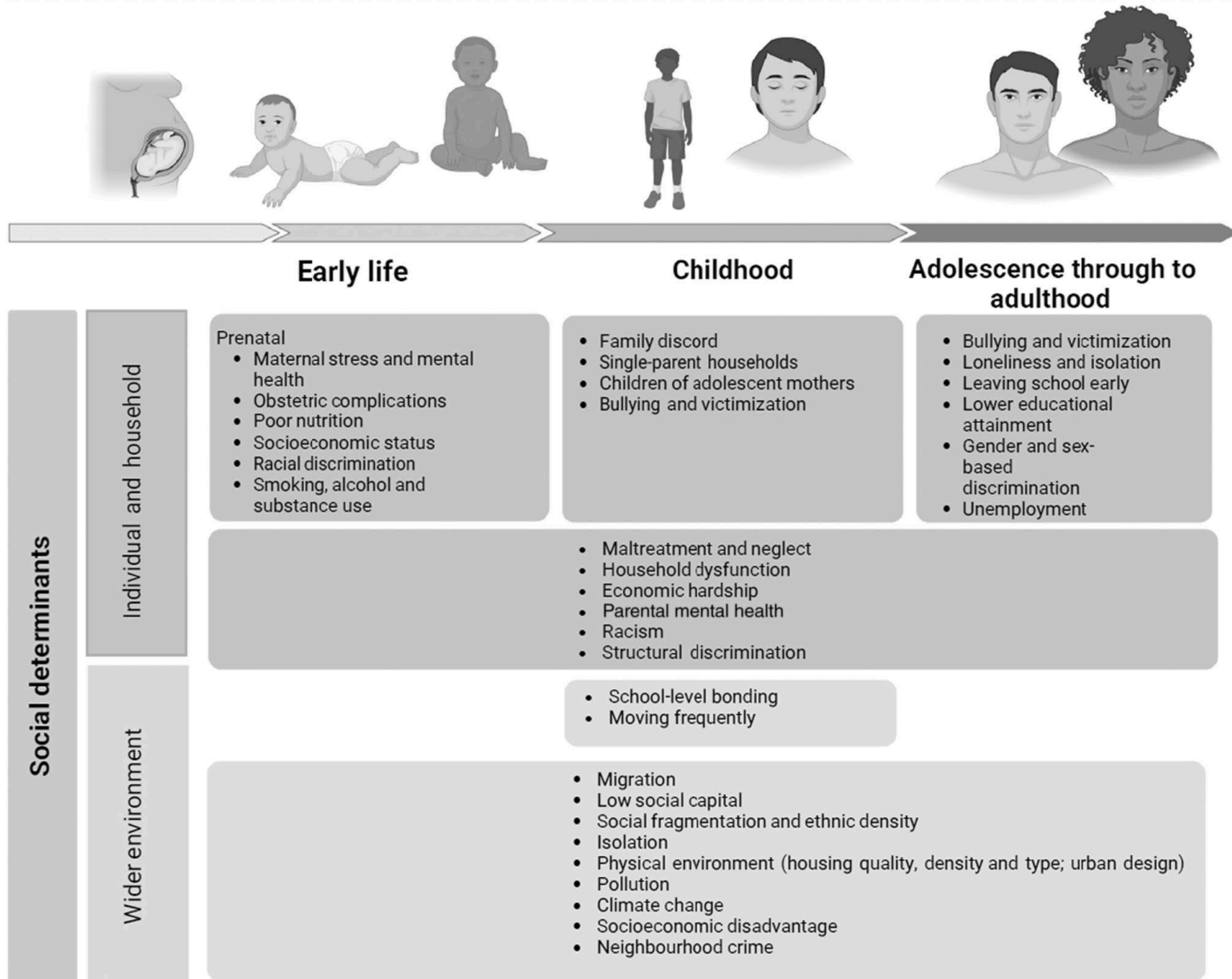
Conceptual frameworks

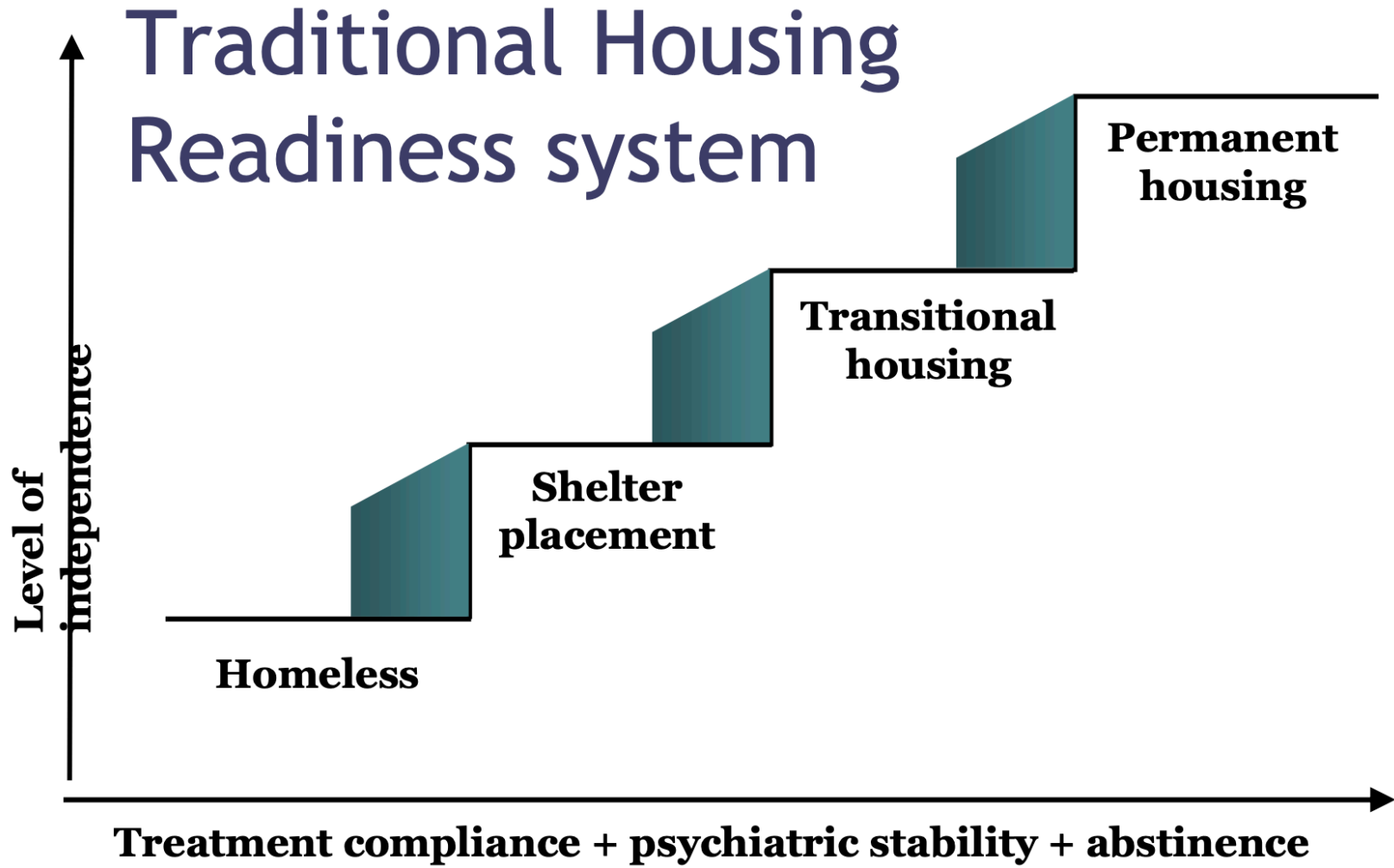
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Source: <https://doi.org/10.1177/0890117119896122c>

Conceptual frameworks (2 of 2)





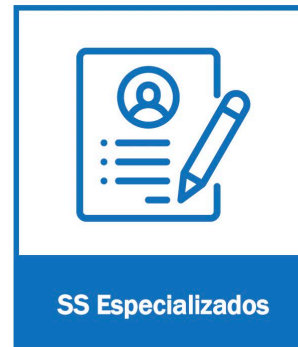
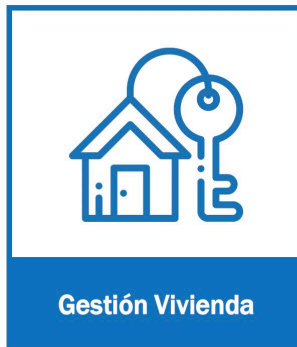
1. Consumer choice of services
2. Separation of Housing and Services
(conceptually and physically separate)
3. Service Philosophy: recovery oriented
4. Service array: services and support match consumer needs (include a wide array of services)
5. Program structure: housing and services

Housing First: Brazil

(3 of 4)

- Brazilian federal government announced plans to **implement HF programs nationally**.
- 2023 International Housing First Seminar: the event marked a vital convergence of thought leaders and policy implementors dedicated to the betterment of society through the lens of **mental health, human rights, and social justice**.
- **Ten pilot projects** in 2024-2025 (30-50 units per project).





“Las personas que se encuentran en situación de calle deben disponer de un **contexto propicio** para superar la situación de calle: una vivienda, una comunidad y servicios conectados”

Open to anyone who wants to work

Focus on competitive employment

Rapid job search

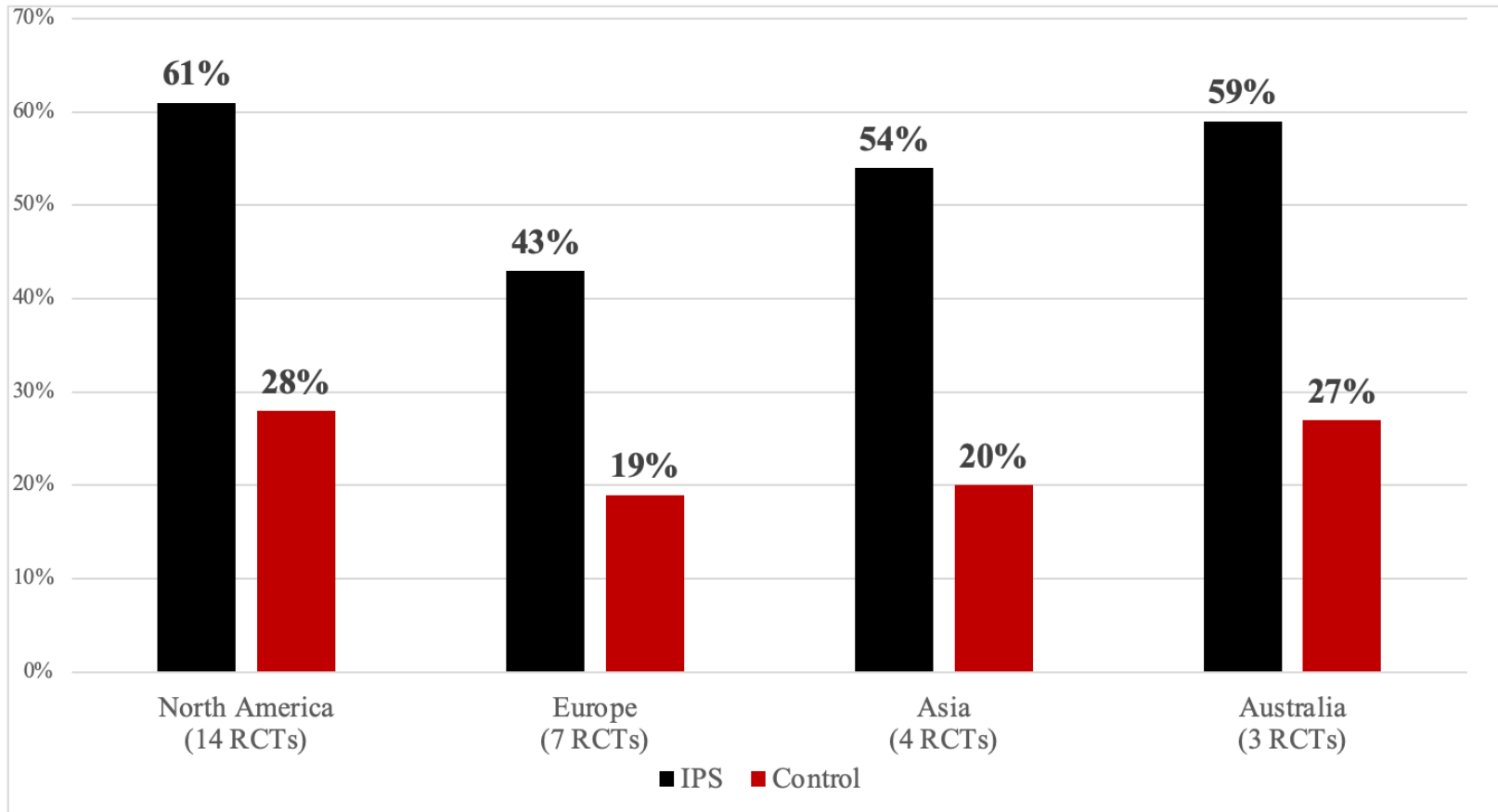
Targeted job development

Client preferences guide decisions

Individualized long-term supports

Integrated with treatment

Benefits counseling included



<https://doi.org/10.1002/pcn5.122>



- Pilot study: individuals with psychosis receiving IPS versus usual care
- Close collaboration with CAISAME and Servicio Nacional de Empleo
 - Potential adaptations

Challenges and next steps

- **Adaptations vs local models?** Decolonial practices and implications.
- These interventions are often **quite distal** to the mental health outcomes they hope to influence.
- The range of potential targets for social interventions is dauntingly wide and **extends far beyond mental health services**, encompassing individual, family, community and societal levels.
- Some social interventions often require **major social, economic and sometimes political changes** which are very difficult to implement without substantial political will and resources.
- The **mechanisms** by which such interventions yield improvements in the mental health outcomes of populations are currently poorly understood.
- The design and evaluation of these interventions requires **interdisciplinary approaches** and a high level of collaboration between research, policy and implementing partners.