



Intervening social determinants of mental health in Latin America

Franco Mascayano

Division of Behavioral Health Services and Policy Research
Columbia University

New York State Psychiatric Institute

franco.mascayano@nyspi.columbia.edu

Outline

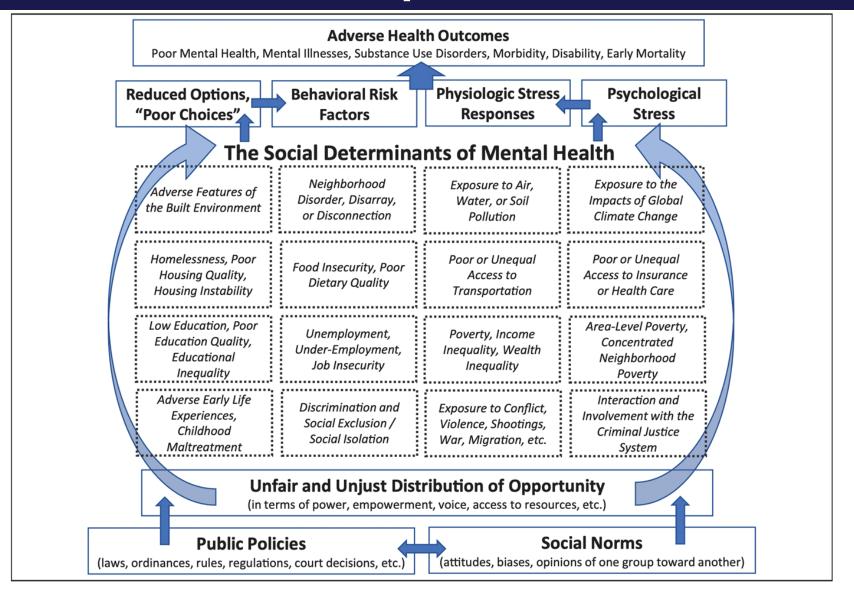
- Social Determinants of Health (SDoH) and Mental Health
 - Rationale
 - Conceptual frameworks
- Addressing SDoH among people with MH conditions
 - Evidence-based models
 - Housing First (HF)
 - Brazil and Chile
 - Individual Placement and Support (IPS)
 - Mexico
- Challenges and future steps

- Why to address social determinants of mental health?
 - social determinants <u>account for a large proportion</u> 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 <u>amenable to public</u> health and policy interventions.

- Why to address social determinants of mental health?
 - there are <u>substantial benefits</u> in establishing an evidence base for social interventions (e.g., supported employment)
 - people with lived experience <u>advocate more</u> <u>focus on goals related to social determinants</u>

 (e.g., reducing stigma and social exclusion, and promoting good relationships and support within communities)

Conceptual frameworks



Conceptual frameworks (2 of 2)







Early life

Prenatal

- Maternal stress and mental health
- · Obstetric complications
- Poor nutrition
- · Socioeconomic status
- · Racial discrimination
- Smoking, alcohol and substance use

Childhood

- · Family discord
- Single-parent households
- · Children of adolescent mothers
- · Bullying and victimization

Adolescence through to adulthood

- · Bullying and victimization
- · Loneliness and isolation
- · Leaving school early
- Lower educational attainment
- Gender and sexbased discrimination
- Unemployment

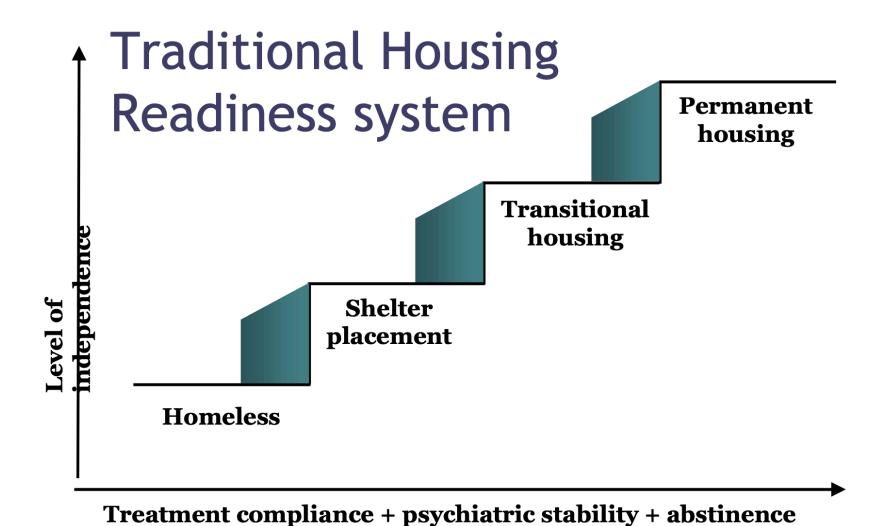
Individual and household

Social determinants

Wider environment

- · Maltreatment and neglect
- Household dysfunction
- Economic hardship
- Parental mental health
- Racism
- · Structural discrimination
- · School-level bonding
- · Moving frequently
- Migration
- Low social capital
- · Social fragmentation and ethnic density
- Isolation
- Physical environment (housing quality, density and type; urban design)
- Pollution
- · Climate change
- · Socioeconomic disadvantage
- · Neighbourhood crime

Housing First: Model (1 of 4)



Housing First: Principles

- 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

- Brazilian federal government announced plans to <u>implement HF</u> <u>programs nationally</u>.
- 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.
- <u>Ten pilot projects</u> in 2024-2025 (30-50 units per project).



Housing First: Chile











"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"

IPS: Principles (1 of 3)

Open to anyone who wants to work

Focus on competitive employment

Rapid job search

Targeted job development

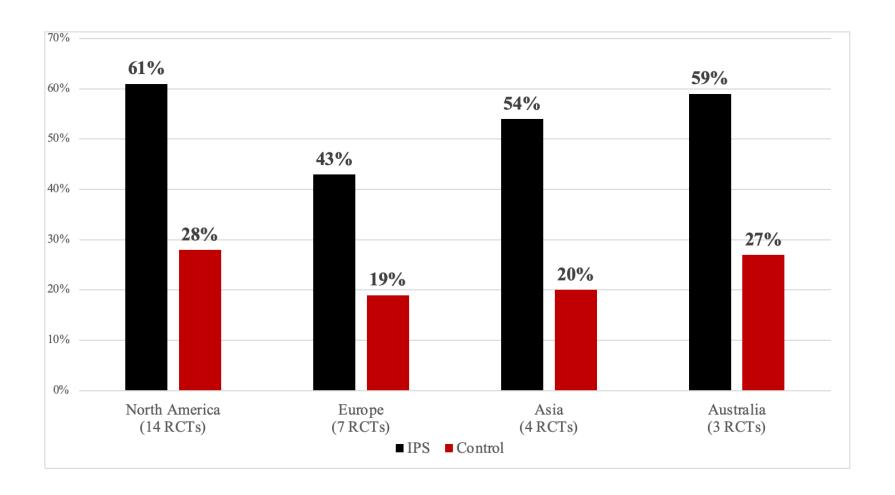
Client preferences guide decisions

Individualized long-term supports

Integrated with treatment

Benefits counseling included

IPS: Evidence (2 of 3)



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

IPS: Mexico (3 of 3)





- 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 **<u>quite distal</u>** to the mental health outcomes they hope to influence.
- The range of potential targets for social interventions is dauntingly wide and
 <u>extends far beyond mental health services</u>, encompassing individual, family,
 community and societal levels.
- Some social interventions often require <u>major social</u>, <u>economic and sometimes</u> <u>political changes</u> which are very difficult to implement without substantial political will and resources.
- The <u>mechanisms</u> 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 <u>interdisciplinary</u> <u>approaches</u> and a high level of collaboration between research, policy and implementing partners.