



How do we promote resilience in the context of structural barriers to wellbeing?

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*Resilience in the Face of Emerging Threats
to Child and Youth Well-being
NASEM Virtual Workshop
October 18, 2022*



Social determinants of health



“Conditions in the places where people live, learn, work, and play that affect a wide range of health and quality of life risks and outcomes.”

<https://www.cdc.gov/socialdeterminants/index.htm>

Healthy People 2030, U.S. Department of Health and Human Services,
Office of Disease Prevention and Health Promotion.

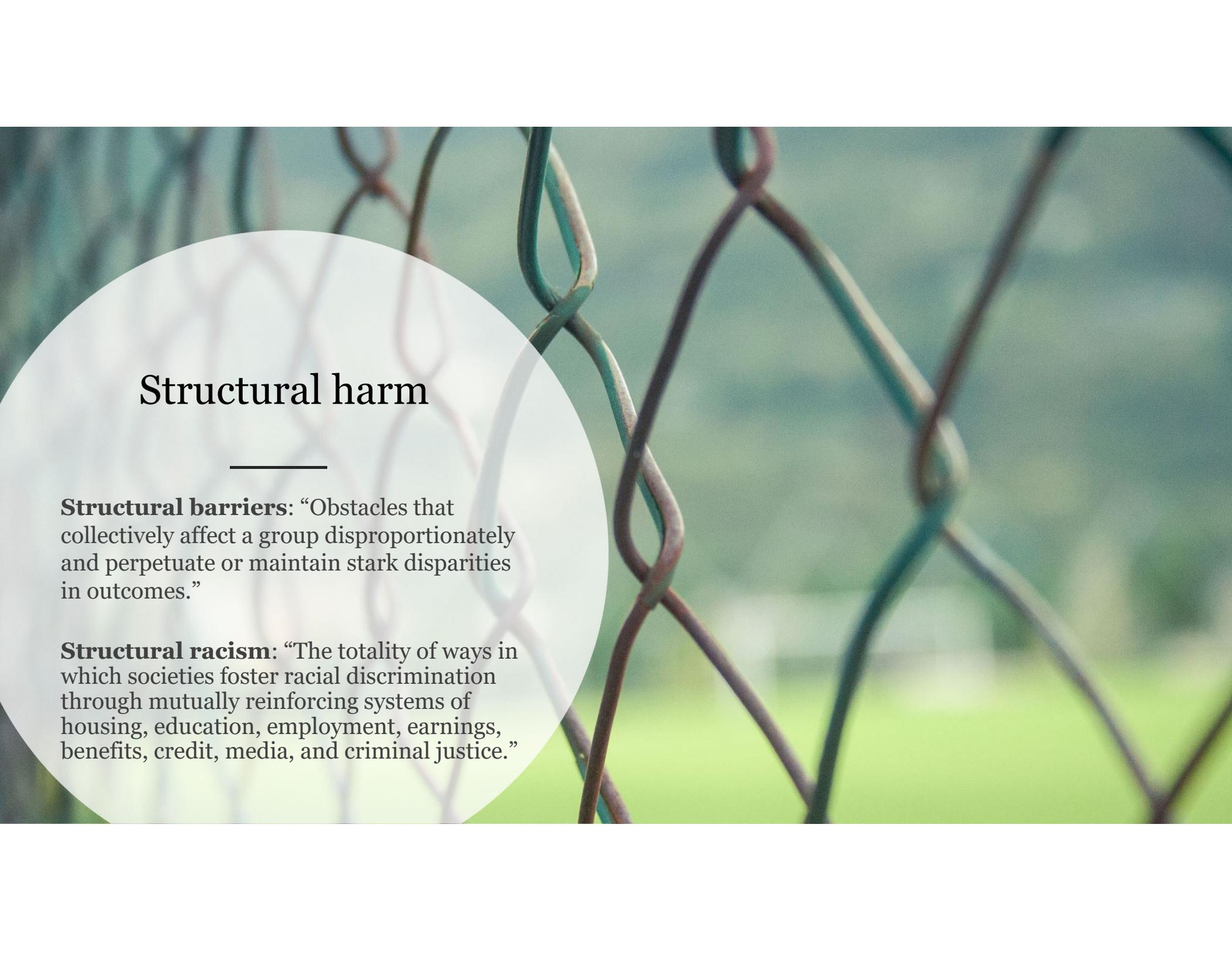
Retrieved 10/17/22, from <https://health.gov/healthypeople/objectives-and-data/social-determinantshealth>

Social Determinants of Health



Social Determinants of Health
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 Healthy People 2030



Structural harm

Structural barriers: “Obstacles that collectively affect a group disproportionately and perpetuate or maintain stark disparities in outcomes.”

Structural racism: “The totality of ways in which societies foster racial discrimination through mutually reinforcing systems of housing, education, employment, earnings, benefits, credit, media, and criminal justice.”

Poverty and economic inequality impair youth health and flourishing

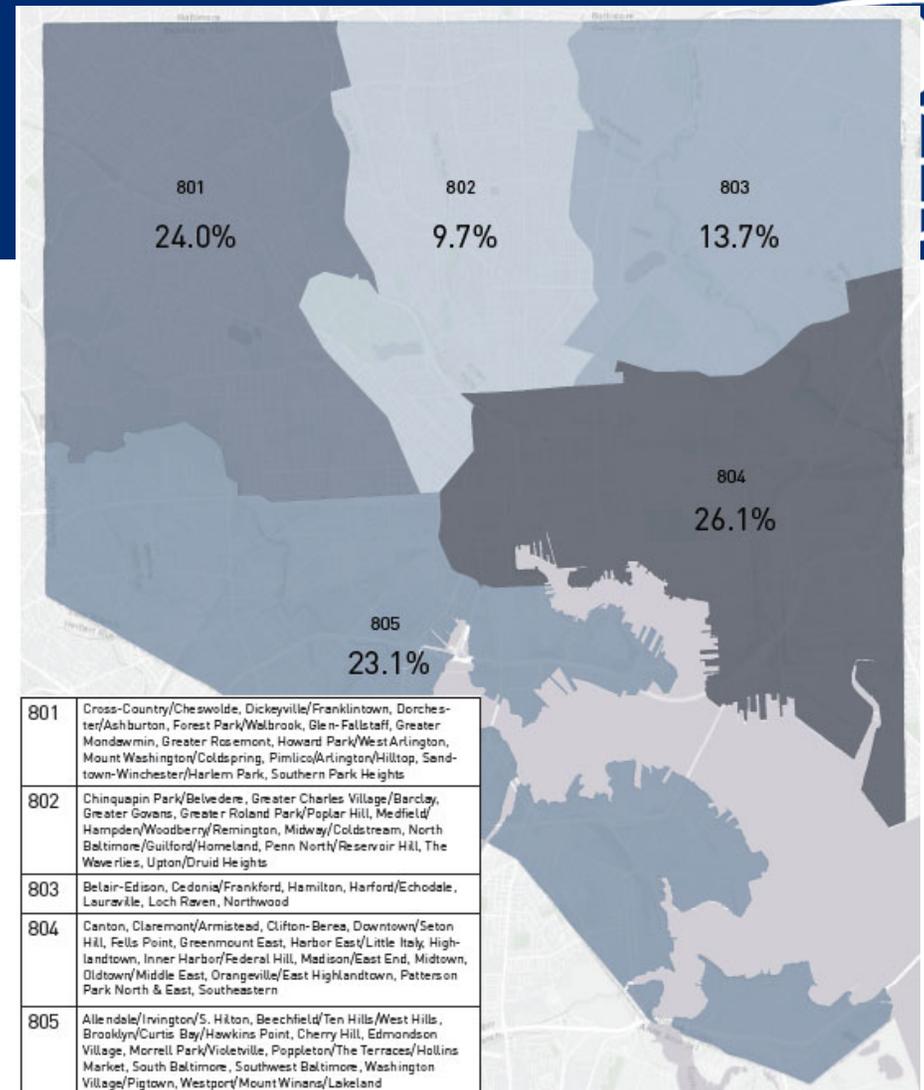


- ▶ Large body of research shows poverty negatively impacts youth mental and physical health and academic achievement, with lasting adverse effects across adulthood
- ▶ Higher county-level poverty and higher levels of income inequality at the country level each associated with higher youth suicide rates
- ▶ Parental Medicaid eligibility associated with fewer child absences from school and more positive academic outcomes
- ▶ Expanded Medicaid eligibility during childhood is associated with fewer arrests and incidents of driving under the influence in early adulthood

AAP, 2016; Hendrix & Stock, 2022; Hoffmann et al., 2020; Padmanathan et al., 2020; Roy et al., 2021

Structural racism removes opportunities

- ▶ **Opportunity youth** – young people ages 16-24 who are disconnected from school and employment
- ▶ Youth disconnection shaped in large part by structural racism and other forms of oppression
- ▶ Youth disconnection is associated with profound negative social, emotional, behavioral, and financial outcomes and with physical health problems, including early death



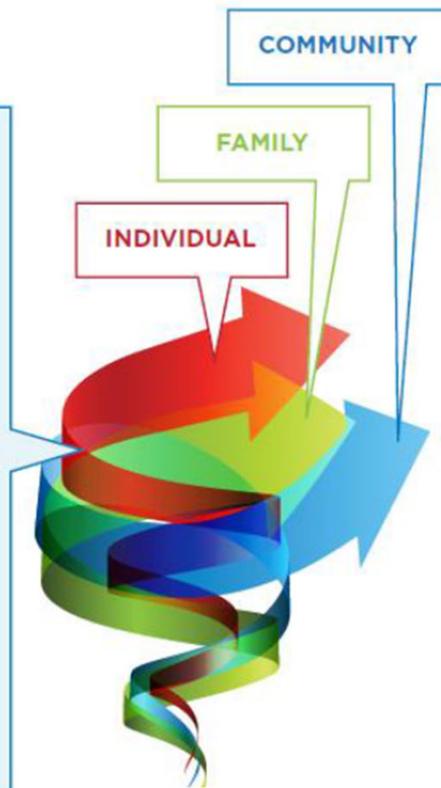
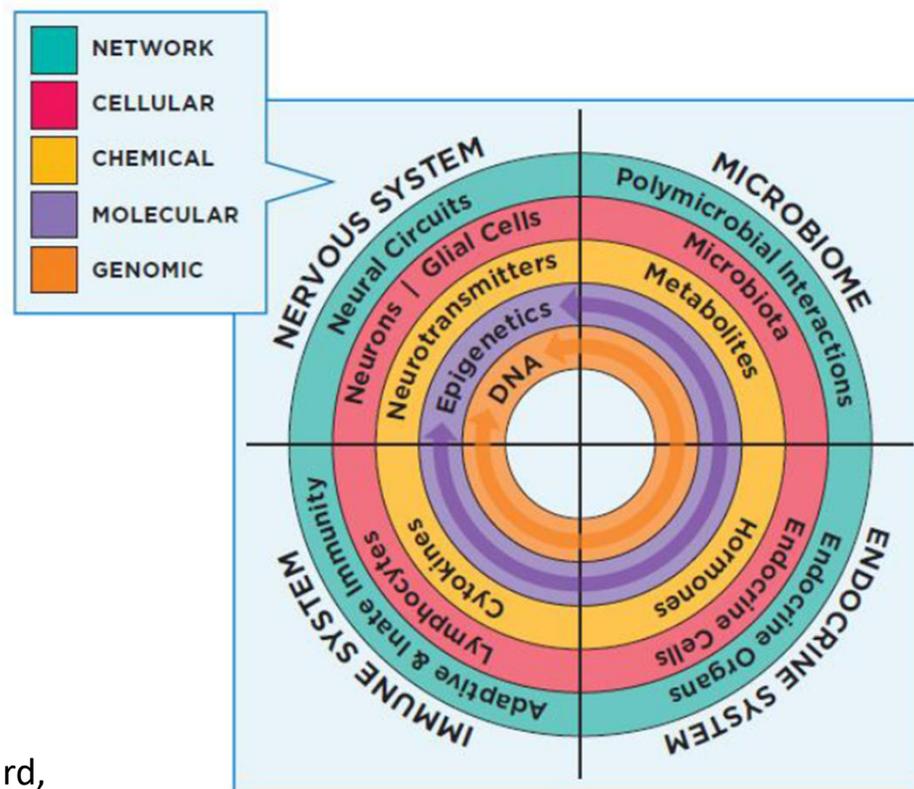
Source: Measure of America calculations using US Census Bureau American Community Survey, 2013-2017.

Structural racism: Removal of opportunities



Structural racism has negative impacts on health and mental health from the prenatal period across development

Cave, Cooper, Zubrick, & Shepard, 2020;
Trent, Douley, & Douge, 2019; Vines, Ward, Cordoba, & Black, 2017

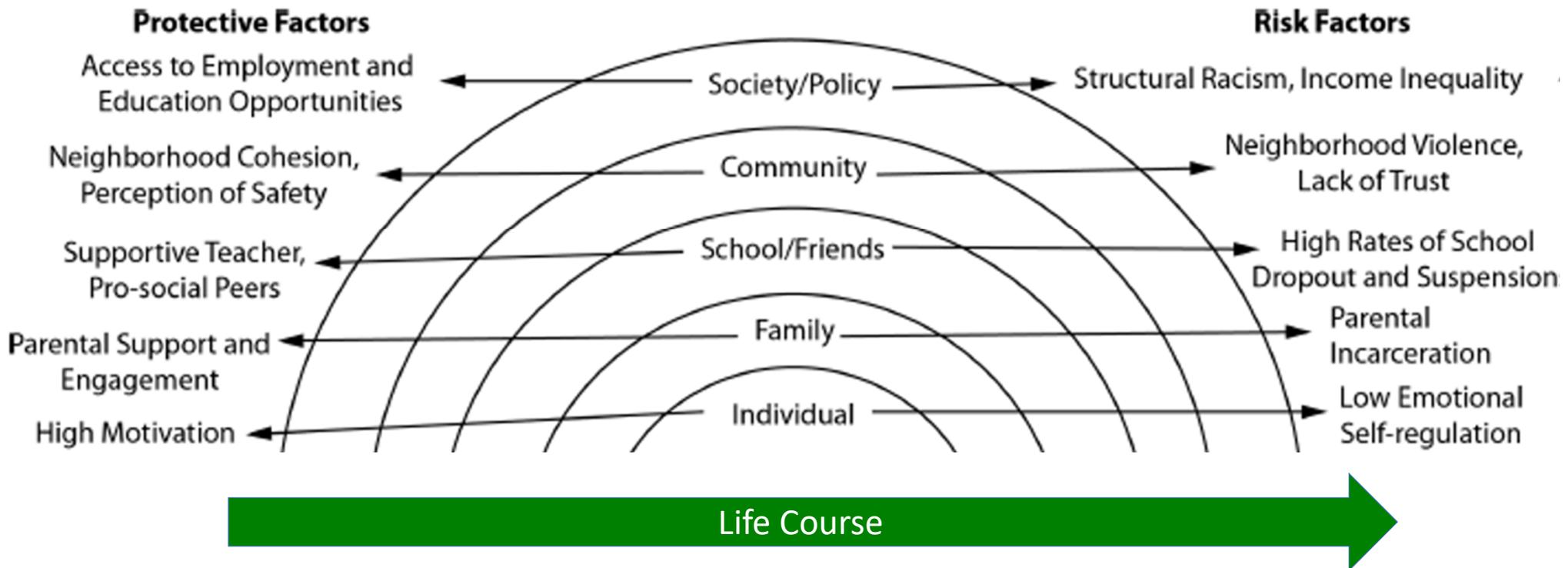


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We need to intervene...

...at multiple levels



Adapted from Mendelson, Mmari, Blum, Catalano, & Brindis, 2018

...using tiered strategies



Indicated
Intervention

Selective
Intervention

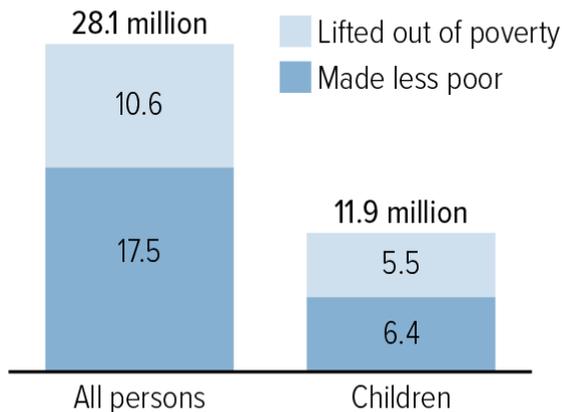
Promotion &
Universal Prevention

Economic policies



Earned Income Tax Credit and Child Tax Credit Have Powerful Anti-Poverty Impact

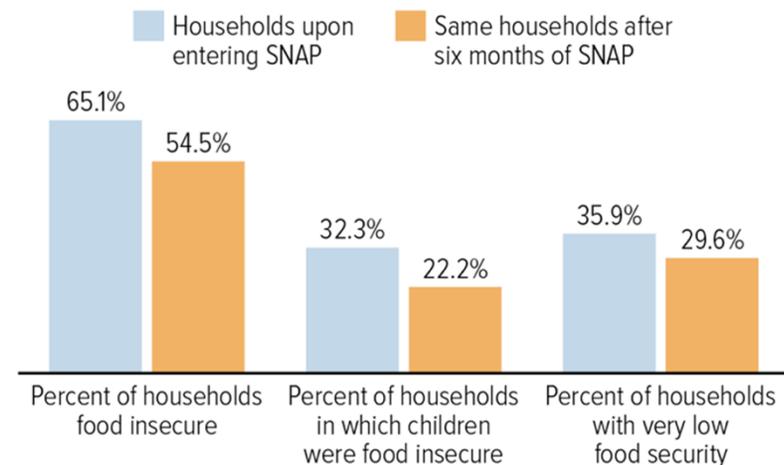
Millions of people lifted out of poverty or made less poor by EITC and Child Tax Credit, 2018



Note: These figures use the Supplemental Poverty Measure. Unlike the Census Bureau's official poverty measure, the SPM counts the effect of non-cash government programs like housing and food assistance, and tax credits.

Source: CBPP analysis of Census Bureau March 2019 Current Population Survey

SNAP Helps Families Afford Adequate Food



Note: "Food insecure" = household lacks consistent access to nutritious food at some point during the year because of limited resources. "Households with food insecure children" = households in which both children and adults experience food insecurity during the year. "Very low food security" = one or more household members have to skip meals or otherwise eat less at some point during the year because they lack money.

Source: Agriculture Department, "Measuring the Effect of Supplemental Nutrition Assistance Program (SNAP) Participation on Food Security," August 2013. This chart shows the results of a study that looked at longitudinal data comparing SNAP households upon beginning to receive SNAP, and six months after SNAP receipt.

Community-based interventions



- ▶ Communities that Care (CTC)
- ▶ Promoting School-Community Partnerships to Enhance Resilience (PROSPER)
- ▶ Getting to Opportunity (GTO)

Family-based interventions



- ▶ Home visiting
- ▶ Triple P (Positive Parenting Program)
- ▶ Strong African American Families Program
- ▶ Strengthening Families Program
- ▶ Chicago Parenting Program

School-based interventions

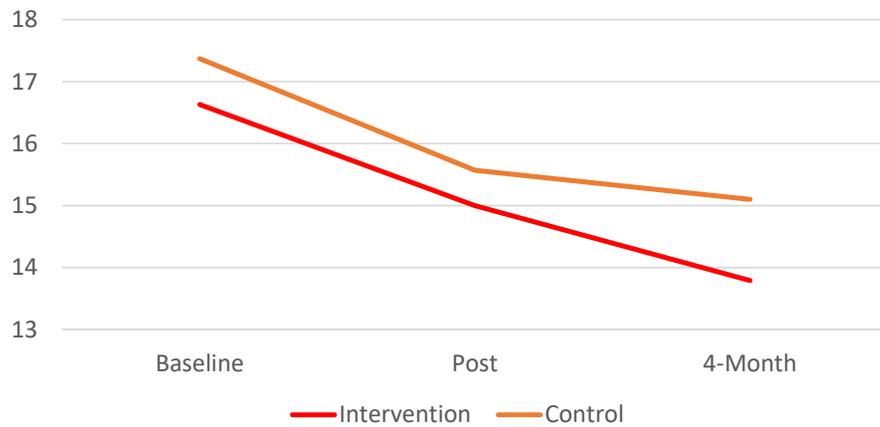


Program	Tier	Brief Overview
PBIS	1 to 3	<ul style="list-style-type: none"> • 3-tiered prevention model to promote positive behavior • Requires a team-based delivery (admins, support staff, and teachers)
Botvin <i>LifeSkills</i> Training	1	<ul style="list-style-type: none"> • Classroom-based curriculum on self-management and drug resistance skills • Provides demonstration, feedback, reinforcement, practice
Check-In/Check-Out	2	<ul style="list-style-type: none"> • Student engagement model to target responsiveness to SW-PBIS • Trained facilitator organizes; teachers provide daily feedback and support
Check & Connect	2 to 3	<ul style="list-style-type: none"> • Mentoring to promote student engagement & attendance/prevent dropout • Trained facilitator organizes mentors (e.g., teachers, paraprofessionals) who provide regular student and family contacts; may connect to services
Coping Power	2 to 3	<ul style="list-style-type: none"> • Multi-component intervention targets child, family, and school processes • Group counseling for students by trained facilitators
Threat Assessment	3	<ul style="list-style-type: none"> • Assessment framework to analyze dangerous situations and threats with goal of preventing danger, resolving issue, and returning student to school • Team-based process including admins and mental health providers

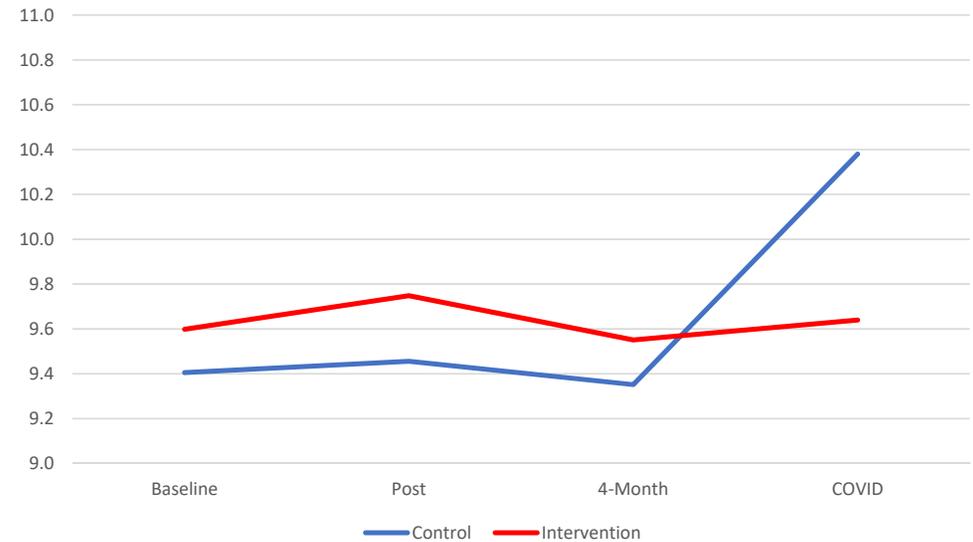
RAP Club intervention



PTSD Symptoms



Anxiety Symptoms



The Baltimore context



- ▶ **Local policy level**
 - ▶ Elijah Cummings Healing City Act
- ▶ **Community**
 - ▶ Greening vacant lots
- ▶ **School and employment**
 - ▶ Grads2Careers
- ▶ **Peers**
 - ▶ Healing Youth Alliance



Challenges/opportunities



- ▶ Launching multi-sector approaches
- ▶ Integrating efforts across multiple social-ecological levels
- ▶ Embedding prevention and promotion strategies sustainably in settings that serve youth and families
- ▶ Ensuring true partnership with, and leadership by, those most affected
- ▶ Dismantling racist and oppressive structures

What is needed



- ▶ Center the scholarship and perspectives of Black, Latino, and Indigenous individuals and communities and those whose identities are systemically marginalized, including young people
- ▶ Identify policies and practices that maintain structural racism across different levels of the social ecology and different sectors (e.g., education, housing, healthcare, employment, justice system)
- ▶ Develop and implement anti-racist policies and interventions at the federal, state, and local levels
- ▶ Build an evidence base of culturally responsive strategies for youth of color and other marginalized youth populations



Thank you!

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