SDOH in North Dakota

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Family HealthCare & Homeless Health Services

- Federally Qualified Community Health Center
- National Healthcare for the Homeless grantee
- ▶ Level III Patient Centered Medical Home
- Primary Care
- Dental
- Optometry
- ► Health Promotion/Tobacco Cessation (LRD and PharmD)
- Obstetrics
- 340B Pharmacy
- Healthcare Marketplace enrollment
- Hepatitis C clinic
- Medication Assisted Treatment (Suboxone)
- Behavioral Health

What do I do?

- Within reason, whatever it takes to achieve an individual's goals for their health and well-being
 - Ex. Dermatology appointment for cyst removal, secure PCA services to maintain independence in the home, arrange for a trial of acupuncture, memorial services, coordinating transportation across the state to attend child's funeral, etc.
 - Based on the individual goals of the patient
 - ► Harm-reduction frequently
 - Trauma informed
 - Formulate partnerships that would be beneficial for current and future patient needs

Highest Rates of Morbidity/Mortality

- Native American
- LGBTQ
- Women

Adverse Childhood Experiences

- ► Family level ACEs: emotional/physical/sexual abuse, neglect, domestic violence, mental illness, substance use disorder, separation/divorce of caregiver and incarceration of a family member (National Health Care for the Homeless Council, 2019)
- Community level ACEs: economic hardship, community violence, bullying, foster care and discrimination (National Health Care for the Homeless Council, 2019)
- 4+ ACEs increases likelihood of developing depression, a substance use disorder, suicidality, diabetes, cancer and cardiovascular disease by 250% (National Health Care for the Homeless Council, 2019)
- ► High ACE scores are positively correlated with high school dropout, unemployment, poverty and homelessness (National Health Care for the Homeless Council, 2019)
- ▶ In ND, individuals who experience ACEs at a higher rate are more likely to be incarcerated, live in poverty, become homeless and die young than they are to complete a college degree (HRSI, 2018)

Native Americans

- ► Highest rate of suicide, 3 times the state average
- Incarcerated at a rate 3 times above the state average, no services in jail/prison specific to Native Americans
- Average age of death 54.7 years old (state average 75.7 years old)
- ▶ 70% Children and Adolescents in school indicated to have an emotional disturbance
- Most common community ACES are homelessness, substance use disorders and poverty
- Overrepresented in SDOH, underrepresented in behavioral health workforce and leadership positions
- Overrepresented in the Homeless population of Fargo-Moorhead

(HRSI, 2018)

Interventions

- Partnered with FM Coalition to End Homelessness to provide cultural competency training to area service providers
- Provided training to Centre Inc. staff on cultural/spiritual practices
- Provided immersive clinical experience to NDSU Nursing Students Spring 2017
- Presence on Centre Inc. Community Reinvestment Board and South East Human Trafficking Community Coalition
- Donation of \$500 towards supplies/materials for Mending Broken Hearts Group
- Increased presence at local wacipis (pow-wows)

LGBTQ

- ► LGBTQ youth 3.4 times more likely to attempt suicide than youth who do not identify as LGBTQ
- Increased incidence of housing and workforce discrimination
- Zero legal protections against housing and workforce discrimination
- Homeless youth have the highest rate of death of anyone experiencing homelessness

Interventions

- Reformed approach to asking demographic information
- Training provided to nursing staff
- Annual presence at FM Pride in the Park

Women

- Continuously increasing incidence of domestic violence against women (HRSI, 2018)
- 85% of incarcerated women had an existing substance use disorder (HRSI, 2018)
- Most frequent victims of sex trafficking (Polaris Project, 2018)
 - 64% of victims were homeless or in unstable housing situations at the time of recruitment
 - Between 2015-2017, 15% of victims reported being recruited from homeless shelters or group homes
 - ▶ Most common age groups entering the life is 12-17 year olds and 18-23 year olds
 - Average life expectancy Is 7 years once an individual is recruited into sex trafficking (Common causes of death are homicide, suicide, overdose, STI infection and malnutrition)

Interventions

- Facility wide training for staff on how to spot human trafficking and how to intervene
- Facility policy mandating privacy during pelvic exams/STI screening (with exception for religious/cultural reasons)
- Human trafficking screening tool present in each exam room and on shared drive for reference
- Focus on interdisciplinary team approach and presence at bi-weekly case staffing meetings as needed
- Increase awareness for breast, cervical and uterine cancer screening
- ▶ Plan B available free of charge to women with financial difficulties
- In-house high risk pregnancy services and ultrasound services
- ► Maintenance of partnership and volunteer time with F5 Project

Changing the Game

- Vulnerable populations continuously report the most meaningful interventions for them would come from a professional who shared their culture and/or life experiences
- Need to acknowledge science that supports existing cultural beliefs
- Medicine that is <u>truly</u> holistic
 - Physical
 - Spiritual
 - Mental
 - Environmental
 - Trauma Informed
 - Empowering



"We need more light about each other. Light creates understanding, understanding creates love, love creates patience, and patience creates unity." -Malcolm X

References

HRSI. (2018, April). North Dakota Behavioral Health System Study (North Dakota Department of Human Services). Retrieved from http://www.nd.gov/dhs/info/pubs/docs/mhsa/2018-4-nd-behavioral-health-system-study-final-report-hsri.pdf

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Polaris Project. (2018, July). On-Ramps, Intersections, and Exit Routes: A Roadmap for Systems and Industries to Prevent and Disrupt Human Trafficking (Rep.). Retrieved from https://polarisproject.org/sites/default/files/A Roadmap for Systems and Industries to Prevent and Disrupt Human Trafficking - Housing and Homelessness Systems.pdf