



2016 Annual Statewide Refugee Resettlement Consultation

**“Beyond Mental Health & Wellbeing:
To be Healthy as a Whole,
Mental Health Plays a Role.”**

Summer High School Interns: Winnie, Raymond and Justin

September 29, 2016

Message of Wellness

Did you know?

- Mental wellness is our ability to manage the stresses of life and engage in meaningful activities.
- Being mentally healthy is vital to feeling well - it's a key part of a balanced life.
- Mental wellness is like physical wellness – it requires care, attention, and improves one step at a time. It's a journey.
- Mental health awareness is important - understanding our mental health - promotes caring and respect for others.
- Mental health is okay to talk about - sharing how we feel with others-is an important step in being well.

Tools to Help You Feel Stronger & Hopeful

Connect with Others

Get Enough Sleep

Deal Better with Hard times

Get Physically Active

Eat Well

Take Care of Your Spirit

Stay Positive

Create Joy & Satisfaction

HELP OTHERS

Get Professional Help If You Need It

Introduction

About Rorng

- Former Executive Director of Cambodian Association of Greater Philadelphia (CAGP)
- First in family to earn a Master's Degree
- A life Long Advocate
- A Community Organizer
- A Direct Service Provider
- A Former Refugee/Survivor of Wars and Genocide
- Experienced Depression

DBHIDS Vision and Public Health Strategy

DBHIDS Vision

- DBHIDS embraces a vision of a recovery orientated system of care (ROSC) that promotes recovery, resilience, and self-determination.

Public Health Strategy

- To promote recovery, reduce stigma, build system capacity and the infrastructure for a full continuum of service planning which includes early intervention, prevention and treatment services.

Recovery Oriented System of Care (ROSC)

“Recovery is the process of pursuing a fulfilling and contributing life regardless of the difficulties one has faced. It involves not only the restoration, but also continued enhancement of a positive identity as well as personally meaningful connections and roles in one’s community. It is facilitated by relationships and environments that provide hope, empowerment, choices and opportunities that promote people reaching their full potential as individuals and community members.” Philadelphia Recovery Advisory Committee 2006

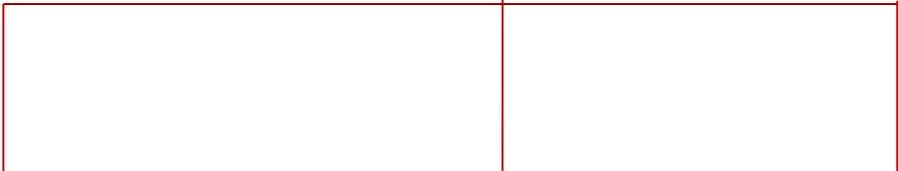
“Recovery Oriented System of Care” in both addictions and mental health becomes possible by focusing on the central role of individuals, families (and community) in responding to, managing, and overcoming these serious illnesses. Helps people move beyond the limitations of challenges toward fulfilling lives in the community. This focus must be an organizing point for the entire system.

**PHILADELPHIA
BEHAVIORAL
HEALTHCHOICES
PROGRAM**

City of Philadelphia

**Department of Behavioral Health
Intellectual disAbility Services**

- Community Behavioral Health Board of Directors**
- Commissioner/DBHIDS President
 - Director/Office of Addiction Services
 - Deputy Commissioner- Finance and Administration/DBHIDS Secretary/Treasurer
 - Commissioner/DHS Member
 - Deputy Commissioner-Strategic Planning/DBHIDS – Member
 - Deputy Mayor/Office of Health and Opportunity – Member
 - Director, Office of Mental Health-Member
 - Consumer & Family Task Force Representative - Member



**Office of Intellectual
disAbility Services
(IDS)**

**Office of Addiction
Services
(OAS)**

**Office of Mental
Health
(OMH)**

**Community Behavioral
Health
(CBH)**

HealthChoices Administrative
Services Organization (ASO)
Medicaid Managed Care

**Philadelphia
Behavioral Health System**

Philadelphia Behavioral Health System

- Single payer system operated by the City
- \$1 billion service system for children, adults & families
- Substance abuse and mental health
- Range of services from hospitals to outpatient programs
- Recovery and resilience system transformation

Recovery and Wellness

- One in 5 adults experiences a mental health condition every year.
- One in 17 people lives with a serious mental illness such as schizophrenia or bipolar disorder.
- In addition to the individuals experiencing a mental challenges, family, friends and communities are also affected.
- Half of all mental health conditions begin by age 14,
- 75% of mental health conditions develop by age 24.

See more at: <http://www.nami.org/Learn-More/Mental-Health-Conditions#sthash.y7SvaJrj.dpuf>

TRADITIONAL TREATMENT MODEL

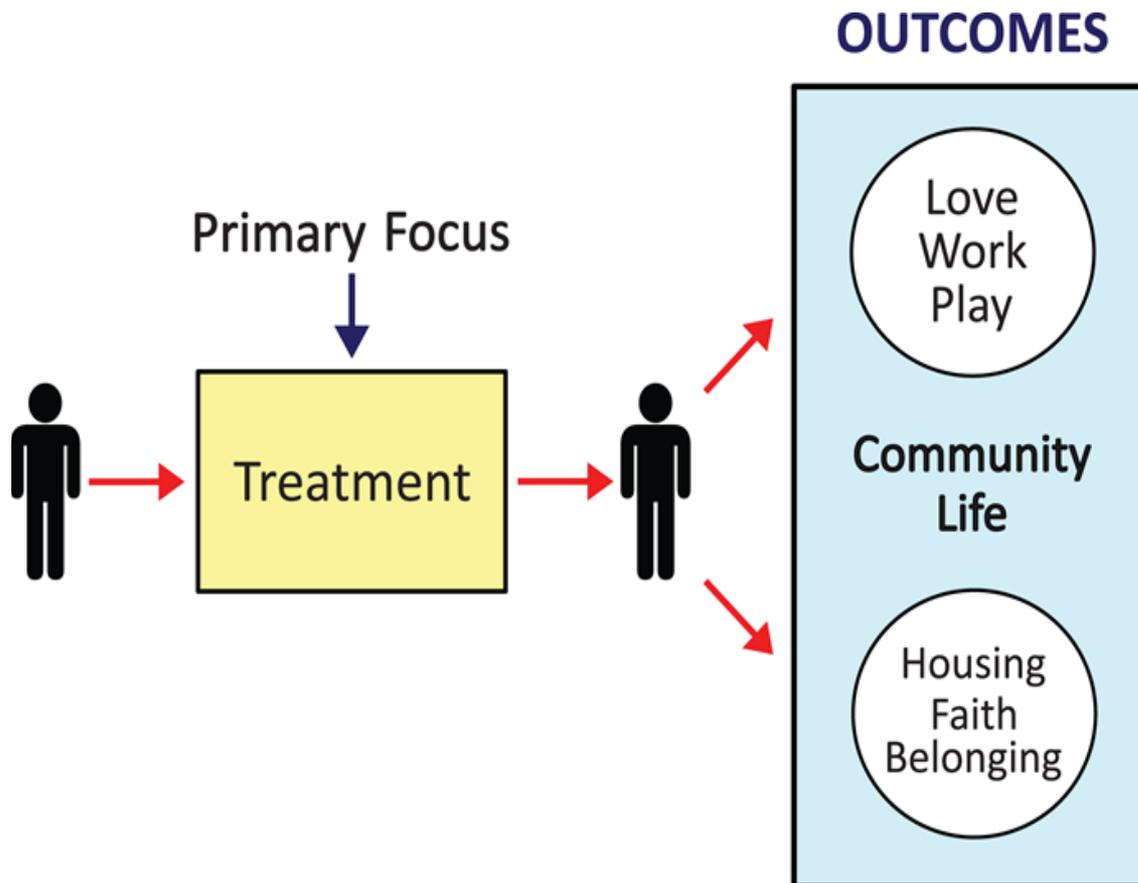


Figure 2

Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Barriers to Services

- Stigma
- Language
- Cultural
 - “Loss of Face”
 - Personal, family, community and faith
- Lack of understanding about mental health/behavioral health and access to culturally and linguistically appropriate services
- Poverty
- Lack of support for alternative healing



Close to Home

- Olivia Kong, a bright, outgoing, caring and well-liked Upenn student, jumped into a train track on April 11, 2016. This heartbreaking incident shook the Penn community and Asian American community in Philadelphia.



DBHIDS's Planning & Innovation Division

Goals Past & Future

2013-14

- Realigning and Reorganization (ROSC)
- System Assessment, Review and Prioritizing
- Building Capacity as Cross System Technical Advisors

2015-2017

- Coordinate Cross System Implementation of Public Health Approach
- Ensure the Efficiency, Accountability and Effectiveness of Public Health Model
- Advance System Knowledge and Innovation
- Coordinate the Development of the DBHIDS Strategic Plan

Immigrant Affairs and Language Access Services

Sarorng (Rorng) Sorn, Director

Immigrant Affairs and Language Access Services Promoting ROSC

- Assist in the development of agency-wide strength-based approach to provide culturally appropriate services, access and engagement to service delivery and policy/practice procedures for immigrant communities with behavioral health concerns.
- Serve as an advisor/liaison to the Commissioner, Executive Management Team, and the Mayor's Office of Immigrant Affairs.
- Assist in developing meaningful policies on accessing services that are culturally and linguistically appropriate

DBHIDS's Immigrant Affairs

- Assess the needs of immigrant and refugee communities and how the department can best engage and support each community in accessing DBHIDS services
- Develop tools and innovative strategies to assist with health care disparities faced by immigrant and refugee communities and their unique needs
- Identify, develop, maintain and align resources and information that exist across the City to successfully integrate immigrants and refugees into the cultural, social, health, economic and civic fabric of the City
- Promote the well-being of immigrants and refugees communities

DBHIDS's Immigrant Affairs Initiatives

- Language Access Plan
 - By law all providers are required to provide language access
 - First step to serve Limited English Proficiency communities
- Community Engagement/Coalition Building
- Assessment of Needs (both internally and externally through research, face-to-face meeting with stakeholders and with assessment tools)
- Resource Directory & Geo-Mapping
- Plan & Facilitate Services
- Refugee & Immigrant Women/Men Support Network
- Volunteer & Internship Opportunities
- Train the Trainer Model

Refugee & Immigrant Women Network

- Aimed to build resilience communities through engagement, empowerment, story sharing, skills building and advocacy
- 29 women participated in the first meeting on June 18
- 17 countries represented from Africa, Middle East, Latin America, East and South Southeast Asia
- Affiliated with government/public, private, nonprofit and faith communities



Volunteer & Internship Opportunities

Offer internship opportunities for high school and college students

Had 3 high school Interns this Summer 2016

- Winnie (rising junior), Raymond and Justina (seniors)
- Learned about DBHIDS, researched for best practice models and helped develop strategies that reach and benefit young people
- In five weeks, they were able to plan and conduct their own discussion group



Train the Trainer

- A proposed project that will promote recovery, resilience, self-determination through skills and competency building strategies that are relevant for refugee and immigrant communities
- Expected outcomes for participants may include but not limited to:
 - Feel empowered and liberated
 - Self-efficacy
 - Gain leadership and advocacy skills
 - Gain community organizing and need assessment skills
 - Gain program development, program implementation, evaluation, and sustainability planning skills
 - Gain employment and self-sufficiency, a true transformation

Train the Trainer Forming Stage

- Research for existing best practice models
- Identify and make connection with leaders in the field
- Engage stakeholders (internally and externally to gain buy-in and to support the model
- Form an advisory committee
- Develop the model and sustainability plan
- Implementation and evaluation plan

Thank you!



Contact Information

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DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disability SERVICES