

# **USING HEALTH NAVIGATION AND FAMILY HEALTH NAVIGATION TO SUPPORT BEHAVIORAL HEALTH INTEGRATION**

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# Presentation Topics

- Look at the Chronic illness affecting Latino and African American mental health consumers
- What is Health Navigation
- Health Navigation interventions
- The research behind Health Navigation
- What is Family Health Navigation
- Family Health interventions
- How Mental Health Providers can address health conditions

# Reasons why consumers experience physical illness problems

- Lack of Access to physical health care
- Living in conditions of poverty
- Lack of preventive healthcare or early treatment
- Use of alcohol and substance use
- Side effects of psychiatric medications
- Poor diet
- Smoking
- Lack of physical activity
- Stigma attached to mental illness

# **Health issues affecting Latinos/Hispanic Consumers**

# Hispanic/Latino Health Issues

- Heart disease- leading killer
- Cancer- lung cancer for men, breast cancer for Latinas
- Type 2 diabetes- 52% risk for women, 45.5 % for men
- Chronic liver disease
- Chronic lower respiratory disease
- Influenza/pneumonia

# Hispanic/Latino Health Issues

- Among all ethnic groups Hispanics had the second highest rate of Hepatitis A.
- Hispanic adults 40 years and over are 30% more likely to develop Hepatitis B.
- Hispanics are twice as likely to die from viral hepatitis as compared to Whites.

# Health Conditions common in Latinas

- Breast Cancer
- Cervical Cancer
- Liver disease
- Diabetes Type 2
- Heart disease
- High blood pressure
- High cholesterol
- Lupus
- Overweight and obesity
- Stroke

# Barriers to Healthcare for Latinos/Hispanics

- Immigrant or undocumented status
- Language barriers
- Privacy – personal matters should be handled only in the family
- Lack of minority physicians and healthcare providers
- Belief in fate



# **Health issues affecting African American/Black Consumers**

# Black/African Americans: Health Issues

- The leading causes of death among African Americans age 65 and over are:
  - Heart disease
  - Cancer
  - Stroke
  - Diabetes
  - Pneumonia/Influenza

Diabetes is a more common cause of death among Blacks than in any other racial and ethnic group.

# Black/African Americans: Health Conditions

- For African Americans these conditions include:
  - Hypertension
  - Coronary artery disease
  - Stroke
  - Dementia
  - Diabetes
  - Certain cancers

# Barriers to Healthcare for Black/African Americans

- Lack of minority physicians and healthcare providers
- Mistrust of healthcare system
- Misunderstandings on the part of healthcare professionals of symptoms
- Historical Trauma

**These barriers and health issues indicate the challenges for this community and the providers that serve them.**

**Effective interventions need to address these health disparities, early prevention, and be culturally responsive.**

# What is Health Navigation?



# Health Navigation defined

- A comprehensive health care engagement and self-management intervention

# Health Navigation defined

- Comprehensive
  - Connect consumers to mental health, primary care, substance use and specialty health care services.



# Health Navigation defined

## ■ Engagement

- Many of the SMI population were unable to successfully engage a consistent primary health care provider (a healthcare home) or gave up trying to access and use outpatient primary care.

# Health Navigation defined

## ■ Self-Management

- Train and empowers consumers/clients to be assertive self-managers of their health care so that their interactions with healthcare providers can be more effective.

# Critical Element of Health Navigation

- “For them, with them, by them”
  - Empowerment and self-managed care through modeling, coaching, fading

# Why Health Navigation?

- Stigma of mental illness
- Poverty
- Lack of coordinated care
- Race/ethnicity
- Health disparities

**The Research behind Health  
Navigation demonstrates  
that it is an effective  
intervention.**

# History of Health Navigation Project Bridge

- 3 year pilot research project started in 2008
- John Brekke, Ph.D and the Project Bridge team from the USC School of Social Work in collaboration with Pacific Clinics
- Project was funded by
  - UniHealth Foundation
  - NIMH
  - Clinical and Translational Science Institute at USC

# Results of the Pilot Randomized Control Trial

- Randomized study with 24 mental health consumers from agency caseloads at Pacific Clinics
  - Treated Group: received health navigation
  - Untreated Group: wait listed for 6 months

# Results of the Pilot Randomized Control Trial

## ■ Participant Characteristics:

- FSP population
- 74% ethnic minority
- 57% male
- 47 years old (s.d. 8.5)
- BASIS 32 scores: TX: 2.16 Comparison: 2.60 (no difference) little to moderate difficulty with symptoms and functioning



# Results of the Pilot Randomized Control Trial

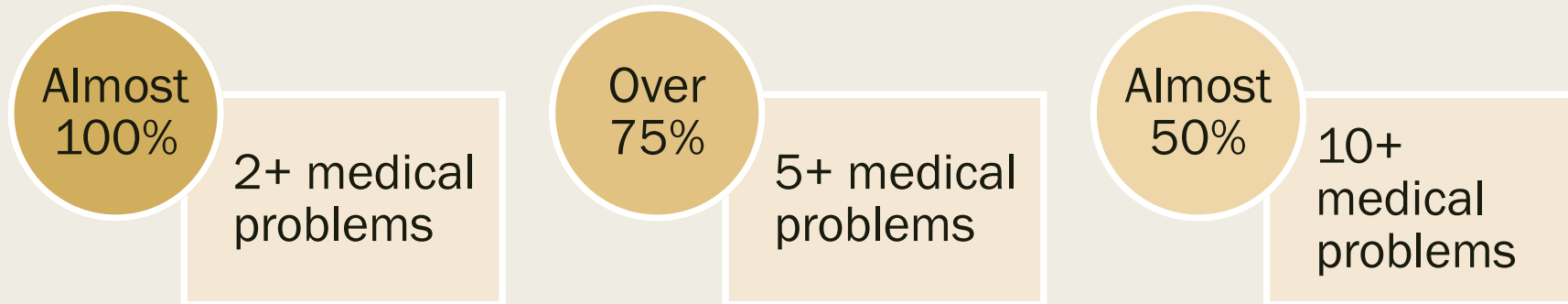
■ Cough or wheezing	57%
■ Difficulty hearing	22%
■ Unexpected weight loss/gain	26%
■ Ringing in ears	30%
■ Fatigue/weakness	44%
■ Allergies/hay fever	30%
■ Teeth /gum problems	52%
■ Rash	9%
■ Change in Vision	30%
■ Chest pain/discomfort	44%
■ Heartburn	44%
■ Headaches	57%
■ Cold/heat intolerance	22%

■ Nausea vomiting intestinal	44%
■ Memory loss	44%
■ Ear bruising	39%
■ Pain in abdomen	44%
■ Fainting	9%
■ Dizziness	35%
■ Loss of coordination	26%
■ Sexual function concerns	39%
■ Muscle/joint pain	52%

# Results of the Pilot

## Randomized Control Trial

*Of the 24 consumers current medical complaints*



# Results of the Pilot Randomized Control Trial

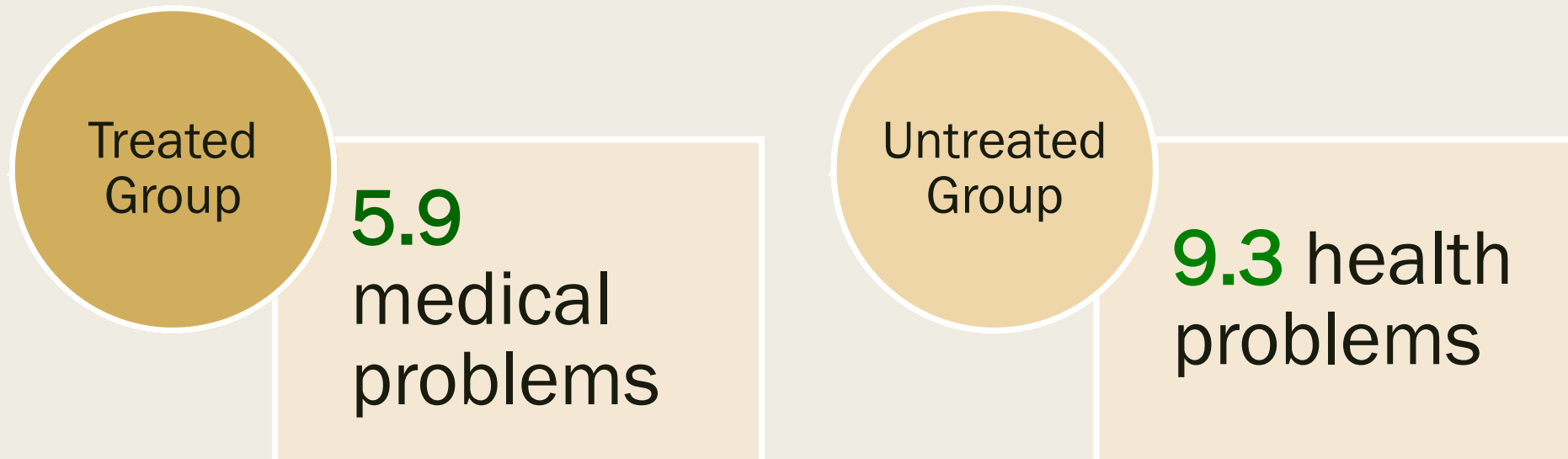
**Positive findings for the intervention in terms of:**

- Acceptability to clients and agency staff
- Tolerability to clients
- Feasibility of integration into clinic and teams
- Feasibility for peer providers

# Results of the Pilot Randomized Control Trial

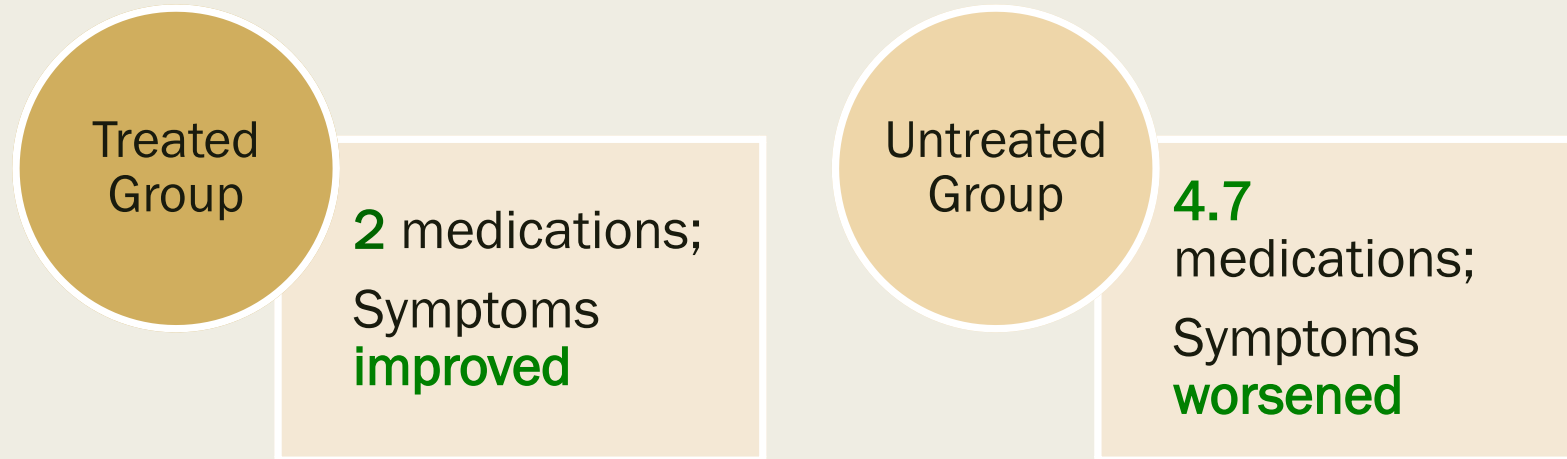
## *Significant Impact on Health Status*

- After six months, the total number of current health problems was **reduced** for those receiving Health Navigation



# Results of the Pilot Randomized Control Trial

## *Difference in Medications Prescribed*



# Results of the Pilot Randomized Control Trial

## *Additional Findings*

Location selected by consumers for usual medical care:

	Before Health Navigation	After Health Navigation
ER	33%	0%
Urgent Care	17%	0%
Outpatient MD Office	44%	83%

# **2015-2016**

## **Health Navigation Research**

- 300 MH Clients in randomized controlled trial
- 150 clients received the health navigation intervention in addition to the mental health services

# 2015-2016

## Health Navigation Research: *Results*

- Decreased avoidance of healthcare services
- Increased use and satisfaction with primary care clinics
- Improved early detection of chronic health conditions such as hypertension, type 2 diabetes, high cholesterol
- Clients reported a decrease in amount of bodily pain
- Clients reported an increase in their confidence to self manage their health care
- These results were maintained 6 months after health navigation services ended.



# Now Lets look at the Family Health Navigation Model



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# Family Health Navigation vs. Health Navigation

- Focus is on the family and the child rather than on the individual
- Children usually have access to a pediatricians unlike adults with mental illness who have lacked access to primacy care physicians
- In Family Health Navigation we will focus on assisting families to navigate the healthcare system.

# Health Literacy Defined

- “The degree to which individuals have the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions”

(Healthy family 2010 U.S. Department of Education)

# Health Literacy Research

- The health of 90 million people in the United States may be at risk because of the difficulty some people experience in understanding and acting upon health information.
- 40-80% of the medical information given is forgotten immediately; half of the information that is retained is incorrect
- Physicians thought 89% of patients understand medication side effects, only 57% of patients understood (Improving Your health literacy Sept. 2010 Agency for Healthcare Research and Quality, Rockville, MD)

# Health Literacy Defined

- Health literacy is dependent on individual and systemic factors:
  - Communication skills of patients and professionals
  - Patients' knowledge of health topics
  - Cultural background of patients
  - Demands of the healthcare and public health systems
  - Demands of the situation/context

*(Porter, S.C. et. Al Journal Medicine Internet Research 2011 Jan-March, 13(1).)*

# Who is at greatest risk for low health literacy?

- Men slightly more than women
- Public health insurance or Medi-cal, or no insurance
- Hispanic, Black, Asian Pacific Islanders or multiracial people
- Level of education: People that did not complete high school
- People living in poverty
- Cultural and language barriers: English is a second language
- Stress level

(Kumar D. et. al Academy Pediatric, 2010; 10(5):305-316)

# Hispanic/Latino Patients and Health Literacy

- Hispanic adults have on average lower health literacy than any other racial/ethnic group in the United States.
  - 41% of Latino adults lack basic health literacy
  - Only 4% have the proficient health literacy necessary to make appropriate health decisions
  - Non-native English speakers are more likely to have low health literacy
  - Immigrants are more likely to have difficulty navigating the US health care system

# Hispanic Parents and Health Literacy

- In one study looking at health literacy among Spanish –speaking Latino parents of young children the researchers found that these parents did not understand how to correctly dispense OTC medicine to their children (of 100 participants only 22% correctly dosed the medication.)(Leyva et al 2005 Ambul Pediatrics Jan-Feb;5(1): 56-9)



# Family Health Navigation

- We don't assume low health literacy but focus on assessing health literacy and increasing health literacy
- We reframe health literacy as a life skill required to navigate modern health systems and everyday choices that influence health.

(Smith, S. A. & Moore J. E. Maternity Child Health Journal 2012, 16; 1500-1508)

# Co-morbid Physical Health Conditions

- Children with serious behavioral health challenges do not have the same high rates of expensive co-morbid physical health conditions as found in adults with severe persistent mental illnesses.
- Recent estimates suggest that about one-third of Medi-Cal enrolled children who use behavioral health care have serious medical conditions specially asthma.

# Overview: Family Health Navigation Interventions

- Health Literacy Skills
- Parent/Caregiver and Doctor communication skills
- Access to Health care providers and ability to navigate health care system
- Build up Family's resiliency skills
- Identify Family Health/Wellness Goals

# Family Health Navigation Model

## Goals

- The Family Health Navigation intervention will increase parent's/caregiver's health literacy skills, health self-efficacy, satisfaction with health care providers, sense of empowerment and ability to advocate on behalf of their child.

# Family Health Navigation: Cultural issues

- Family Health Navigation assessment forms and skill building tools have been translated into Spanish and Armenian
- Explore with parents/caregivers if they use any traditional remedies to treat illness in their family. Discuss how this information can be communicated to their child's doctor.
- Explore with parents/caregivers any specific dietary religious or cultural practices that need to be accommodated.

**What can Mental Health  
Professionals do to help  
clients/consumers with medical  
conditions and still within their  
Scope of Practice?**

**Focus on Psychological issues  
associated with medical conditions  
and high risk factors for developing  
these medical conditions.**

# Mental Health Providers: Ways to help

- Linkage to healthcare including vision care, and dentist
- Education around preventive care, annual health screenings
- Follow up care and treatment
- Lifestyle changes
- Life skills such as coping skills, relaxation, stress management



# Activities that promote health

- Nutrition- how to create a healthy diet
- Physical fitness – how to get the right amount of exercise
- Stress management skills
- Sleep maintenance – how to regulate and maintain healthy sleep patterns
- Regular health exams- mammograms, blood pressure checks, healthy woman exams

# Activities that address potential health issues

- Weight loss
- Smoking cessation
- Substance use
- Vision and dental care
- Diabetes monitoring and care
- Sexual health
- Aging process



# Psychological issues

- Obesity- impaired self-image.
- Lack of social support.
- Acceptance of medical condition diagnosis.
- Lifestyle changes – diet, exercise, smoking.
- Cognitive impairments.
- Impairments in social and communication skills.

# For further Information Health Navigation & Family Health Navigation Trainings

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# Thank You for your time and attention

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