

Guide to using the compendium of forum materials on the SDMH

On November 14–15, 2019, members of the National Academies' Global Forum on Innovation in Health Professional Education hosted an open workshop in Washington, DC on the social determinants of mental health (SDMH). The goals of the workshop were: (1) to better understand the social determinants of mental health; and (2) to explore how to effectively educate others about the topic. Following the workshop, a compendium of materials (listed in Box 1) were developed in support of those two goals.

The purpose of this compendium of materials is to give educators across the continuum of health professional education easily accessible material to build a class or continuing professional development activity on holistically addressing the social determinants of health and the SDMH.

BOX 1: COMPENDIUM OF SDH/SDMH MATERIALS

- 1 minute video snapshot of the social determinants of health / social determinants of mental health: <https://www.youtube.com/watch?v=zqvF6W5kKEY&t=3s>
- Powerpoint presentation + 3 Powerpoint case history activities <https://www.nap.edu/read/25711/chapter/11>
- Workshop videos: <https://www.youtube.com/watch?v=zibAkecAmGc&list=PLGTMA6QkejfhAmRC2HbVGC460j7RyU9WW>
- Workshop proceedings: <https://www.nap.edu/catalog/25711/educating-health-professionals-to-address-the-social-determinants-of-mental-health>
- Member requested study on SDH in HPE <https://www.nap.edu/read/21923/chapter/1>
- 3 NAM commentaries:
[Link to three NAM commentaries:](#)
(1) [Student advocacy](#); (2) [Educating the educator on racism and all the isms](#); (3) [Global IP SDH/SDMH](#)

Each of these materials serves a separate purpose based on the needs of the user.

Understanding the SDH/SDMH

The workshop videos offer the most comprehensive overview of SDH and SDMH but are time-consuming to watch. The proceedings, that can be downloaded free of charge, is a shortened version of the videos. While it provides less detail than the videos, the report was written in a format that may be easier to follow and more applicable to an educational setting given the key messages that are presented at the opening of each chapter. A third element for understanding the SDH/SDMH is the one minute video. This video draws images from the proceedings and messages from the workshop to provide a short snapshot of the topic, SDH/SDMH. One might use the video to open a class or educational event as a way of introducing the topic.

Educating others on the SDH/SDMH

Slide decks. Four powerpoint presentations are included as part of the compendium that can be found in Appendix E of the proceedings. The lead slide deck is designed to be adapted by educators. Educators can select slides and content then add a background to their selected slides. The other 3 slide decks are activities based on case histories at three moments in time across the life course from pregnancy to adolescence to older adulthood. The case histories unfold like an onion so pausing throughout the presentation to discuss perspectives with the learners/participants is encouraged.

NAM commentaries. The three NAM commentaries are also useful for educational purposes. One describes how students became advocates for health workers during the COVID pandemic; another offers a global perspective on the social determinants of health and mental health during a public health crisis; and the third provides guidance to educators on how to approach the topic of racism and all forms of discrimination in their classroom or workplace. These can be assigned readings or used to inform the educator.

Abbreviations

IPE – Interprofessional education

IHPE – [Global Forum on] Innovation in Health Professional Education

MH – Mental health

SDH – Social determinants of health

SDMH – Social determinants of mental health

Glossary of Terms

Cultural competence – “The integration and transformation of knowledge about individuals and groups of people into specific standards, policies, practices, and attitudes used in appropriate cultural settings to increase the quality of services; thereby producing better outcomes” (NASW, 2015).

Cultural humility – “Having an interpersonal stance that is other-oriented rather than self-focused, characterized by respect and lack of superiority toward an individual's cultural background and experience” (Hook, J.N., Davis, D.E., Owen, J., Worthington, E.L., and Utsey, S.O., 2013).

Health – A state of complete physical, mental, and social well-being, not simply the absence of sickness and disease (WHO, 2014).

Health disparities – Differences in health status among distinct segments of the population including differences that occur by gender, race or ethnicity, education or income, disability, or living in various geographic localities. (US DHHS. Healthy People 2010: Understanding and improving health. 2nd ed. 2000)

Health inequities – Disparities in health that are a result of systemic, avoidable, and unjust social and economic policies and practices that create barriers to opportunity. (US DHHS. Healthy People 2020, November 2010. <http://www.healthypeople.gov/2020/about/disparitiesAbout.aspx>)

Implicit bias – Attitudes towards people or associating stereotypes with people without conscious knowledge (Brownstein, M., "Implicit Bias", The Stanford Encyclopedia of Philosophy (Fall 2019 Edition), Edward N. Zalta (ed.), <https://plato.stanford.edu/archives/fall2019/entries/implicit-bias/>).

Intersectionality – Overlap and interdependence of various social identities, such as race, gender, sexuality, and class, contributes to the specific type of systemic oppression and discrimination experienced by an individual (Hill Collins, P., & Bilge, S. (2016). Intersectionality. Malden: Polity Press ISBN 978-0-7456-8448-2).

Social determinants of health – “those factors that impact upon health and wellbeing: the circumstances into which we are born, grow up, live, work, and age, including the health system” (CSDH, 2008).

Social determinants of mental health – The economic, social and political conditions into which one is born that dictate the likelihood a person raised in deficient or dangerous conditions often associated with poverty will develop persistent mental health challenges throughout his or her life (WHO and Calouste Gulbenkian Foundation, 2014)

Structural determinants – Root determinants, such as historical, political, ideological, economical, and social foundations, from which all other determinants arise (WHO, 2010)