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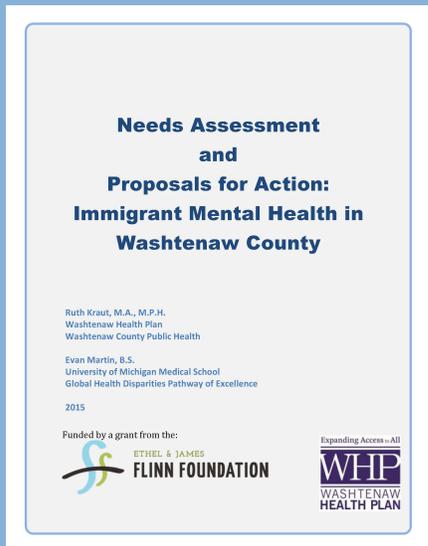
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Immigrant Mental Health Needs Assessment Seeks to Better Understand Immigrant Mental Health Needs



Download the full assessment

In 2014, staff at the Washtenaw Health Plan (WHP) were beginning to sense that something may be missing in meeting immigrant mental health needs in the best way possible. This motivated WHP Program Administrator Ruth Kraut to develop the [Immigrant Mental Health Needs Assessment](#). "We felt we might be missing some areas of health of this population," notes Kraut.

As a result, the WHP recently concluded a needs assessment aimed at understanding mental health needs in the Washtenaw County immigrant population.

WHI News

Single community health assessment team receives approval of identified needs from all health system boards

The WHI single community health assessment project, called the Unified Needs Assessment Implementation Plan Team Engagement (UNITE) team, is working in two phases to create a single health assessment for Washtenaw County. The first phase is to bring together the non-profit hospitals in



Washtenaw County (St. Joseph Mercy - Ann Arbor, St. Joseph Mercy - Chelsea, and the University of Michigan Health System) to conduct and publish a single, collaborative community health needs assessment (CHNA) and implementation plan by the end of 2016. The second phase will be to incorporate Livingston County and both county health departments to conduct a universal CHNA engaging all parties.

In late February, the UNITE team received final approval by the third hospital board of the three proposed top community health needs. The top three needs as approved are: mental health and substance use disorders, obesity and related diseases, and perinatal and preconceptional health. Since receiving approval from all three boards, the team is currently engaging community members to help develop implementation strategies to target these top needs. The UNITE team will publish the single needs assessment online in June, and the joint implementation strategies in October.

TaMMS project published in Psychiatric Services journal

The development and implementation of the [Tailored Mental Health Management Support for Primary Care \(TaMMS\)](#) project was published in the journal Psychiatric Services, in an column titled *Implementing the Collaborative Care Model as Part of a Countywide Initiative*. The TaMMS project utilizes the collaborative care model and is focused on managing the treatment of depression and anxiety in patients treated at four safety net clinics in Washtenaw County: Packard Health, the University of Michigan's Taubman General Medicine and

Funded by a grant from the [Flinn Foundation](#), the assessment team, composed of Kraut and Evan Martin, a medical student at the University of Michigan, analyzed self-reported health data of Latino immigrants from the [Encuesta Buenos Vecinos](#) (EBV). The EBV surveyed over 400 Latinos, most of whom were Immigrants, in 2013-2014. In addition, Kraut and Martin analyzed available census data. The assessment also included qualitative information from focus groups of Latino men and women from the community, and data from one on one interviews with English-speaking Arab immigrants.

The WHP examined the prevalence and predictors of frequent mental distress (FMD) in the Latino immigrant population throughout Washtenaw County using the data from the Latino Health Survey (*Encuesta Buenos Vecinos*). Described as 14 or more days in a month when mental health is not good, FMD prevalence and predictors in the immigrant population can provide insight into what types of gaps or needs there may be in the services offered to this population. Results demonstrate that Latino immigrants experience higher rates of FMD compared to US and Michigan residents. Additionally, many Latino immigrants report experiencing risk factors that can result in FMD, such as no health insurance (34.7%), limited family contact (41.3%), low trust in the community (53.5%), and low emotional and social support (68.9%).

As a whole, the immigrant population in Washtenaw County has mental health needs that are related to pre-migration, migration, and post-migration stressors is at higher risk of experiencing FMD, and may require specialized mental health support to meet their needs.

Money from the Flinn grant was also dedicated to building capacity in the community. The Washtenaw Health Plan funded translation

Ypsilanti Health Center, and the St. Joseph Mercy Health System's Academic Internal Medicine (AIM) clinic.

The article, published online on February 29, reported that in first three months of operation, 48% of TaMMS patients reported reduction in depressive symptoms, and, 40% of TaMMS patients reported reduction in anxiety symptoms. The article also stressed the importance of community buy-in and the ability to engage funding from multiple sources. Additionally, the article discusses the future of the project, as efforts are increasing to expand use of the TaMMS model to more clinics. The article is available to read online, and will be going to print in the May edition of Psychiatric Services.

Partner News

Packard Health opens new office in Ypsilanti



Packard Health celebrated the opening of its new office located in Ypsilanti on March 29. The new office, located at 200 Arnet Street, is the result of a \$650,000 grant Packard Health received from the U.S. Department of Health and Human Services. The grant also funded the expansion of services provided at the [Delonis Center](#), a homeless shelter in Ann Arbor.

Packard leaders believe the new facility, in combination with the Delonis Center site, will add around 3,000 new patients to Packard's previous 7,000 patients seen annually. In an MLive article published in August 2015, Dr. Ray Rion, the executive director of Packard Health, stated that he believed the two new locations will allow the Federally Qualified Health Center (FQHC) to really serve the populations they were designed to serve - specifically homeless patients. The new Ypsilanti site is located on a major bus line and is accessible beginning at 8 AM and as late as 7 PM on some days.

Congratulations to Packard Health on expanding!

Other News

services for Jewish Family Services to translate materials into Arabic, for Catholic Social Services to translate materials into Spanish, and for both organizations to hire bilingual staff to better provide care to individuals who may not speak English.

Based on the results of the assessment, the team suggested several proposals for action that would begin fill the gaps in services offered to immigrants. The report suggests that increased language support, cultural competency education for school staff on the challenges that Latino immigrants face, and more accessible psychological support would all work to minimize the experience of frequent mental distress.

Kraut noted that the goal of the project was to identify just what the gaps were in the community, so that better services could be developed to meet the needs that exist. She elaborates, "Washtenaw has a lot of immigrants and we are just hoping to work to build support. It's an area that we have identified as needing additional support and a gap that we hope to meet. We are looking for additional ways to provide support." This support can take different shapes in the community. For example, local mental health providers can use the findings of the assessment to apply for funds to hire bilingual staff.

Ultimately, the goal of the assessment was to identify gaps in order to develop ways to fill those gaps. Eventually, Washtenaw County will be a community that is positioned to better serve ALL of its members, regardless of where they may come from.

Quick Links



Washtenaw and Livingston Counties named as pilot region in State Innovation Model

On March 9, the Michigan Department of Health and Human Services [announced](#) five pilot test regions to implement the [State Innovation Model \(SIM\)](#).

Developed out of Michigan's Blueprint for Health Innovation, a strategic plan for the future of health in Michigan, the [SIM](#) is the result of a statewide initiative to implement a model that can "achieve better care coordination, lower costs, and improved health outcomes for Michiganders."



To date, the state has hosted two webinars about SIM components, with a third scheduled for May 11. Access slides and audio recordings using the links below.

1. [SIM Overview](#) (April 19)
2. [Community Health Innovation Regions and Collaborative Learning Network](#) (April 21)
3. Patient-Centered Medical Homes and Accountable Systems of Care (May 11; CHRT will host a viewing of this webinar. RSVP with WHI Project Manager [Carrie Rheingans](#))

Upcoming Event: Washtenaw County Public Health Community Health Committee Meeting

Topic: Environmental Health is Public Health: the Flint Water Crisis and the Washtenaw County Dioxane Contamination

Attend this meeting to learn more about the Flint Water Crisis, why it happened, and what community based organizations are doing about it. There will also be a discussion about local environmental health challenges, the Washtenaw County Dioxane Contamination, and strategies to reduce toxins in the community.

Monday, May 16, 12 - 2 PM

Location: Washtenaw County Learning Resource Center
4135 Washtenaw Ave, Ann Arbor, MI 48108

Lunch is provided, a \$5 donation is suggested. [Registration](#) is required; please [register](#) by May 6.

You can also join the [CHC email list](#) to receive information about more upcoming events.

The Ride Service Expansion

As a part of TheRide's Five- Year Transportation Improvement Program, the bus service will be introducing the largest service



- [WHI Website](#)
- [WHI Member Portal](#)
- [Center for Healthcare Research & Transformation](#)

Upcoming Member Meetings & Other Events

May

- 2** - WHI All-Member Stakeholders Group (10 - 12 PM, Washtenaw Community College - Morris Lawrence Bldg Rm 101)
- 5** - UNITE Phone Meeting (3-4 PM)
- 9** - Medicaid & Marketplace Outreach & Enrollment Work Group (10-11:30, United Way of Washtenaw County)
- 10** - Steering Committee (8:30 - 10 AM, CHRT)
- 11** - Advance Care Planning (2-3:30, CHRT)
- 11** - SIM Webinar on PCMH/ASC (3-4:30, CHRT hosting)
- 13** - FUSE Stakeholder Quarterly Meeting (8-10 AM, 1327 Jones Dr, Ann Arbor, MI 48105)
- 16** - Washtenaw County Public Health Community Health Committee Meeting (12 - 2 PM, Washtenaw County Learning Resource Center 4135 Washtenaw Ave, Ann Arbor, MI 48108) **please register [here](#)**
- 17** - Opioid Project (11- 12:30 PM, Patrick Barrie Conf. Rm; 705 Zeeb Rd., Ann Arbor, MI)
- 19** - UNITE In-Person (3-4 PM, CHRT)
- 20** - Mental Health & Substance Use Disorder Work Group(3-4:30 PM, CHRT)
- 31** - Primary Care and Safety Net (1-2:30 PM, CHRT)

June

- 2** - UNITE Phone Meeting (3-4 PM)
- 8** - Advance Care Planning (2-3:30, CHRT)
- 14** - WHI Steering Committee (8:30 - 10 AM, CHRT)



expansion in the Ann Arbor and Ypsilanti area since 1979. Beginning May 1st 2016, community members will have more opportunities to utilize the bus services to connect to resources throughout the community. You can find more information about upcoming improvements and details of the expansion at TheRideYourWay.org.

Lead Safety in Washtenaw County



With attention on lead as a result of what is happening in Flint, MI, many individuals are beginning to question if their own communities are adequately protected from lead. [Washtenaw County Public Health](#) (WCPH) has developed a section of their [website](#) dedicated to providing information and resources about lead for Washtenaw County residents.

WCPH offers local [resources](#):

1. Washtenaw County Public Health provides free lead testing for children (up to 6 years old) with Medicaid or who are uninsured. Call 734-544-6700 to schedule an appointment.
2. For concerns about the lead content of a water supply, a lead water sample analysis can be purchased through WCPH. The cost for the analysis is \$17.

Municipal water supplies must compile operational and testing information concerning the water supply and publish an annual Consumer Confidence Report (CCR). Every resident should receive a copy of this report when it is published. It can be accessed online on the Environmental Protection Agency's Consumer Confidence Report [site](#), and residents can request a paper copy to be sent to their homes.

Share Your Story

Share your story ideas for the WHI newsletter with Carrie at (734) 998-7567 or crheinga@umich.edu

Join Our Mailing List

About the Washtenaw Health Initiative

The [Washtenaw Health Initiative](#) is a voluntary, county-wide collaboration focused on how to improve access to coordinated care for the low-income, uninsured, and Medicaid populations. The effort includes representatives from the University of Michigan Health System, Saint Joseph Mercy Health System, VA Ann Arbor Healthcare System, health plans, county government, community services, physicians, and safety net providers.

[Washtenaw Health Initiative](#)

16 - UNITE Meeting (3-4 PM, CHRT)

(734) 998-7567

17 - Mental Health & Substance Use Disorder Work Group (3-4:30 PM, CHRT)

21 - Opioid Project Meeting (11 - 12:30 PM, Patrick Barrie Conf. Rm; 705 Zeeb Rd., Ann Arbor, MI)

28 - Primary Care and Safety Net Meeting (1-2:30 PM, CHRT)

30 - UNITE Phone Meeting (3-4 PM)