

# Improving Community Well-being: Psychology's Role in Advancing Population Health

American Psychological Association

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APA Town Hall

October 21, 2024



# Improving Community Well-being: Psychology's Role in Advancing Population Health

Cynthia de las Fuentes, PhD, 2024 President of APA, The American Psychological Association

Arthur Evans Jr., PhD, Chief Executive Officer and Executive Vice President, American Psychological Association

Pim Cuijpers, PhD, Professor emeritus of Clinical Psychology, Vrije Universiteit Amsterdam, The Netherlands

Isha W. Metzger, PhD, Associate Professor of Psychology, Georgia State University

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# Improving Community Well-being: Psychology's Role in Advancing Population Health

**Arthur C. Evans, Jr., PhD**

**Chief Executive Officer & Exec. Vice President  
American Psychological Association**

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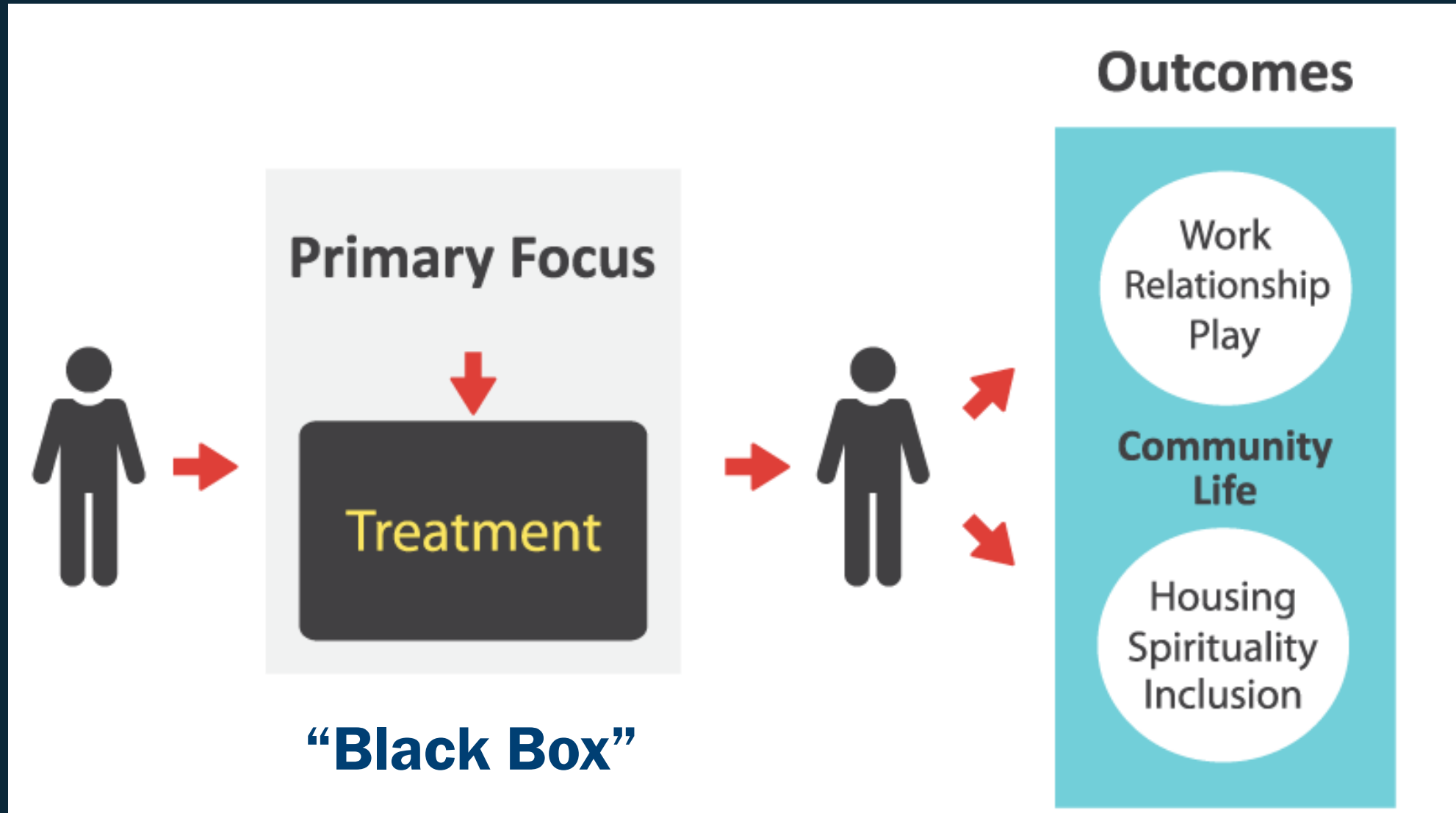
APA Membership Town Hall

OCTOBER 21, 2024

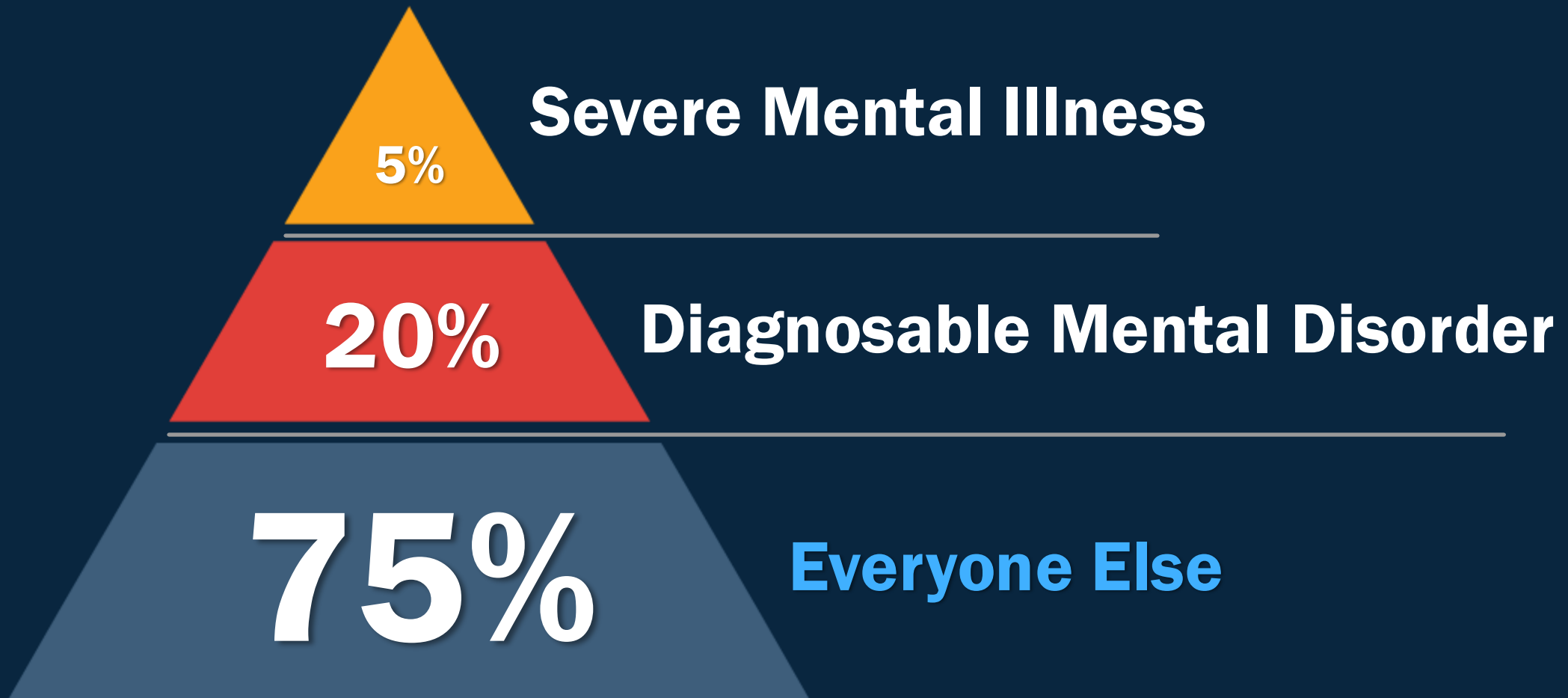


# Traditional Treatment Model in the U.S.

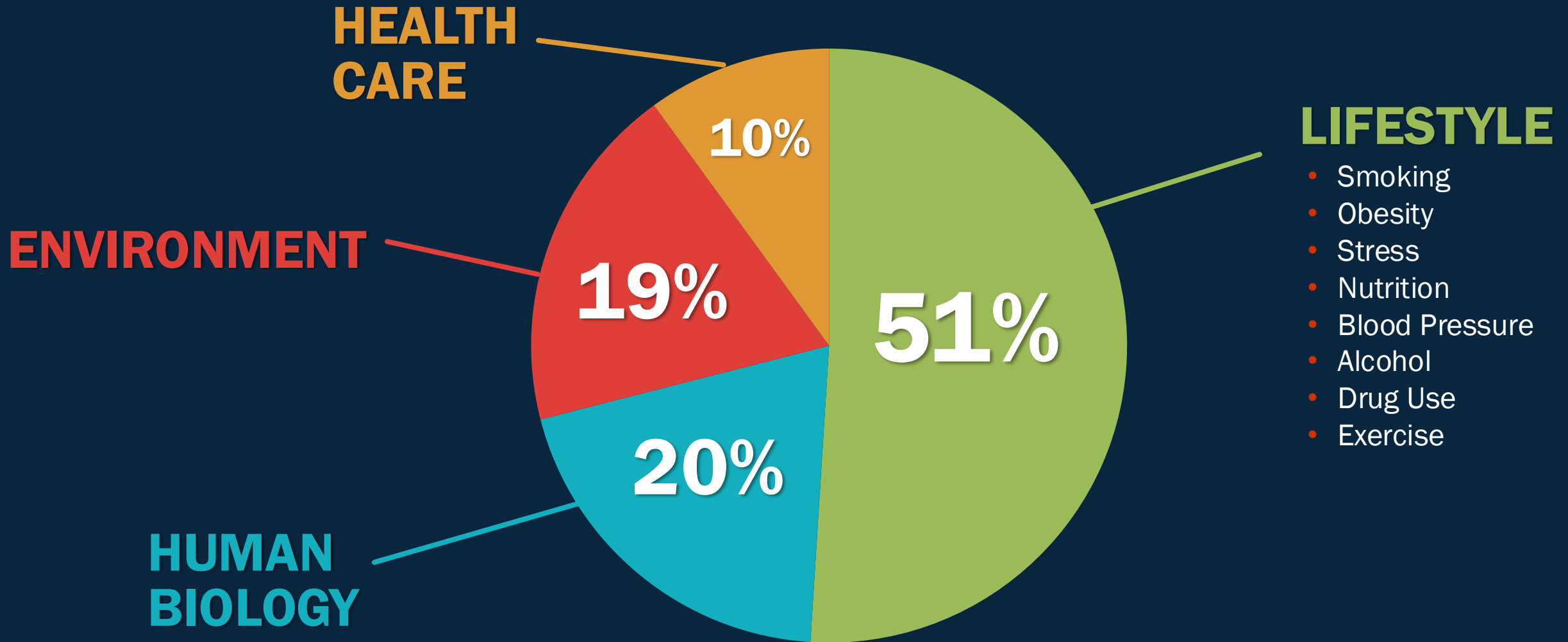
## (Mental Model)



# Current U.S. Treatment Approach



# Factors that Influence Health Status

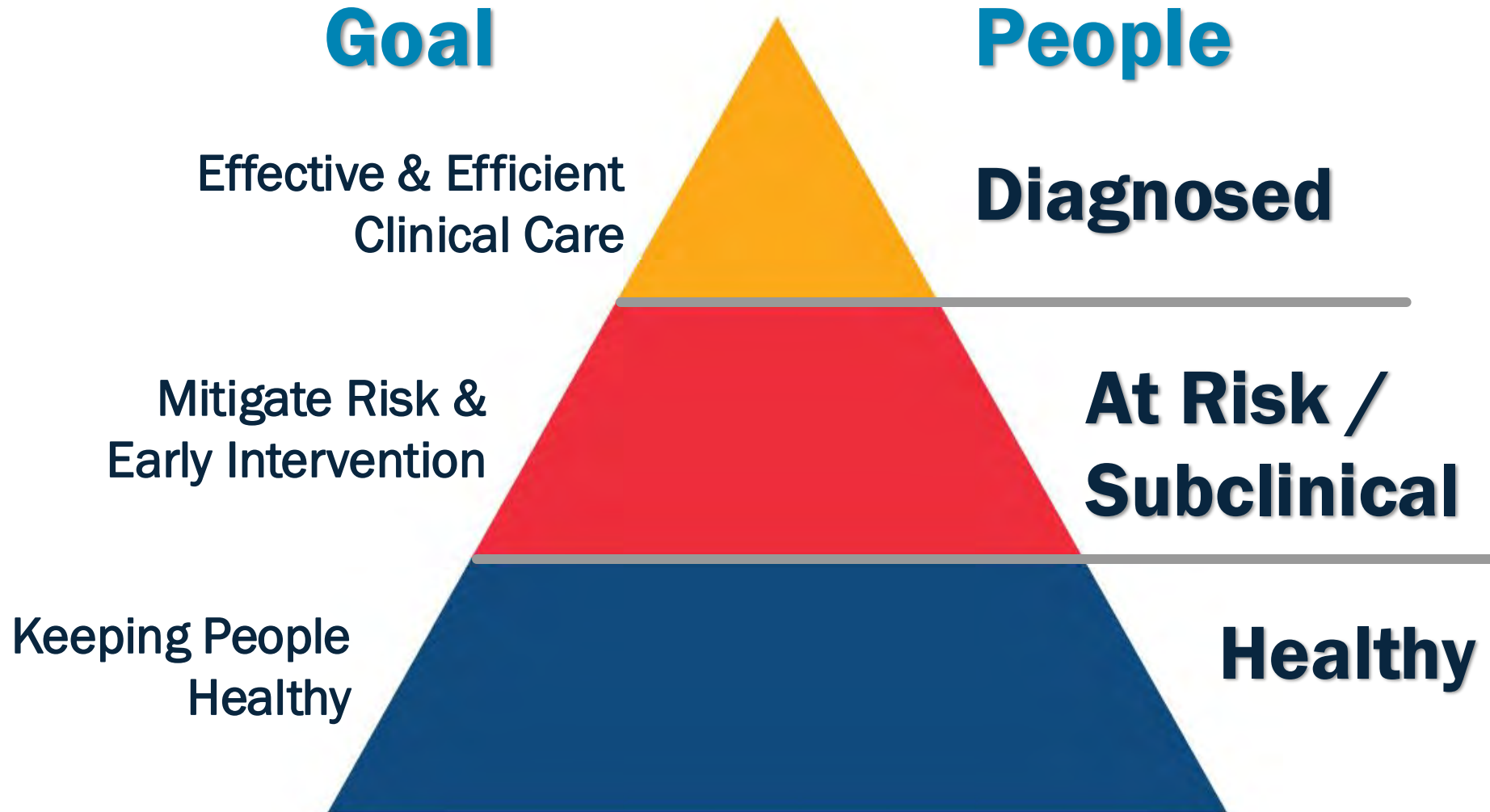


**Complexity**

**Ubiquity**

**Scientific understanding**

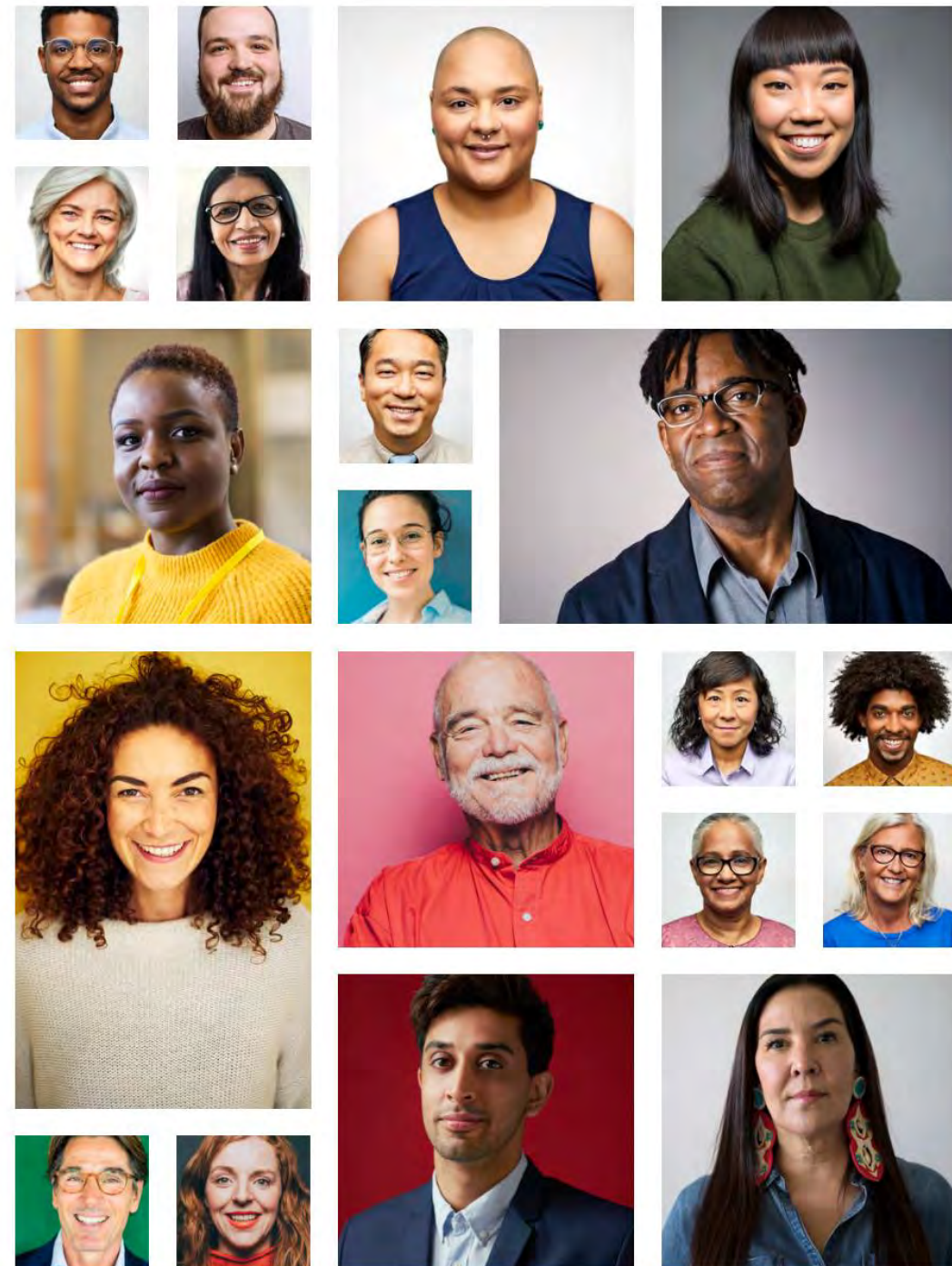
# Population Health Approach





# A Population Health Approach: *Expanding our Paradigm*

- **WHO** provides and receives help...
- **WHAT** behavioral health goals we have...
- **WHEN** help/intervention is provided...
- **WHERE** help/intervention is provided...
- **HOW** we provide help/intervene...



# Examples:

## APA Advancing Population Health

Partnership with  
NASMHPD

Population Health  
Science Summit

CEO  
Alliance

Promoting  
school-based  
mental health

Promoting  
Health Equity

Technology &  
Mental Health  
(e.g., digital  
therapeutics)

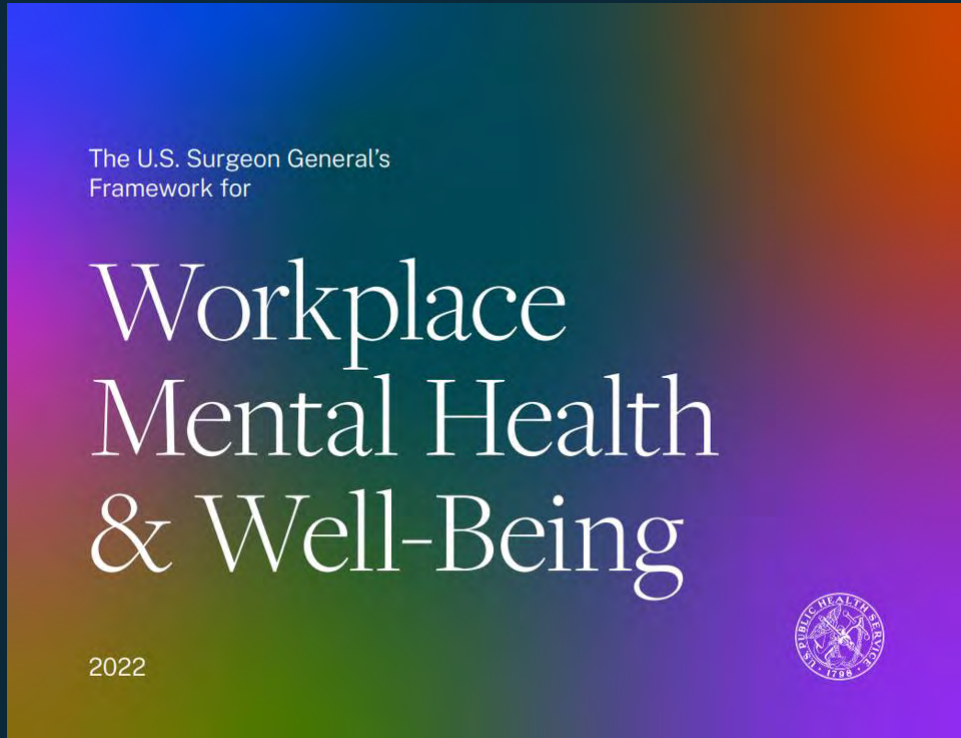
Shaping  
public policy

Psychologically  
Healthy  
Workplaces



# Supporting Healthy Environments

e.g., Psychologically Healthy Workplaces



- Fortune 500 companies
- Mayors, elected/appointed officials
- City/county managers
- Municipal workers
- Health care workers



*U.S. Surgeon General's Framework for Workplace Mental Health & Well-Being (2022)*



# Focusing on Underserved Populations

**e.g., Rural and Frontier Health**

- Partnerships with Farm Aid, American Farm Bureau, National Rural Health Association
- Engaging psychologists working in rural/farming communities
- Building key relationships in government (e.g., USDA, CDC)
- Advocating for legislation increasing access to care in rural communities



# Changing Policy to Support Psychological Practice

- **Working with CMS** in response to proposed reimbursement rules and continuing to strengthen the CMS/APA relationship
- **Proposing alternative payment models** that enable psychologists to work to the full scope of their training
- **Creating and advocating for reimbursement codes** that help psychologists advance a population health approach (e.g., SODH)
- **Shaping digital therapeutics & other tech policy** to position psychology for the future



# Using Our Science to Prevent Mental Health Challenges

e.g., Youth and Social Media



- **Advocating for changes** to social media platforms that exploit normative adolescent cognitive development
- **Empowering parents** to help their children navigate social media in ways that promote, but do not harm, wellbeing
- **Informing the actions of key decisionmakers** to ensure that policies are aligned with science and research

# Improving Community Well-being: Psychology's Role in Advancing Population Health



Pim Cuijpers, PhD, Professor emeritus of Clinical Psychology, Vrije Universiteit Amsterdam, The Netherlands



Isha W. Metzger, PhD, Associate Professor of Psychology, Georgia State University



Alfonso Mercado, PhD, Associate Professor and Associate Chair of the Department of Psychological Science, University of Texas Rio Grande Valley

# Population health and the prevention of depression

APA Town Hall: Psychology's Role in Advancing  
Population Health.  
*Monday October 21<sup>st</sup>, 2024*

Prof. Pim Cuijpers

[www.pimcuijpers.com](http://www.pimcuijpers.com)





Home > Science Directorate > Programs >

# APA Population Health Science Summit

## September 12-13, 2023



In September 2023, the American Psychological Association organized a Population Health Science Summit to discuss an expanded approach to better ensure the psychological well-being of all.

### Background

Following decades of insufficient funding for mental health research and services, a chronic shortage in mental health care providers, a false bifurcation of mental versus physical health as independent domains of functioning, and reports over decades indicating that at least half of those in need of mental health services receive no treatment, **a mental health crisis has been declared.**

### Goals

Summit goals were to come to a consensus on elements of a unified population health framework, assess the extant, and needed science to support the application of this framework, and generate collaborative action steps that could propel this approach forward.

Participants involved in various areas of psychological science such as scientists from relevant disciplines, federal and private funding

## Population Mental Health Science: Guiding Principles and Initial Agenda

Kenneth A. Dodge<sup>1</sup>, Mitchell J. Prinstein<sup>2, 3</sup>, Arthur C. Evans<sup>2</sup>, Isaac L. Ahuvia<sup>4</sup>, Kiara Alvarez<sup>5</sup>,  
Rinad S. Beidas<sup>6</sup>, Ashanti J. Brown<sup>7</sup>, Pim Cuijpers<sup>8</sup>, Ellen-ge Denton<sup>9</sup>, Kimberly Eaton Hoagwood<sup>10</sup>,  
Christina Johnson<sup>6</sup>, Alan E. Kazdin<sup>11</sup>, Riley McDaniel<sup>4</sup>, Isha W. Metzger<sup>7</sup>, Sonia N. Rowley<sup>12</sup>,  
Jessica Schleider<sup>6</sup>, and Daniel S. Shaw<sup>12</sup>

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<sup>2</sup> American Psychological Association, Washington, DC, United States

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<sup>8</sup> World Health Organization Collaborating Centre for Research and Dissemination of Psychological Interventions,  
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<sup>9</sup> Department of Psychiatry, University of Rochester Medical Center

<sup>10</sup> Department of Child and Adolescent Psychiatry, New York University Langone Health

<sup>11</sup> Department of Psychology, Yale University

<sup>12</sup> Department of Psychology, University of Pittsburgh

A recent American Psychological Association Summit provided an urgent call to transform psychological science and practice away from a solely individual-level focus to become accountable for population-level impact on health and mental health. A population focus ensures the mental health of all children, adolescents, and adults and the elimination of inequities across groups. Science must guide three components of this transformation. First, effective individual-level interventions must be scaled up to the population level using principles from



# Preventive services in The Netherlands

- Support groups for children of depressed parents
- Life skills training at high schools
- Caregivers of dementia patients
- Training of the staff of residential homes for the elderly
- Suicide prevention and support groups for survivors of suicide
- Stress management at the workplace
- *Prevention of depression*

# Prevention of depression

- Depression is one of the most important public health challenges
- Treatments can reduce disease burden with only one third, in optimal conditions
- Preventive intervention can reduce the incidence of major depression with about 20%
- Digital tools can be helpful
- Especially selective and indicated prevention are effective

Thank you for your attention!



Pim Cuijpers

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[www.pimcuijpers.com](http://www.pimcuijpers.com)



# Culturally Informed Approaches to Advance Population Health



**Presented by Isha W. Metzger, PhD, LCP**

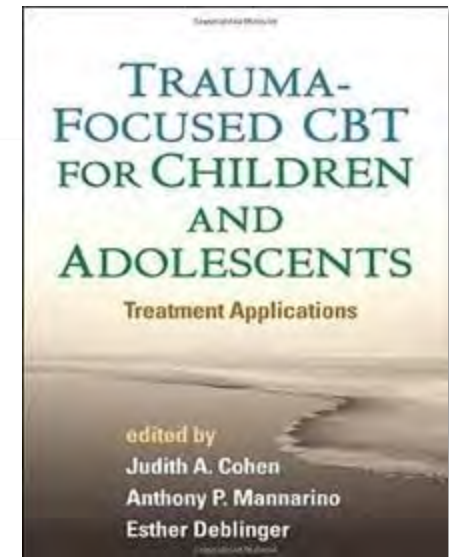
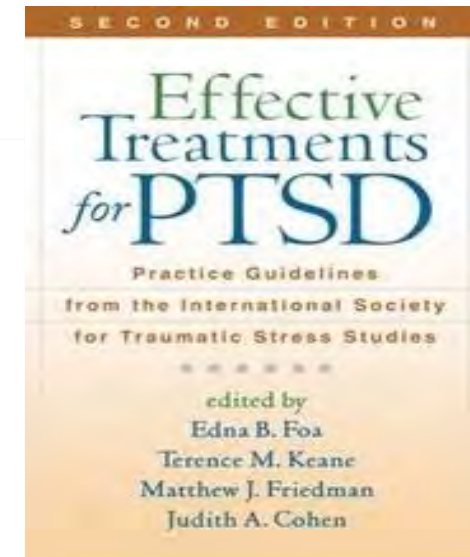


# Towards a Population Health Approach

Improving Mental and Behavioral Health Outcomes for ALL Youth

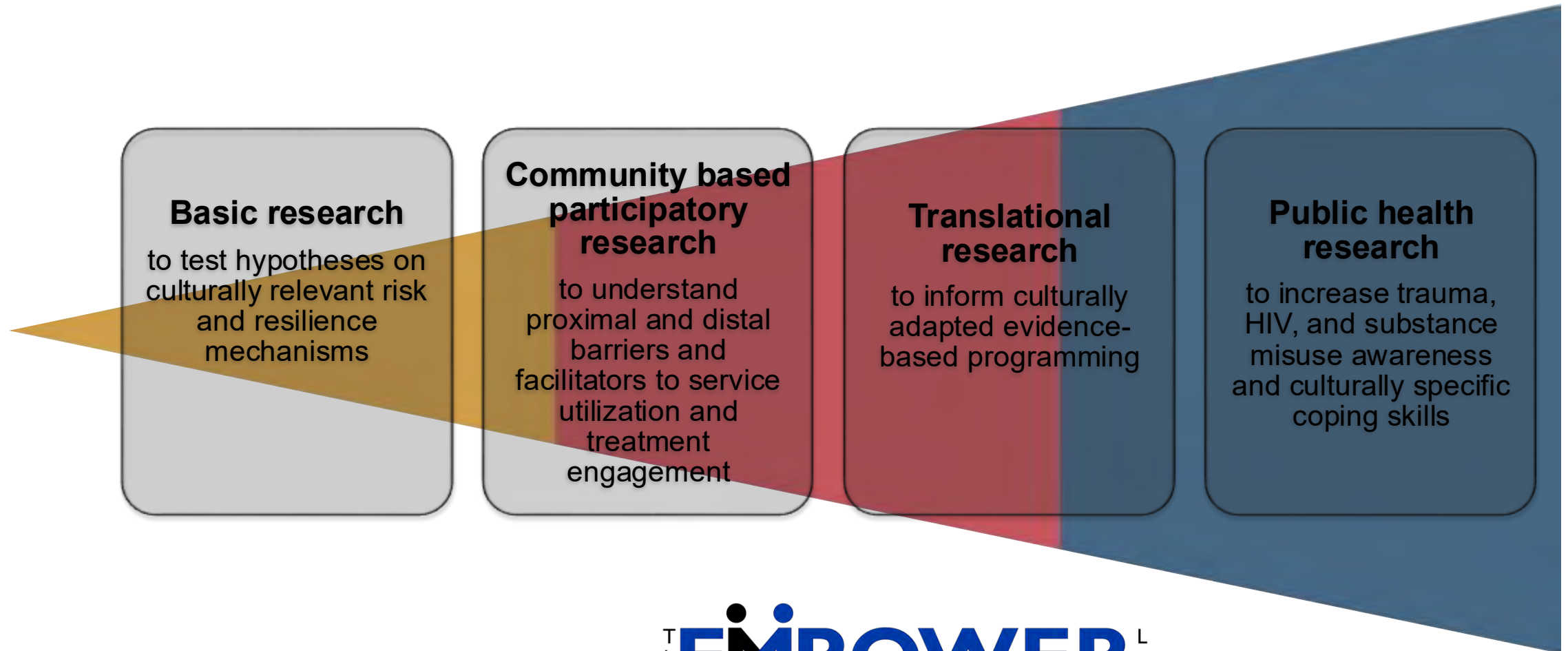
To reduce mental health disparities and to provide equitable care for underserved and marginalized groups, psychology must:

- Understand the influence of cultural and systemic inequities *and* strengths
  - ✓ individual, collective, structural, and generational racism
  - ✓ Racial socialization and cultural coping
- Move beyond traditional care to integrate culturally adaptive, responsive practices
- Utilize public health messaging for population-based prevention and treatment



# Towards a Population Health Approach

Improving Mental and Behavioral Health Outcomes for ALL Youth





# Towards a Population Health Approach

Improving Mental and Behavioral Health Outcomes for ALL Youth

## **Basic research**

to test  
hypotheses on  
culturally  
relevant risk  
and resilience  
mechanisms

# Test hypotheses on culturally relevant risk and resilience mechanisms

## MORE LIKELY:

- to experience trauma
- to experience racism and discrimination
- to suffer from mental health and behavioral consequences
- to utilize cultural strengths

## LESS LIKELY:

- to initiate mental health treatment
- to complete mental health treatment
- to report positive outcomes
- to sustain outcomes over time



# Towards a Population Health Approach

Improving Mental and Behavioral Health Outcomes for ALL Youth

## **Basic research**

to test  
hypotheses on  
culturally  
relevant risk  
and resilience  
mechanisms

## **Community based participatory research**

to understand  
proximal and  
distal barriers  
and facilitators  
to service  
utilization and  
treatment  
engagement



# Understand proximal and distal barriers and facilitators to service utilization and treatment engagement



Article

## “It Makes Me Feel like I Can Make a Difference”: A Qualitative Exploration of Peer Mentoring with Black and Hispanic High School Students

Ijeoma Opara <sup>1,\*</sup>, Isha W. Metzger <sup>2</sup>, Sandy Dawoud <sup>3</sup>, Kimberly Pierre <sup>4</sup>, Maame Araba Assan <sup>5</sup>, Pauline Garcia-Reid <sup>3</sup> and Robert J. Reid <sup>3</sup>

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**Abstract:** Peer mentoring programs have proven to be extremely successful for high school students. Yet, most educational research studies rarely seek to understand the perspectives of peer mentors and the impact peer mentoring can have on their development. Even more limited is the research highlighting the experiences of Black and Hispanic peer mentors who reside in urban communities. This qualitative study examines ( $n = 14$ ) Black and Hispanic high school peer mentors' roles in providing support to their mentees and their perceived benefit of being a mentor. All peer mentors in the study attended high school in an urban, under resourced community in New Jersey. Analysis revealed three major themes: (1) leadership abilities; (2) witnessing their strengths through motivating others; and (3) Family influences on their mentoring style. We discuss the implications of our findings on future research and educational programming utilizing peer mentors to benefit urban youth of color.

**Keywords:** mentors; resilience; strengths; youth of color



Citation: Opara, I.; Metzger, I.W.; Dawoud, S.; Pierre, K.; Assan, M.A.; Garcia-Reid, P.; Reid, R.J. “It Makes

Original Research

## Leveraging Technology and Cultural Adaptations to Increase Access and Engagement Among Trauma-Exposed African American Youth: Exploratory Study of School-Based Telehealth Delivery of Trauma-Focused Cognitive Behavioral Therapy

Regan W. Stewart, PhD,<sup>1</sup>  
Rosaura Orenge-Aguayo, PhD,<sup>1</sup>  
Megan Wallace, LISW-CP,<sup>1</sup> Isha W. Metzger, PhD,<sup>2</sup>  
and Alyssa A. Rheingold, PhD<sup>1</sup>

**Abstract**

African American youth are disproportionately represented among trauma-exposed youth; yet, they are significantly less likely to access and complete mental health services. Research suggests that barriers to accessing and engaging in trauma-focused treatment include both logistical factors and engagement factors. This multiple case study sought to illustrate the initial feasibility and acceptability of delivering culturally tailored, trauma-focused

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## Hands Up, Now What?: Black Families' Reactions to Racial Socialization Interventions

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University of Utah, Utah Center for Evidence Based Treatment

Broderick Sawyer,  
University of Louisville

William Jackson,  
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University of North Carolina, Greensboro

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Village of Wisdom

Monique Chanel McKenny,  
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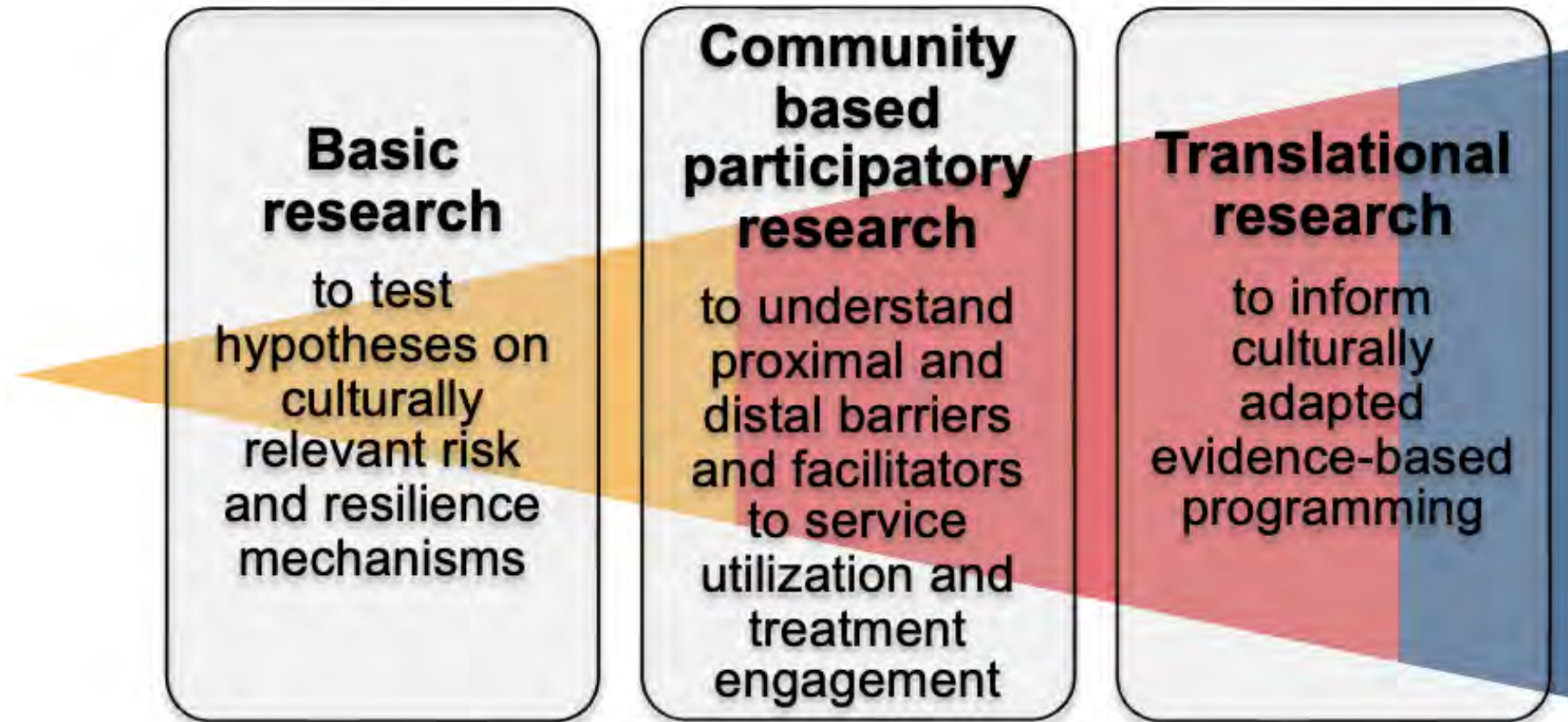
## Abstract

Given the heightened national attention to negative race-related issues and the subsequent community solution-oriented outcry (e.g., Black Lives Matter movement), it is crucial to address healing from racial discrimination for Black Americans. Clinical and community psychologists have responded by developing and implementing programs that focus on racial socialization and psychological wellness, particularly given disproportionate issues with utilization, access, and the provision of quality services within urban and predominantly Black communities. The aim of this article is to describe 2 applied programs (Engaging, Managing, and Bounding through Race and Family Learning Villages), which seek to address and heal racial stress through crucial proximal systems—families and schools—and to highlight participant reactions. These programs offer solutions through strengths-based and participatory approaches which draw from Black Americans' own protective mechanisms related to improved mental health. We conclude

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# Towards a Population Health Approach

Improving Mental and Behavioral Health Outcomes for ALL Youth





# Inform culturally adapted evidence-based programming

Child Maltreatment  
Volume 26, Issue 1, February 2021, Pages 17-27  
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## Original Article

### Healing Interpersonal and Racial Trauma: Integrating Racial Socialization Into Trauma-Focused Cognitive Behavioral Therapy for African American Youth

Isha W. Metzger<sup>1</sup>, Riana Elyse Anderson<sup>2</sup>, Funlola Are<sup>3</sup>, and Tiarney Ritchwood<sup>4</sup>

#### Abstract

African American youth are more likely than their peers from other racial and ethnic groups to experience interpersonal traumas and traumatic racist and discriminatory encounters. Unfortunately, evidence-based trauma treatments have been less effective among these youth likely due to these treatments not being culturally tailored to address both interpersonal and racial trauma. In this article, we utilize the racial encounter coping appraisal and socialization theory to propose suggestions for adapting trauma-focused cognitive behavioral therapy—an evidence-based trauma treatment for children and adolescents—to include racial socialization or the process of transmitting culture, attitudes, and values to help youth overcome stressors associated with ethnic minority status. We conclude by discussing implications for the research and clinical community to best promote healing from both interpersonal and racial trauma for African American youth.

#### Keywords

child trauma, ethnic minority populations, sociocultural factors, treatment, cultural/ethnic issues

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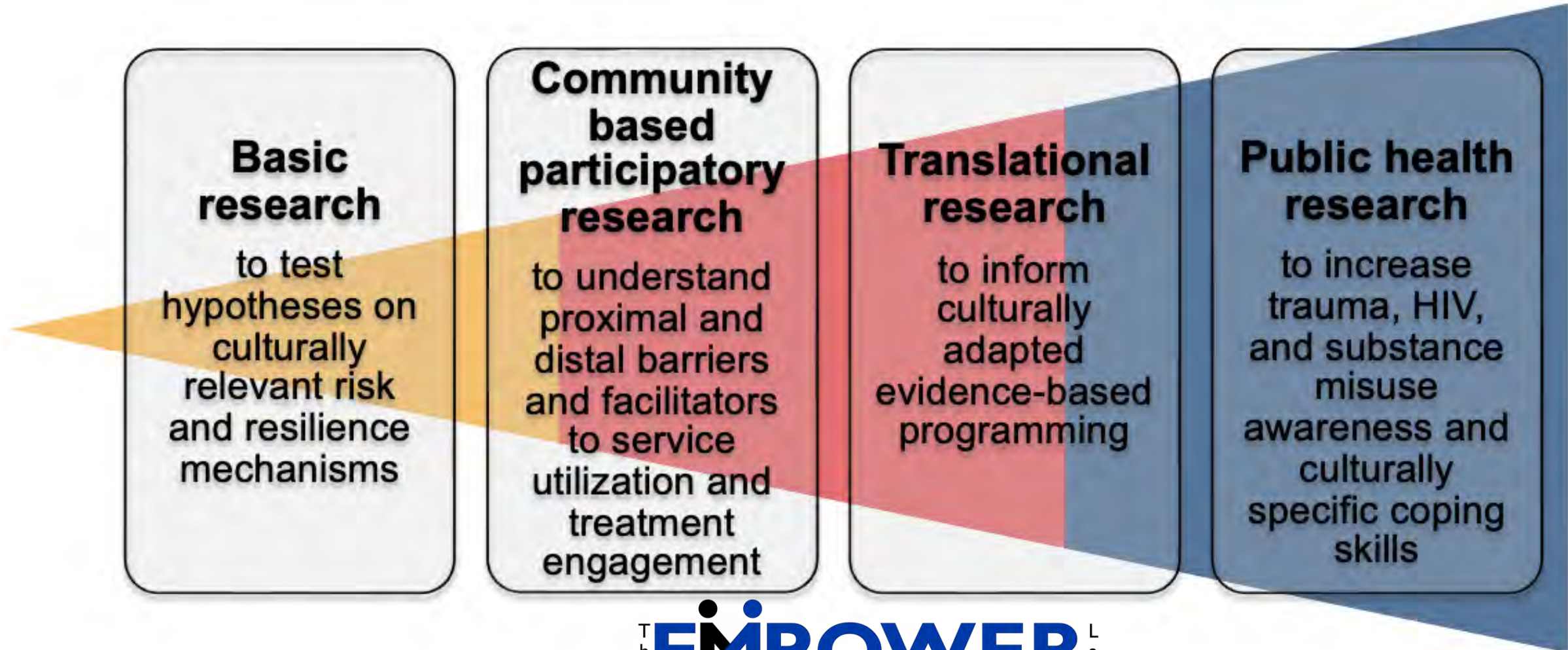
## Integrating Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Racial Socialization for Black Youth and Families: An Implementation Manual



Isha W. Metzger, Ph.D.  
Ashley Dandridge, Psy. D.  
Judith Cohen, M.D.  
Anthony Mannarino, Ph.D.

# Towards a Population Health Approach

Improving Mental and Behavioral Health Outcomes for ALL Youth





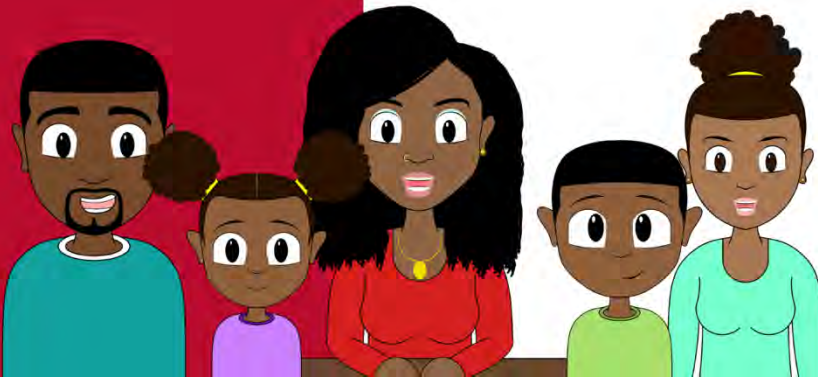
# THE C.A.R.E. PACKAGE FOR RACIAL HEALING



Isha W. Metzger, PhD

**C**ultivating  
**A**wareness &  
**R**esilience through  
**E**mpowerment

Self-Directed Cognitive, Emotional,  
and Behavioral Skills for Overcoming  
Racial Stressors with your Family,  
Friends, and Community



<http://www.drishametzger.com/care-package-for-racial-healing>

## What Types of Stressors Do Children and Adolescents Experience?

Childhood trauma is the experience of an event by a child that is emotionally painful or stressful, which can result in lasting mental and physical effects



Each Year:  
• 58% of youth experience or witness at least one trauma  
• 15% of youth experience 6+ traumas

### Types of Stressors Include:

- Sexual Abuse, Assault, or Exploitation
- Victim/Witness of Violence/Abuse
- Emotional Abuse
- Traumatic Grief
- Neglect, Failure to Protect, Endangering a Child
- Accidents & Disasters
- Medical Trauma
- War/Terrorism and Refugee



## What is Racial Stress and Trauma?

Can be direct (discrimination in your daily life)

Can be indirect (viewing police brutality in the media)

Can take many forms:  
• Microaggressions  
• Individual racism  
• Institutional racism  
• Environmental racism  
• Systemic racism  
• Violent racism  
• Historical/Collective racism

Like the rain, racism can erode and weather us over time. It can fall on you directly through daily interactions, or it can seep through a hole in the roof through faulty structures and systems. Who in your life is your umbrella? Where can you go for shelter from racism?



## Four Levels of Racism

Internalized racism	• private beliefs and biases about race that he within individuals • can take many different forms including: prejudice towards others; negative beliefs about oneself or internalized privilege
Interpersonal racism	• personally mediated, occurs between individuals • bias that occurs with others wherein personal racial beliefs affect social interactions
Institutional racism	• occurs within institutions and systems of power • unfair policies and discriminatory practices of institutions (schools, workplaces, etc.) that routinely produce racially inequitable outcomes for POC
Structural racism	• racial bias among institutions and across society • compounding effects of societal factors, including the history, culture, ideology and interrelations of institutions are policies that systematically privilege white people and disadvantage POC



Racism can take many forms. It is important to recognize how racism can manifest itself so that we can resist and fight back against the values, interactions, policies, and laws that are harmful and unfair. What are some examples of racism that you can identify at each of the four levels?



## Similarities Between PTSD and Racial Trauma

Experiencing racial stress, such as microaggressions, can often lead racial trauma. The process by which this happens is very similar to that of interpersonal stress, such as physical abuse, to Post-Traumatic Stress Disorder (PTSD).

### Physical Abuse

Often unpredictable, with the recipient not being able to prepared to defend themselves

Common symptoms include:  
• Sleep disturbances  
• Rumination  
• Increased Startle Response  
• Low Self-Esteem

### Microaggressions

Occur at any time & public/private spaces. Recipients often caught off guard in how to respond

Common Symptoms include:  
• Sleep disturbances  
• Hypervigilance  
• Increased Startle Response  
• Avoidance

The similarities between Racial Trauma and PTSD are almost identical. Symptoms may vary between individuals, but the outcomes can be long lasting and have a negative impact.



What are some things that can help me and my family with racial trauma?



## What is Racial Socialization?

Racial socialization is a series of conversations and interactions between ethnic minority caregivers and youth.

When adults pass on the values and practices of their ethnic group, they are participating in racial socialization!

When caregivers help youth prepare for and heal from negative racial encounters, they are delivering racial socialization messages!

If you are a Black youth or parent and you are having these conversations or participating in cultural activities with your family, you are engaging in racial socialization!

Most Black families are already doing this! There are tons of fun things that you can do and talk about with your family and friends to make coping with racial stressors relevant and beneficial to your family, community, and even society!



## How Can Racial Socialization Help in Response to Racial Stressors in the community?

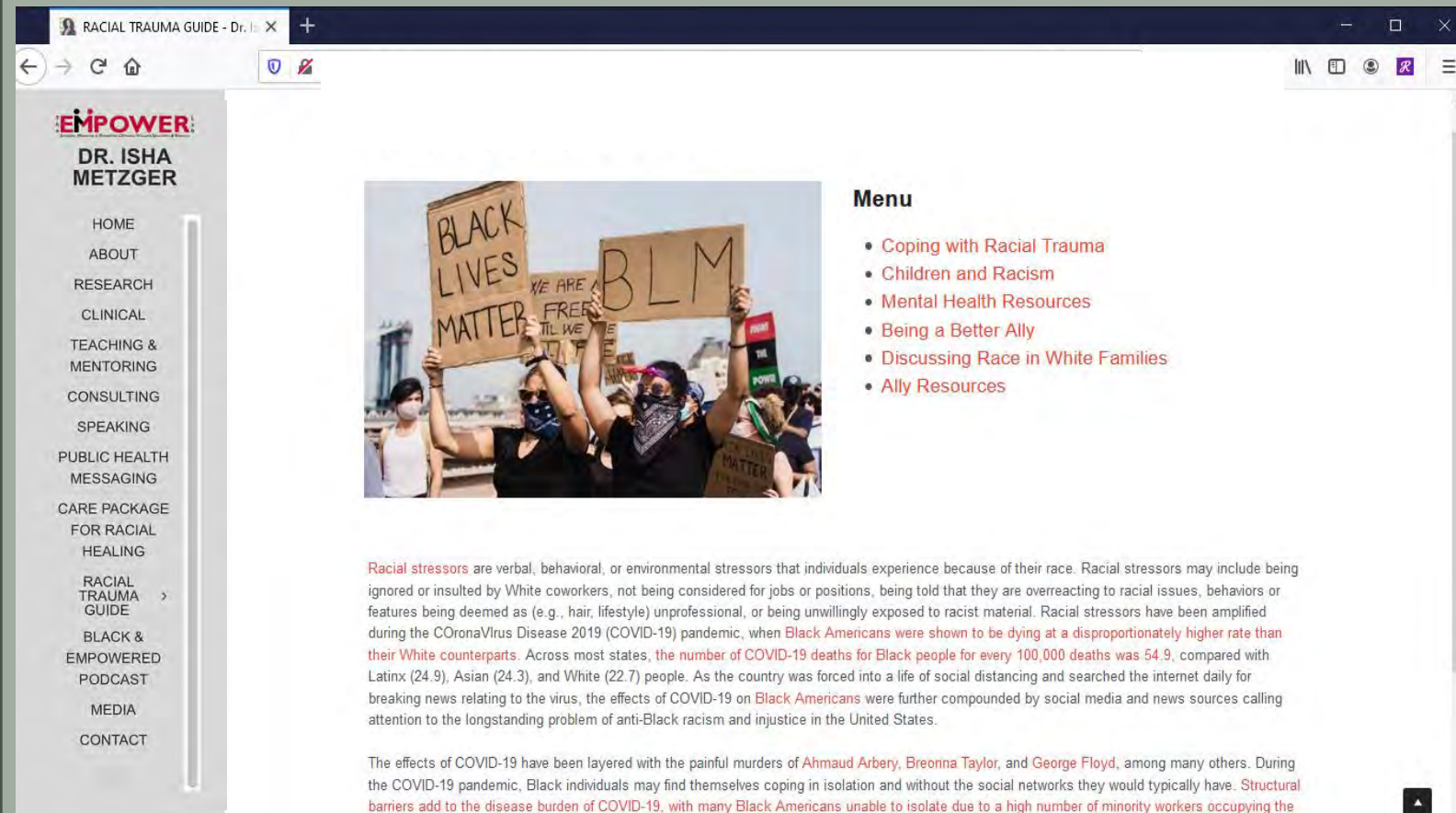
Triggering Event:  
The driver of your car gets pulled over by the police

### BEFORE Racial Socialization





# Racial Trauma Guide



For more, check out our Racial Trauma Guide and connect with us online!  
<https://www.drishametzger.com/racial-trauma-guide>



## In- Person:

Racial Trauma Trainings  
<https://www.drishametzger.com/racial-trauma-trainings>



Trauma Focused Cognitive Behavioral  
Therapy Training at MUSC  
<https://tfcbt2.musc.edu/>



## Virtual:





# The EMPOWER Lab on Social Media



**The EMPOWER Lab**  
Mental Health Service  
Engaging Minorities in Prevention, Outreach, Wellness, Education & Research 📅 Est 2017  
Director @DrIshaMetzger  
Resources @Black.and.EMPOWERED  
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729 Posts 15.4K Followers 4,785 Following

Followed by black.and.empowered, growinggardenias and 118 others

**Black & EMPOWERED Podcast**  
I think the 1,090

**RACISM HURTS**  
Boy, Breathe 412

**Justice for DAUNTE WRIGHT**  
Lisa 710 meo 423

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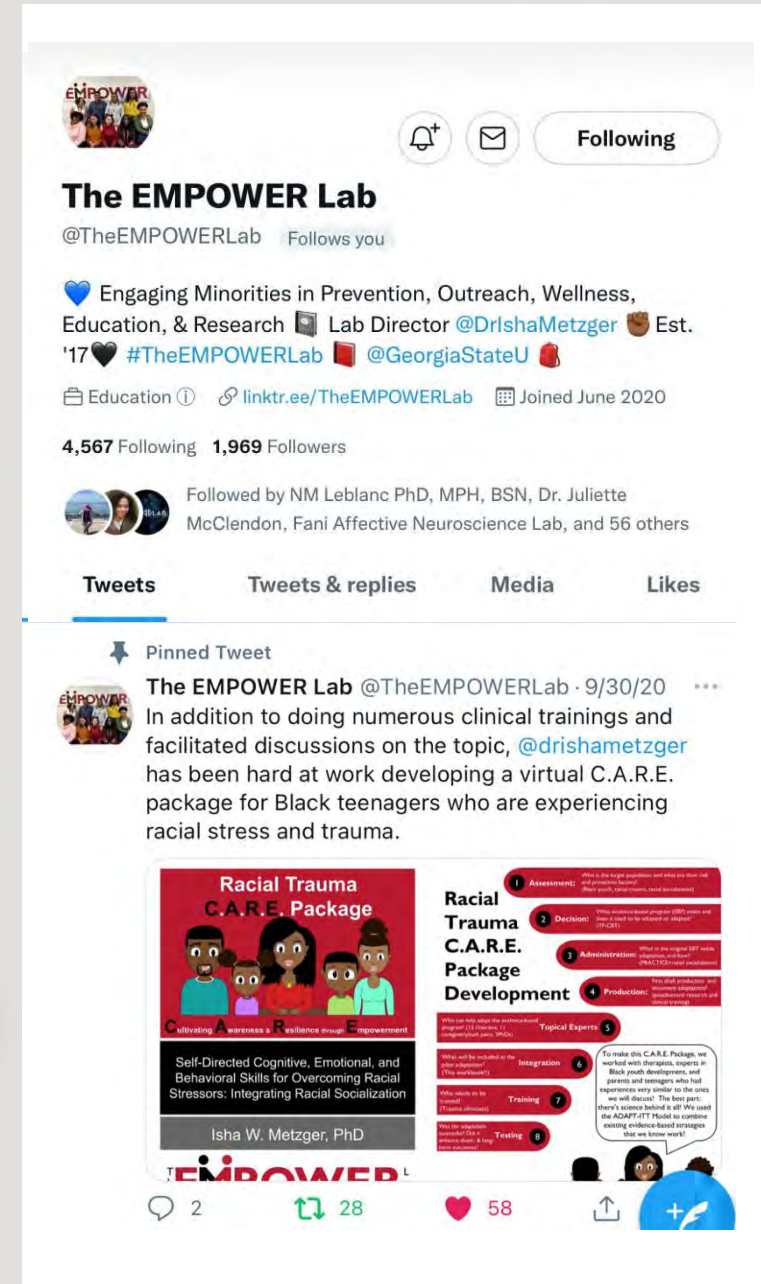
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**The EMPOWER Lab**  
@TheEMPOWERLab Follows you

Engaging Minorities in Prevention, Outreach, Wellness, Education, & Research 📅 Lab Director @DrIshaMetzger Est. '17 ❤️ #TheEMPOWERLab @GeorgiaStateU

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**The EMPOWER Lab @TheEMPOWERLab · 9/30/20** \*\*\*  
In addition to doing numerous clinical trainings and facilitated discussions on the topic, @drishametzger has been hard at work developing a virtual C.A.R.E. package for Black teenagers who are experiencing racial stress and trauma.

**Racial Trauma C.A.R.E. Package**  
Calibrating Awareness & Resilience through Empowerment

**Self-Directed Cognitive, Emotional, and Behavioral Skills for Overcoming Racial Stressors: Integrating Racial Socialization**  
Isha W. Metzger, PhD

**Racial Trauma C.A.R.E. Package Development**

1. Assessment: What is the target population and what are their risk and protective factors? (What needs, values, hopes, and resources?)
2. Decision: What intervention program (CARE) will be developed or adapted? (What is the goal?)
3. Administration: What is the target population and what are their risk and protective factors? (What needs, values, hopes, and resources?)
4. Production: What is the target population and what are their risk and protective factors? (What needs, values, hopes, and resources?)
5. Typical Experts: What is the target population and what are their risk and protective factors? (What needs, values, hopes, and resources?)
6. Integration: What is the target population and what are their risk and protective factors? (What needs, values, hopes, and resources?)
7. Training: What is the target population and what are their risk and protective factors? (What needs, values, hopes, and resources?)
8. Testing: What is the target population and what are their risk and protective factors? (What needs, values, hopes, and resources?)

2 28 58

# The future of Population Health Science



**Culturally Informed Adaptations + their Effectiveness!**

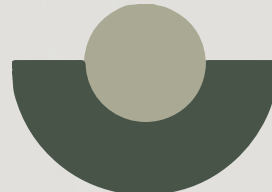


**Working across Disciplines. ALL Scholars have a role– not just clinical psychologists!**

**Prioritize community based, translational, and public health research!**



**Advancements in the Field require FUNDING!**



# Trauma and Health in recent Immigrants:

The need for a population health approach to working with immigrants

**Dr. Alfonso Mercado**

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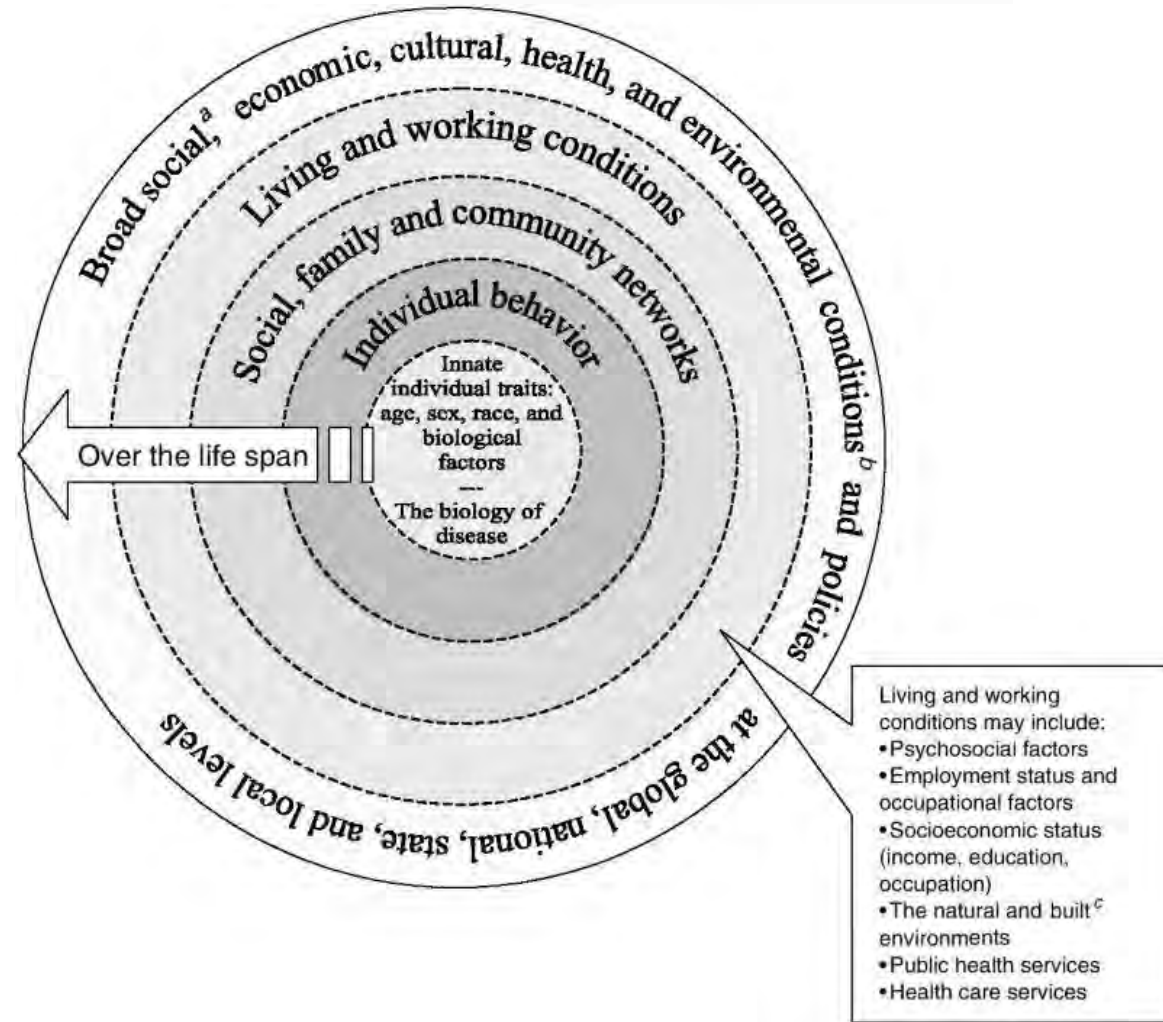
Full Professor and Associate Chair of the Department of Psychological Science at the University of Texas-Rio Grande Valley

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October 21, 2024

# Need for Population Health Approach

Prevention  
Health  
Functioning  
Thriving



National Institute of Medicine (2002)



# American Immigration System and Science

- Trauma and Abuse in recent immigrants and asylum seekers (Mercado et al., 2024; Mercado et al., 2022; Mercado et al; 2023; Venta & Mercado 2022).
- Significant rise in suicide completions in U.S. Customs and Border Patrol Agents.
- Lack of Trauma Informed Care for both immigrants and law enforcement officials (Mercado et al., 2024).





# APA Immigration and Health Presidential Taskforce U.S. Texas Mexico visit





# APA Presidential Taskforce Report

- Describes changes to the context of immigration in the U.S. since the seminal 2012 *Crossroads* report.
- Reviews innovative advances in relevant psychological science and conceptual approaches since the *Crossroads* report.
- Explains the current state of and future goals for clinical practice, research, training, and advocacy with immigrants.
- Closes with broad conclusions to guide APA and our profession more broadly in the changing immigrant context.



## Psychological Science and Immigration Today

APA TASK FORCE ON IMMIGRATION AND HEALTH  
AUGUST 2024



# Psychological Science and Immigration

## Today Report Conclusions

- Immigrants are vulnerable to but not inherently prone to physical and mental health concerns.
- Immigrants have developed resilience-building strategies that can inform healthcare in the U.S.
- Anti-immigration policies are harmful to immigrants and to U.S. citizens.
- Programs that help immigrants navigate the cultural and sociopolitical context in the U.S. are helpful to their health, supporting their economic and social contributions.
- Immigration is more unifying than commonly believed.

# Leveraging Psychological Science

- Increase the understanding of the importance of mental health for immigrants.
- With Rep Napolitano retiring, need a new Congressional lead for H.R. 4954, the *Immigrants' Mental Health Act* – introduced by Rep Napolitano
  - This legislation would expand trauma-informed mental health interventions for immigrants and provide education for border agents.
- Get out the word on the findings of the APA Presidential task force report on immigrant health.

# State level advocacy

- Some states will continue with tough immigration laws no matter who wins the White House.
- Work to advance inclusive pro immigrant state policies that recognize their contributions to the U.S. economy.
- Work with welcoming states to advance policies to support immigrant families and work with community-level groups to support them in states with tougher laws.





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## Partnerships and Collaboration with diverse views

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- Power in numbers - in partnership with wide range of views.