

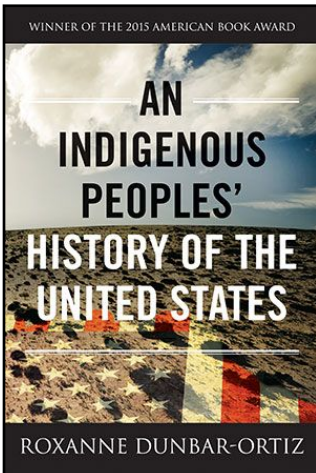
IMPLEMENTING CULTURALLY RESPONSIVE SCHOOL MENTAL HEALTH PROGRAMS

Armando Hernández, PhD
drarmandohernandez@gmail.com
www.drarmandohernandez.com
June 18, 2019



SLIDES LINK:
<http://bit.ly/CRSMH2019>

History Context Power



#Honor Native Land

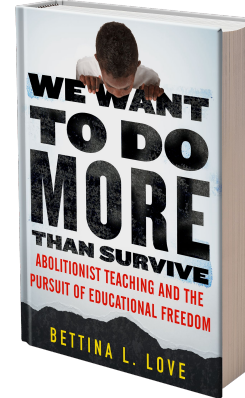
<https://usdac.us/nativeland>

Participating Intentions

- | | |
|---------------------------|--|
| TRY IT ON | Be willing to try on new ideas or ways of doing things |
| BOTH / AND | Acknowledge and honor multiple perspectives, styles, and 'perceived realities' |
| INTENT < IMPACT | Focusing on intent can be harmful. Acknowledge impact |
| LISTEN MINDFULLY | Avoid reactive judgement, scripting, comparing. Suspend assumptions. |

“What is an example of when you prioritized the needs of historically marginalized students over needs of the system?”

—Black Educators Network
Madison, Wisconsin



<https://bettinalove.com>

Courage
starts with showing up and
letting ourselves be seen.

— Brené Brown

Simple Reminders
SIMPLEREMINDERS.COM

“It is not the critic who counts; not those who point how we stumble ... The credit belongs to those who are actually in the arena, whose faces are marred by dust and sweat and blood; who strive valiantly; who err, who come short again and again...”

—Theodore Roosevelt

How do you enter into the culture arena?

- A. LEARNING
- B. ADVOCACY
- C. BELONGING



Bridging: Towards A Society Built on Belonging
5,090 views

48 2 SHARE SAVE ...



Haas Institute for a Fair and Inclusive Society
Published on Nov 9, 2018

SUBSCRIBE

https://youtu.be/PGcbFi4J_gc
2m

How do you enter into the culture arena?

- A. LEARNING
- B. ADVOCACY
- C. BELONGING
- D. ANXIETY

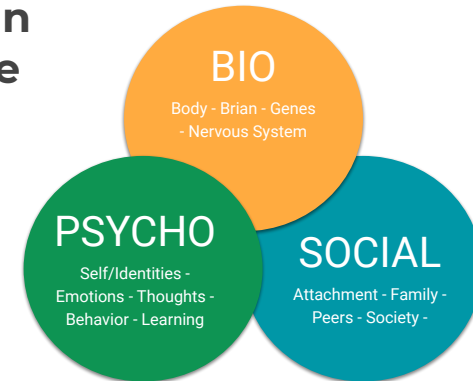
Common Language

Common Language

- Culture
- Intersectionality
- Race & Gender
- Othering
- Power
- Belonging

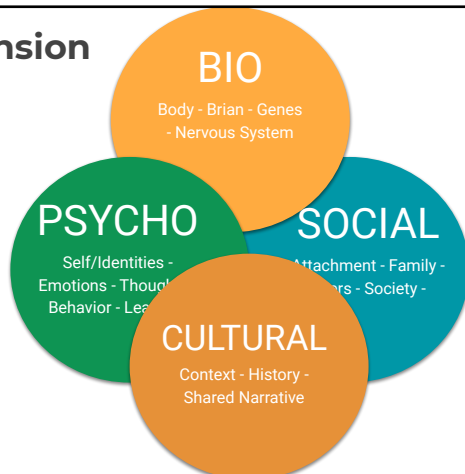
13

Human Nature



14

4th Dimension



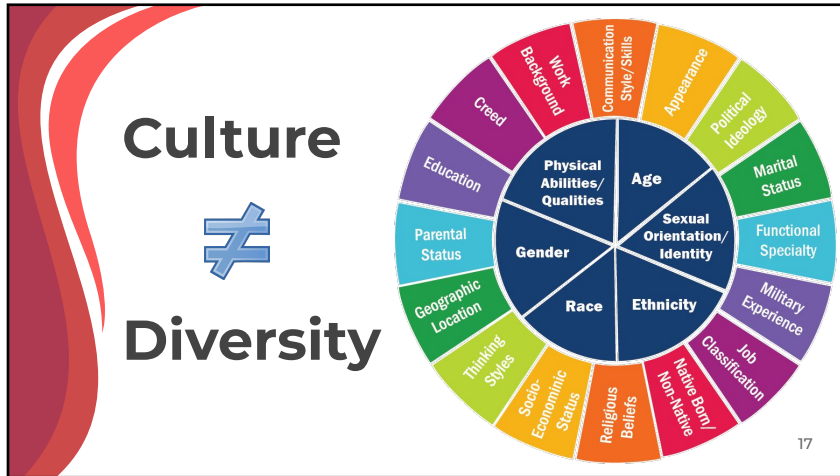
15

Culture

- Core dimension of human life (all encounters are 'cultural'; gravity)
- Interpretive lens used to navigate life (meaning-making through **group affiliation**)
- Provide a sense of context/position/location through **historical shared story**



16



everyone should know
Ten Things Everyone Should Know about Race

1. Race is a modern idea
2. Race has no genetic basis
3. Human subspecies don't exist
4. Skin color is only skin deep
5. Most variation is within, not between, "races"
6. Slavery predates race
7. Race and freedom were born together
8. Race isn't biological, but racism is still real
9. Race justifies social inequalities as natural
10. Colorblindness will not end racism

<http://www.RacePowerofanIllusion.org>

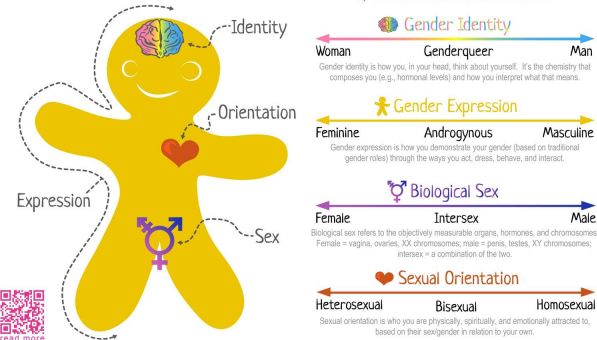
everyone should know
Ten Things Everyone Should Know about Race

8. Race isn't biological, but racism is still real
9. Race justifies social inequalities as natural
10. Colorblindness will not end racism

<http://www.RacePowerofanIllusion.org>

The Genderbread Person

by www.ItsPronouncedMetrosexual.com



<https://www.genderbread.org>

Power

"An individual's relative capacity to modify others' states by providing or withholding resources or delivering punishments."

(Keltner, Gruenfeld, & Anderson, 2003, p. 265)

22

Power

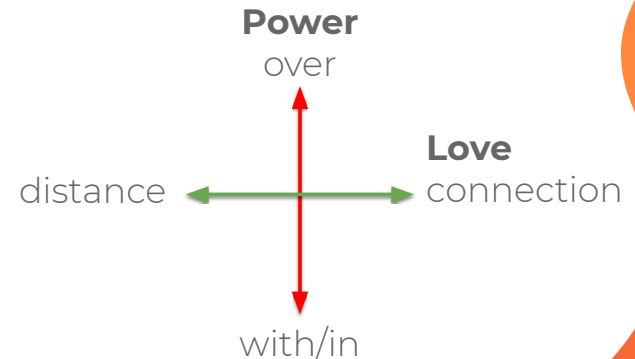
- Access
 - resources
 - decision-makers (meet need)
- Ability
 - to influence
 - define reality



<http://www.dismantlingracism.org>

23

Interpersonal Dynamics



24

Intersectionality

"A lens through which you can see where power comes and collides, where it interlocks and intersects." ¹

"..highlights the fact that women of color are situated within at least two subordinated groups that frequently pursue conflicting political agendas." ²

—Kimberlé Crenshaw

25



next time you need to explain privilege, use "sometimes you're a caterpillar" via @chescaleigh & @kat_blaque <http://youtu.be/hRiWgx4sHGg>

Othering

Set of processes that consciously or unconsciously see a person or group as

not belonging, different and often less than in some important way.

27

Unconscious Mind

- The human brain processes 11 million bytes of information per second
- We are consciously aware of any 40 of these, at best
- Three processes to make sense of information:
 - Sorting into categories
 - Creating associations
 - Filling in the gaps when we only receive partial information



28

Othering is a Verb

The law focuses primarily on **intentional forms** of othering, largely missing the majority of othering caused by **unintentional factors** like:

- Confirmation bias
- Negativity bias
- Stereotyping
- Implicit bias
- In-group preference
- Fear response
- Racial anxiety
- Stereotype threat



29

STEREOTYPE CONTENT MODEL



PROFOUND OUTCOME GAPS

Today, **structural racism drives outcome gaps between People of Color and White people across every indicator for success**, from infant mortality to life expectancy.

The **multiplied effects of these structural drivers create deeply entrenched racial inequity**. To achieve racial equity, **we must transform our institutions and structures**.

RACE TO EQUITY

A Baseline Report on the
State of Racial Disparities in Dane County



Race and Economic Opportunity in the United States:
An Intergenerational Perspective*

Raj Chetty, Stanford University and NBER
Nathaniel Hendren, Harvard University and NBER
Maggie R. Jones, U.S. Census Bureau
Sonya R. Porter, U.S. Census Bureau

March 2018

Video appears to show Madison police restraining, punching teenager inside his home

LOGAN WROGE lwroge@madison.com 1 hr ago

99¢ FOR THE FIRST MONTH

Footage from a home security camera shows Madison police restraining and punching a 17-year-old male with mental health issues whom they described as exhibiting "threatening behavior"

Belonging

"Belonging means more than just being seen. Belonging entails having a meaningful voice and the opportunity to participate in the design of social and cultural structures. Belonging means having the right to contribute to, and make demands on society and political institutions."

—john a. powell



33

Belonging

meaningful voice
opportunity
participate in the design
right to contribute
make demands

34

Common Language

- Culture
- Intersectionality
- Race & Gender
- Othering
- Power
- Belonging

35

L3



Systemic

Context - Org - Structures

L2



Relational

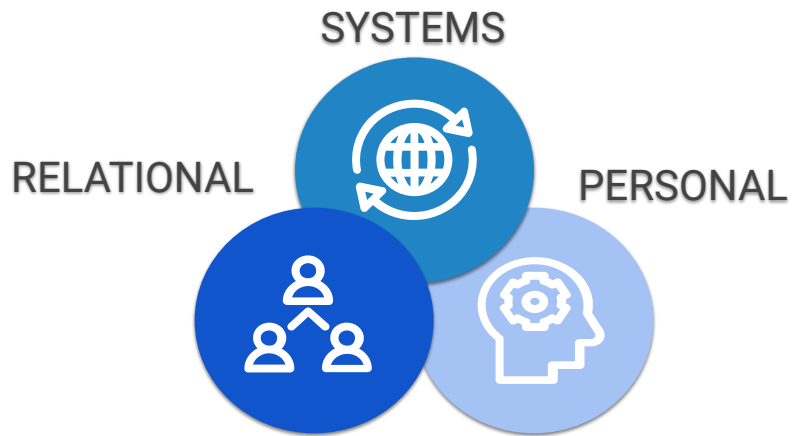
Empathy - Conflict - Teams

L1



Personal

Identity - Bias - Mindset



Emerging Framework

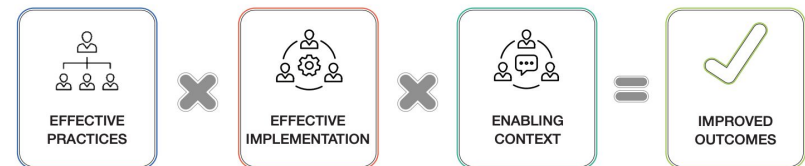
	ADVOCACY	BELONGING	LEARNING
SYSTEMIC	←		→
RELATIONAL	←		→
PERSONAL	←		→



Culturally Responsive School Mental Health

1. Enabling Context
2. Design
3. Mindset
4. Skillful Practice

IMPLEMENTATION



Implementation Team

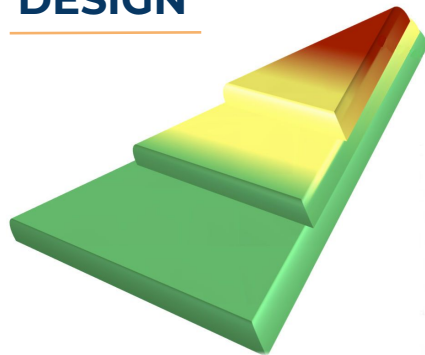
- Actively create **hospitable environments** to support new ways (professional development, resource allocation, etc.)
- Transparently **communicate** with other teams to positively influence the policy, regulatory, and funding environments
- Assure that the structures, roles, and functions within a system are **more enabling than hindering**



Enabling Context

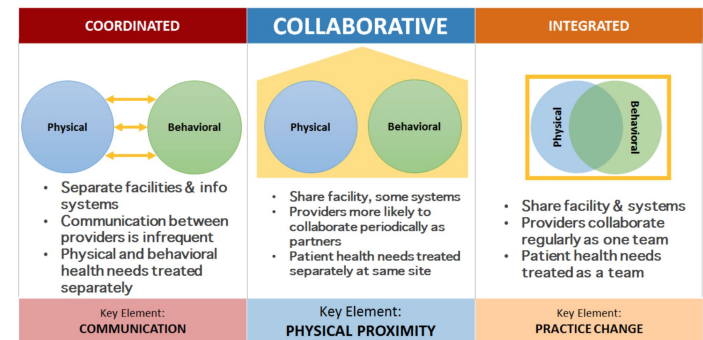
- Emotional IQ / SEL
ID Emotions - Empathy (MI) - Conflict
- Learning Organization
Open - Growth Mindset - Continuous Improvement
- Community Voice
Cultural History - Lived Experience - Partnership

DESIGN



MULTI-TIERED SYSTEMS OF SUPPORT

INTEGRATION



Adapted from: SAMHSA, "Standard Framework for Levels of Integrated Healthcare," 2013.

DESIGN

EITHER



UNIVERSAL

OR



TARGETED

TARGETED
UNIVERSALISM



Targeted Universalism

13,550 views



Haas Institute for a Fair and Inclusive Society
Published on Feb 15, 2017

SUBSCRIBE

<https://youtu.be/wqGcftWpwUQ>

4m

haas institute
FOR A FAIR AND INCLUSIVE SOCIETY

Primer
May 2019

Targeted Universalism

Policy & Practice

by John A. Powell, Stephen Menendian, Wendy Ake



HAASINSTITUTE.BERKELEY.EDU

- Different strategies needed for everyone to reach shared goal
- Directs a fair—rather than even—distribution of resources.
- Sensitive to real constraints that emerge on the ground
- Ensemble of targeted strategies across all groups

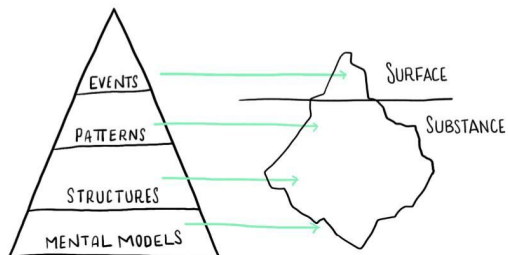
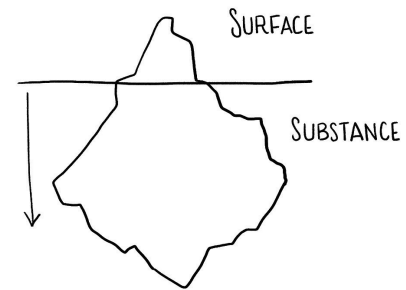
Mindset



“A system is a set of related components that work together in a particular environment to perform whatever functions are required to achieve the system's objective.”

~Donella Meadows

@unschool | @heyilacangli



Mental Models: Cavana & Maani (2000)

@unschool | @heyilacangli



Complex Adaptive Systems

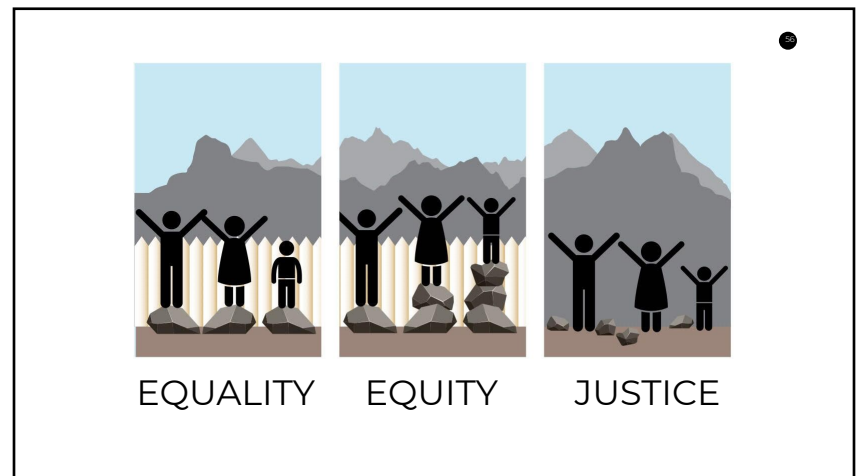
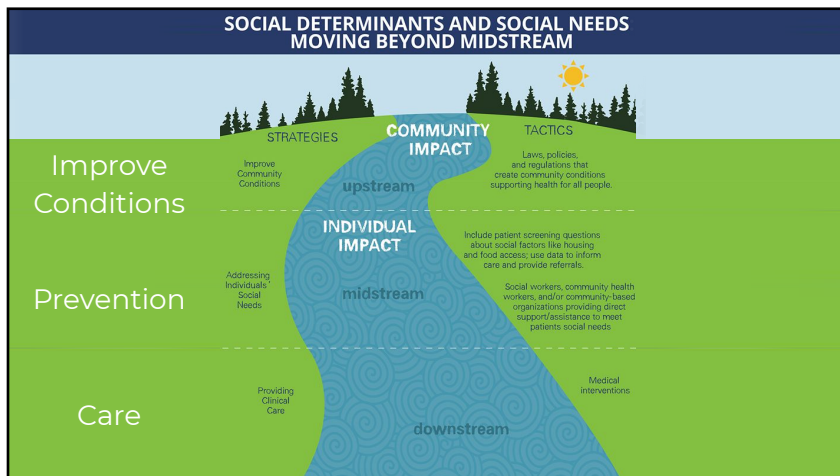
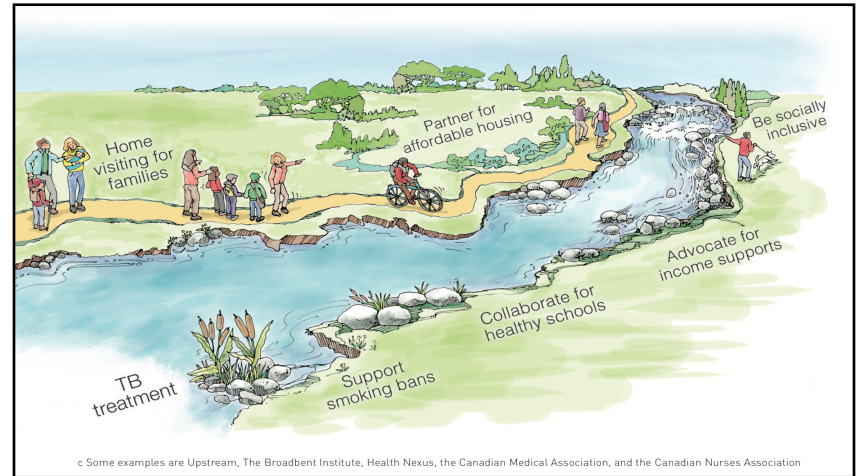
collection of individual agents that have the freedom to act in ways that are **not always predictable** and whose actions are **interconnected** such that one agent's actions changes the context for other agents.

Institute of Medicine (2001, p. 312-3)

Simple Rules

A somewhat surprising finding from research on Complex Adaptive Systems is that relatively simple rules can lead to complex, emergent, innovative system behavior.

Institute of Medicine (2001, p. 315)



3 MH MODELS



Medical



Contextual



Political



Medical

- Observation and measurement (Dx, generalizations)
- Parsimony: seek simplest explanation of a known and universal reality
- Treatment based on specific and unique ingredients (delivered by professional)

- ✓ Evidence-based practice
- ✓ Neuroscience



Contextual

- Recognizes the impact of context, environment, and systems
- Reality is a relational meaning-making process shaped by culture
- Healing is based on common factors: meaning, r/s: empathy, hope

- ✓ Collaborative approaches
- ✓ Culturally responsive practice



Political

- Recognize the systemic injustices that create vulnerability (economic/housing, racist bullying): culture x power
- Address systemic sources (root causes) to prevent future problems (upstream)
- Psychological suffering (e.g., trauma) is not a random occurrence (designed)
- From individuals having problems to unjust systems/structures being the problems

(Goodman, 2015; Suarez, 2016)

3 MH MODELS



Medical



Contextual



Political

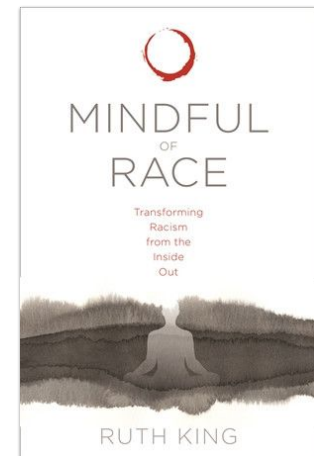
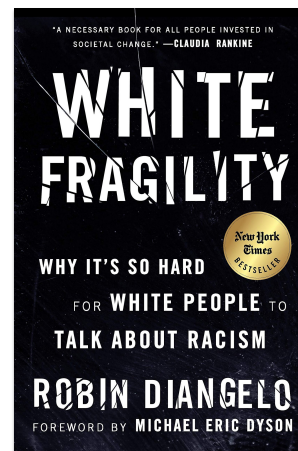
Mindset

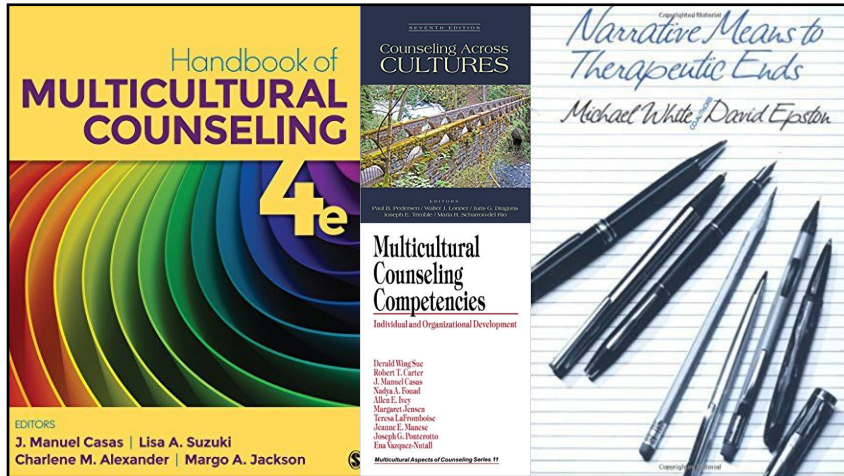
- ✓ Systems
- ✓ Upstream
- ✓ Equity → Justice
- ✓ Contextual → Political



eSBMH Design

1. Embedded within your MTSS
2. Explicit/intentional integration approach
3. Targeted universalist approach
4. Mindset: upstream, justice, political





Culturally Responsive Mental Health Practice



1. Common language
2. Implementation team
3. Know thy cultural self: bias / mindset *
4. **Courageously 'open the door'**

Open the Door



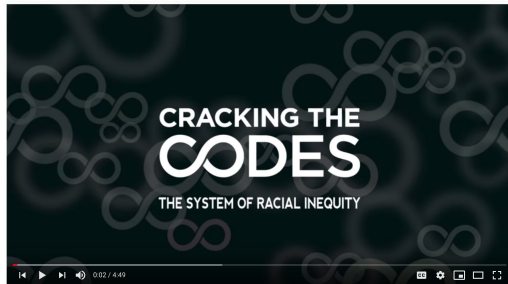
1. Discuss intake form: demographics
2. Introduce topic: race, gender, & power
3. Both/And: Below the surface / Upstream
4. Mindful response: simply begin again

Dancing with Systems

- Get the beat
 - Listen to the wisdom of the system
 - Locate responsibility in the system
- Expose mental models to the open air
- Expand the boundary of caring (both/and)



The Donella Meadows Project
Academy for Systems Change



A Healing Moment at the Movies with Joy De Gruy
17,580 views

345 17 SHARE SAVE ...

WorldTrustTV
Published on Oct 30, 2015

<https://youtu.be/NdLTVHazTKo>
5m

MADISON METROPOLITAN
SCHOOL DISTRICT

IMPLEMENTING CULTURALLY RESPONSIVE SCHOOL MENTAL HEALTH PROGRAMS

Armando Hernández, PhD
drarmandohernandez@gmail.com
www.drarmandohernandez.com
June 18, 2019



WORKSHOP



IMPLEMENTING CULTURALLY RESPONSIVE SCHOOL MENTAL HEALTH PROGRAMS

Armando Hernández, PhD
drarmandohernandez@gmail.com
www.drarmandohernandez.com
June 18, 2019

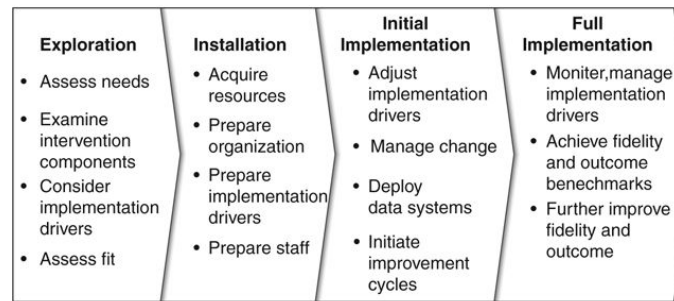


Participating Intentions

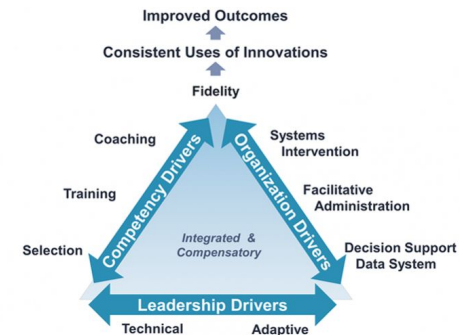
- TRY IT ON** Be willing to try on new ideas or ways of doing things
- BOTH / AND** Acknowledge and honor multiple perspectives, styles, and 'perceived realities'
- INTENT < IMPACT** Focusing on intent can be harmful. Acknowledge impact
- LISTEN MINDFULLY** Avoid reactive judgement, scripting, comparing. Suspend assumptions.

Implementation Stages

2-4 Years



Implementation Drivers



What Research Says About Readiness



1. Normalize: acknowledge how lack of readiness is normal, expected
2. Provide information: access, make it available, no pressure
3. Roll with resistance: go with energy, provide space, 'resist righting reflex'
4. Show empathy: listen, reflect concern, show understanding

Video: <https://nirn.fpg.unc.edu/module-3/topic-3/function-3>

Dancing with Systems

- Get the beat
 - Listen to the wisdom of the system
 - Locate responsibility in the system
- Expose mental models to the open air
- Expand the boundary of caring (both/and)



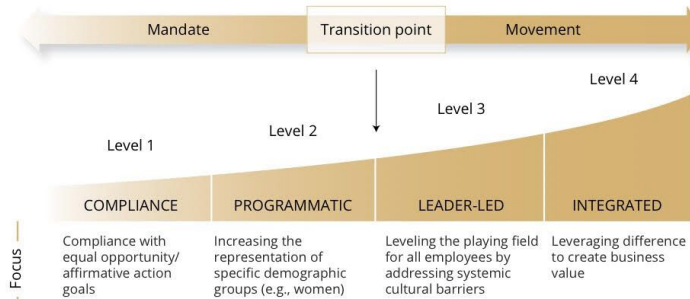
Policy Intervention 101

1. Recognition of problem → Consensus?
2. Agreement that policy response is needed → Power/influence?
3. Select an appropriate and effective policy response → Implementation drivers?

FIGURE 6 | Deloitte's six personas of strategic change as applied to diversity and inclusion



FIGURE 8 | The Deloitte diversity and inclusion maturity model



Discussion

1. Reflect on your experience in the development of culturally responsive SBMH programs:
 - a. Barriers?
 - b. Promising practices?
2. How can we nurture a systemic/upstream/justice/political mindset?
3. What's next for you and your organization?

Additional Resources

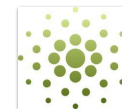
DISMANTLING RACISM WORKS

<http://www.dismantlingracism.org>



RACIAL EQUITY TOOLS

<https://www.racialequitytools.org>



LOCAL AND REGIONAL GOVERNMENT ALLIANCE ON RACE & EQUITY

<https://www.racialequityalliance.org>



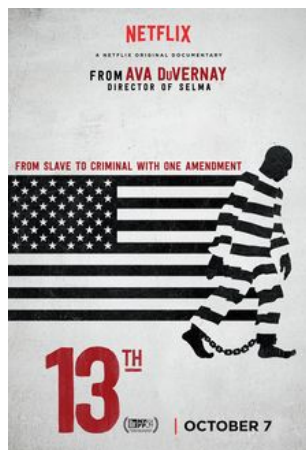
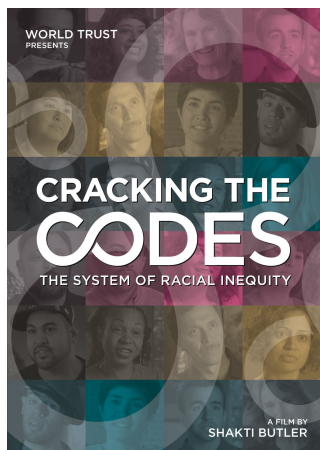
CENTER FOR SOCIAL INCLUSION

<https://www.centerforsocialinclusion.org>



haas institute FOR A FAIR AND INCLUSIVE SOCIETY

<https://haasinstitute.berkeley.edu>



<http://bit.ly/CPRVideos>

Handout 11 Implementation Teams

Implementation Teams support the full, effective, and sustained use of effective instruction and behavior methods. Linked Implementation Teams define an infrastructure to help assure dramatically and consistently improved student outcomes.

Key Takeaways

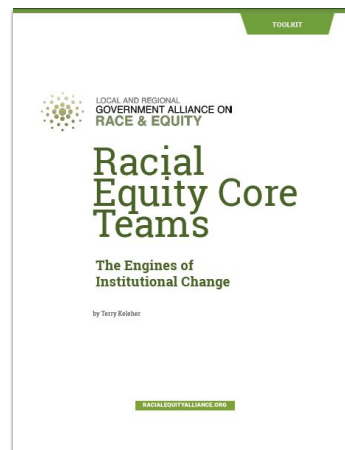
1. Implementation Teams establish an aligned and linked learning infrastructure that can help integrate, sustain, and scale-up innovations with fidelity over time.
2. Implementation Teams support and sustain the widespread use of EBPs/Es by leveraging implementation science principles and using systems change best practices. Implementation Teams "Make It Happen".
3. Implementation Teams typically include 5 to 8 individuals with time allocated to engage in implementation infrastructure development. This means face-to-face time as a team, as well as working between meetings.
4. The primary functions of Implementation Teams are to:
 - Ensure implementation
 - Engage the Community
 - Create Hostable Environments
5. Key training structures for an education system are:
 - Building Implementation Team (BIT)
 - District Implementation Team (DIT)
 - Regional Implementation Team (RIT)
 - State Implementation Team (SIT)



Related Resources

- **Module 3: Implementation Teams**
Implementation Teams support the implementation, sustainability, and scale-up of usable innovations by integrating the use of implementation stages, drivers and improvement cycles. This module is designed to assist new and existing implementation teams in actively building capacity and scaling-up programs and innovations.
- **Establishing Implementation Teams**
Establishing Implementation Teams and identifying members of a team does not necessarily mean hiring new professionals, or even adding a "new" team. Begin by assessing existing teams and personnel. Should an existing team be "repurposed" or "redesigned for the work"? Might people be added to a current team as part of the repurposing? What other factors are there to consider?
- **Implementation Teams: A Guide for Educators**
When implementation teams and other stakeholders are clear about their purpose, membership, processes and ways of work from the outset, they are better able to avoid misunderstandings and engage in more focused work.
- **Fein, D. L., Hoxby, C. M., Kline, R. A., Friedman, R. M., & Weisler, F. (2000). *Implementation Research: A Guide to the Literature*. The National Implementation Research Network.**

The Active Implementation Hub, its modules and all resources are developed by the State Implementation & Training of Professional Development Group (SIPD) and The National Implementation Research Network (NIRN).
© 2014 by The University of Utah Center for School and Community Development. All rights reserved. Copyright 2013-2015.
THE ACTIVE IMPLEMENTATION HUB | Implementation (ag-act-act)



Tool for Organizational Self-Assessment Related to Racial Equity

January 2014

*From the Eliminating Disparities
in Child & Youth Success Collaborative*

Creating Socially Just Organizations: Dismantling Institutionalized Racism and White Supremacy

A Multicultural Organization

Bailey Jackson and Rita Hardiman

1. Clear **commitment** to creating an inclusive organization
2. Seeks, develops, and values the **contributions and talents of all members**
3. Includes **all members as active participants** in decisions that shape the organization
4. **Members reflect diverse social and cultural groups** throughout all levels of the organization; and demonstrate the **multicultural competencies** to serve the increasingly diverse populations
5. **Acts on its commitment to eliminate all forms of exclusion and discrimination** within the organization, including classism, racism, sexism, heterosexism, ageism, disability oppression, religious oppression, etc.
6. Follows through on **broadier social and environmental responsibilities**

Steps to Strategic Organizational Change

1. Gain leadership commitment and support
2. Form an Inclusion Change Team
3. Clarify and communicate the vision and institutional benefits of an inclusive, socially just organization: create a sense of urgency and an expectation for shared responsibility
4. Conduct a Comprehensive Cultural Audit to assess the current organizational dynamics and readiness for systems change
 - Develop a deep understanding of the dynamics of dominant and subordinated groups in the organization and in the community
 - "Map out" and assess the current organizational dynamics, climate, and structures (policies, practices, procedures, unwritten rules, norms)
5. Identify the "Best Practices" used by organizations
6. Top leaders and Inclusion Change Team analyze data from Cultural Audit and develop Strategic Plan
7. Implement strategic activities, including accountability structures
8. Evaluate progress and revise Strategic Plan and activities as needed

...love and power have usually been contrasted as opposites ...
power without love is reckless and abusive...
power at its best is love implementing the demands of justice, and
justice at its best is love correcting everything that stands against love.

—Dr. Martin Luther King, Jr.

4th ANNUAL GROWING SCHOOL MENTAL HEALTH SUMMIT




www.schoolmentalhealthwisconsin.org/