

2015 Ohio Latino Health Summit

“Taking Action to Enhance our Health”

SUMMARY REPORT



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER



John Kasich, Governor
Lilleana Cavanaugh, MBA Executive Director



Latino Affairs
Commission



I. INTRODUCTION

The U.S. Hispanic's population reached a new high of 55.4 million or a 17.4% growth between 2014 and 2015. This represents a 20% increase in the Ohio Hispanic Population from the year before, according to The Pew Research Center & US. Census.

Hispanics are a diverse ethnic group that includes many different cultures, races, and nationalities. Barriers to care have resulted in striking disparities in quality of health care for these patients. These barriers include language access, lack of insurance, different cultural beliefs, and in some cases, immigration status, mistrust, and illiteracy. Our understanding on health disparities is increasing as we work to improve and enhance Latino health and improve the Latino quality of life.

The League of United Latin American Citizens, LULAC, and our partners collaborated with the Ohio Commission on Hispanic/Latino Affairs (OCHLA) to host this important event in 2015. We recognize that state agencies and commissions, the federal government, service organizations, the private sector, local and faith leaders are the building blocks to create sustainability and engage our community as they take ownership in improving their health.

“Taking Action to Enhance our Health”

II. 2015 THEME

The 2015 theme for the Summit “Taking Action to Enhance our Health” came about as a continued effort to bring together service providers, academics, government, and community leaders to raise awareness of health disparities affecting Ohio's Latino communities and to share best practices focused on illness prevention rather than treatment.

III. 2015 SUMMIT GOALS:

1. To empower and share with the community's efforts towards best practices that seek to enhance Latinos' quality of life.

Result: The Summit completed this goal through workshops, presentations, and panels, which included service providers, academics, community leaders and policymakers.

2. To increase knowledge and understanding by providing a forum for the exchange of ideas and strengthen the collaboration among health providers and advocates serving the Latino community.

Result: Eleven presentations and workshops were presented to the participants with relevant practical information, research and discussion to increase knowledge on the specific topics. Additionally, participants engaged in networking and visited exhibitor displays.

IV. GUESTS AND PARTNERS

This year’s event was hosted by The Ohio State University’s Wexner Center, one of Ohio’s most recognized healthcare institutions. This year’s partners included:

- ◆ League of United Latin American Citizens
- ◆ OSU Wexner Medical Center
- ◆ Molina Healthcare
- ◆ Care Source
- ◆ Buckeye Health Plan

In addition to OCHLA’s five partners, there were a total of thirty exhibitors, state agencies and vendors who participated in the summit, as well as eleven best practice presenters. The exhibitors informed and engaged guests on available services throughout the program and during the breaks and networking. The 2015 Latino Health Summit was attended by 175 non-profit leaders, healthcare providers, academics, policymakers and community leaders attended the summit.



By the Numbers

Exhibitors:	30
Partners:	5
Presenters:	11
Summit Participants:	175

PARTNERS:



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER



The Ohio Latino Health Summit

Friday, August 14th, 2015

“Taking Action to Enhance our Health”

MORNING CONFERENCES:

- 8:30AM - 9:00AM** Registration — Light Breakfast — Networking — Exhibitors Area
- 9:00AM - 9:30AM** Welcome Remarks — **OSU, OCHLA, LULAC**
Dr. Leon McDougle - Chief Diversity Officer, OSU Wexner Medical Center
- 9:30AM - 10:00AM** “*Health Self-Management Education*” - **Stacey Rokiff**, MSSA, LSW, Evi-Base
- 10:00AM - 10:30AM** “*Trauma-Informed Care in the Latino Community*” - **Elizabeth Olate**, MA, MSW, LISW-S
- 10:30AM - 11:00AM** “*Caring for the Transgender Patient*” - **Dr. Andrew Keaster**, OSU Wexner Medical Center
- 11:00AM - 11:30AM** “*Latino Health Survey*” - **Lydia Alejandro**, Ohio Health Coalition Founder
- 11:30AM - 11:45AM** Break & Exhibitors Area
- 12:00PM - 1:00PM** Lunch Welcome Remarks — **Molina Healthcare, OCHLA**
Keynote Speaker: **Dr. Elena Rios**, MD, MSPH - President & CEO National Hispanic Medical Association “*Leadership to Improve Hispanic Health*”

AFTERNOON WORKSHOPS:

BLOCK A

1:05pm - 1:55pm

“*The Relationship between Health and Spirituality in the Latino Community*” Luis G. Cruz-Ortega, PhD - The Ohio State University

2:00pm - 2:50pm

PANEL: “*Behavioral Health Resources & Best Practices*”

- Maritza Maldonado Dyer—Addiction Services Council
- Luis G. Cruz-Ortega, PhD - The Ohio State University
- Dr. Luis Fernando Ramirez, MD - University Hospitals

3:00pm - 3:50pm

“*Behavioral Health Resources & Best Practices*”

Mari Galindo - Metro Health

BLOCK B

1:05pm - 1:55pm

“*Governance in Medical Interpreting*”

Natasha Curtis—Lingua Nexus
Milly Valverde - The Ohio State University

2:00pm - 2:50pm

PANEL: “*Enhancing the Quality of Life: The Doctor Latino Patient Relationship*”

- Dr. Alfonso Reyes, MD
- Dr. Reema Gulati, MD

3:00pm - 3:50pm

“*Dental Care to your Overall Health*”

David Maywhoor - Project Director Dental Access Now!
UHCAN Ohio

◆ Workshops were done in an “Open Space Meth-

V. SUMMIT AGENDA

The Summit's agenda was prepared based on feedback received from several sources, including 1) Recommendations obtained through last year's Summit surveys; 2) The regional health conversations hosted during minority health month workshops and supported by the Minority Health Commission; 3) and recommendations from the Latino Health summit steering committee.

The morning agenda featured three innovating themes focused on best practices on Latino healthcare:

- ◆ Health Self-Management Education
- ◆ Trauma informed Care in the Latino Community
- ◆ Caring for the Transgender Patient

The keynote address presented by Dr. Elena Rios, President & CEO of the National Hispanic Medical Association focused on Leadership to improve Hispanic Health.

The afternoon workshops sessions were divided into 2 blocks, participants this "Open Space" format allowed the opportunity to assist more than 1 session during the same time-frame. As a result, the audience was able to capture several topics and obtain more knowledge, as well as network and visit the exhibitor area.

Following are the themes of the afternoon sessions:

- ◆ "Leadership to Improve Hispanic Health"
- ◆ "The Relationship between Health and Spirituality in the Latino Community"
- ◆ "Behavioral Health Resources & Best Practices"
- ◆ "Governance in Medical Interpreting"
- ◆ "Enhancing the quality of Life: The Doctor Latino Patient Relationship"
- ◆ "Dental Care to your overall Health"

Exhibitors

The Exhibitor Area was a highlight of the summit with 30 entities represented, including:

1. OSU The James Center for Cancer Health Equity
2. OSU Wexner Medical Center
3. OSU Extension
4. OSU Center for Clinical and Translational Science
5. Ohio Attorney General's Office
6. Paramount Advantage
7. Central Ohio Diabetes Association
8. Buckeye Community Health Plan
9. Nationwide Childrens Hospital / FACES
10. Molina Healthcare of Ohio
11. Multiethnic Advocates for Cultural Competence
12. El Centro de Servicios Sociales, Inc
13. OhioHealth/Latino Breast Cancer Project
14. Ohio Hispanic Coalition
15. Aaran Home Health Service
16. Ethiopian Tewahedo Social Services (ETSS)
17. Alzheimer's Association
18. American Red Cross
19. Metro Health
20. Aetna Better Health of Ohio
21. CareSource
22. Ohio Dept. of Public Safety/Human Trafficking
23. Alexandra Ramos Insurance Agency
24. US Department of Labor-EBSA
25. Columbus Public Health
26. Greater Columbus Mpowerment Center
27. Girl Scouts Of Ohio's Heartland
28. Columbus Recreation & Parks Department
29. Mt. Carmel West Community Health Resource Ctr.
30. Ohio BWC, Division of Safety & Hygiene

In addition, we had organizations on the waiting list!

MORNING CONFERENCES

“Health Self-Management Education”



Stacey Rokiff, MSSA, LSW
Chief Program Officer, Evi-base

Stacey Rokoff, Evi-Base CPO has over 12 years experience leading health, wellness and prevention programming support to aging and family caregiving populations. Rokiff focused on interactive educational interventions specifically designed to enhance patient self-management. These self-management programs focus on preparing people with chronic conditions for the 99% of the time they live outside of the health care system.

This patient driven program is focuses on building generalizable skills such as goal setting, decision making, problem solving, and self-monitoring. The main benefits to patients is stress, pain and fatigue reduction. People self report better overall health and have more meaningful doctors visit. It keeps people out of the ER and feel more self confident in managing their chronic health issues.

“Trauma-Informed Care in the Latino Community”



Elizabeth Olate, MA, MSW, LISW-S
Private Practice

Elizabeth Olate’s private practice in Columbus, Ohio offers adolescent, adult, family, and group therapy in English and Spanish. Olate presented her best practices on dealing with mental health trauma in her presentation Trauma-Informed Care in the Latino Community by defining her most common cases. Olate presented her journey through the mental health in the Latino community, the same underlying issues, the examples of common case, consequences and misdiagnosis. Olates’s trauma informed care is that “rather than a “one treatment fits all” perspective, trauma-informed care refers to a nuanced approach that caters to the specific strengths and needs of a client and their family and culture, while also holding knowledge and sensitivity regarding the multiple potential physiological, neuropsychological, and relational impacts of trauma.

MORNING CONFERENCES

“Caring for the Transgender Patient”



Dr. Andrew Keaster, MD

The Ohio State University, Resident Physician



Dr. Andrew Keaster, current PGY 2 Primary Care Track Resident at The OSU Wexner Medical Center, along with Dr. Maria Barnett, from Family Medicine, began the Transgender clinic at OSU in 2014. Dr. Keaster was awarded the Health Impact Leader Award for being an Emerging Leader in the fight for equity for our patients who are seeking medical attention and have been marginalized for years.

In Dr. Keaster’s presentation “Caring for the Transgender Patient”, he covered topics such as understanding basic terms as they relate to gender, sexual orientation and biologic sex, an examination of the status of transgender individuals in Ohio and important tips in communicating with individuals who are transgender. Dr. Keaster presented us with the results of the national discrimination survey and his best practices of what can be done to better serve the transgender population.

“Latino Health Survey”



Lydia Alejandro

Ohio Latino Health Coalition Founder



As one of the founders of the Ohio Latino Health Coalition, Lydia Alejandro completed a state-wide Latino Health Needs Survey of 2,000 Latinos. The result was a 214-page comprehensive report outlining the needs and prevalent health conditions affecting Ohio’s Latino population.

On July, 2015, the Commission on Minority Health decided to initiate a 5 year review of this report. The Latino Health Survey Session took place as the first platform to commence the review as Lydia Alejandro was contracted again by OLHCA to follow-up and review whether or not improvement in the identified health recommendations has occurred since 2011.

Ten important questions were given and answered by the participants at the Latino Health Summit as a preliminary start to the review and are attached to this summary.

~ KEYNOTE ~

“Leadership to Improve Hispanic Health”



Elena Rios, MD- MSPH
President & CEO National Hispanic Association



Dr. Rios is the President and CEO of the National Hispanic Medical Association (NHMA), representing 5,000 Hispanic physicians in the United States, which aims at improving the health of Hispanics. Dr. Rios’s keynote address was an inspiring presentation on the importance that cultural competency leadership has into the success in improving Hispanic health. The importance of all Hispanic professional involvement in both the academic and community leadership aspects can create more success.

Our participants learned the importance of overcoming barriers and challenges to effectively reach our goals. Dr. Rios inspiring keynote speech recommends to build and redirect your passion towards leadership so that changes can be made, policies can be made and goals can be reached.

AFTERNOON WORKSHOPS

“The Relationship between Health and Spirituality in the Latino Community”



Luis G. Cruz-Ortega, PhD
OSU Counseling and Consultation Service



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Dr. Luis G. Cruz-Ortega is a Senior Staff Therapist at The Ohio State University's Counseling and Consultation Service, he provides counseling services to students and serves as a liaison to the Latin@ community on campus. Dr. Cruz-Ortega does clinical counseling and provides bilingual psychotherapy to adults in both group and individual settings and offers consultation to mental health counselors, and facilitates workshops on culturally-competent mental health services.

Dr. Cruz-Ortega’s presentation explained his assessment and integration of spirituality and culture in healthcare with Latinos and it’s importance in the communities in the understanding of health, illness, and healing. Greater competence in addressing the patient’s spiritual and cultural worldview and accessing individual and community resources can improve treatment outcomes and satisfaction significantly.

AFTERNOON WORKSHOPS

Panel:

“Behavioral Health Resources & Best Practices”



Maritza Maldonado-Dyer
Addiction Services Council

Luis Fernando Ramirez, MD
University Hospitals

Luis G. Cruz-Ortega, PhD
OSU Counseling and Consultation Service

In the Behavioral Health Resources & Best Practices panel, Dr. Cruz-Ortega, Dr. Ramirez and expert Maritza Maldonado-Dyer discussed and shared their clinical treatment methods as part of the best practices in their fields. They gave examples of their patient cases and important resources to keep in mind in the Latino community.

Primary care settings have become a gateway for many individuals with behavioral health and primary care needs. To address these needs, many primary care providers are integrating behavioral health care services into their setting. Through this resulting information we were able to identify many commonalities and gain insight into the professional practices from each panelist.

AFTERNOON WORKSHOPS

“The Advocate’s Role, Responsibilities & Protocol”



Mari Galindo
MetroHealth Medical Center
Bilingual Language Access & Comm. Executive

As the Head of head of the Language Access and Communication Services Department at Cincinnati’s MetroHealth System, Mari Galindo is a recognized expert on Hispanic issues, she has appeared on syndicated television and radio programs and is a sought after keynote speaker and panelist, highly regarded as a dedicated media advocate for minority and women’s enterprise development.

In Mari’s presentation, she described the significance of the advocate’s role, responsibilities and protocol through the creation of the Language Access and Communication Services Center at MetroHealth System. It serves as a full-access concierge for patients, visitors, staff and community members as they navigate the many services MetroHealth offers.

AFTERNOON WORKSHOPS

“Governance in Medical Interpreting”



Natasha Curtis, MA, CHI
Owner, Lingua Nexus, LLC

Natasha Curtis background and vast experience as a nationally certified Spanish Health Care Interpreter (CHI), translator, trainer, and consultant and as a Language Access Services Manager at a pediatric hospital provide the best frame for the Governance in Medical Interpreting. Natasha was able to give a wonderful training as an expert trainer.

The main points of the presentation is awareness of the legal framework for language access services and to share best practices. The audience learned that a professional interpreter is someone that demonstrates advanced to superior proficiency in both languages being interpreted and who has received medical interpreter training.

In summary, Natasha’s most important statement was that “a competent interpreter protects both the patient and the hospital.”

AFTERNOON WORKSHOPS

Panel: “Enhancing the Quality of Life — The Doctor-Latino Patient Relationship”



Reema Gulati, MD
MetroHealth
Pediatrics, Gastroenterology



Alfonso Reyes, MD
Worthington Woods
Family Practice

In the Doctor-Latino Patient Relationship panel, Dr. Gulati and Dr. Reyes shared their best practices and methods with Hispanic/Latino patients. They gave examples of some patient cases when dealing on how they acquired trust and confidence from their patients to better treatment and obtain better results with the Latino community.

We learned the importance of how much a personal and cultural “bed side manner” can influence better results and positive attitude to make the patient feel well taken care of that translates into healthier patients. Both Dr. Gulati and Dr. Reyes emphasized that the best relationship between a patient and physician is based on trust. The understanding and sharing of not only their language but also of their culture is the key element for a successful delivery of high-quality health care in the diagnosis and treatment to their patients.

2015 HEALTH SUMMIT REPORT

AFTERNOON WORKSHOPS

“Dental Care to your overall Health”



David Maywhoor
Project Director Dental Access Now!
UHCAN Ohio



David informed us on how UHCAN’s Dental Access Now! Campaign works to reduce the dental care shortage in Ohio by expanding the dental care team. The mission is to improve oral health for children and adults who currently can’t get the dental care they need. Nearly one in five children and half of all Ohio adults do not have dental insurance.

Despite the fact that oral health is essential to overall health, many Ohioans must choose between dental care and other expenses of daily living. As a result, many people live in pain, miss school or work and, in extreme cases, face life-threatening medical emergencies from consequences of dental infections.

Dental Access Now! Campaign is expanding the dental care team to train and employ Dental Therapists who, under the supervision of a dentist, can provide preventive dental services, cleanings, fillings and routine extractions to residents of dental shortage areas, areas which include the Latino communities.

VI. SUMMIT FEEDBACK AND NEXT STEPS

The post conference surveys indicate high participants satisfaction on the value of the sessions which were ranked as very useful and enjoyable. The majority of guests rated each of the afternoon breakout sessions as “very good” or “excellent”. The surveys also rated David Maywhoor’s presentation on Dental Access Now! from UHCAN Ohio as one of the best presentations in the program.

Much progress has been made since 2012, when the Latino Health Summit was launched as an initiative to decrease health disparities, improve quality of life, increase outreach and engagement of state agencies, the private sector and social service agencies. The summits have empowered Hispanic serving organizations by providing a setting to exchange best practices, learn different approaches and perspectives, and engage on face to face time with government officials who are involved in shaping policy and providing healthcare outreach and services.



It is essential to carry on with the commitment, engagement and conversations already started through the past four Latino health summits. The exchange of best practices and dialogue at each subsequent summit is building a cadre of professionals who are working together to provide continuous improvement to Hispanics 'quality of healthcare while decreasing health disparities. OCHLA is extremely grateful & honored to count with LULAC Ohio's commitment and partnership, as well as to all our partners, speakers, exhibitors, volunteers and Latino community for the support and success of the summit.

Next Steps: Children and Family Wellbeing

The conversation on decreasing health disparities has brought to light the need to focus on the future of our families. Over the past 20 years, the number of Latino children under age 18 living in the United States has doubled, making them one of the fastest-growing segments of the national population. By 2035, one-third of all American children and youth will be Latino, and it is projected that by 2050, one-third of the overall population will be Hispanic. Today's 16 million Latino children and youth—92 percent of whom are U.S. citizens—thus represent a crucial segment of the United States' future workers, taxpayers, parents, citizens, voters, and leaders. In Ohio, population growth in 87 out of the 88 counties has increased by the influx of Latinos. This explosion on population growth demands action to study

and improve quality of care for Latino children and their families.

On a recent study published by NCLR, the conversation points to obstacles and inequalities that currently impede Latino children's paths toward a successful adulthood and that may hinder the broader integration of Latinos into U.S. society if left unattended.

The review recognizes that nationally, one out of five Latino children, primarily children of immigrants, does not have access to health insurance. While in many respects Latino children are healthier than other children, Hispanic children are faring significantly worse than other racial/ethnic groups on several important health indicators, including teen pregnancy, childhood obesity, and access to health care.¹

In response to this need, the Latino Education Summit 2016 will focus on "Children And Family Wellbeing" to initiate this important discussion.



There's nothing more important than our good health - that's our principal capital asset.
-Arlen Specter

Reference: ¹America's Future: Latino Child Wellbeing Numbers and Trends. (2010) (<http://www.prb.org/Publications/Articles/2010/larazadatabook.aspx>)

Thank You!

HOST:



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PARTNERS



THANK YOU TO OUR STAFF & VOLUNTEERS FOR THEIR HARD WORK!

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