



A psychology that matters? Critical conversations from within psychology

Saturday 22 April 2017

Trans-Tasman Community Psychology Conference

APS Public Interest Team & Friends!

Social determinants of health
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A range of interrelated concepts and frameworks inform, and are informed by, an SDoH approach, including:

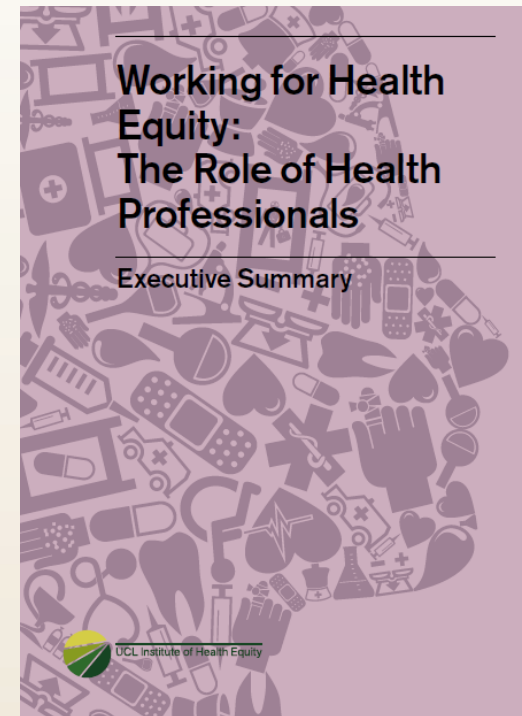
- Biopsychosocial model
- Health promotion
- Human rights
- Inequality
- Social responsibility within health professions
- Community wellbeing
 - and Community psychology

What does a social determinants of health approach look like in practice?

- Some work has been done to elucidate what a social determinants of health approach looks like in professional practice (e.g. UCL, 2013; VicHealth, 2013)

BUT

- This doesn't include the psychology profession



The APS and community wellbeing

- APS Mission

*Advancing the discipline and profession of psychology
for the benefit of our members and the communities
they serve*

- [Hear](#) *three APS psychologists talking about the social
determinants of health*

The APS and community wellbeing

- APS Strategic Plan 2015-17
 - Be responsive to community needs and advocate for community wellbeing

How has this strategy been operationalised?
And what more can the APS do?

What are the social determinants of health ?



The circumstances in which people are born, grow up, live, work and age, and the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics.

(WHO, 2014)

Key social determinants of mental health and wellbeing

- Social inclusion
- Freedom from violence and discrimination
- Economic participation/income security

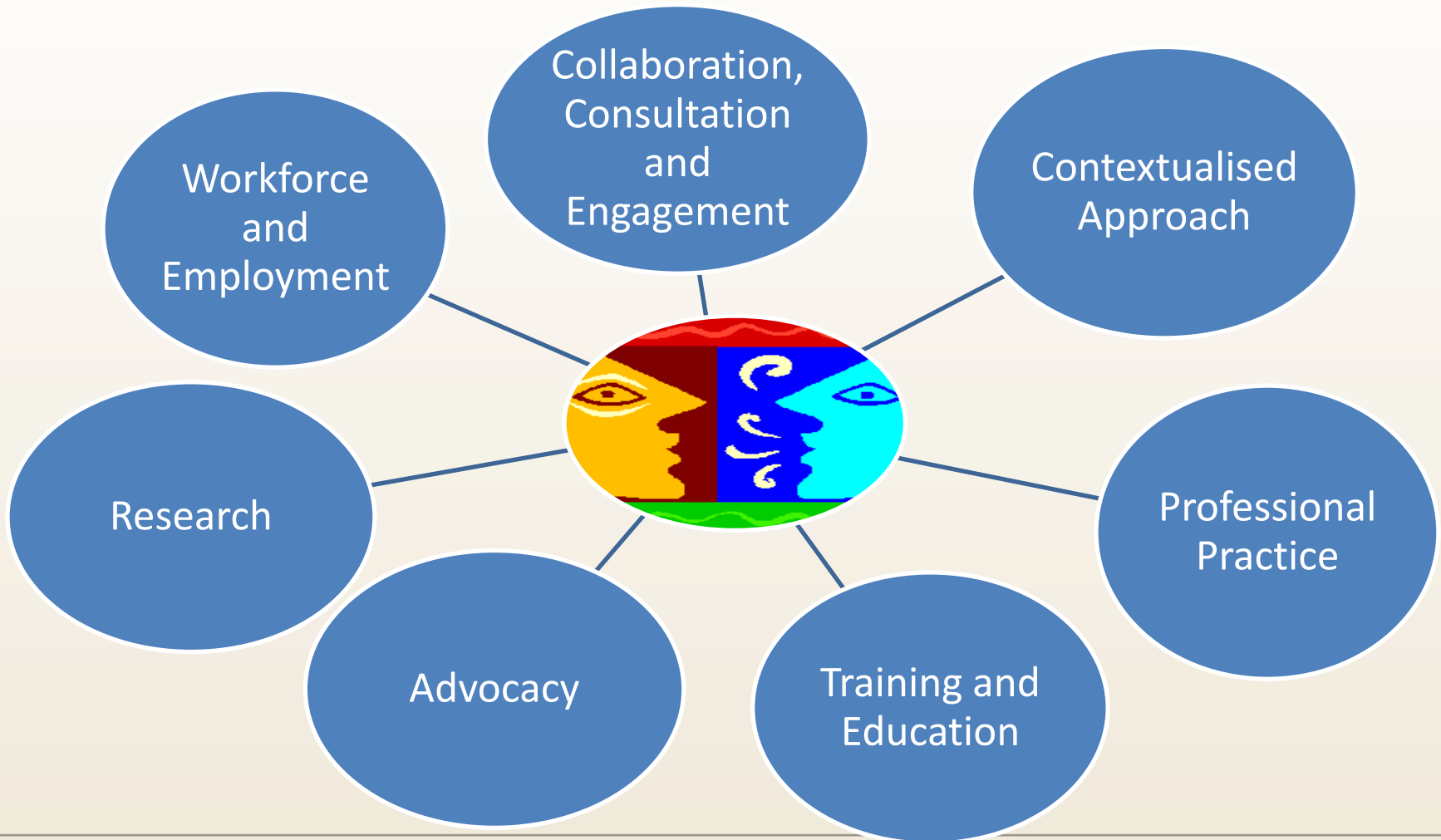
(VicHealth, 2012)

Why should psychologists adopt a social determinants of health approach ?

“If it is not the job of health professionals working at the ‘coalface’ and seeing the results of long-standing often preventable disease, then whose responsibility should it be?”

(May, Carey & Curry, 2013)

Key domains for action



Addressing the social determinants of health in our work: A practice resource for psychologists



What	Why	How
Professional Practice	Improving the scope of treatment approaches leads to more effective practice and better client health and wellbeing	Promote a therapeutic relationship built on trust and effective communication to facilitate understanding of clients' context
		Promote integrated, multidisciplinary, person-centred approaches to care
		Assist clients in accessing appropriate services to address financial, safety and social needs
		Promote a therapeutic approach that values self-determination and empowers clients to participate actively in decision-making processes in all aspects of their lives
		Recognise and appreciate a broad range of cultural perspectives and interpretations of psychological health and wellbeing that may be relevant to specific client groups, and develop an understanding of how these may influence help-seeking, therapeutic relationships, client engagement and service use
		Consider pro-bono work or offer bulk-billing services for disadvantaged clients (to decrease financial burden)



Collaboration
and
Engagement



Strong relationships can enhance knowledge and understanding , inform referrals and increase service accessibility

- Networking and collaboration to develop long-term professional relationships
- ‘Knowing your community’
- Supporting existing initiatives that have had positive outcomes



Training
and
Education

Education can empower the workforce to better understand broader issues that impact on health and human rights, and to take action for the benefit of communities

- Training about the SDoH
- Student and practitioner knowledge of contextualised approach
- Student placement in disadvantaged areas
- Build capacity for diverse workforce



Psychologists have a social responsibility to advocate when they see a policy impacts unfairly on clients and communities

- APS Code of Ethics A.1.3. Psychologists assist their clients to address unfair discrimination
- Consider when and how advocacy might be called for in organisational settings
- Support policy initiatives that increase employment by disadvantaged groups



Workforce
and
employment

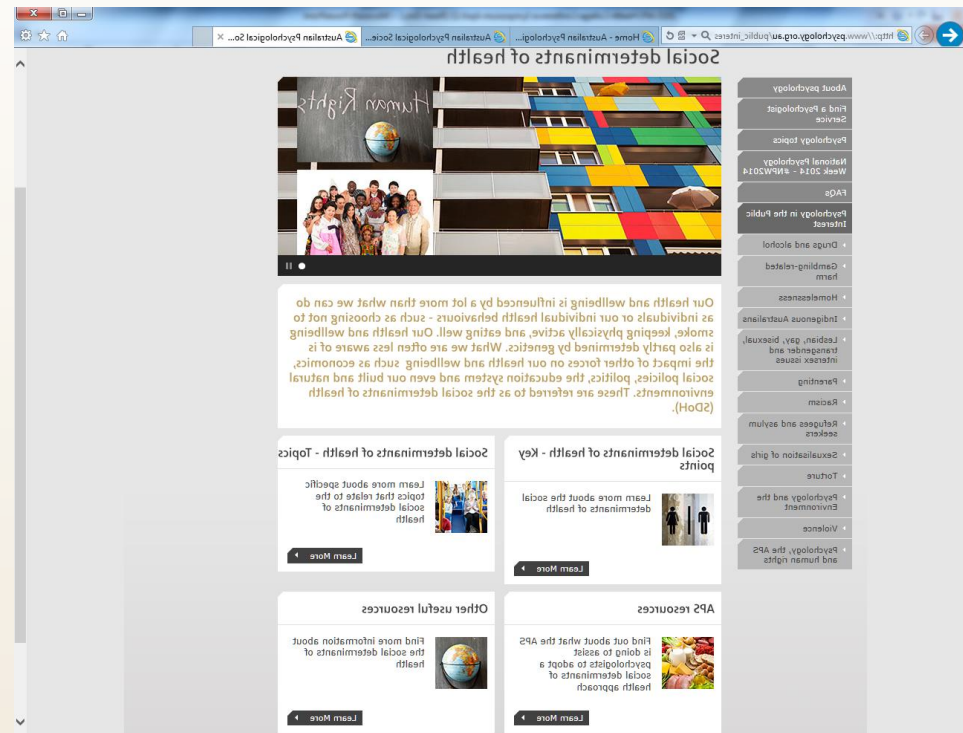


Healthy workplaces cultivate healthy workers

- Provide employment opportunities, promote meaningful and autonomous work opportunities and promote an equitable and fair institutional culture
- Provide ongoing opportunities for continuing professional development

More Information

- InPsych
 - December 2016
 - April 2015
- APS Webpage



http://www.psychology.org.au/public_interest/social-determinants/

References

- May, J., Carey, T.A., & Curry, R. (2013). Social determinants of health: Whose responsibility? *Australian Journal of Rural Health*, 21, 139-140.
- Nakash, O. & Saguy, T. (2015). Social Identities of Clients and Therapists During the Mental Health Intake Predict Diagnostic Accuracy. *Social Psychological and Personality Science*, 1-8 (online first). Available at <http://spp.sagepub.com/content/early/2015/03/02/1948550615576003.full.pdf+html>
- UCL Institute for Health Equity (2013). Working for health equity: The role of health professionals. University College London. <http://www.instituteofhealthequity.org/projects/working-for-health-equity-the-role-of-health-professionals>
- WHO (2014). What are social determinants of health? http://www.who.int/social_determinants/sdh_definition/en/

Questions for discussion

- How can we encourage greater awareness and application of SDOH in mainstream psychology?



- Briony Kercheval, Community Psychologist in Private Practice

Applying an SDoH approach working with transgender young people

- Social context within private practice
- Young people who experience distress about their gender and/or identify as transgender
- Transitioning
- Health and psychological risks associated with inadequate care
- A role for psychologists to provide affirming clinical responses (affirming client experience)

Key social determinants of mental health and wellbeing

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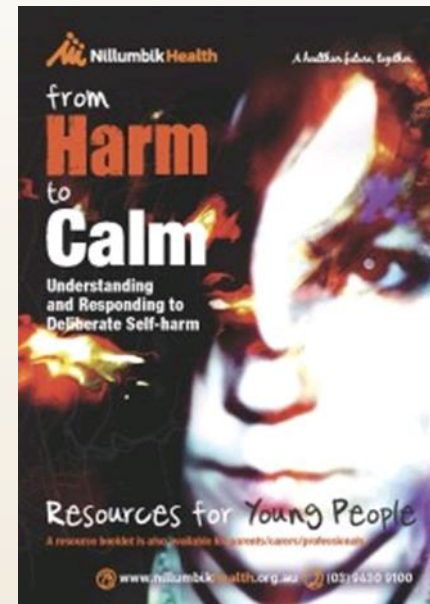
Professional practice

- Assist Clients in accessing appropriate services to address financial, safety and social needs
- Consider pro-bono work or offer bulk-billing for disadvantaged clients (to decrease financial burden)



Collaboration, Consultation and Engagement

- Promote and Engage with Local Communities: 'Knowing your Community' &
- Point Three: Support existing initiatives that have positive outcomes and are known to be effective



Contextualised Approach

- Support initiatives aimed at minimising inequalities, eliminating unfair discrimination and reducing stigma.



Training and education

- Increase student and practitioner knowledge of information-gathering techniques that adopt a contextualised approach



Advocacy

- Act as an advocate for your client(s) and local community as appropriate (with their consent/collaboration)
- APS Code of Ethics: A.1.3
Psychologists assist their clients to address unfair discrimination or prejudice that is directed against their clients.
- The APS Ethical Guidelines on Working with Sex and/or Gender Diverse Clients



Affirming transgender people's experiences

- A growing body of research has demonstrated that affirming responses can have significant mental health benefits for transgender people, such as relief of distress and reduced suicidal ideation.
- As a professional organisation committed to evidence-based practice, the APS therefore opposes any forms of mental health practice that are not affirming of transgender people – including children. Any psychologist involved in such practices is likely to be in breach of the APS Code of Ethics.
- The APS recommends therapeutic responses that:
 - 1) Affirm the person's gender;
 - 2) Challenge negative attitudes towards gender diversity;
 - 3) Discuss referral options for gender-affirming treatments if desired
 - 4) Advocate for the support needs of transgender people.

Beyond diagnosis – what else matters to clients' health and wellbeing?

[Webinar 1. The bigger picture: Why should psychologists care about SDoH?](#)

[Webinar 2. Improving the scope of practice: Working with clients impacted by systems of discrimination, violence and oppression](#)

Tuesday 2 May 2017, 7-8.30pm AEST
Briony Kercheval & Carmel O'Brien

[Webinar 3. Applying a Social Determinants of Health approach in rural, regional and remote and Indigenous community practice contexts](#)

Tuesday 6 June 2017, 7-8.30pm AEST
Dennis McDermott & Professor Tim Carey

[Webinar 4. The way we work: how local engagement and healthy workplaces matter to psychologists and their clients](#)

Tuesday 4 July 2017, 7-8.30pm AEST
Jo Mitchell & Belinda Barnett