

Social Determinants of Health

Program Description

The World Health Organization and the Department of Health and Human Service's *Healthy People 2020* define social determinants of health as the complex, integrated, and overlapping social structures and economic systems that are responsible for most health inequities. These social structures and economic systems include the social environment, physical environment, health services, and structural and societal factors. Social determinants of health are shaped by the distribution of money, power, and resources throughout local communities, nations, and the world. This program will address social determinants of health including racial and income related inequity. The presenter will review the role of stress related to social determinants and the impact of adverse childhood experiences on health and wellbeing. Strategies to address social determinants of health will be examined.

Learning Objectives

Upon completion of this workshop, participants should be able to:

1. Identify social determinant of health.
2. List strategies to address social determinants of health.

Target Audience

This program intended for psychologists, social workers, licensed counselors and other health and mental health professionals interested in this topic.

Contact Hours

4.0 to 6.0 contact hours

Program Agenda

8:30 am	CHECK IN
9:00 am	Introductions
	Introduction to Social Determinants of Health: Fundamental Causes for Health and Wellbeing
10:00 am	Viewing: Unnatural Causes: Is Inequality Making Us Sick? In Sickness and in Wealth
10:30 am	BREAK
10:45 am	Viewing and Discussion: Unnatural Causes: Is Inequality Making Us Sick? In Sickness and in Wealth
11:15 am	Social Determinants in Action: Fundamental Causes and Adverse Childhood Experiences
12:00 pm	Addressing Social Determinants of Health
1:15 pm	ADJOURNMENT

Faculty

Betsy (Sarah E.) Bledsoe, PhD, MPhil, MSW is associate professor at the University of North Carolina at Chapel Hill School of Social Work, principal investigator of the Community Voices Project, principal investigator at the National Center for Trauma Education and Workforce Development, co-investigator at the Family Informed Trauma Treatment Center and a consultant with the Center for Adjustment, Resilience & Recovery – all part of the National Child Traumatic Stress Network funded by the Substance Abuse and Mental Health Services Administration. She received a doctoral degree and Master of Philosophy from Columbia University School of Social Work, a Master of Social Work from the University of Pittsburgh and a bachelor's degree in psychology from the University of Tennessee. Her research reflects over two decades of experience conducting community based as well as national studies to strengthen the mental health of adults, adolescents, children, and families, particularly those surviving poverty, discrimination, and trauma. She has expertise in mental health services, intervention, and implementation research, with a focus on mood, anxiety, and trauma during the perinatal period and beyond. Her research has examined the implementation and dissemination of evidence-based practices and empirically supported interventions with attention to the cultural adaptation of these practices to increase access to historically marginalized communities and populations including Black Indigenous and People of Color, individuals living in rural areas and individuals surviving poverty.

A community-engaged scholar, Dr. Bledsoe is dedicated to partnering with communities to strengthen the mental health of children, adults, families, and communities. Her research and scholarship have been supported with funding from federal and state agencies, foundations, and private donors. Her research, clinical expertise, and certification as a practitioner, supervisor, and trainer in multiple empirically supported interventions inform her teaching of primarily direct practice courses including Brief Treatment, Interpersonal Psychotherapy, and Motivational Interviewing.

Dr. Bledsoe has published over 90 peer-reviewed articles, chapters, abstracts, and manuals, and has given over 295 peer-reviewed and invited presentations at national and international venues. A Society for Social Work and Research Fellow, her work has been recognized with awards from the Office of the UNC-CH Provost, UNC School of Social Work, UNC Center for Global Initiatives, Council on Social Work Education, Office of Behavioral and Social Science Research, and the American Society of Clinical Psychopharmacology. She has been a Guest Professor at the University of Toronto, University of Maryland at Baltimore, and Renmin University, Beijing, China. Additionally, she has been consulting editor for *Social Work Research* and *Social Work* and on the editorial review board of *Research on Social Work Practice*, *Social Work in Mental Health*, and *Social Work in Health Care*.