



Social Determinants of Health Screening: Understanding & Choosing Tools for Practice

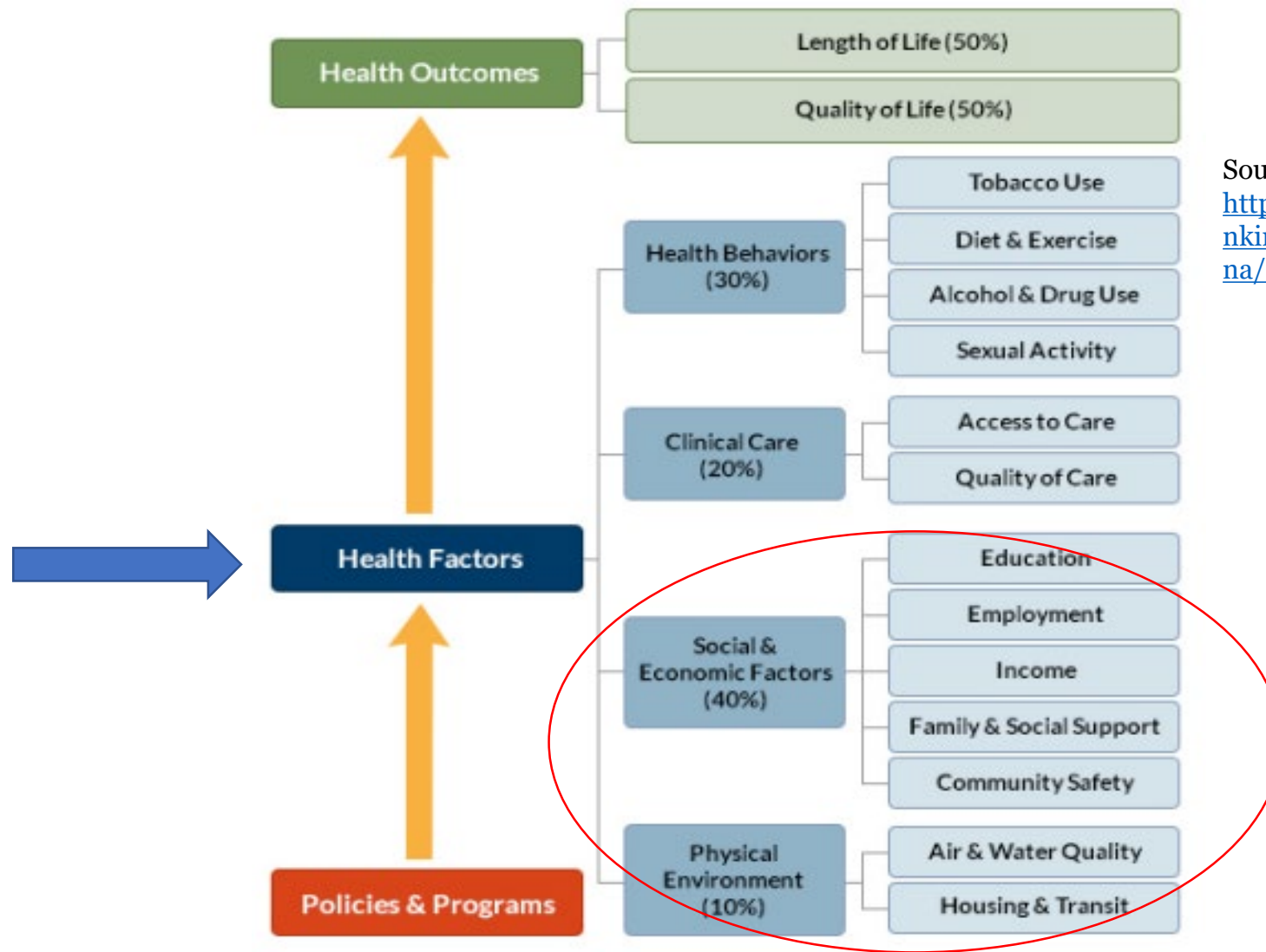
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Robert Wood Johnson Foundation (RWJF) County Health Rankings Components



Source:

<http://www.countyhealthrankings.org/app/northcarolina/2016/rankings/>

Social Determinants of Health



Using a Health Equity Lens. IM
CoIIN Learning Session 5

From Kay Johnson

WHO: Social Determinants of Health

- Social gradients
- Stress
- **Early childhood development**
- Social exclusion
 - Racism, discrimination
- Unemployment
 - Opportunities for education and jobs
- Social support networks
- Availability of healthy food
 - Air, housing & water
- Availability of health transportation
- Addiction

Determinant Areas: Healthy People 2020

- Economic Stability
- Education
- Social & Community Context
- Health & Health Care
- Neighborhood & Built Environment



ACEs Areas

- Abuse
 - Physical, emotional, sexual
- Neglect
 - Physical, emotional
- Household Dysfunction
 - Mental health, substance use, incarceration, separation/divorce



ACEs Dose-Response

Children with 3 or more ACEs

- 3X academic failure
- 6X behavior problems
- 5X attendance problems

6 or more ACEs

- 30X suicide

Adults with 4 or more ACEs

- 7X alcoholism
- 2X cancer
- 4X emphysema

Three Levels of Stress Response

Positive


Brief increases in heart rate,
mild elevations in stress hormone levels.

Tolerable

Serious, temporary stress responses,
buffered by supportive relationships.

Toxic

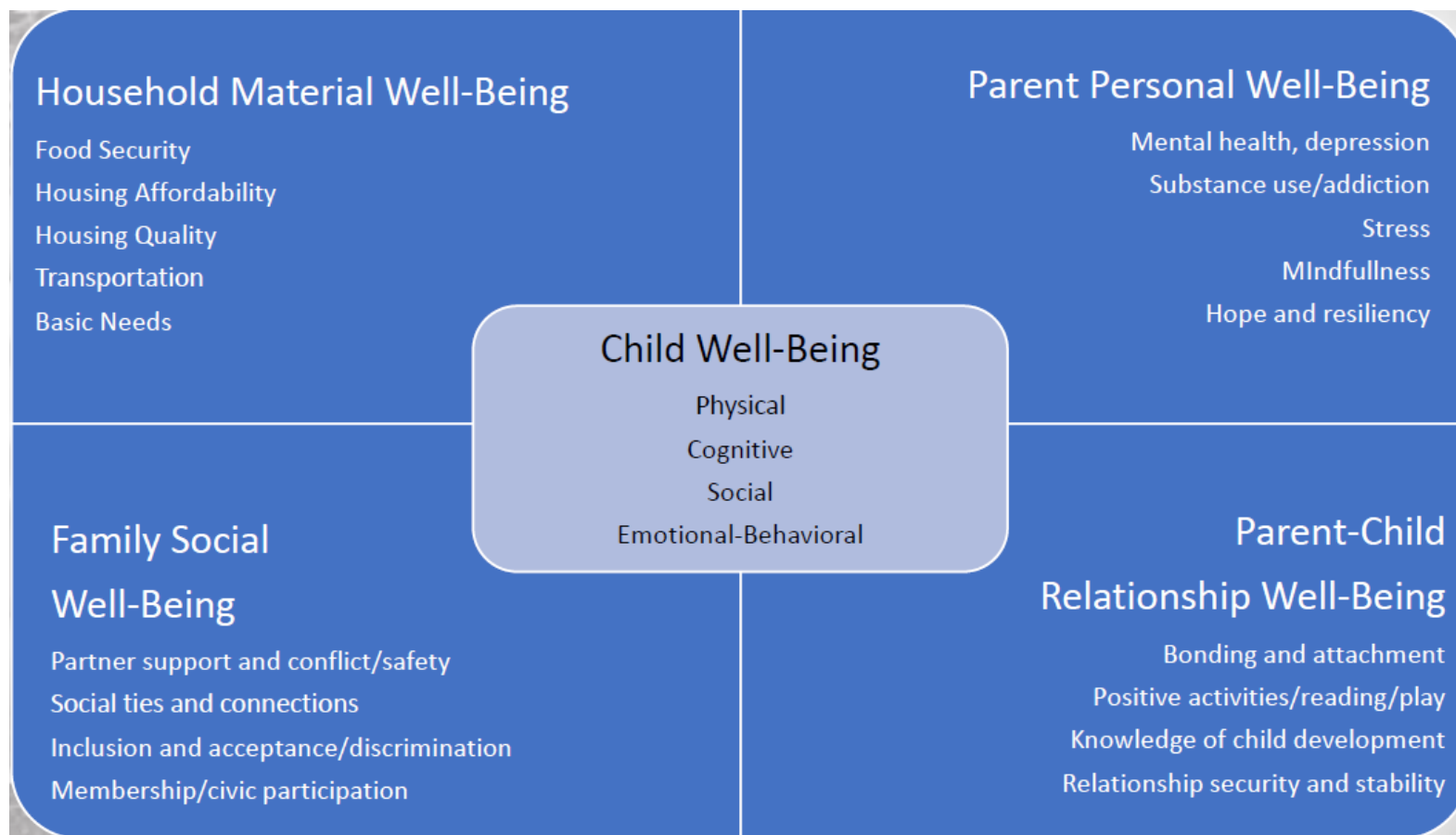
Prolonged activation of stress response systems
in the absence of protective relationships.

Center on the Developing Child  HARVARD UNIVERSITY

Effects of Toxic Stress

- The activation of the physiologic stress response system results in increased levels of stress hormones
- Persistent elevation of cortisol, can disrupt the developing brain's architecture in the areas of the amygdala, hippocampus, and prefrontal cortex (PFC), and therefore ultimately can impact learning, memory, and behavioral and emotional adaptation
- Suppresses the immune response, affects other organ systems and makes an infant, child or adult more vulnerable to infections and chronic health problems
- Different exposures to stressors at critical times can affect how a gene is expressed (epigenetics) or how a pathway develops and subsequently the behaviors and health conditions that are manifested over the life of that person

CAHMI Technical Working Group on SDoH Screening



From Charles Bruner

Examples of Social Determinants That Protect Health

- Parental knowledge and skills about child development and caretaking
- Good parental or caregiver physical and mental health
- Positive father involvement
- Strong emotional bond or attachment between infant/child and parent/caregiver
- Social supports (ie., friends, neighbors, relatives, faith-based groups, and other agencies)
- Safe and good housing
- Stable/secure home life
- High school education level or higher for parents/caregivers
- Opportunities for stable income/employment for household
- Food security for household
- Safe neighborhood with no violence
- Community resources for fresh produce, exercise, social interactions

Strengthening Families' Five Protective Factors Model

1. Parental resilience
2. Social connections
3. Knowledge of parenting and child development
4. Concrete support in times of need
5. Social and emotional competence of children

Source:

<http://www.cssp.org/reform/strengtheningfamilies>



Protective Factors: CSSP & AAP Guidance for PCCs

https://www.cssp.org/reform/strengthening-families/messaging-at-the-intersection/Messaging-at-the-Intersections_Primary-Health.pdf

Promotion of Protective Factors

Examples:

- Reach Out and Read
- Learn the Signs, Act Early



The Conversation

- Screening is an opportunity to engage the family and to build trust
- Screening always involves a conversation
- Inquire about social determinants that are protective as well as those that confer risk
- The purpose is not to “solve” every issue immediately
- The question is “where should we start together?”

National & State Landscape

- AAP Project: Screening in Practices
- HRSA: Healthy and Ready to Learn Initiative
- NCTSN: National Child Traumatic Stress Network
- Pathways – 3rd grade reading
- DHHS NC Early Childhood Action Plan
- DHHS SDoH 4 domains: food insecurity, housing insecurity, transportation, IPV



Recommendations

- Bright Futures
 - Screenings
 - **Ask about parental strengths and Social Determinants of Health (SDoH) at every well-visit**
- AAP Screening in Practices Project
 - National Advisory Board and Project I-SCRN
 - Developmental and behavioral (including social emotional), autism, perinatal depression, **social determinants of health**
- AAP Mental Health
 - Psychosocial assessment (social-emotional, **SDoH, ACEs**) at every well visit
 - Brief mental health update at acute visits

Screening Resources

- The AAP Resilience Project Tools

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/resilience/Pages/Clinical-Assessment-Tools.aspx>

- The AAP Screening Website (STAR Center) SDoH Tools

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Screening/Pages/Screening-Tools.aspx>

- The STAR (Screening Technical Assistance & Resource) Center

www.aap.org/screening

Tools with Multiple SDoH Areas

- Health Leads Toolkit
<https://healthleadsusa.org/wp-content/uploads/2016/07/Health-Leads-Screening-Toolkit-July-2016.pdf>
- PRAPARE (Protocol for Responding to and Assessing Patients' Assets, Risks, and Experiences) FQHCs
- WE CARE (Well Child Care, Evaluation, Community Resources, Advocacy, Referral, Education Survey Instrument)
- SEEK (Safe Environment for Every Kid)
- SWYC (Survey of Well-being of Young Children)
- Family Psychosocial Screen (Pediatric Intake Form)

Tools for Specific SDoH

- Hunger Vital Sign
 - Addressing Food Insecurity: A Toolkit for Pediatricians
 - <http://www.frac.org/aaptoolkit>
- Housing Stability Vital Sign



Tools for ACEs

- Center for Youth Wellness (Nadine Burke, MD)
 - Child
 - Teen
 - Teen self report
- The Children's Clinic (RJ Gillespie, MD)
 - ACE Score (parent)
 - Resilience Score (parent)

Health Leads Toolkit

Essential

- Food insecurity*
- Housing instability*
- Utility needs*
- Financial resource strain*
- Transportation*
- Exposure to violence*

Optional

- Child care*
- Education*
- Employment
- Health behaviors
- Social isolation and supports
- Behavioral/mental health

***Recommended tool has 10 questions**

Additional validated questions by category to expand or customize

PRAPARE

- Items: 17-21
- Areas
 - Domestic violence
 - Education
 - Employment
 - Family Member Incarceration
 - Financial security/stress
 - Housing
 - Safety
 - Stress
 - Transportation



WE CARE

- Items: 6
- Areas:
 - Childcare
 - Education
 - Employment
 - Food insecurity
 - Housing



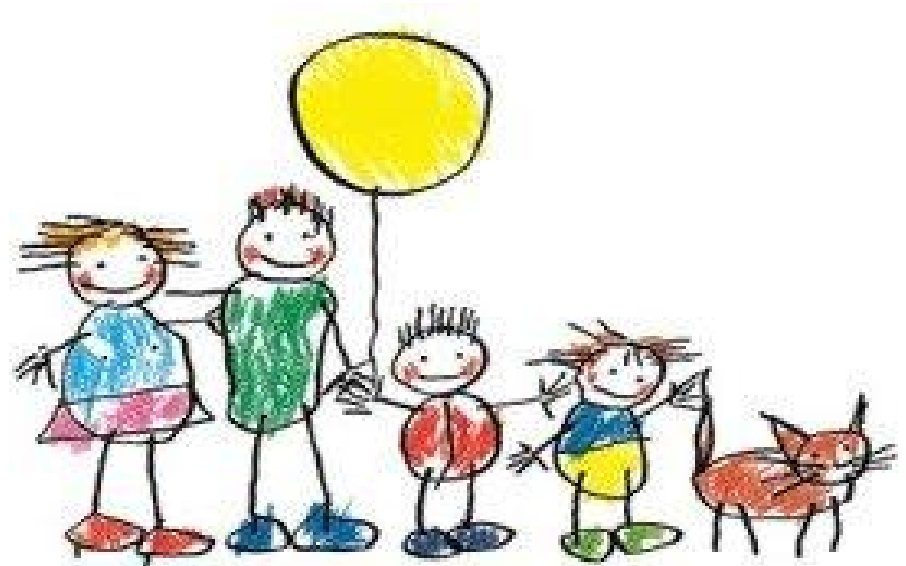
SEEK

- Poison control
- Smoking
- Food insecurity
- Discipline/behavior
- Depression
- Domestic violence
- Substance use



SWYC Family Questions

- Smoking
- Substance use
- Food insecurity
- Depression
- Domestic violence
- Reading



Family Psychosocial Screen

- Items: ~56
- Areas:
 - Caregiver education
 - Family history
 - Health habits – safety, domestic violence, guns, smoking
 - Substance use
 - Parental childhood experiences – discipline, abuse, neglect
 - Depression
 - Support system

NC DHHS

- 4 domains
 - Food insecurity
 - Housing insecurity
 - Transportation
 - Interpersonal Violence
- New health plans will be expected to screen for these and to link to and support community resources
- NC Resource Platform

CYW: 3 Forms

- Section 1 – 10 questions (original ACEs)
- Section 2 - 7-9 questions (additional early life stressors)
- Scoring: Section 1 plus Section 2
- If 0-3 without symptomatology – anticipatory guidance
- If 1-3 with symptomatology OR > 4 – refer for treatment

The Children's Clinic

- ACE Score
- Resilience Score
- Comments, Questions and Concerns
- Interest in Resources



The “New Mexico Three”

- Has anything major (traumatic, etc - use your own terms) happened since the last time we've met
- If so, how has it had an impact on you and your family (again, whatever scope is appropriate)
- Despite that, what's been going well for you

What We Are Learning

- Routinely eliciting patient/family strengths is transformative to practice
- Clinicians and patients/families can discuss social determinants - those that increase risk, and those that are protective
- Adverse Childhood Experiences (ACE's) are common, but resiliency can ameliorate their impact
- Trauma-informed care needs to include a focus on promotion and prevention as well as intervention
- Engaging the patient/family as a partner is key
- Promoting Resiliency is central to addressing social determinants of health

Coding Considerations

Health Risk Screen

- **96161** - of the caregiver for the benefit of the patient; e.g. maternal depression screening with the Edinburgh
- **96160** – health risk screen for the patient; According to AAP coding guidance, if the screen has a mix of questions, the code would be **96160**

Tracking and population management

- Assistance with resource planning
- Use of **Z-codes** that align with SDoH or ACEs (see handout)

