



# **Understanding the Mutual Relationship Between Income and Mental Health and Strategies to Improve Outcomes**

**June 18, 2024**

**2:00-3:00 p.m. EST**

# Who is ASTHO?

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ASTHO supports, equips, and advocates for state and territorial health officials in advancing the public's health and well-being.

ASTHO's primary functions are to:

- Develop strong and effective public health leaders.
- Improve public health through capacity building, technical assistance, and thought leadership.
- Advocate for resources and policies that improve the public's health and well-being.

# Agenda



**01**

**Greetings**

**02**

**Center for Law and Social Policy (CLASP)**

**03**

**Breakouts, Curiosities, and Reflection**

**04**

**Wrap-up**

# Learning Objectives

1. Increase knowledge about the relationship between income and mental health outcomes.
2. Learn and discuss strategies and policies for improving mental health outcomes and reducing poverty.
3. Provide participants with valuable opportunities to learn from their peers with serious mental illness (SMI) or children with serious emotional disturbance (SED).

**CLASP**

**Nia West-Bey, PhD**

Director, Youth Policy

**Isha Weerasinghe, MSc**

Associate Director, Mental Health and

Well-Being

# Understanding the Mutual Relationship Between Income and Mental Health- Strategies to Improve Outcomes

ASTHO's Poverty and Mental Health Webinar Series

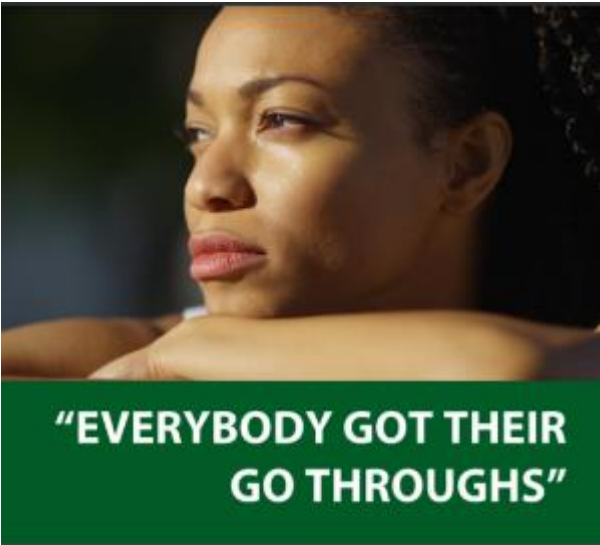
June 18, 2024

# About CLASP

The Center for Law and Social Policy (CLASP) is a national, nonpartisan nonprofit advancing anti-poverty policy solutions that remove barriers blocking people from economic security and opportunity. We work at the federal, state, and local levels, supporting policy and practice that makes a difference in the lives of people living in conditions of poverty.

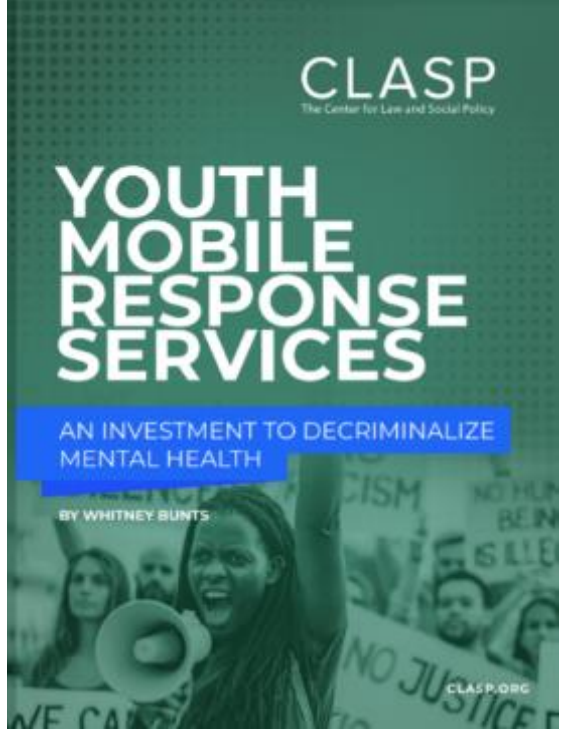
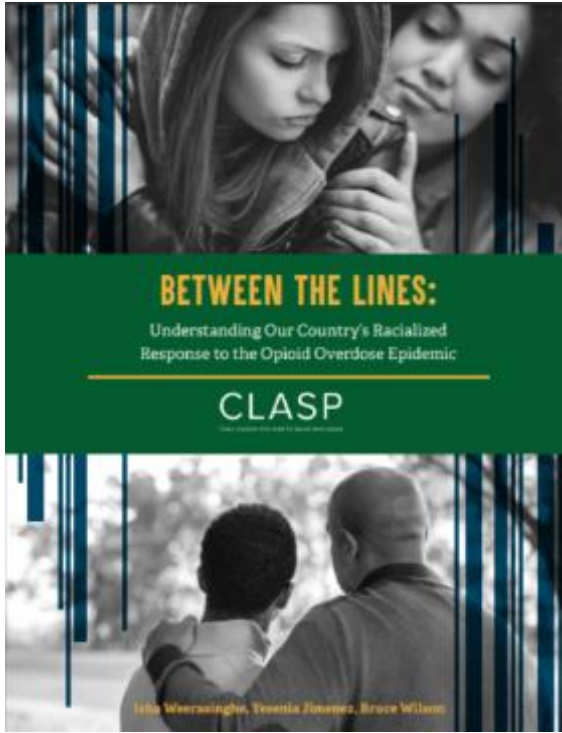


# Evolution of CLASP's Core Principles in Mental and Behavioral Health



Young Adults on the Frontlines of Mental Health

Nia West-Bey & Stephanie Flores  
June 2017



## Core Principles to Reframe Mental and Behavioral Health Policy

January 2021

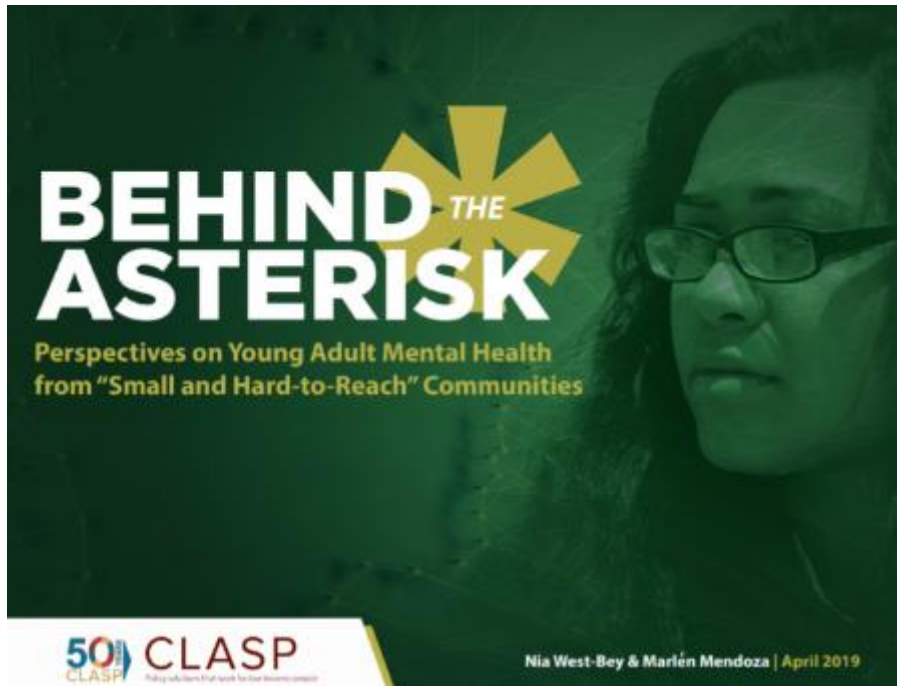


Historic and modern-day policies rooted in discrimination and oppression have created and widened harmful inequities impacting many communities of color. Effectively and equitably addressing mental health requires intervening at systemic and policy levels to dismantle the structures that produce negative outcomes like generational poverty, intergenerational and cultural trauma, racism, sexism, and ableism. Changing social, economic, and physical environments alongside key mental and behavioral health supports through immediate relief and longer-term fixes impact individual and community mental health and wellbeing.

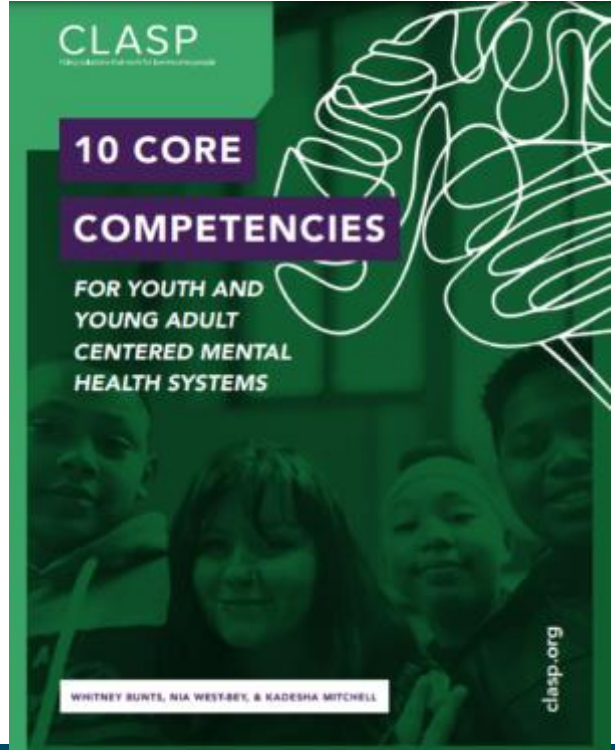
An individual's mental health is impacted by and informs nearly every aspect of their life, identity, and community. CLASP looks at how one's social, economic, and physical environment impact individual and community views of mental health and wellbeing. To improve mental health outcomes, we must think about an individual and family's economic security, family support, and their community's built environment. CLASP recognizes the influence of intergenerational and cultural trauma on communities and believes that all mental and behavioral health practices should be trauma-informed and healing-centered.

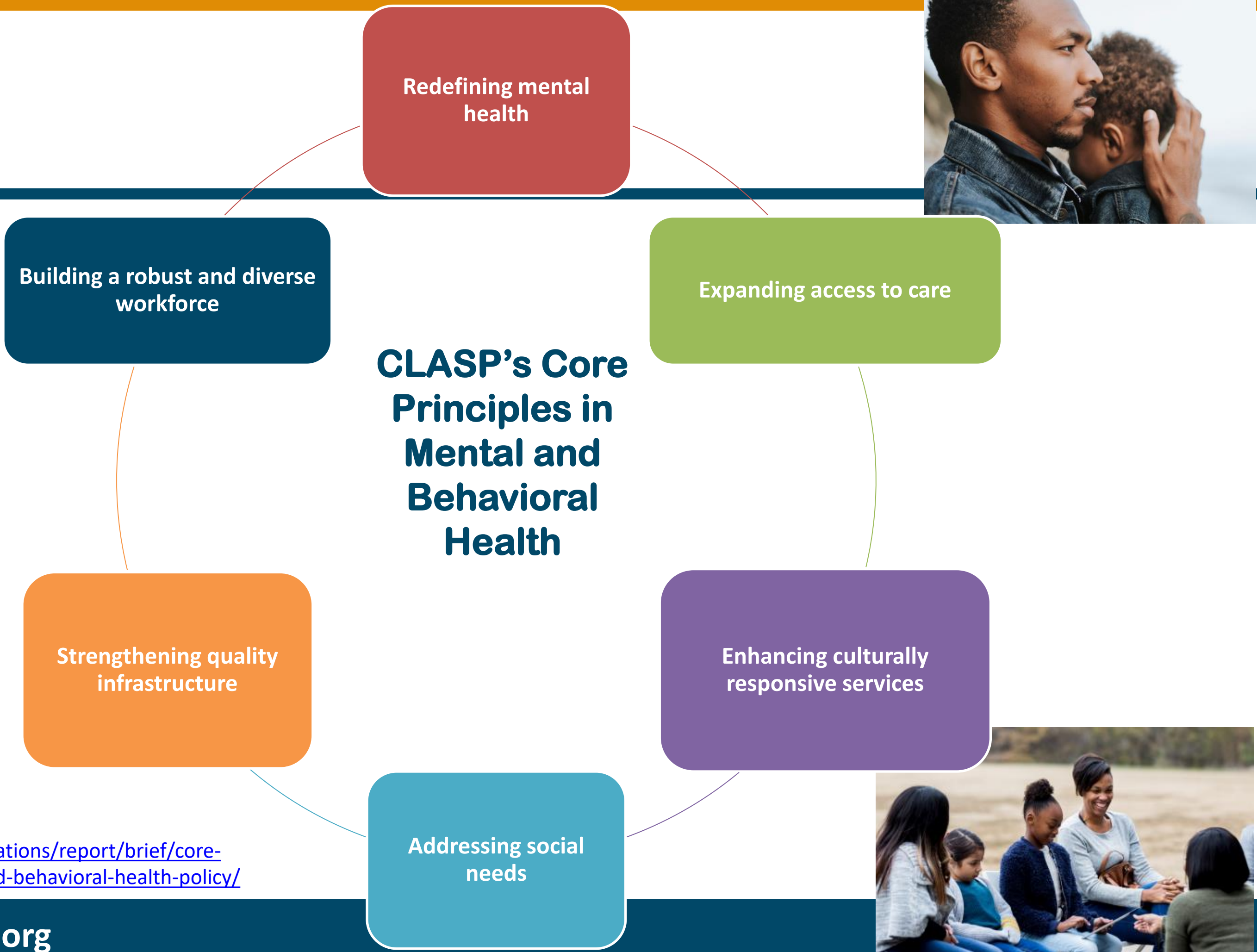
Policymakers must significantly reform and reimagine systems that support the wellbeing of people with low incomes. This includes, but is not exclusive to:

- Universal health coverage, as noted in [our health care principles](#);
- Recognizing and creating policy to alleviate the stress imposed by living without consistent access to basic needs, such as food and housing, coupled with the oppressive requirements of programs (i.e. work requirements in Medicaid, lengthy paperwork) that are supposed to help



Nia West-Bey & Marlén Mendoza | April 2019





Source:  
<https://www.clasp.org/publications/report/brief/core-principles-reframe-mental-and-behavioral-health-policy/>



## How do young adults define mental health?

Mental health is defined by strengths, not problems. Young adults shared an affirmative vision of wellness that includes positive attributes, behaviors, and values.

**“Things gonna get better. You feel me?”**

-Rural Focus Group Participant



Urban and Rural



Urban

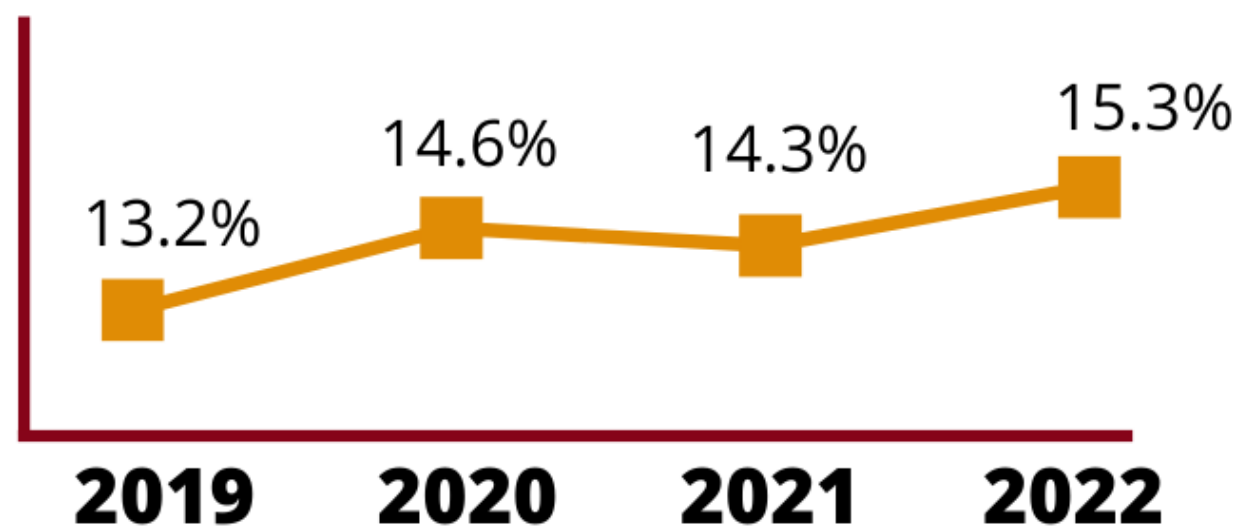


Rural



# Young Adult Poverty

The young adult poverty rate, as measured by the official poverty measure (OPM), **increased to 15.3%** in 2022 - the highest level since 2017. **That's more than half-a-million more young people living in poverty in 2022 than in 2021.**



Source: Current Population Survey Annual Social and Economic (March) Supplement, 2023.

# Poverty and Mental Health

Income	SMI	Serious Thoughts of Suicide	Serious Psychological Distress, past month
<100% FPL	9.8%	13.0%	20.7%
100-200% FPL	12.4%	15.0%	20.6%
>200% FPL	12.0%	13.3%	18.4%
All 18-25 Year Olds	11.6%	13.6%	19.5%

# Poverty/Financial Strain

*"I feel like it all comes down to money ... because if you're struggling, you're gonna do whatever you can ... Money doesn't buy happiness, but if you can't do nothing with your money, you get frustrated. The pressure is just too much and you can't handle that."*

— Young Adult Participant, [Everyday Struggles: Living Through the Pandemic](#)



*"It's not just about money ... even like basic things like food, we're talking about money in the low-income household that you don't have these other things ... we're talking about all of these interconnected factors."*

— Focus Group Participant, Atlanta, 2023

# Breakout

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## Share key learnings and insights from the presentation

- *A key insight for me.....*
- *Share bright spots and challenges.*
  - *A bright spot for me is ... Bright spots can include strengths, successes, opportunities, etc.*
  - *A challenge for me is ...*

# Curiosities

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**Use the 'Raise Hand' feature in Zoom to share what you are still curious about.**

- *A question I have is ...*
- *Something I'm still curious about is ...*

# Reflection

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## Reflect silently on one what:

- A next step you might take within your job.
- A next step focused on reducing poverty.
- How to improve mental health among young people.

## In the chat, share:

- *One small action that I commit to take is ...*

# Question and Answer



# Wrap-Up

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Please contact [sbh@astho.org](mailto:sbh@astho.org) with any technical assistance requests, comments, or questions.