Race Equity and Opioid Use ECHO

Cuong Pham MD
Cedric Weatherspoon, MA, LMFT
Agenda

- Stories of the Co-Leads
- The goal and format of this new ECHO
- What is Race Equity?
- What is Community Building?
- Listening Session
Land Acknowledgement
Cuong’s Story

1975
Fall of Sai Gon

1979
My Birth in Viet Nam

1980
We became Boat People

1981
Public Housing in St Paul

1984
Parents bought a House

1975
My dad goes to Re-Education (POW) Camp
Cuong’s Youth

1985
I became Cu

1989
Brothers Viet and Nam

1992
Got my U of MN Gopher Student Card

1993
8th grade I stopped growing

1995
Returned to Viet Nam

1998
Freshman at the U of MN in computer science

2000
Decided to pursue medicine
<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>2001</td>
<td>9/11</td>
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<tr>
<td>2003</td>
<td>Harambee Cultural Arts Show at the Medical School with SNMA and AMSA</td>
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<td>2004</td>
<td>AMSA National Board Trustee</td>
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<tr>
<td>2005</td>
<td>Worked in South Africa &amp; Viet Nam</td>
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<td>2007</td>
<td>U of MN MedPeds Residency</td>
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<td>2011</td>
<td>Faculty at U of MN &amp; CUHCC</td>
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<td>2013</td>
<td>DSM5 -Bike Use Disorder</td>
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Cuong’s Path in the Community

2015
I became a Suboxone Provider

2016
Elections

2017
GME DEI
MN Doctors for Health Equity

2018
SGIM Denver and Koushik Paul

2019
Visited Wuhan, China

2020
COVID
Murder of George Floyd
My Story
In So Many
Words
CEDRIC WEATHERSPOON, MA, LMFT
I AM FIRST GENERATION OF AFRICAN AMERICANS TO BE BORN WITH ALL MY CIVIL RIGHT
BIRTH STORY

• BORN IS PENSACOLA, FLORIDA
• TWO PARENT HOUSEHOLD
• WORKING POOR
• 8 SIBLINGS
• ONE WHO PASSED AWAY FROM COMPLICATION FROM PHENOUMA
• PARENTS WERE SPIRITUAL CONSERVATIVE PENTECOSTALS
• BROTHER BORN WITH SICKLE ANEMIA
MY PASSION

• I AM A LICENSED MARRIAGE AND FAMILY THERAPIST
• PRESIDENT OF EMPOWER THERAPEUTIC SUPPORT SERVICES
• PASSIONATE ABOUT ADDRESSING DISPARITIES IN THE AFRICAN AMERICAN COMMUNITY
• I AM FATHER
• I AM A GRANDFATHER
• HUSBAND
• FRIEND
• DESCENDANT OF MENDE, FULA, PEOPLE OF WEST AFRICA
New Project ECHO: Relational Work

• 2 Spaces with 2 goals
  – Educating Health Professionals about Equity in Opioid Use
    • Learn about the basics of Equity
    • Learn about the Black, East African and Indigenous Communities
    • Hear from BIPOC voices around the Opioid Use
    • Opportunities to collaborate
  – Community Building in BIPOC in Opioid Use
    • Engage and connect Communities of color
    • Empower the work in the community
    • Lead by Co-Facilitators
Racial Equity vs Racial Justice

• Racial equity: Eliminating racial disparities and improving outcomes for everyone. (The PROCESS)

• Racial Justice: Transformation of eliminating racial hierarchies and empowering communities with self-determination to fully thrive. (The GOAL)

• Racial equity is the process for moving towards the vision of racial justice.
Diversity vs Inclusion

- Diversity is being invited to the Party
- Inclusion is being asked to Dance
- Belonging is being asked for input about the Party
Social Determinants of Health & Equity

Person with Substance Use Disorder

- Insomnia
- Legal Issues
- Trauma
- Poverty
- Housing
- Disabilities
- Mental Health
- RACISM
- CLASSISM
- SEXISM
- ABLEISM
- Medical Problems

Camara Jones, Addressing the Social Determinants of Children’s Health: 2009
Social Determinants of Pandemics

Opioid

Lost generation

Dual Stigma

Generations of Trauma

Racism

Increase Overdoses

Increasing inequities in BIPOC

The Syndemic for the BIPOC community

Isolation and anxiety

COVID

SDH
Health Equity
Cultural Competence
Cultural Humility
Structural Competence
Restorative Justice
“Just the homelessness, ... there's lots of money out there, ... everywhere,... in the government, and then they just shut it down because of the community. And because they look at the community as, "Oh, that's just a big bunch of drunks and junkies and they're Indian and – " ...we're way down on our own totem pole and ... it needs to be dealt with the homeless, because, ...this is our land, and none of our people should have to be sleeping outside, on our land, you know?”
Building Community
TRANSFORMATIONAL LEADERSHIP TRAITS

CONSISTENTLY ENGAGES IN SELF REFLECTION/SELF AWARENESS

OPEN-MINDED

LEADS WITH HUMILITY
MY COMMUNITY IS SURVIVING
• MASS INCARCERATION
• CHEMICAL DEPENDENCY
• GUN VIOLENCE
• DOMESTIC VIOLENCE
• EDUCATION DISPARITIES
• MENTAL AND PHYSICAL DISPARITIES
• ECONOMIC DISPARITIES
• RACISM
MY COMMUNITY

• GREAT COMMUNITY OF ELDERS
• STRONG VALUES ON HELPING EACH OTHER
• STRONG COMMUNITY LEADERS
• PASSIONATE GROUP OF YOUNG LEADERS
• PEOPLE BELIEVE IN QUALITY HEALTHCARE
• PEOPLE WHO ARE SPIRITUAL
WE THRIVE TOGETHER
Listening Session