

Race Equity and Opioid Use ECHO

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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



1980

We became Boat People

1979

My Birth in Viet Nam



1975

Fall of Sai Gon

1975

My dad goes to Re-Education
(POW) Camp

1981

Public Housing in St Paul

1984

Parents bought
a House



Cuong's Youth



1989
Brothers
Viet and Nam

1993
8th grade
I stopped growing

1998
Freshman at the U of MN in computer science

1985
I became Cu

1995
Returned to Viet Nam

2000
Decided to pursue medicine

1992
Got my U of MN Gopher Student Card





Cuong Becoming an Citizen Physician



2004
AMSA National Board Trustee

2002
U of MN Med School
I met Dr. John Song

2011
Faculty at U of MN & CUHCC

2001
9.11

2003
Harambee
Cultural Arts Show
at the Medical School
with SNMA and AMSA

2005
Worked in South Africa
& Viet Nam

2007
U of MN MedPeds Residency

2013
DSM5 -Bike Use Disorder



Cuong's Path in the Community

2017
GME DEI
MN Doctors for Health Equity

2015
I became a Suboxone Provider

2018
SGIM Denver and Koushik Paul

2020
COVID
Murder of George Floyd

2016
Elections

2019
Visited Wuhan, China





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 IN PENSACOLA, FLORIDA
- TWO PARENT HOUSEHOLD
- WORKING POOR
- 8 SIBLINGS
- ONE WHO PASSED AWAY FROM COMPLICATION FROM PHENOUOMA
- PARENTS WERE SPIRITUAL CONSERVATIVE PENTECOSTALS
- BROTHER BORN WITH SICKLE ANEMIA



MY PASSION



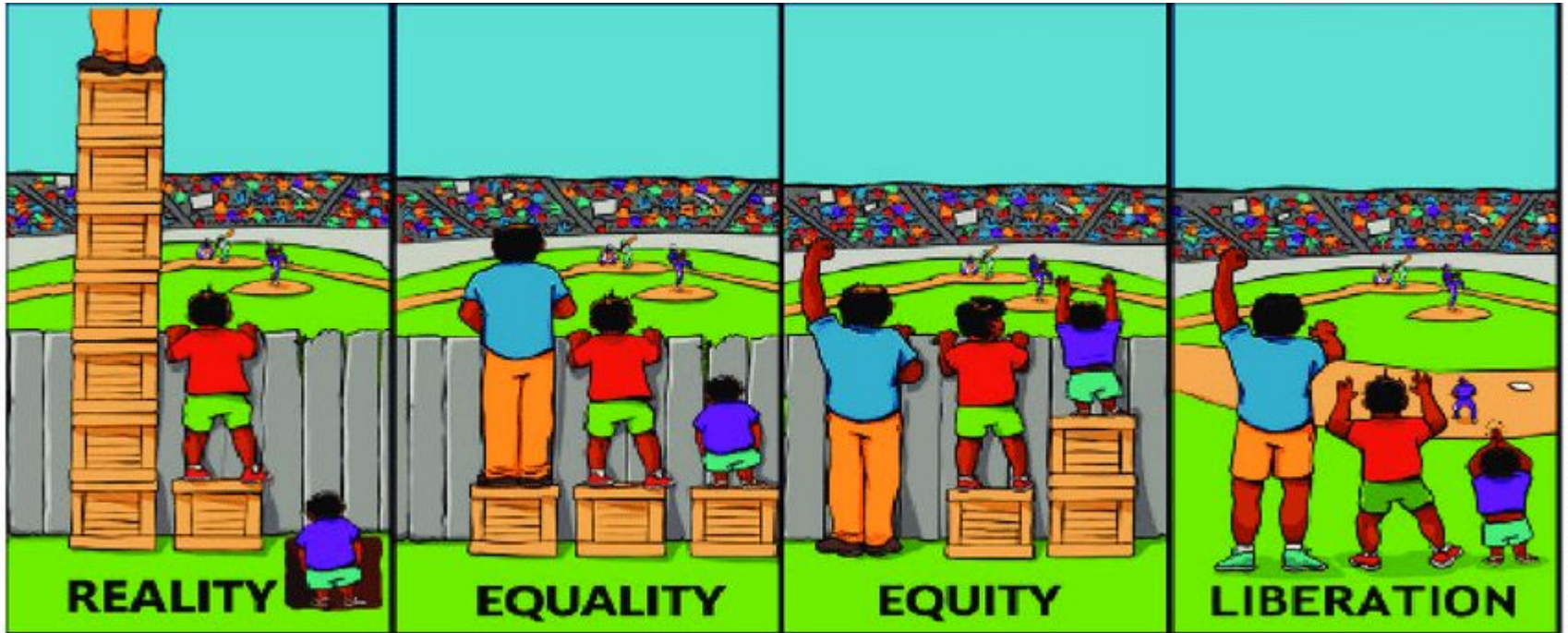
- I AM A LICENSED MARRIAGE AND FAMILY THERAPIST
- PRESIDENT OF EMPOWER THERAPEUTIC SUPPORT SERVICES
- PASSIONATE ABOUT ADDRESSING DISPARITIES IN THE AFRICAN AMERICAN COMMUNITY
- I AM FATHER
- I AM A GRANDFATHER
- HUSBAND
- FRIEND
- DESCENDANT OF MENDE , FULA , PEOPLE OF WEST AFRICA



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 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

Equality vs Equity



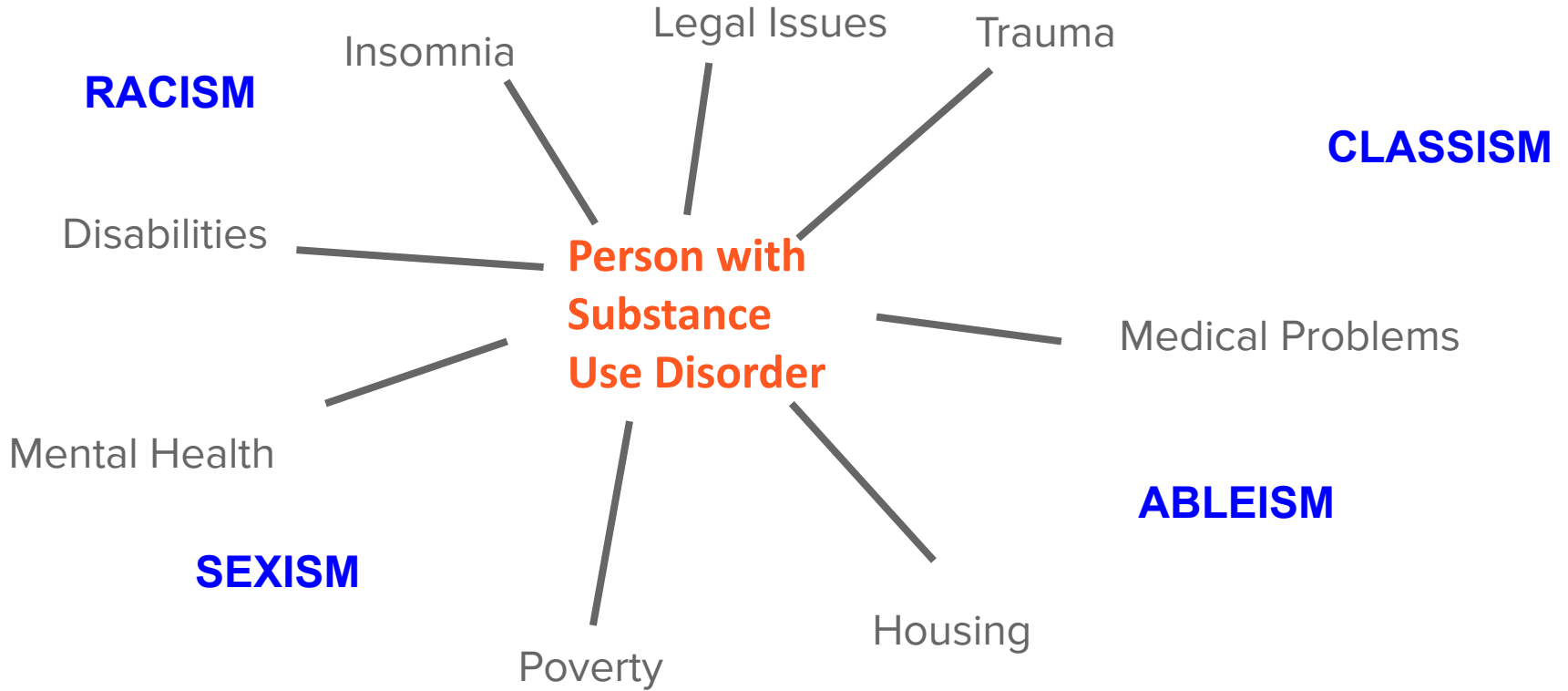
Racial Equity vs Racial Justice

- 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



Social Determinants of Pandemics

Opioid

Racism

Lost generation

Dual Stigma

Generations of Trauma

**The Syndemic for the
BIPOC community**

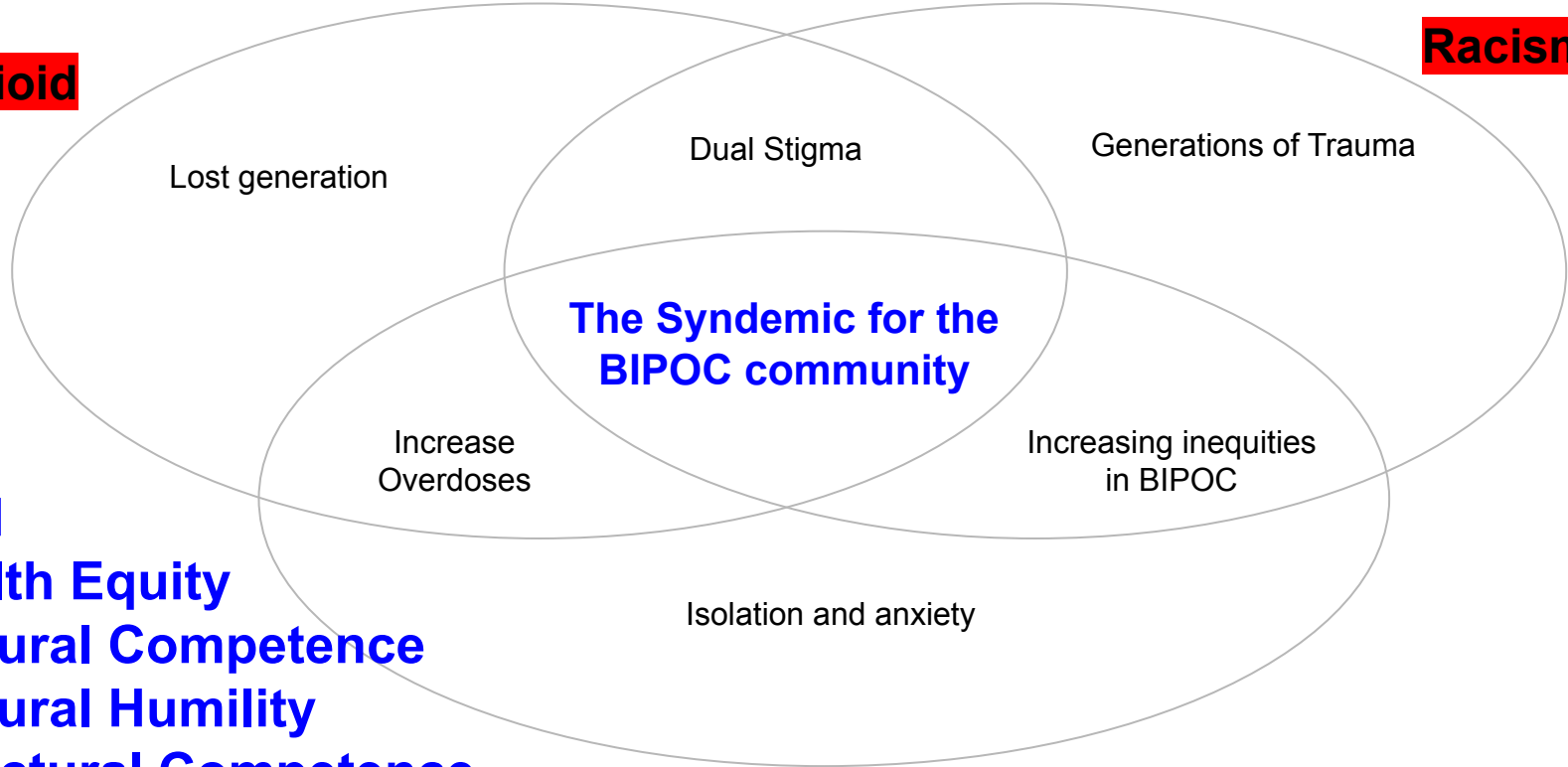
Increase
Overdoses

Increasing inequities
in BIPOC

Isolation and anxiety

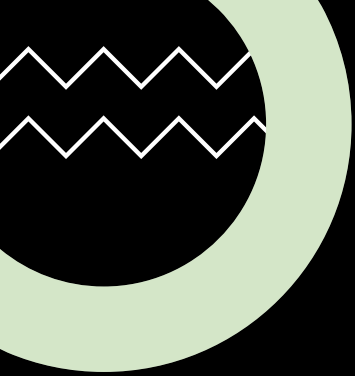
COVID

SDH
Health Equity
Cultural Competence
Cultural Humility
Structural Competence
Restorative Justice



Concerned Family Member

“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





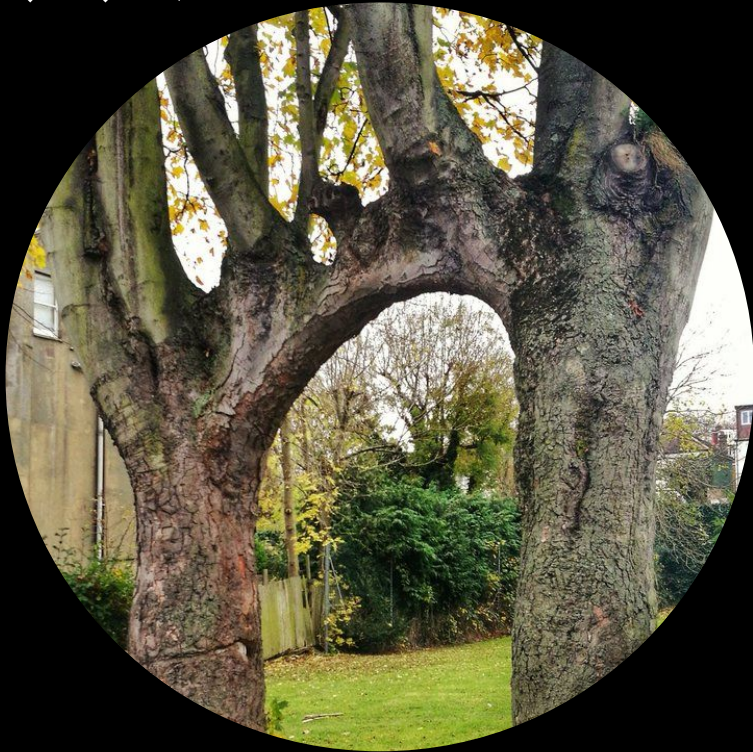
MY COMMUNITY

- 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