Social Isolation Across the Lifespan – Adults

December 13, 2019
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Disclosures

• No conflicts to disclose.
Key Objectives

- Discuss drivers of social isolation in adulthood
- Define social marginalization
- Describe contributors to social isolation among vulnerable populations
- Outline recommendations and policy considerations
SOCIAL ISOLATION AND ITS CONSEQUENCES

22% of adults said they always or often feel lonely or isolated

58% of those reported having mental health issues

33% said it affected the ability to do their job

55% of those reported having physical health issues

49% said it affected their personal relationships

Source: Kaiser Family Foundation/The Economist Survey on Loneliness and Social Isolation in the United States, the United Kingdom and Japan (2018).
Outcomes: Physical Health

- All-cause mortality
- Cardiovascular disease
- Metabolic syndromes
- Fragmented sleep
- Diminished immunity
- Poor health behavior
Outcomes: Behavioral Health

- Depression
- Anxiety
- Stress
- Substance use/abuse
- Suicidal ideation
- Suicide attempts, completion
Outcomes: Health Care Expenditures

- Higher annual healthcare costs
  - $1608
  - $1643
- Higher healthcare utilization
  - Longer hospital stays
  - Higher readmission rates
Drivers of Social Isolation
What are the primary drivers?

• It varies…

- Social Isolation
  - Across Individuals
  - Across Situations
  - Across Environments
The Individual…

• Correlates of social isolation in childhood
  - Abuse/neglect
  - Physical health status
  - Behavior problems
  - Poor pro-social skills
  - Peer rejection
The Individual...

Social isolation

Derails/disrupts brain development

Persistent, cumulative risk
The Individual…

Social isolation

Physiological functioning

Cognitive functioning

Adult outcomes
What are the primary drivers?

• It varies…

Across Individuals

Across Situations

Social Isolation

Across Environments
Drivers

Individual
- Health status
- Functional limitations
- Social support

Situational
- Life transition
- Relocation
- Family disruption

Environmental
- Poverty
- Safety
- Access & Resources
Structural Drivers

EQUALITY

EQUITY
Structural Drivers
Structural Drivers
Social Marginalization

Marginalization is “the process through which persons are peripheralized based on their identities, associations, experiences, and environment.”
Social Isolation and Vulnerable Populations
Social Isolation & Substance Use Disorders

1. SUD
2. Isolation
3. Negative Consequences
Social Marginalization: Individuals w/ SUD

- Stigmatization
- Social disadvantage
- Exclusionary processes and structures
- Discrimination
- Network disruption
- Avoidance and Isolation
Immigrants in Ohio

- 4.3% of Population
- 4.5% of Population w/ at least 1 immigrant parent
Refugees in Ohio

• Since 2002, 33,612 refugees have resettled in Ohio

• In FY 2019, 1,505 arrivals across 5 major cities
Social Marginalization: Immigrants & Refugees

- Poverty
- Underserved, disadvantaged neighborhoods
- Language skills
- Family separation
- Exclusionary processes and structures
- Discrimination
- Negative societal discourse & messaging
Social Isolation: Immigrants & Refugees

• …You feel there is no one to [help]. Thinking that nobody wants to help. And having no money. You can’t just pack your bag and go back home. You have no money, you have no nothing.
Social Isolation: Immigrants & Refugees

- “I feel all alone. Sometimes I think to myself ‘what am I doing here?’ Being single and on my own makes me feel very alone here.”
Social Isolation: Immigrants & Refugees

• “If you can’t speak or understand you can’t communicate with other people... Language is important to find friends, to find community.
Social Isolation: Immigrants & Refugees

• “It is so hard to be by yourself, no family, no friends. Feels like they don’t understand you or where you come from. You start to wonder, ‘ok you’re finally safe so why do I feel maybe worse?’ You lost everything all at once and you have to try and build but only little by little.”
Recommendations & Policy Considerations
There is no such thing as a single-issue struggle because we do not live single-issue lives.

Audre Lorde
Screening

- Integration & conceptualization of social marginalization as SDOH
- Assessment of social needs
  - Referrals for social & clinical support services
  - Environmental scans of available programs/services
Transforming the conditions in which people are BORN, GROW, LIVE, WORK and AGE for optimal health, mental health & well-being.

- Prevention
- Mental Health Services
- Culturally/Linguistically Appropriate and Competent Services
- Income Security
- Housing
- Neighborhood Safety/Collective Efficacy
- Environmental Quality

- Health Care
  - Child Development, Education, and Literacy Rates
  - Food Security/Nutrition
  - Built Environments
  - Discrimination/Minority Stressors

Healthy Environment

Healthy Community

Healthy People

Healthy Society

Achieving Health & Mental Health Equity at Every Level

Bay Area Regional Health Inequities Initiative, 2016
Social Determinants of Health

• “The poor health of the poor, the social gradient in health within countries, and the marked health inequities between countries are caused by the unequal distribution of power, income, goods, and services, globally and nationally, the consequent unfairness in the immediate, visible circumstances of people’s lives… This unequal distribution of health damaging experiences… is the result of a toxic combination of poor social policies and programmes, unfair economic arrangements, and bad politics. Together, the structural determinants and conditions of daily life constitute the social determinants of health and are responsible for a major part of health inequities between and within countries (p. 1).”

CSDH, 2008
Integrated Care Delivery

• Integration of physical and behavioral healthcare
  - Multidisciplinary teams
  - Care management and case coordination
  - Comprehensive, patient-centered care planning
Integrated Behavioral Health

- Primary mental health providers
- Mental health check ups and prevention
State Policy Approaches

• For building infrastructure...
  - Flexible Medicaid funding strategies
  - Managed care contracting
  - Provider payment strategies
  - Supporting provider and practice transformation through training, workforce development, and admin alignment
Community Engagement

- Partnering with minority community-based organizations (MCBOs), faith-based organizations to build and improve capacity
- Community health workers, Cultural brokers, Cultural allies
- Innovative models of linkage- community mental health navigators
Cross-sector Collaboration

- Promote awareness
- Engage stakeholders
- Align priorities
Collective Impact

The 5 Conditions of Collective Impact

1. Common Agenda
   - Common understanding of the problem
   - Shared vision for change

2. Shared Measurement
   - Collecting data and measuring results
   - Focus on performance management
   - Shared accountability

3. Mutually Reinforcing Activities
   - Differentiated approaches
   - Coordination through joint plan of action

4. Continuous Communication
   - Consistent and open communication
   - Focus on building trust

5. Backbone Support
   - Separate organization(s) with staff
   - Resources and skills to convene and coordinate participating organizations
Key Takeaways

• Social isolation is a multifaceted social problem for adults
• Social marginalization is a structural driver of social isolation
• Immigrants and refugees may face unique challenges in terms of social isolation
• Progress will require learning, alignment and collaboration.
Social Isolation: Immigrants & Refugees

• “It is so hard to be by yourself, no family, no friends. Feels like they don’t understand you or where you come from. You start to wonder, ‘ok you’re finally safe so why do I feel maybe worse?’ You lost everything all at once and you have to try and build but only little by little.”
References


References


