Social Isolation Across the Lifespan – Adults

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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

55% of those reported having physical health issues

33% said it affected the ability to do their job

49% said it affected their personal relationships

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
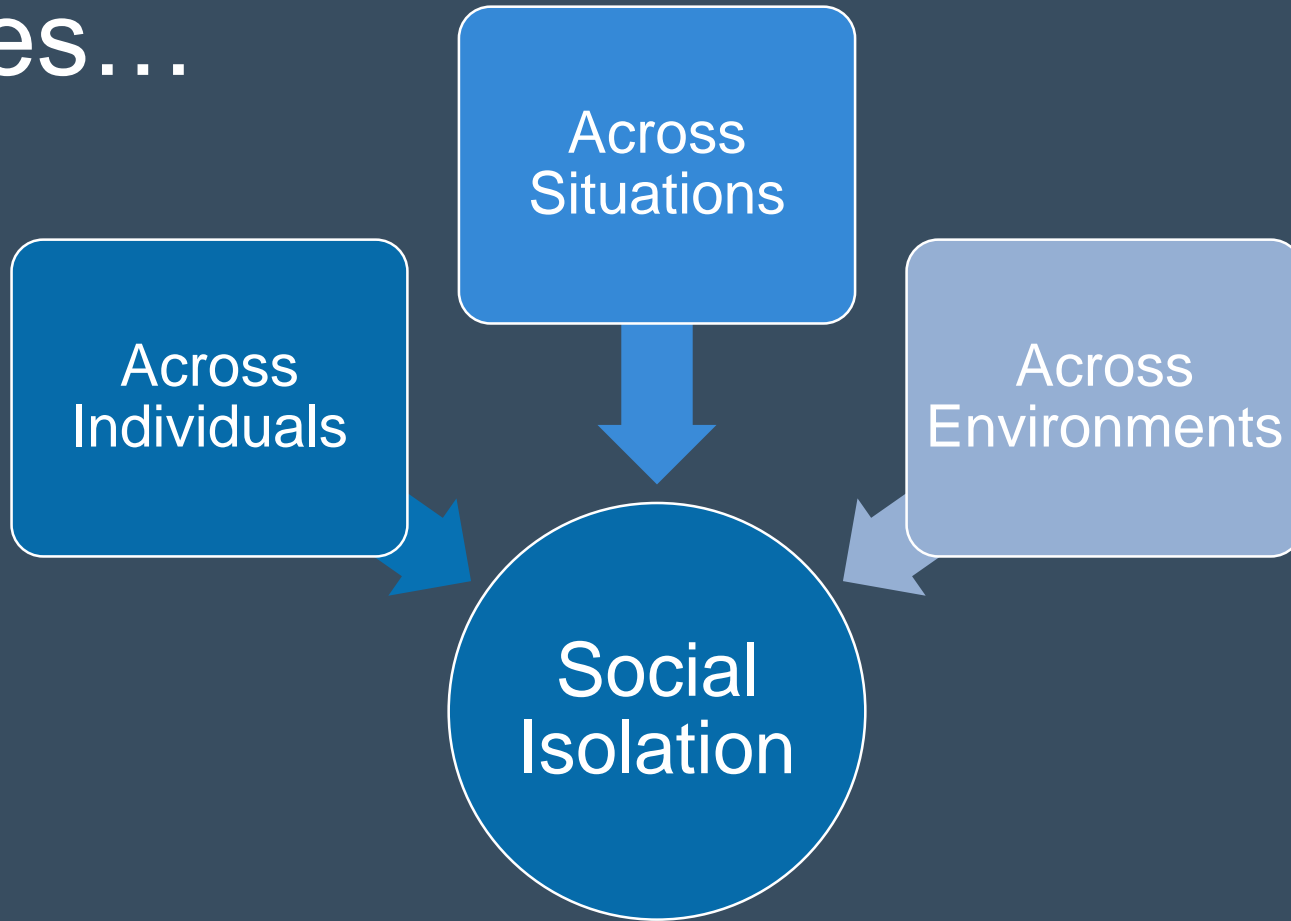
Drivers of Social Isolation
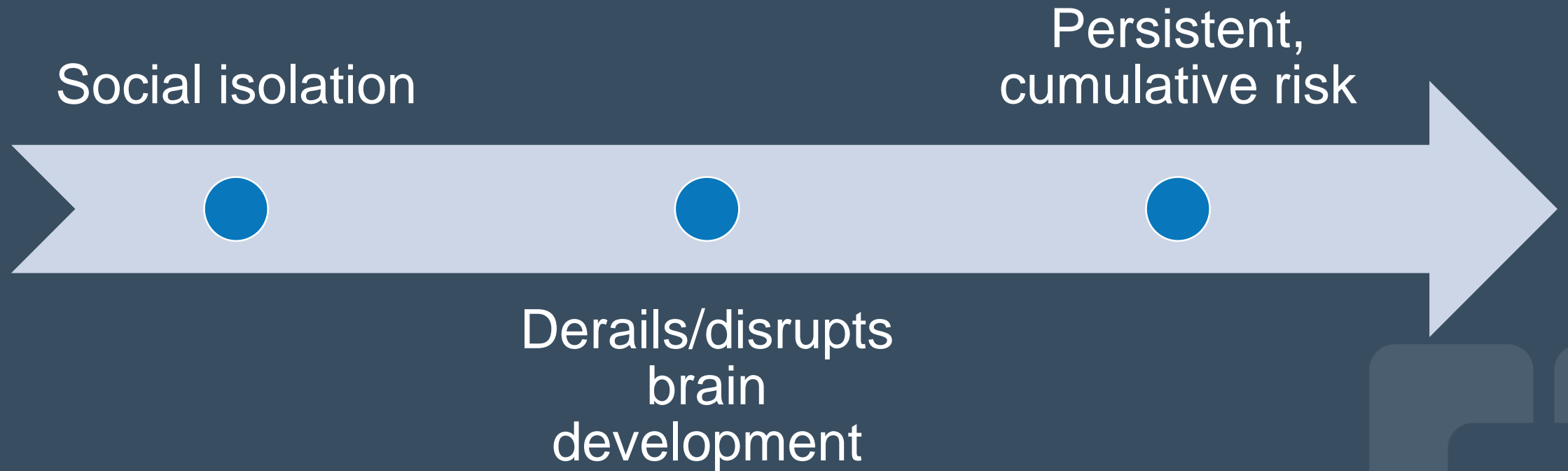
What are the primary drivers?

- It varies…

Across Situations

Across Individuals

Across Environments

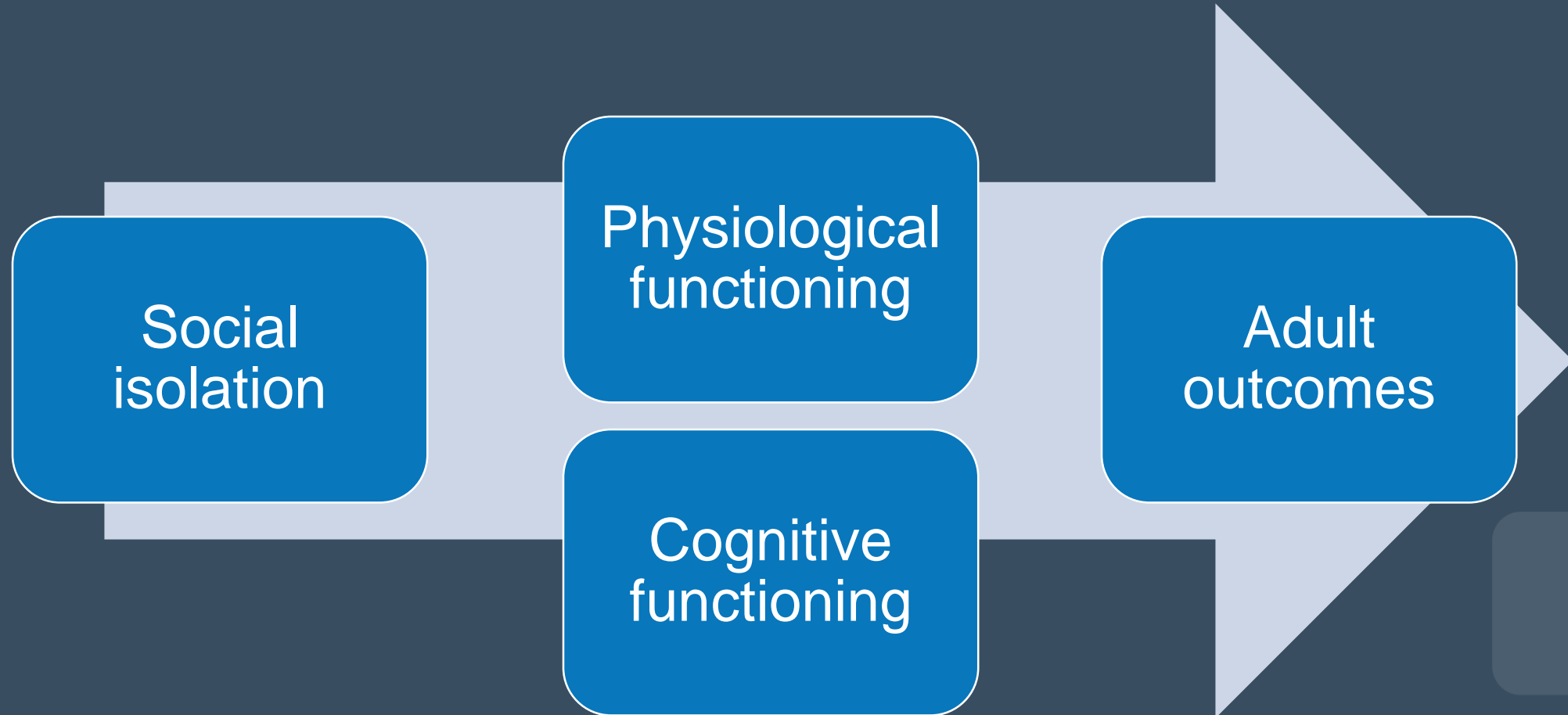Social Isolation

The Individual…

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

The Individual…
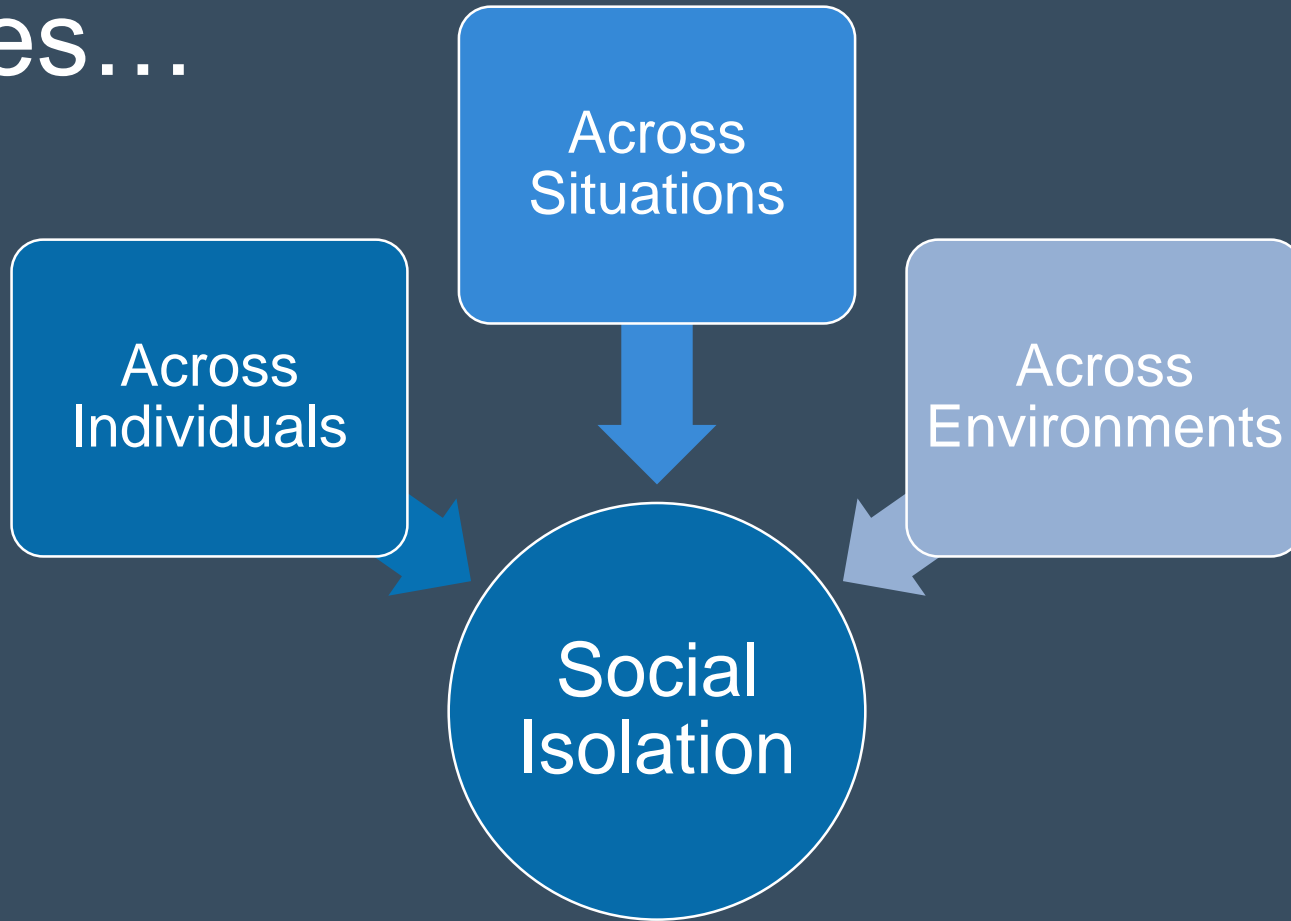
Social isolation

Persistent, cumulative risk

Derails/disrupts brain development

What are the primary drivers?

- It varies…

Across Situations

Across Individuals

Across Environments

Social Isolation

Drivers

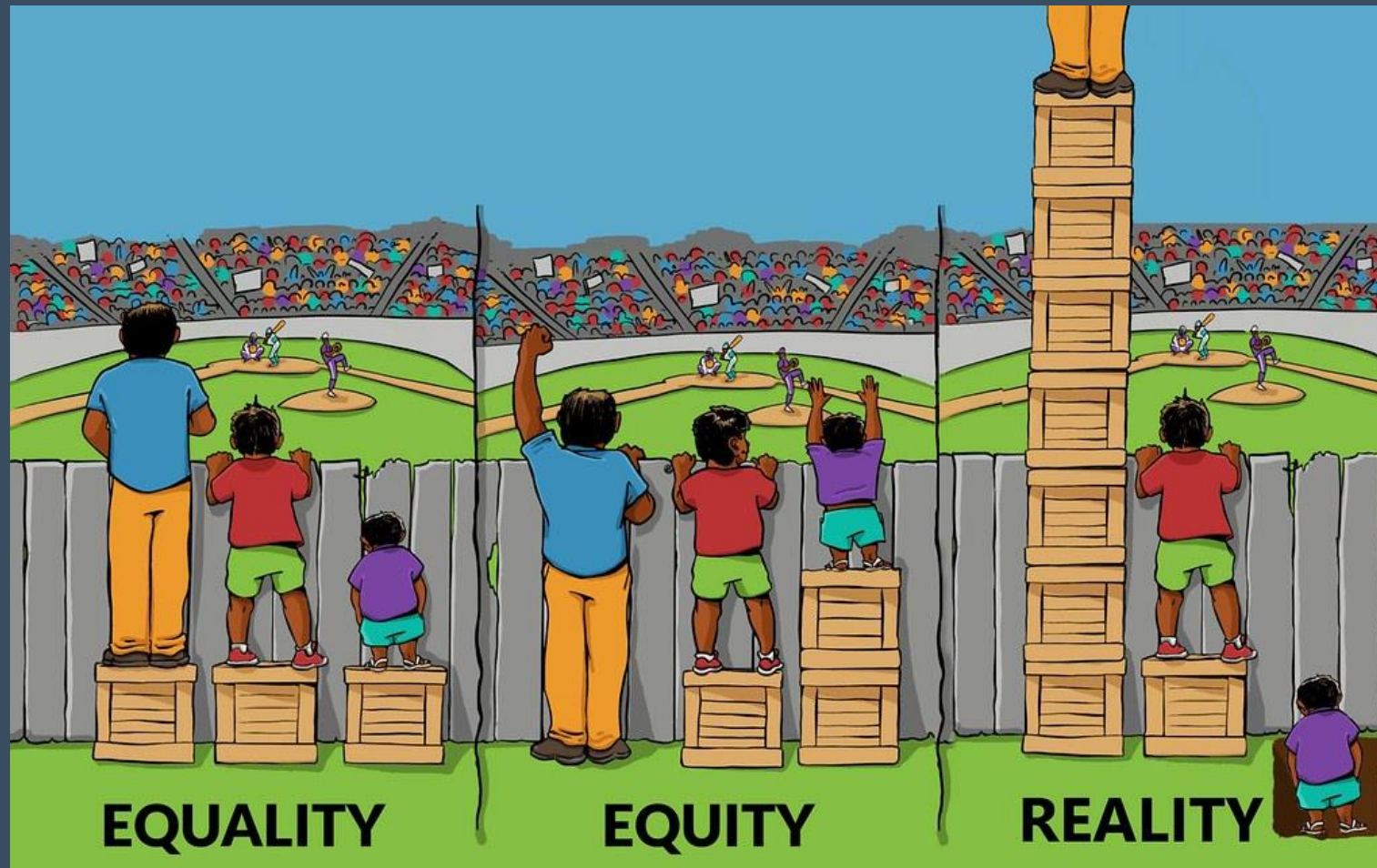| Individual	Situational	Environmental
Health status	Life transition	Poverty
Functional limitations	Relocation	Safety
Social support	Family disruption	Access & Resources
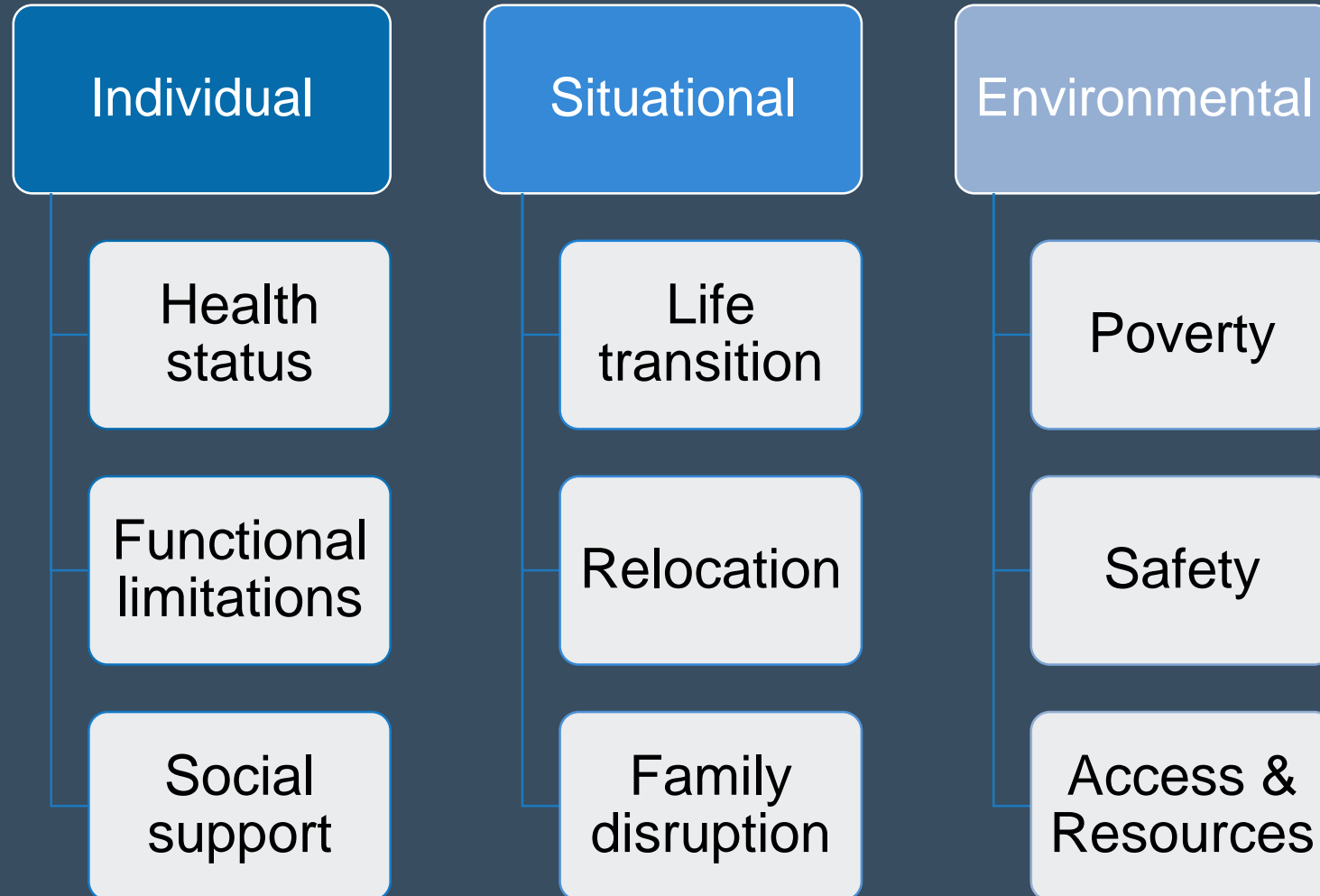
Structural Drivers

Structural Drivers

EQUALITY   EQUITY   REALITY

Structural Drivers
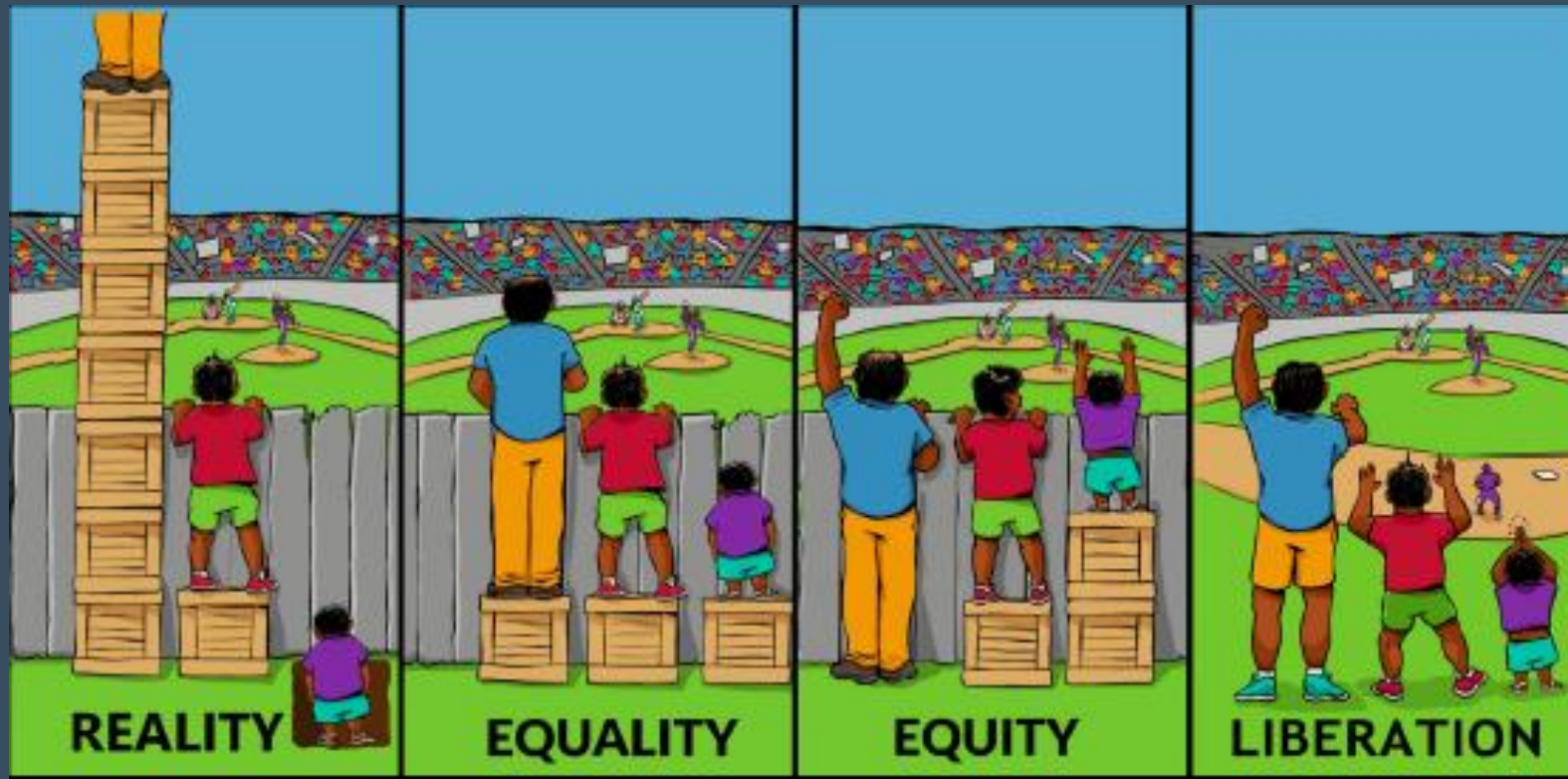
Social Marginalization

Marginalization is "the process through which persons are peripheralized based on their identities, associations, experiences, and environment."

Social Isolation & Substance Use Disorders
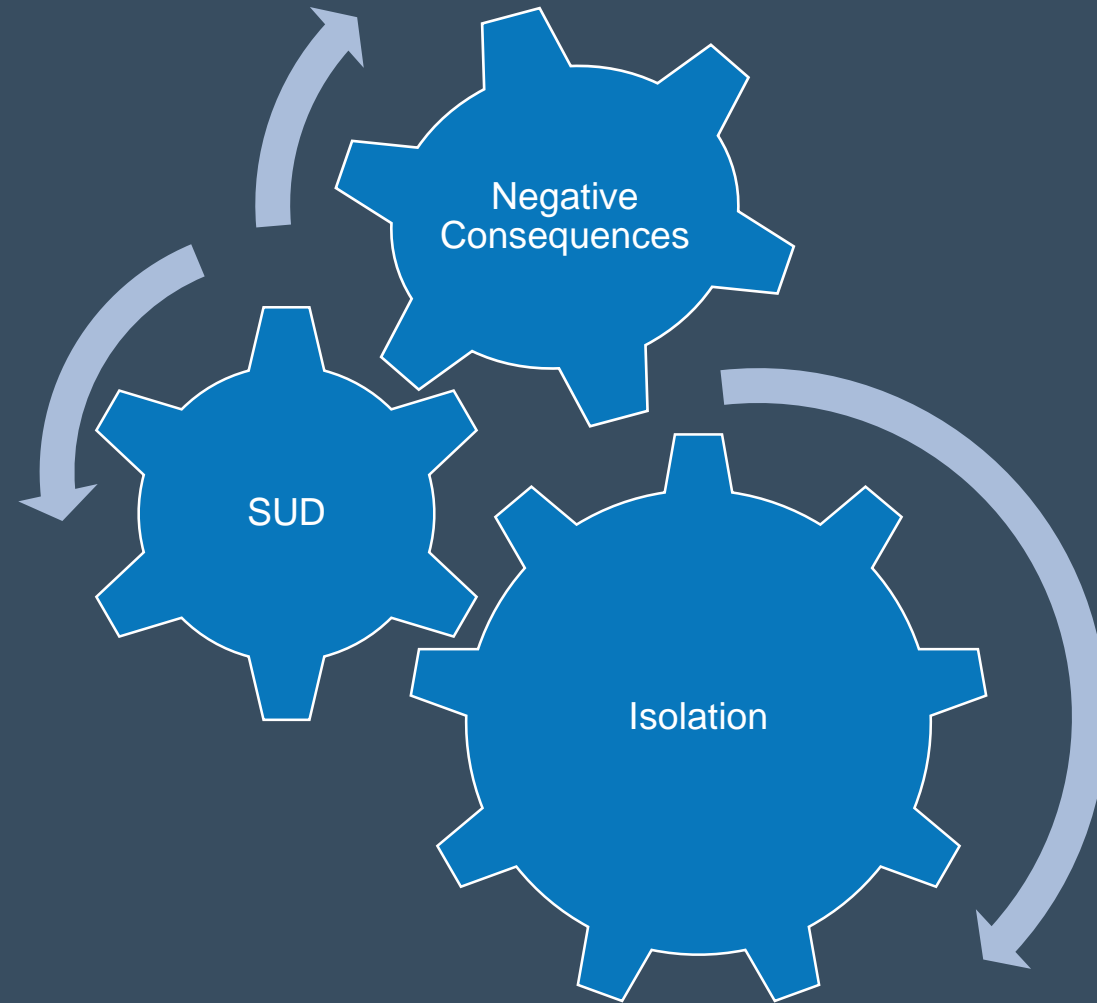
Social Marginalization: Individuals w/ SUD

- 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, 1505 arrivals across 5 major cities

REFUGEE SERVICES COLLABORATIVE
of Greater Cleveland

Social Marginalization: Immigrants & Refugees

- Poverty
- Underserved, disadvantaged neigborhoods
- 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
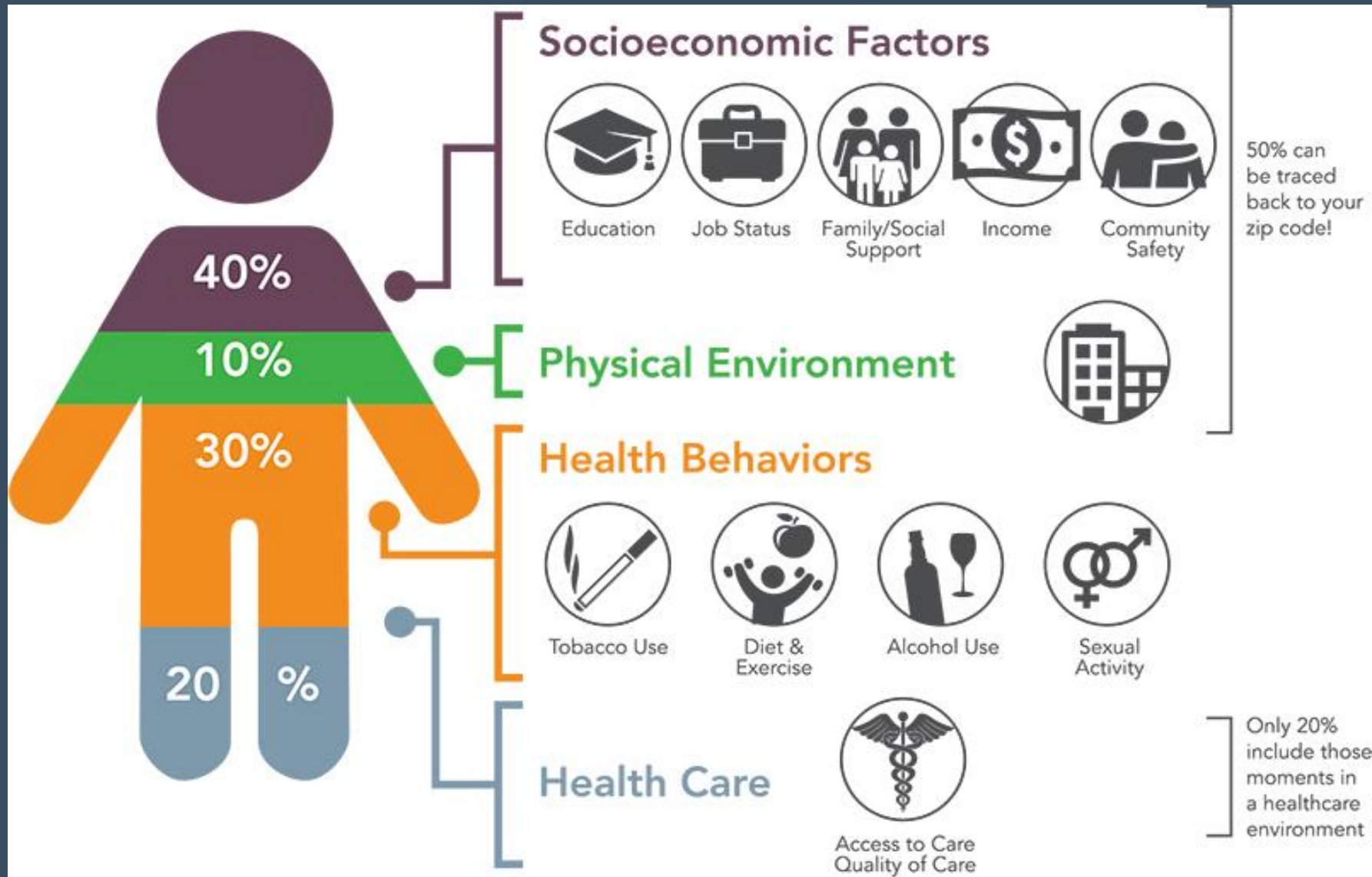
Bay Area Regional Health Inequities Initiative, 2016

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

Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)
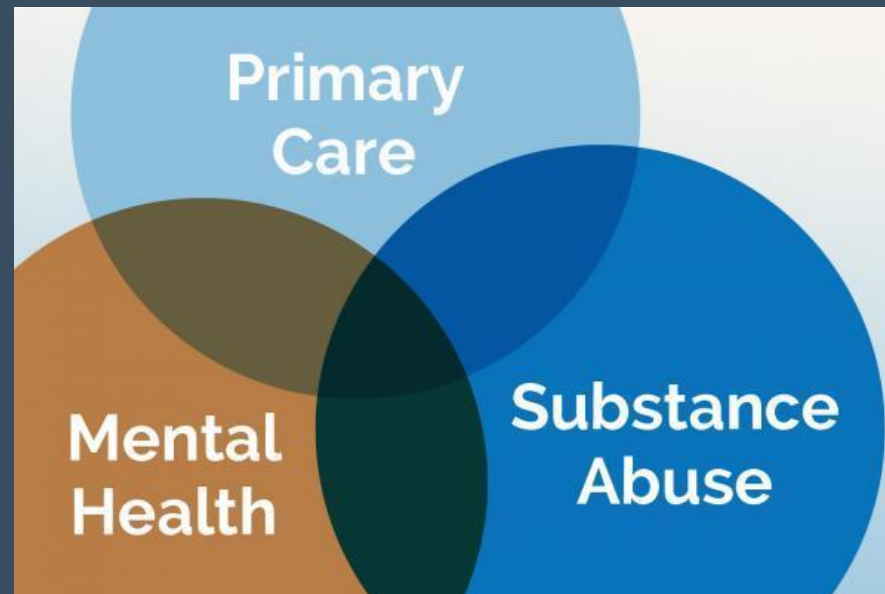
Integrated Care Delivery

- 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."

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