

## **WORKSHOP 6: ENHANCING STRUCTURAL HUMILITY: USING COMMUNITY MAPPING AS A THERAPEUTIC TOOL**

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Structural competency is defined as the ability to discern how upstream systems have a downstream clinical effect on physical and mental health. As we educate residents about social determinants of health, we need to develop tools to help clinicians better understand how to evaluate structural factors and consider these when delivering care. The Psychiatry Residency Program at Yale University has used community mapping to help psychiatry residents develop structural competency. Their community mapping included assessing for healthcare, recreation, education, legal, transportation, nutrition, environmental, community center and places where patients have struggled with discrimination. We adapted Yale's community mapping exercise to incorporate additional factors that we considered essential when evaluating patient's ability to engage in treatment in our Bronx community. According to County Health Rankings, the Bronx is the least healthy community in New York and is ranked as the worst place to live for "quality of life". The patients we see in our urban, underserved community of Montefiore Hospital have high rates of poverty, exposure to trauma and violence. For this reason, we adapted the community map to also assess for structures where patients felt unsafe or witnessed/experienced violence, and then utilized this map as a therapeutic tool to better understand patients' lives and the structures that impact care. Through an interactive workshop, participants will understand the importance of developing structural humility when providing psychiatric care, learn how to utilize community mapping to better understand how their own community experience and privilege might impact the therapeutic relationship, and be able to list specific steps they can take to utilize community mapping as a therapeutic tool. By incorporating community mapping into

their patient encounters with the aid of a clinician guide, participants will be able to better assess structural challenges and how these impact access to care and overall healthy living.

### Learning Objectives

At the conclusion of this workshop, participants will be able to:

1. Participants will recognize the importance of developing structural competency and humility when providing care to psychiatric patients
2. Participants will be able to identify specific steps of how to utilize community mapping as a therapeutic tool and learn to use a clinician guide to better assess structural challenges, exploring how these impact access to care and overall healthy living

### References:

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