

# Columbus 1

## Healthcare Inequities in Underserved Communities Symposium

Students - Arin - Pradnya - Prahalya - Rishik - Srikari - Vedhantha  
Mentors - Santosh Domakuntla - Siva Seethiraju

# Phase 1

Columbus 1 Team



# Background and Research for Need Statements

Topic: Inadequate access to health and wellness services in underserved communities

- Researched in various different sections under the larger umbrella of healthcare and wellness.
- Mental Health, Health Literacy, Medicinal Literacy, Racial Bias, Insurance, and specific topics included maternal health and gene therapies
- Mental health connected most to the topics as we found in our interviews with stakeholders.
- Mental health most directly connected to academic performance at school as confirmed by three psychiatrists in the Columbus area.
- Additionally, health literacy was another topic brought up by many of the stakeholders.
- Many people, especially immigrants did not know the procedures followed the hospitals and the insurance system here.



# Final Need Statements

**Needs Criteria: Urgency, Magnitude, Team Interest, Ability to solve, Stakeholders willing to assist**

1. **A way to address the lack of mental health resources for students in low-funded high schools in Columbus, Ohio in order to improve academic grades by one level measured through survey.**
1. A way to address racial bias in hospitals while healthcare workers are offering their services to patients for underserved minorities in order to ensure that healthcare is equally offered to all ethnicities, without one group getting more modern, up-to-date care.
1. A way to address low medicinal literacy rates in the low-income communities in Columbus in order to decrease injuries from self-diagnosing.

# Phase 2

Columbus 1 Team



# Key Notes from Stakeholders

- Lack of Mental Health Resources:
  - Conducted interviews with: Dr. Evita Singh, Dr. Larrilyn Grant, Dr. Jen Thaete
  - During our interviews with child psychiatrists, they talked about how many children are waitlisted at different psychiatric centers due to short numbers of psychiatrists. Dr. Larrilyn Grant stated how there are only around 8K-9K psychiatrists, when the needed number is over 30K. Waitlists can take up 1-2 years for patients with autism and other disorders for treatment.
  - They gave examples of well-funded school districts like Olentangy and Dublin having great services for their students.
- Low Medical Literacy Rates:
  - Dr. Vijaya Knight described the problem of low health literacy affected doctors. Doctors had to explain the healthcare process in more detail because they noticed that many people were not aware of that.
- Unfair Insurance:
  - American Red Cross Columbus Director Cory Paul talked about how insurance only covers little and specific things.
- “If healthcare should be changed in 2023, I think it should be more affordable and accessible,” observed Dr. Devi Jagannathan PHD.



# Final Five Solutions

## **Solution Criteria: Speed, Sustainability, Cost, Attainability, Impact**

1. Complete the Psychological First Aid course on Coursera prior to implementing our solution (for info) and making it as a resource for school faculty and students. We can create a web page that lists courses.  
(5 + 4 + 5 + 5 + 4 = 23/25)
2. An Infographic that can be passed out at community centers to educate people about mental health problems and services  
(4 + 3 + 5 + 5 + 3 = 20/25)
3. **An app or website educating people about mental health services**  
**(3 + 4 + 5 + 3 + 4 = 19/25)**
4. Have a separate section for donations on the website where we can raise money for mental health causes.  
(4 + 5 + 5 + 3 + 3 = 20/25)
5. Have counselors send out google forms to understand each student's needs  
(3 + 5 + 5 + 3 + 3 = 19/25)

# Must Haves and Nice to Haves

Final Need Statement - A way to address the lack of mental health resources for students in low-funded high schools in the Columbus area in order to improve academic grades.

Dept of Mental Health Services, Storm, Supervisor, International Brotherhood of Teamsters, Local 1000, President, 1000 North High Street, Columbus, OH 43260-1000

## Requirements for Grants

- Contact any mental health professionals you know for an interview and for data (school, etc) -to identify different mental health conditions in school and how it impacts students' grades

## Our Responsibilities/Goals before 10/12

- Soham** - Communicate with Mental Health Resource Officer at DHS and start Coursera
- Prathya** - Communicate with MECMS counselor and start the Coursera courses
- Pradya** - Start the Coursera courses and set-up an interview string with Dr. Esha Singh. Also make a list of people we can talk to (Pharm/contact info).
- Vedhantha** - Start the Coursera courses and look at how mental health awareness is embraced in schools.
- Arti** - Rank
- Identify Top 5 Solutions**
- Think about Prototyping**

Regular Updates

Brainstorming

**Brainstorming**

- Exchange professional and school levels in local mental health practices
- Collaborate with organizations for resources
- Have a separate website for donations in local level
- Communicate with universities and colleges to gain visibility
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**Arti Infographic**

**Final Need Statement**

A way to address the lack of mental health resources for students in low-funded high schools in the Columbus area in order to improve academic grades.

Top 5 Solutions

Prototyping

Final Need Statement - A way to address the lack of mental health resources for students in low-funded high schools in the Columbus area in order to improve academic grades.

## Solution Criteria (1-5)

Solution	Speed	Sustainability	Cost	Attainability	Impact	Total
Exchange professional and school levels in local mental health practices	3	2	3	3	4	15/25
Collaborate with organizations for resources	3	4	5	5	4	25/25
Have a separate website for donations in local level	3	2	3	4	3	17/25
Communicate with universities and colleges to gain visibility	3	4	5	3	4	19/25
Exchange professional and school levels in local mental health practices	3	3	2	2	4	14/25

Solution Criteria

## TOP 5 IDEAS

**19:** Have our website lead out google forms to understand each student's needs

**20:** An infographic

**21:** We can create the Psychological First Aid course on Coursera and for implementing our website that will be leading to a resource for mental health professionals. We can create a webpage that lists resources

**22:** Have a separate section for donations in an app or website

**23:** An app or website containing people about mental health services

**24:** An app or website with string to understand each student's needs

- Things the website/app should include:
- Contact section to reach out to professionals
  - Facts and statistics
  - Google Sites, Weebly, Wix, etc.
  - Email list with a weekly newsletter updating our progress
  - Different sections for prevalent mental health disorders
  - A section explaining the use of the donations
  - A section for donations
  - Sponsor recognition section

Big picture of our Phase 2 work



# Next Steps

Columbus 1 Team



# Appendix

# Background and Research to Need Statements from Secondary Research and Stakeholders

Team Member(s) Responsible For Need Statements	Resource Type (resources can include articles, news story, you tube video, government reports.etc.)	Website links and Article Title	Nature of source (secondary research, survey or interviews)	Source details (Who, What, When, Where -specially relevant for interviews,surveys and field immersions, but can also be used for authors/publishers of secondary research)	Key observations	Assessment (optional): Here, questions, definitions, and details can be provided.
Srikari	Article	<a href="#">How does cost affect healthcare?</a>	Secondary	By: Shameek Rakshit, Matthew McGough, Krutika Amin, and Cynthia Cox	Many people delay getting treatment or getting medical care due to cost reasons (including not having insurance).	While people think that prolonging healthcare saves them money, it actually worsens their health problems and possibly costs them more in the long run.
Srikari	Article	<a href="#">Implicit Bias and Racial Disparities in Health Care</a>	Secondary	N/A	Statistics show that certain minorities either don't have access to healthcare or are denied healthcare. As a result, they have more fatality rates, disease rates, etc compared their white counterparts.	The only way to truly stop racial bias in the healthcare system is to show people why it's wrong.
		<a href="https://docs.google.com/document/d/1C15M-FhtOfskTxy20..thftOv">https://docs.google.com/document/d/1C15M-FhtOfskTxy20..thftOv</a>		American Red Cross	Insurance is a complicated system. People get several different bills from several different doctors, however most people can't	It seems like the insurance system needs to be changed. Companies need to be more transparent in their terms and conditions.



## Think about Prototyping

ent - A way to address the lack of mental health  
low-funded high schools in the Columbus area in order  
to improve academic grades.

### Solution Criteria (1-5)

1 - longer 1 - shorter time 1 - expensive 1 - hard to achieve 1 - small impact  
5 - shorter 5 - longer time 5 - cheap 5 - easy to achieve 5- large impact

Solution

Speed

Sustainability

Cost

Attainability

Impact

Total:

Encourage professionals to train school faculty in basic mental health practices

3

2

3

3

4

15/25

We can complete the Psychological First Aid course on Coursera prior to implementing our solution for 99\$ and making it as a resource for school faculty and students. We can create a webpage that lists courses.  
<https://www.coursera.org/courses?query=psychological%20first%20aid>

5

4

5

5

4

23/25

Create a pre and post survey to gather data and measure the impact of the solution

3

2

5

4

3

17/25

23: We e  
Psychologic  
Coursera p  
our solu  
making it  
school facu  
can create

<https://www.psych>



**Sewa**  
International  
Together We Serve Better

# Brainstorming

- Encourage professionals to train school faculty in basic mental health practices
- We can complete the Psychological First Aid course on Coursera prior to implementing our solution (for info) and making it as a resource for school faculty and students. <https://www.coursera.org/course/psychological-first-aid>
- Create a pre and post survey to gather data and measure the impact of the solution
- An app or website educating people about mental health services
- Mini crash course about the mental health practices
- An infographic
- Collaborate with libraries for resources
- Travelling mental health professional
- Have counselors host team-building activities
- Run a mental health club at high schools where people can talk about their situations
- Create a non-profit focusing on educating high schools on mental health and tutoring students who need help with their classes
- Non-profit that focuses in tutoring students who need help with their classes in a warm and welcoming way
- Have a separate section for donations in website/app
- Weekly newsletters focusing on mental health topics
- Fundraisers at libraries to raise money for mental health causes
- Modify the Health class curriculum to include mental health awareness and resources
- Start a biweekly club at the library to discuss about mental health practices
- Include various people in an email chain (newsletter, etc)
- Collaborate with universities and colleges to gain credibility
- Have counselors send out google forms to understand each student's needs

Solution:	
Must-haves	Nice-to-haves
Involve students at high schools A way to get before and after grades (summer school, etc) General Reports from Principal/Superintendent/other higher official	Regular Field visits Academic Grades improved by 10%

Solution:	
Must-haves	Nice-to-haves
Involve Rehab and Counseling Groups Family included into solution A Social Media Account to get information/data Surrounding underserved community(not including the school like libraries, stores, etc.)	Included into solution Academic Grades improved by 20%

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# Thank you!

