

# PROVIDER QUICK POINTS

## PROVIDER INFORMATION



March 22, 2023

### **Poverty and Health-seeking Behaviors Webinar | Tuesday, March 28, 5-6:30 pm**

Blue Cross is hosting a series of training courses on trauma-informed care for healthcare providers led by Dr. Tolulope Monisola Ola, MPH.

Poverty and financial insecurity in the refugee and immigrant population can have profound negative effects on mental and physical health outcomes. When refugee and immigrant families cannot access financial resources, the choices they can make about housing, food, medical care, and other key factors in living a long and healthy life are limited. Transforming refugee and immigrant health outcomes requires more than simply improving the quality or availability of health care services. We must also address the health-seeking behaviors and cultural practices of individuals and communities and the norms that underpin them. In this webinar, our panel of experts will discuss trends in poverty among refugees and immigrants in Minnesota, explore Health-Seeking Behavior (HSB) towards Poverty-Related Diseases (PRDs) and describe how poverty is connected to trauma.

**Title: Trauma Informed Care - Session 1 - Poverty and Health-Seeking Behaviors**

**Date/Time: March 28, 2023, from 5:00 to 6:30 PM Central Standard Time**

**Webinar ID: 968 9757 0165**

**Registration Link: [https://availity.zoom.us/webinar/register/WN\\_Tz5VIAncQYK8qV8-umN3Gg](https://availity.zoom.us/webinar/register/WN_Tz5VIAncQYK8qV8-umN3Gg)**

*Dr. Tolulope Monisola Ola is the Founder and Executive Director of Restoration for All Inc; a nonprofit organization with the mission to nurture and empower individuals, organizations, and communities to renew, discover and restore their culture of well-being. She is the CEO of Cultural Health Education & Research, LLC. She is a Mental Health Practitioner, African Storyteller, and an advocate for cultural healing through mind, body, and spirit practices. She is a Co-chair for the Mental Health and Wellness Action Team of Ramsey County Public Health. She is an entrepreneur and a social researcher with several journal articles, book chapters, and two books to her credit and has presented extensively on the role of culture in improving mental health and well-being at local, state, national, and international conferences. She has expertise in public health and rights-based responses to chronic diseases and their psychosocial impacts on immigrants and refugees from Africa. She is a public health expert with experience in empowering and mobilizing communities to bring about social change through health education, sensitization, and advocacy to create an environment that is physically, socially, and culturally inclusive.*

*These training sessions are focused on helping providers learn to acknowledge and address systemic bias in health care that impacts member care and health outcomes. This training is designed as a practical overview and will cover a basic understanding of what is trauma and adversity, how it is experienced culturally, the connection to poverty, and how to dive past the normal question of "what is wrong with you" to explore other necessary questions, like "what happened to you" and the impact of our words and how to provide trauma-informed care in the real world.*

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