

Disparities in Mental Health Care Among Diverse Populations

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Mental Health Care Unfunded

- About 20 percent of our population experiences a mental health disorder in any given year.
- Mental Health Interventions are effective.
- Mind and body connection; most physical health problems are stress related or stress induced!

Mental and Behavioral Problems



Sadness, Loneliness, Depression, Anxiety



Common Myths About Mental Illness

- People with mental illness are violent
- They're unpredictable
- They don't get better
- Depression is caused by a "chemical imbalance"
- Teens with mental illness are just going through a phase
- All mental health professionals are the same

Dr. Norm Anderson, APA CEO



APA Shapes National Policy with Psychological Science

- **APA's Policy Review Task Force on the Prediction and Prevention of Gun Violence**
- **APA's Task Force on the Trafficking of Women and Girls**
- **APA's Task Force on Violent Media**
- **2007 Task Force on the Sexualization of Women and Girls**
- **2009 Task Force on Appropriate Therapeutic Responses to Sexual Orientation**
- **www.apa.org**

Disparities in Mental and Behavioral Health

- Blacks, Latinos, American Indians/Alaska Natives, and Asian Americans are over-represented in populations that are particularly at risk for mental health disorders.
- Minority individuals may experience symptoms that are undiagnosed, under diagnosed, or misdiagnosed for cultural, linguistic, or historical reasons.

We are a Diverse Nation



Stress, Anxiety, Loneliness



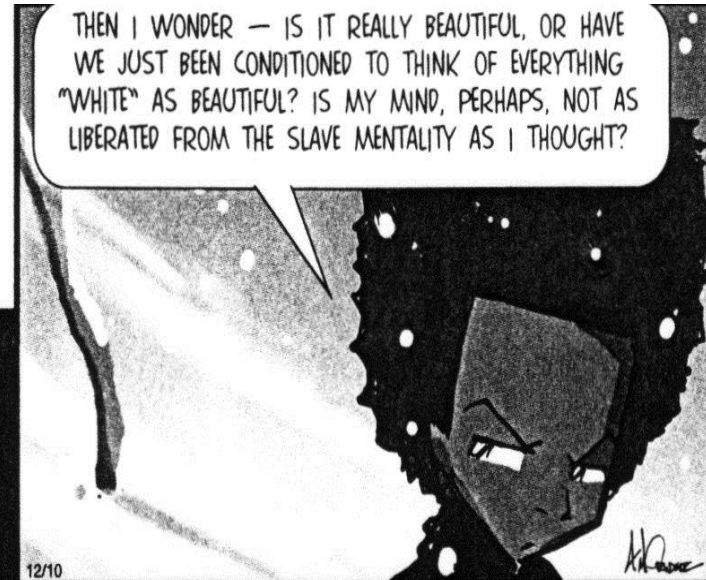
Disparities in Mental and Behavioral Health

- Ethnic minority populations underutilize psychotherapy services and have high rates of dropping out of treatment.
- Failure of the development of the “alliance” may partly account for these findings, as well as cultural misunderstandings and miscommunications.
- Clients working with clinicians of similar ethnic backgrounds tend to remain in treatment longer.

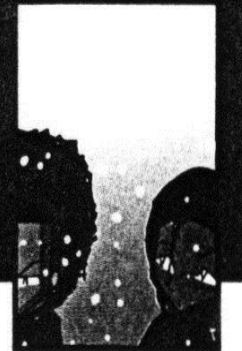
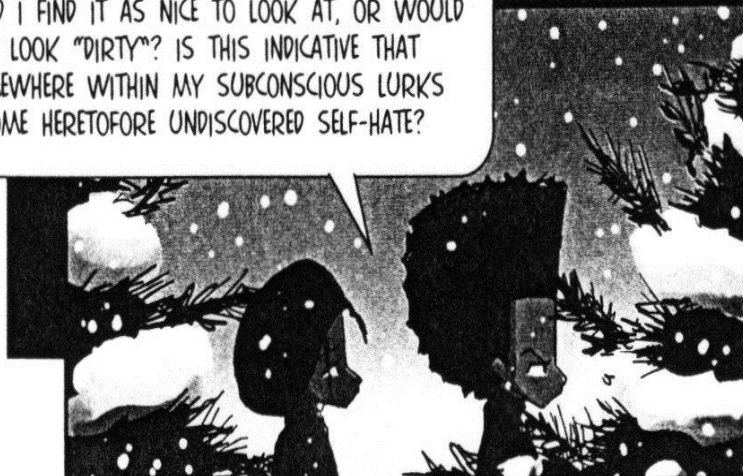
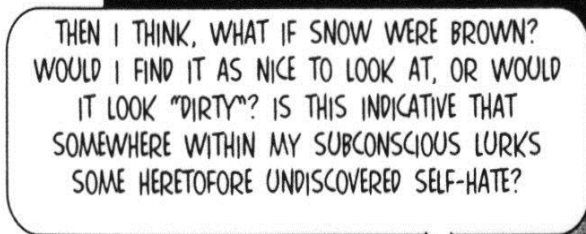
Disparities in Mental and Behavioral Health

- We all possess unconscious biases.
- Societal structures have effects on our cognitive structures.
- Mental health providers may not be aware of their biases.
- We may be negatively influenced by a client's identity group, and treat people on that basis without full awareness.

Internalized Racism



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A Good Alliance is Vital



Stay Open to Differences



President Barack Obama The Affordable Care Act



The Affordable Care Act

- One strategy to close the gap in health care.
- Mental Health services are one of ten areas required to be covered by ACA.
- Access to mental and behavioral health care offered by psychologists and other qualified health professionals leads to better overall health outcomes.
- Training and research are important elements of ACA.
- Expansion of Medicaid eligibility.

Serious Mental Illness

(A.C. Evans, Jr. PhD)

- 1) Individuals recover successfully from even the most severe mental health and substance use disorders.

Serious Mental Illness

(A. C. Evans, Jr., PhD)

- 2) The need to move away from a crisis-driven system to one that focuses on public health, prevention and early intervention.
- Ex: Mental Health First Aid, Philadelphia, PA.

Serious Mental Illness

(A. C. Evans, Jr., PhD)

- 3) The necessity of creating a comprehensive lifespan strategy that promotes health in individuals and communities.

Serious Mental Illness

(A. C. Evans, Jr. PhD)

- 4) Providing resources for recovery through a rehabilitation focus including housing, jobs and training for individuals to help them succeed in the community.

Serious Mental Illness

(A. C. Evans, Jr. PhD)

- 5) Creating flexibility and resources in financing to allow mental health systems to focus more on prevention, early intervention and community support.

Serious Mental Illness

(A. C. Evans, Jr. PhD)

- 6) Altering the model of assessing the number of psychiatric beds to take into account community resources.

APA's Recommendations for Elimination of Disparities in Mental Health Status and Mental Health Care

- Use of psychological and behavioral research and services that are culturally and linguistically competent.
 - Partnerships
 - Availability
 - Research
 - Outreach to Communities
 - Funding for Training
 - Policies & Programs
 - Advocate
 - Collaboration among federal funding

APA's Recommendations for Elimination of Disparities in Mental Health Status and Mental Health Care

- Integrate mental and behavioral health care into primary care and other health care services for persons across the lifespan—promote integrated health care.

Integrated Health Care

- Interdisciplinary health care
- Sharing of information among team members
- Comprehensive treatment plan
- Diverse group of members

Integrated Health Care

- Effective in reducing depressive symptoms
- Enhance access to services
- Improve quality of care, and
- Lower overall health care expenditures

Recommendations for Elimination of Disparities in Mental Health Status and Mental Health Care

- Promote screening and referral, prevention, early intervention, and wellness services for persons across the lifespan.

Prevention and Wellness Services

- Support initiatives that reduce behaviors associated with disease, injury and disability.
- Increase access to appropriate mental and behavioral health services in conjunction with significant medical decision making and procedures (e.g., transplants, bariatric surgery).
- Support health education and communications initiatives.
- Increase public awareness of and reduce stigma and discrimination regarding mental and behavioral health problems.
- Support access to screening.

The Challenges

- The country's diagnosis and treatment of mental health problems are fragmented;
- Services are all too often unaffordable;
- Patients fall between the cracks;
- Mental health (including substance abuse treatment) and general medical treatment are rarely coordinated;
- Previous legislation went unfunded.

Recommendations for System of Mental Health (P.S. Abbelbaum, MD)

- Create a single point of access.
- Coordinate services for patients and families.
- Develop an array of community-based services.
- Provide accessible crisis and inpatient services.
- Build a stable funding stream.

Keep Talking about Mental Health



Everyone Deserves a Sense of Well-Being



Organizations Like Ours Can Help Reduce Disparities

- Let's Get To Work!