

Mental Health

A Public Health Approach

Eliminating Behavioral Health Disparities
Among Racial/Ethnic Minority Populations in
Rural Communities

Multi-State Meeting

March 18-19, 2008

Albuquerque, New Mexico

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- Growing awareness in the US and the world of the immense burden of disability associated with mental illnesses.
- Mental disorders are the leading cause of disability in the US for ages 15-44

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- ~26.2% of Americans age 18 and older suffer from diagnosable mental disorder in given year
- ~6% suffer from serious mental illness
- ~50% with any mental disorder suffer from 2 or more disorders.

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- Hospitalization Costs
 - \$9.9 Billion for 5 most common Diagnosis
 - Mood disorders
 - Schizophrenia
 - Substance abuse related disorders
 - Dementia
 - Anxiety disorder

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■ Payment

- Over 66 % of adult hospital stays billed to the government in 2004
- 78% of stays for schizophrenia & 90% of hospital stays for delirium/dementia were billed to the government.

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- Racial/ethnic minorities bear a greater burden from unmet mental health needs and suffer a greater loss of overall health and productivity

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- Less access to services
- Less likely to receive needed services
- More likely to receive poor-quality care
- More likely to delay or fail to seek mental health treatment

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- Overrepresented among vulnerable population groups
- ...underutilization and poor quality means higher unmet need

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- Barriers to seeking Care
 - Stigma
 - Mistrust of the mental health system
 - Limited proficiency in English
 - Socioeconomic disadvantage
 - Acculturative stress
 - Coping styles
 - Clinician bias and stereotyping
 - Health status
 - Communication

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- Traditionally the mental health field focused on mental illness to serve individuals who were most severely affected
 - Diagnosis
 - Treatment
 - Etiology
 - Focus on recovery, prevention of recurrence, or the acquisition of knowledge or skills that permit more effective management of an illness.

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- Public health focus
 - Promoting mental health
 - Preventing mental illness and behavioral disorders

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- A population-based public health model,
- Concerned for the health of a population in its entirety and by
- awareness between health and the physical and psycho-social environment.

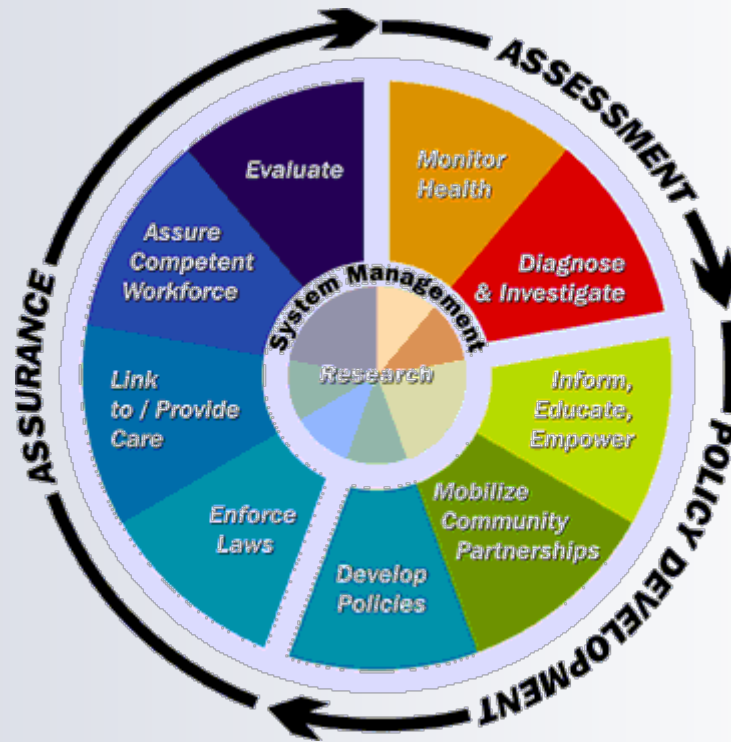
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- Defines the problem,
- Identifies potential causes
- Designs, develops and evaluates the effectiveness and generalizability of interventions
- Disseminates successful models to educate

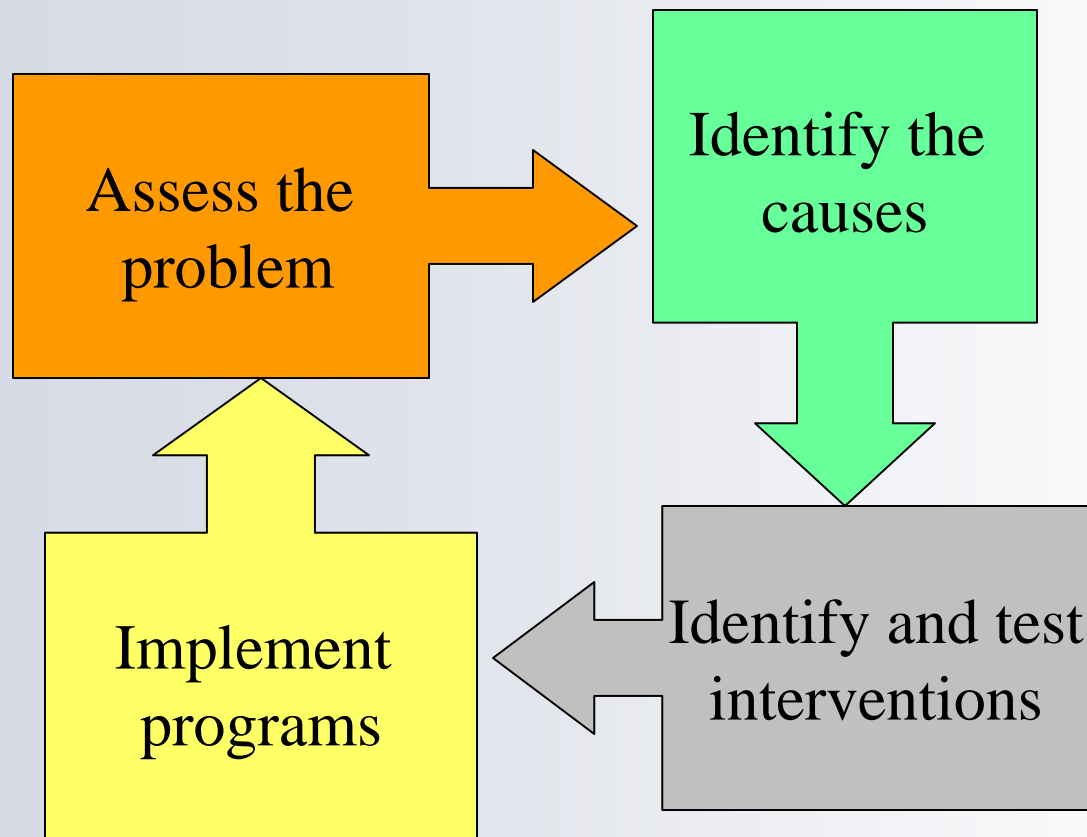
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Examples

- Chronic Disease
- Suicide
- Emergency Preparedness
- Racism
- Shootings
- Maternal Depression

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- Region VIII
 - Suicide Prevention Plans
 - Methamphetamine Task Forces
 - State Mental Health Plans
 - Emergency Preparedness Plans

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- Colorado
 - The Colorado Trust
 - Mental Health Collaborative
 - Advancing Colorado Mental Health Care
 - After School Youth Initiative
 - Mental Health Summit
 - Suicide Prevention Initiative
 - HJR-1050 Behavioral Health Taskforce

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Recommendations

- Assess and monitor the mental health of communities including vulnerable populations
- Assure universal access to appropriate and cost-effective services on the continuum
- Develop policies designed to improve the mental health and well being of populations

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Recommendations

- Promote healthy lifestyles and reduce risk factors
- Support families and communities
- Enhance research
 - causes of mental disorders,
 - development of effective treatments
 - monitoring and evaluation of mental health systems.

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Recommendations

- Provide culturally appropriate education for providers
- Increase diversity in the mental health workforce
- Improve quality of medical care
- Provide leadership

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Utilize Essential Services

- Focus on the mental health system
- Describe optimal level of performance
- Support a process of quality improvement
- Close the gaps in mental health disparities

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- Mental Health a Report of the Surgeon General
- Mental Health: Culture, Race & Ethnicity, A Supplement...
www.surgeongeneral.gov
- President's New Freedom Commission on Mental Health
www.mentalhealthcommission.gov
- SAMHSA www.samhsa.gov
- New Evidence Regarding Racial and Ethnic Disparities in Mental Health: Policy Implications, Thomas G. McGuire and Jeanne Miranda, Health Affairs, vol. 27, no.2

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