

At Risk Children: Collaborating With Families and Communities to Promote Equitable Mental Health Care

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Diversity/Equity Keynote Address

ISPN 2015



Seattle, WA



Mental Health Disparity Put Children At Risk

- Later diagnosis of Autism
- Decreased mental health visits
- Lower rates of treatment for depression
- Higher rates of suspensions for minor behavior problems

(Flores et al, 2014)

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Objectives

- Describe mental health disparities and health equity
- Discuss program of research aimed at reducing mental health disparities and promoting health equity
- Identify actions to promote health equity





What is a Health Disparity?

“A particular type of **health difference** that is closely linked with **social, economic,** and/or **environmental** disadvantage.”

(Healthy People, 2020)





What is a Health Disparity?

“Disproportionate burden of disease.” (NIMHD)

“Racial or ethnic differences in the quality of health care that are not due to access-related factors or clinical needs, preferences, and appropriateness of intervention.” (IOM, 2003)





Health Disparity Population

- African Americans, Hispanics, American Indians, Asian Americans, and Pacific Islanders
- Socioeconomically disadvantaged populations
- Rural populations

(Healthy People, 2020)

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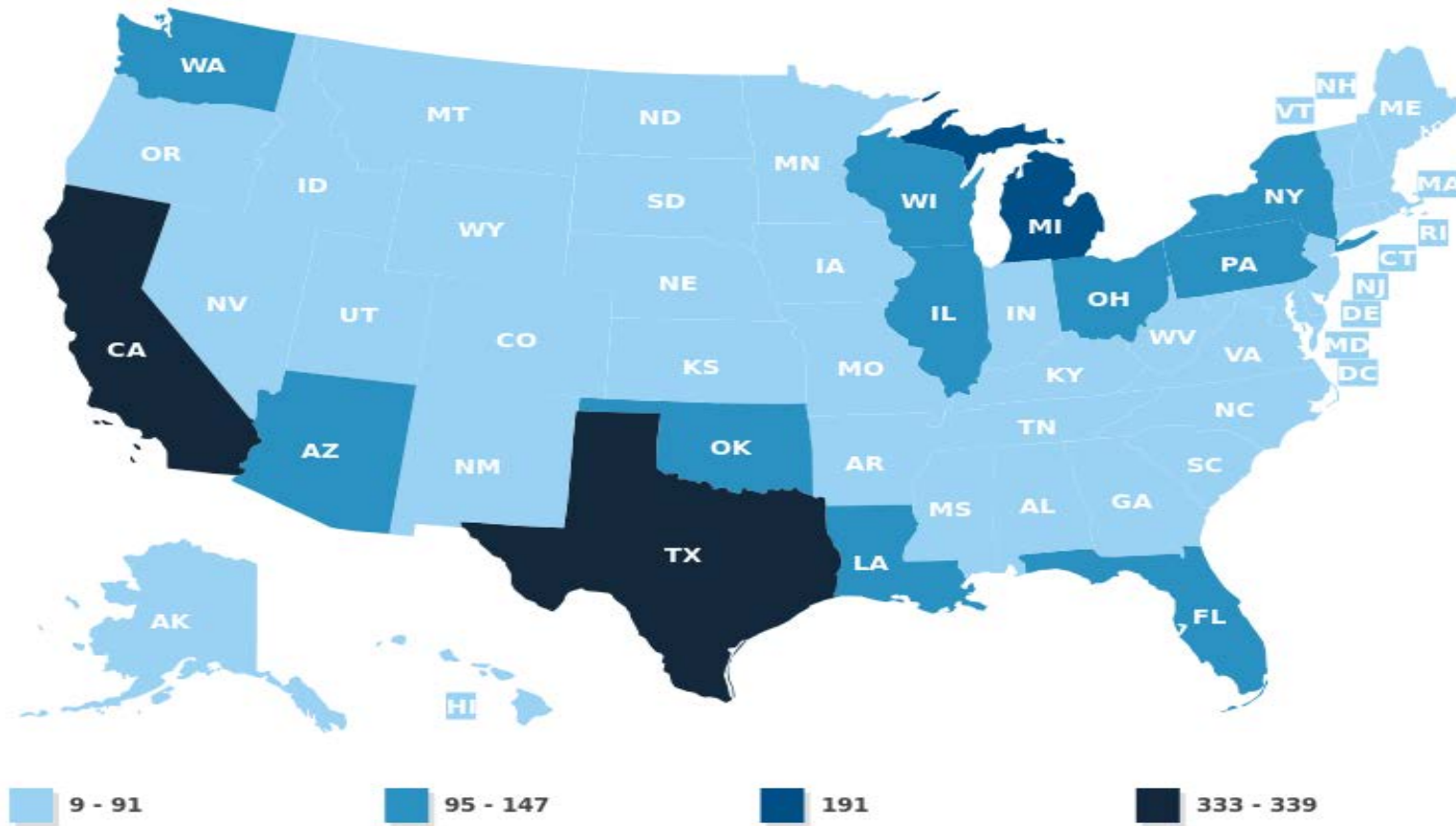
Mental Health Disparity

“Even more than other areas of health and medicine, the mental health field is plagued by disparities in the availability of and access to its services” (Pearson, Evans, Hines-Martin, Yearwood, York, & Kane., 2014).





Mental Health Care Health Professional Shortage Areas (HPSAs)



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SUMMARY

Timeframe: *as of April 28, 2014* **Locations:** *United States, States*

Mental Health Care Health Professional Shortage Areas (HPSAs)

[View Table in New Window](#)

Location	Total Mental Health Care HPSA Designations	Percent of Need Met	Practitioners Needed to Remove HPSA Designation
United States	3,968 ¹	50.91% ¹	2,707 ¹
Indiana	53	43.40%	106
Washington	112	40.42%	71

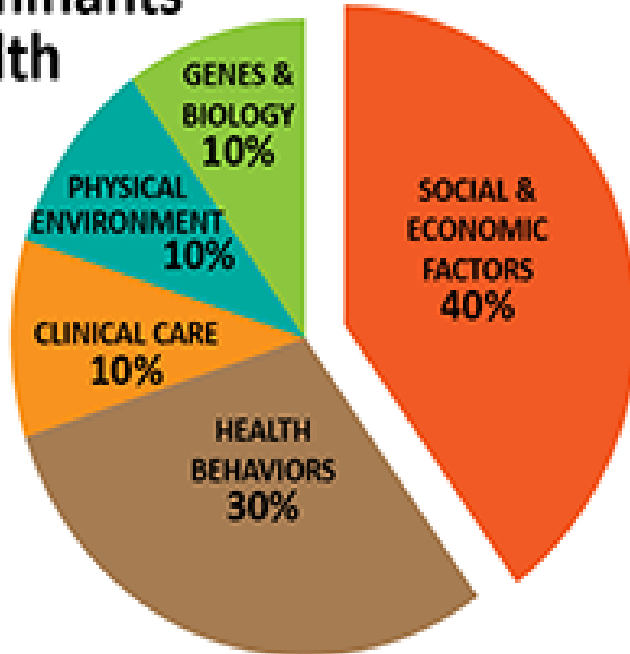
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Social Determinants of Health

Determinants of health



- Clinical care is a relatively small contributor to overall health – around 10 %

Source

<http://www.health.state.mn.us/divs/che/creatinghealthequity.html>





Social Determinants of Health

- A high quality education
- Nutritious food
- Decent and safe housing
- Affordable, reliable public transportation
- Culturally sensitive health care providers
- Health insurance (Healthy People 2020)





Health Equity

“Attainment of the highest level of health for all people.” (Healthy People, 2020)

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What Clinicians Can Do

- Form partnership with community, family and individuals
- Provide access to timely, coordinated, and sustained mental health care
- Provide integrated, evidence-based, and patient-centered care





What Policy Makers Can Do

- Increase workforce diversity
- Advocate for expansions in insurance coverage
- Promote mental health awareness
- Initiate quality improvement measures





What Educators Can Do

- Recruit and retain diverse students for psychiatric/mental health nursing programs
- Enhance discussion of diversity through educational curriculum
- Adopt inter-professional programs focused on diversity





What Researchers Can Do

- Partner with interdisciplinary colleagues to conduct research
- Advocate for inclusion of health disparity populations in research
- Serve on research advisory panels





A Program of Research Related to Health Equity -

Developing and Testing the Family
Management Efficacy (FAME) Intervention
for African American Families of Adolescents
with Disruptive Behavior Disorders

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A Program of Research Related to Health Equity -

- Interdisciplinary research team
- Family advisory board
- Professional advisory board
- Involve key stake holders

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What ISPN Can Do

- Promoting equity in psych/mental health nursing
- Enhancing the engagement of underrepresented groups
- Engaging international colleagues
- Promoting curricula on diversity/equity in the educational preparation of psychiatric nurses

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What ISPN Can Do

What are the top 2-3 activities that should be initiated or enhanced to successfully achieve ISPN Diversity/Equity mission?



“Do something wherever you are.
Each of us must do something where we are
that **changes** the attitude of the
neighborhood, the attitude of the **office**, the
attitude of the **boardroom**, the attitude of the
bank.”

Sr. Joan Chitister

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