

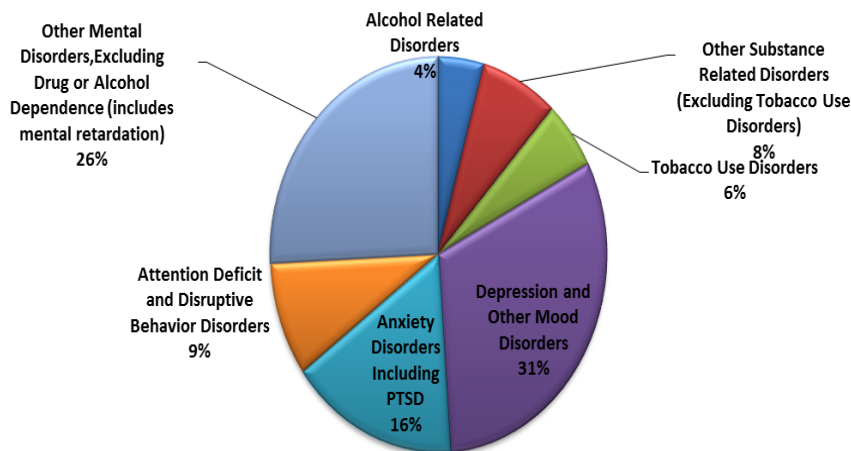
Demographic factors such as minority racial status, poverty, and being female have been identified as risk factors for depression. African-American women are particularly at risk for mental health disorders.

FACTS:

- Whites are more likely than racial and ethnic minorities to use mental health care.
- Anxiety and mood disorders are almost twice as likely to occur in women than in men.
- In a study of primarily African-American low-income women attending family planning clinics, 25% met the criteria for current major depression (compared to only 6% of women in the general population).



**PHPC Patients-Mental Health Diagnosis
2010**



- The number of PHPC patients receiving a mental health diagnosis has increased by 37% from 2008 to 2010.
- Studies have shown that low levels of household income are associated with several lifetime mental disorders and suicide attempts.
 - ⇒ Participants in a cross-sectional study with household incomes below \$20,000 were nearly twice as likely to have suffered from any mood or personality disorder, and over three times as likely to have attempted suicide.

Table Source: "Relationship between Household Income and Mental Disorders: Findings from a Longitudinal Study"

Types of Mental Disorders	
Mental Disorder Group	Mental Disorder
Mood Disorder	Major depression, dysthymia or bipolar disorder
Anxiety Disorder	Social phobia, agoraphobia without panic disorder, panic disorder with or without agoraphobia, specific phobia, posttraumatic stress disorder or generalized anxiety disorder
Substance Use Disorder	Alcohol use disorder, drug use disorder or nicotine dependence
Personality Disorder	Schizoid, paranoid, schizotypal, borderline, antisocial, histrionic, antisocial, avoidant, obsessive-compulsive or dependent

Examples of Successful Evidence Based Treatment Options:

- **Boston Consortium Model: Trauma Informed Substance Abuse Treatment for Women (BCM):** The BCM program provides a fully integrated set of substance abuse treatment and trauma-informed mental health services to low-income, minority women with co-occurring alcohol/drug addiction, mental disorders and trauma histories.
- **Seeking Safety:** Seeking Safety is a present-focused treatment for clients with a history of trauma and substance abuse. The treatment was designed for flexible use: group or individual format, male and female clients, and a variety of settings (e.g., outpatient, inpatient, residential).
- **American Indian Life Skills Development/Zuni Life Skills Development:** American Indian Life Skills Development is a school-based suicide prevention curriculum designed to address the high rate of suicide within this population by reducing suicide risk and improving protective factors among American Indian adolescents 14 to 19 years old.
- **Acceptance and Commitment Therapy (ACT):** Acceptance and Commitment Therapy (ACT) is a contextually focused form of cognitive behavioral psychotherapy that uses mindfulness and behavioral activation to increase clients' psychological flexibility--their ability to engage in values-based, positive behaviors while experiencing difficult thoughts, emotions, or sensations.

For more information on these and other evidence based programs and practices, please visit: <http://www.nrepp.samhsa.gov/>

Bottom Line:

- Ethnic minority patients are traditionally less likely to obtain care for depression than white patients, and are less likely to receive appropriate treatment when they do seek care.
- While antidepressant medications and psychotherapy are effective treatment options for major depression, care management strategies are also needed to engage low-income minority individuals.
- Outreach is essential in ethnic minority and low-income populations, and cultural responsiveness/adaptation of delivery of care is critical when developing treatment options.

Additional Resources:

- American Psychological Association (APA): <http://www.apa.org/topics/depress/index.aspx>
- Centers for Disease Prevention (CDC): <http://www.cdc.gov/mentalhealth/>
- Medline Plus: <http://www.nlm.nih.gov/medlineplus/depression.html>
- Mental Health America (MHA): <http://www.mentalhealthamerica.net/>
- National Institute of Mental Health (NIMH): <http://www.nimh.nih.gov/health/topics/depression/index.shtml>
- National Registry of Evidence Based Programs and Practices (NREPP): <http://www.nrepp.samhsa.gov/>
- Substance Abuse and Mental Health Services Administration (SAMHSA): <http://www.samhsa.gov/>

Sources: **The Medicaid Analytic eXtract 2008 Chartbook** https://www.cms.gov/Research-Statistics-Data-and-Systems/Computer-Data-and-Systems/MedicaidDataSourcesGenInfo/MAX_Chartbooks.html; **Relationship between Household Income and Mental Disorders: Findings from a Population-Based Longitudinal Study**: <http://archpsyc.ama-assn.org/cgi/content/full/68/4/419>; **Racial and Ethnic Differences in the Mental Health Problems and use of Mental Health Care** <http://www.jstor.org/stable/3768295>; **Depression and Health-Related Quality of Life for Low-Income African-American Women in the U.S.** <http://www.jstor.org/stable/4039963>; **Treating Depression in Predominantly Low-Income Young Minority Women** <http://jama.ama-assn.org/content/290/1/57.full?linkType=FULL&resid=290/1/57&journalCode=jama>; **Disparities in Care for Depression among Primary Care Patients** <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1492138/?tool=pubmed>