



# Diversity Issues in Treatment and Assessment



# Culture Defined...

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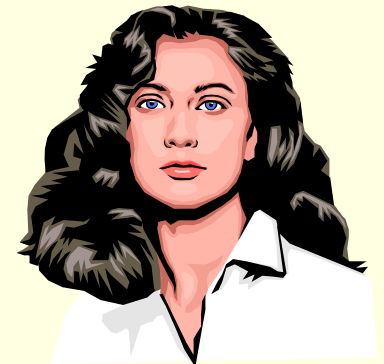
- An identifiable social entity with whom a person identifies and to whom she looks for standards of behavior.



# Overview

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- **Nearly 20% of U.S. is an ethnic minority.**
- **Over half ethnic minorities are women.**
- **Prevalence for mental disorder among Blacks is similar to Whites.**
- **Prevalence of mental disorder in Latinos and Asians varies with immigration and generation**



# Use of Mental Health Services

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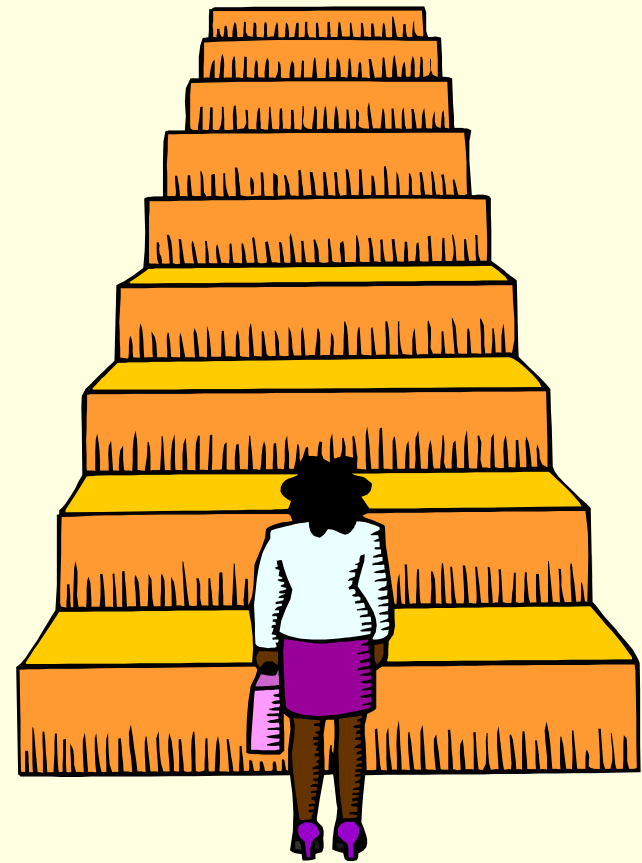
- Women of color are less likely to use outpatient mental health services.
- Disparity is not related to income, but to cultural issues.



# Obstacles to Treatment Engagement

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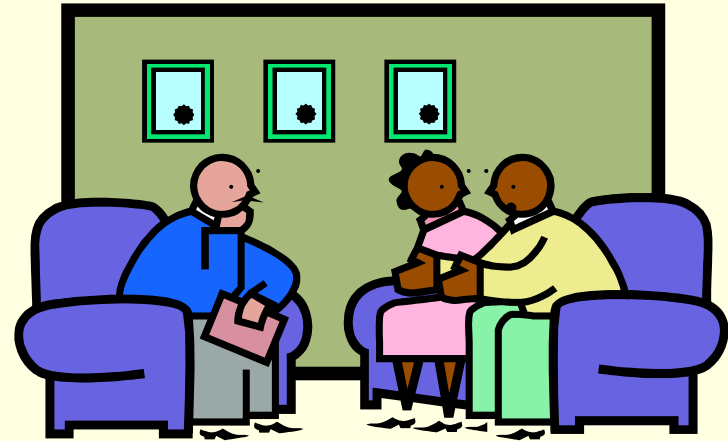
- Help-seeking
- Mistrust
- Stigma
- Cost
- Service system
- Family system
- Knowledge about services



# Overcoming Engagement Barriers

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- The Message
- Education
- Family engagement
- Case management
- Flexibility
- Community partnerships



# Obstacles to Participation

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- Over half of women of color drop out of therapy
- Common reasons:
  - Time constraints
  - Family demands
  - Culture clashes



# Overcoming Participation Obstacles

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- Cultural awareness
- Family dynamics
- Education
- Role of religion



# Issues in Assessment

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- Language and education
- Experience with mental health
- Experience with testing
- Poor instrumentation



# Caveats

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- Acculturation!
- Know your client within her culture!
- Make no assumptions!



# Summary

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- Education
- Cultural sensitivity
- Flexibility
- Partnerships

