Diversity Issues in Treatment and Assessment
Culture Defined…

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

- 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

- 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

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

- The Message
- Education
- Family engagement
- Case management
- Flexibility
- Community partnerships
Obstacles to Participation

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

- Cultural awareness
- Family dynamics
- Education
- Role of religion
Issues in Assessment

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

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

- Education
- Cultural sensitivity
- Flexibility
- Partnerships