



St. Catherine University

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Barriers and Facilitators to Interdisciplinary Mental and Behavioral Health in Primary Care.pdf

Bella Norcross, *St. Catherine University*

Kimberley Persons, *St. Catherine University*



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Barriers and Facilitators to Interdisciplinary Mental and Behavioral Health in Primary Care

Bella Norcross, *Psychology* Kimberley Persons, *Occupational Therapy*

Introduction

Hispanic/Latino Population

- The Hispanic/Latino population is second largest and fastest growing minority population in US
- Spanish is the second most spoken language in US (Colby & Ortman, 2014)
- 16% of US Hispanic/Latino population report at least one mental illness per year (American Psychiatric Association, 2019)

Mental and Behavioral Health in Hispanic/Latino Population

- Many individuals experience co-current mental illness and substance abuse
- Likely underreported as population is more likely to somatize emotional experience (Varela et al., 2007)
- Primary care settings have become the de facto mental health care system in the United States (Unutzer et al., 2006)

Barriers to Hispanic/Latino receiving primary care services

- Immigration status, acculturation, trauma, and generational conflicts. (MHA, 2022)
- Lack of insurance, immigration status, stigma, preference for informal sources of care, and self-reliant attitudes (Watson et al., 2013)

St. Mary's Medical and Rehabilitation Therapies (SMMART) Clinic

- SMMART Clinic provides primary care service to uninsurable, mostly Hispanic population
- Medical, Nutrition, Physical Therapy, Occupational Therapy
- 4,866 Patient Encounters 2021-2022
- Goal of SMMART Clinic to open Mental and Behavioral Health Services in Fall 2022 (St. Mary's Health Clinics, 2022)

The purpose of this project is to inform best practice for interdisciplinary mental and behavioral health services in primary care for a Hispanic population.

Methods

Rapid Review Process

- Six Databases with a combination of 16 terms
- Title and abstract screening of each article Cite review process
- Full text review using the Johns Hopkins Research Evidence Appraisal Tool (Dearholt & Dang, 2014)
- Thematic analysis of remaining articles

Table 1 Databases

CINAHL	Social Works Abstract	PubMed
Cochrane Library	Psychinfo	Google Scholar

Table 2 Search Terms

Primary Care and...			
Mental Health	Behavioral health	Psychology	Occupational Therapy
Social Work	Nursing	Rehab counseling	Healthcare utilization
Patient satisfaction	Accessibility	Quality of Life	Interventions
Depression	Anxiety	Bipolar Disorder	Substance Use

Exclusion Criteria

- More than 10 years old
- Articles not available in English
- Non-research (ex. Editorial, Commentary)
- Unable to access through library or ILL
- Conference abstracts
- Studies involving children

Results

Figure 1 PRISMA

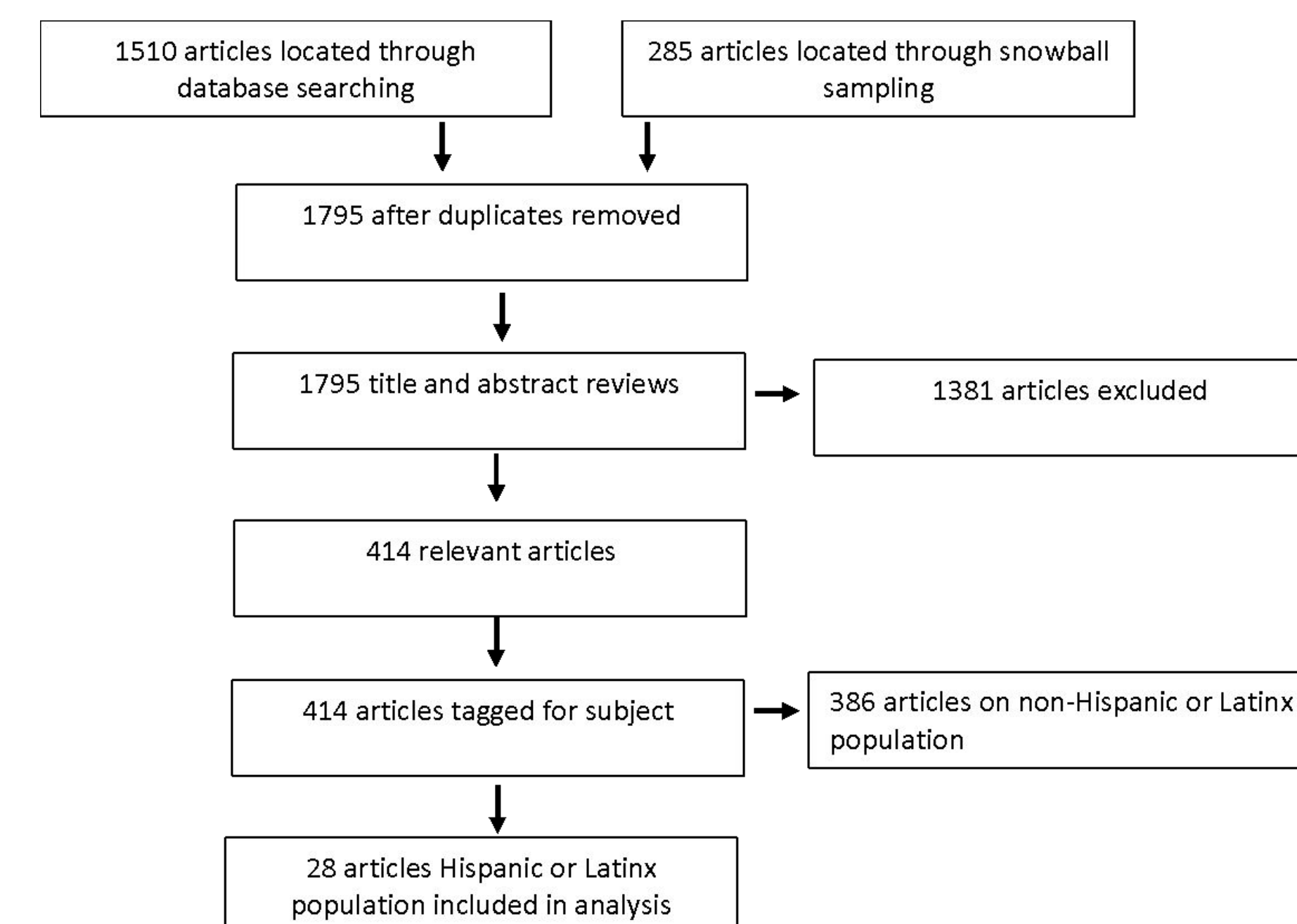
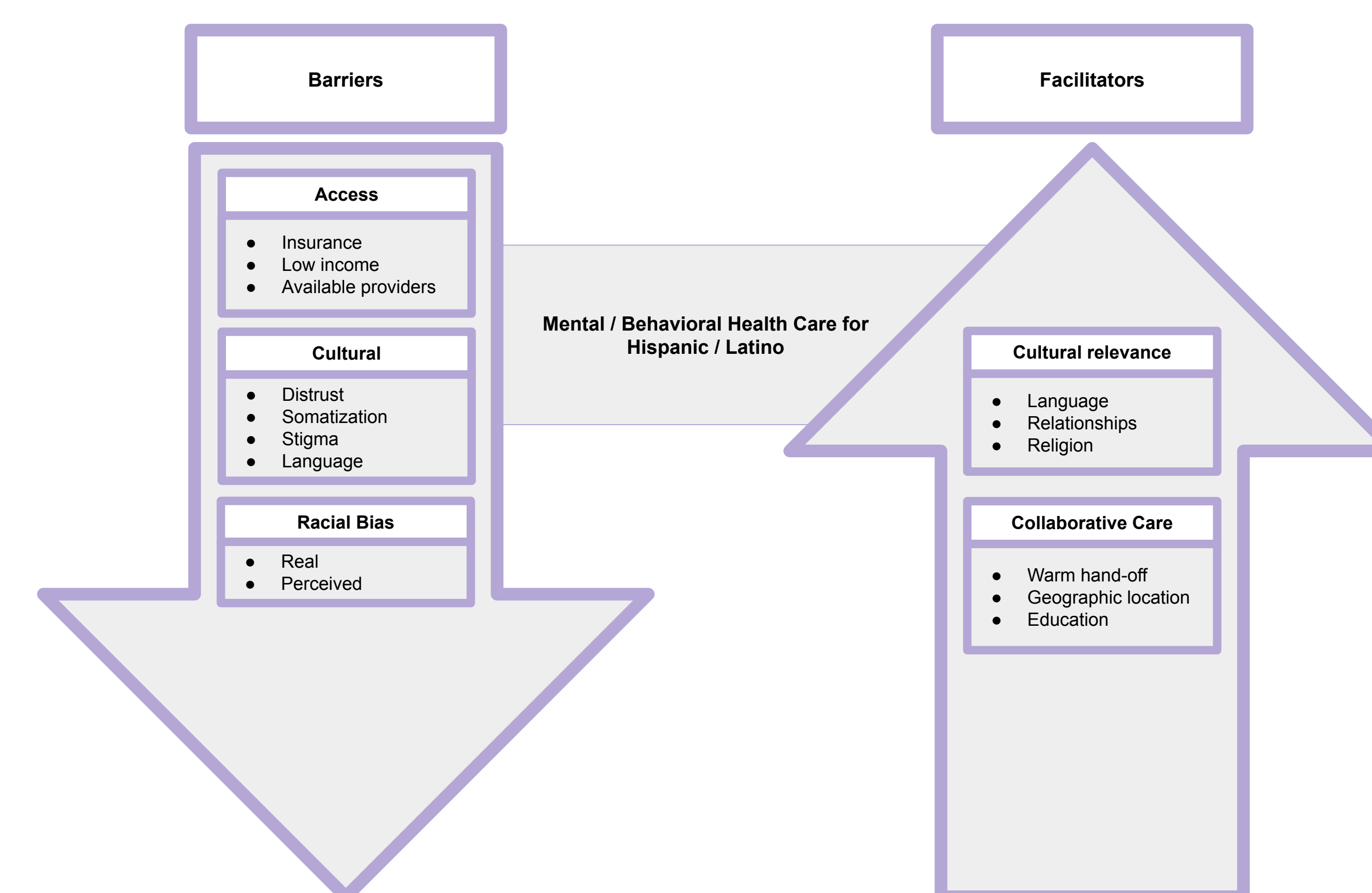


Table 3 Assessment, Interventions, and Providers

Assessments	Interventions	Providers
Patient Health Questionnaire-9 (PHQ-9)	Virtual/Telephone	Social workers
General Anxiety Disorder Scale 7 (GAD-7)	Cognitive Behavioral Therapy	Counselors
Acculturative Stress Scale	Psychoeducation	Student Psychologists
Latino Scale for Antidepressant Stigma Measure (LASS)	Psychotherapy	
Mini International Neuropsychiatric Interview	Mindfulness	
PTSD Checklist	Transrational Model	
Social Distance Measure	Multi-disciplinary	
	Culturally-focused	

Figure 2 Barriers and Facilitators



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Discussion

Stigma

- Cultural stigma against mental illness and antidepressants
- Using stigma measures at assessment opens the door for reducing patient stigma against mental illness

Hispanic/Latino Culture

- Reluctance to seek help because they want to take care of themselves
- Multiple studies cited the usefulness of culturally relevant treatments and providers
- Higher education is equated with higher utilization of services – positive impacts of providers educating Hispanic/Latino clients
- Many Hispanic/Latino patients showed appreciation for personal relationships with providers

Perceived and Real Biases

- Clients may not seek services due to anticipation of being judged
- Providers were reported to use biased language against Hispanics/Latinos and other marginalized populations

Substance Use

- The Hispanic/Latino population is more likely to have co-occurring substance use and mental health diagnoses when compared to other groups

Providers

- Systemic barriers including funding, insurance, geographical location of services
- Although translation services were described as acceptable, there is a strong preference for bilingual providers.
- Social workers and psychologists were the primary providers
- Large numbers of services were conducted by students which may be related to lack of reimbursement for mental health services by insurance including CMS

Lack of Studies on Intervention

- Few studies that directly measure intervention outcomes
- Multiple studies on what interventions could be used or interventions preferred by a Hispanic/Latino population
- Existing intervention studies all used multidisciplinary or collaborative care models

Further Research

- Primary care interventions targeting to Hispanic/Latino population
- Role of disciplines in multidisciplinary and collaborative care models
- Policies or procedures that address systemic barriers to mental and behavioral health care for all populations

Limitations

- Rapid review process within a limited time frame
- Potential researcher bias as only 1 researcher reviewed each article

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For a complete list of included articles, please scan the QR Code



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