

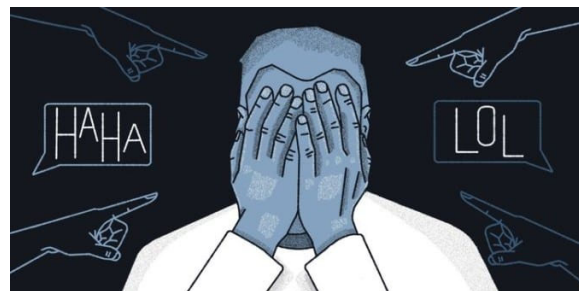
Barriers to Mental Health Treatment: Dispelling Myths and Removing the Stigma of Mental Health

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NJ Task Force on Child Abuse and Neglect
2022 Skill Building Conference

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Overview

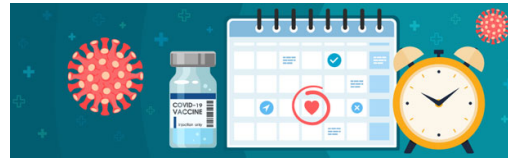
- Rising rate of mental health
- Barriers to mental health treatment
 - Socioeconomic disparities
 - Stigma
- Dispelling the stigma



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What a difference a year (or two) can make...

- According to the CDC, 2022,
 - 96,713,658 cases of COVID-19,
 - and 1,059,390 COVID related deaths



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Overall impact of COVID-19

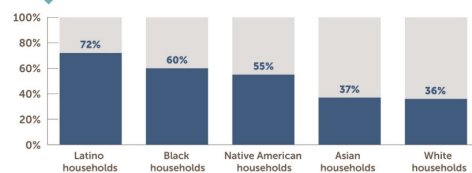
DURING
COVID-19

More than
4 in 10 households
report facing
serious financial
problems.



DURING
COVID-19

Who is reporting serious financial problems, including paying their credit card bills, loans, utilities, and rent?

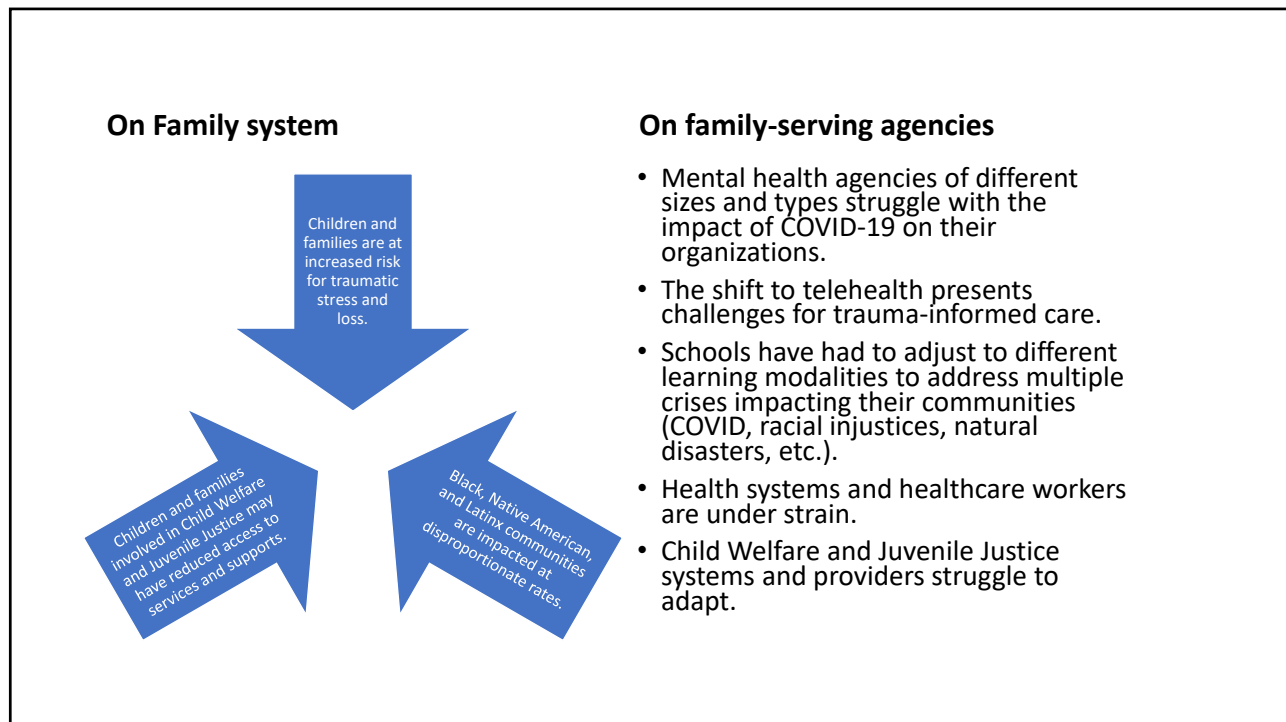


DURING
COVID-19

About 6 in 10
households with
children report
serious problems
caring for
their children.



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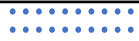
MENTAL HEALTH DISPARITIES FACTORS

Members of ethnic and racial minority groups in the U.S. "face a social and economic environment of inequality that includes greater exposure to racism, discrimination, violence, and poverty, all of which take a toll on mental health."

— U.S. SURGEON GENERAL

Collective trauma

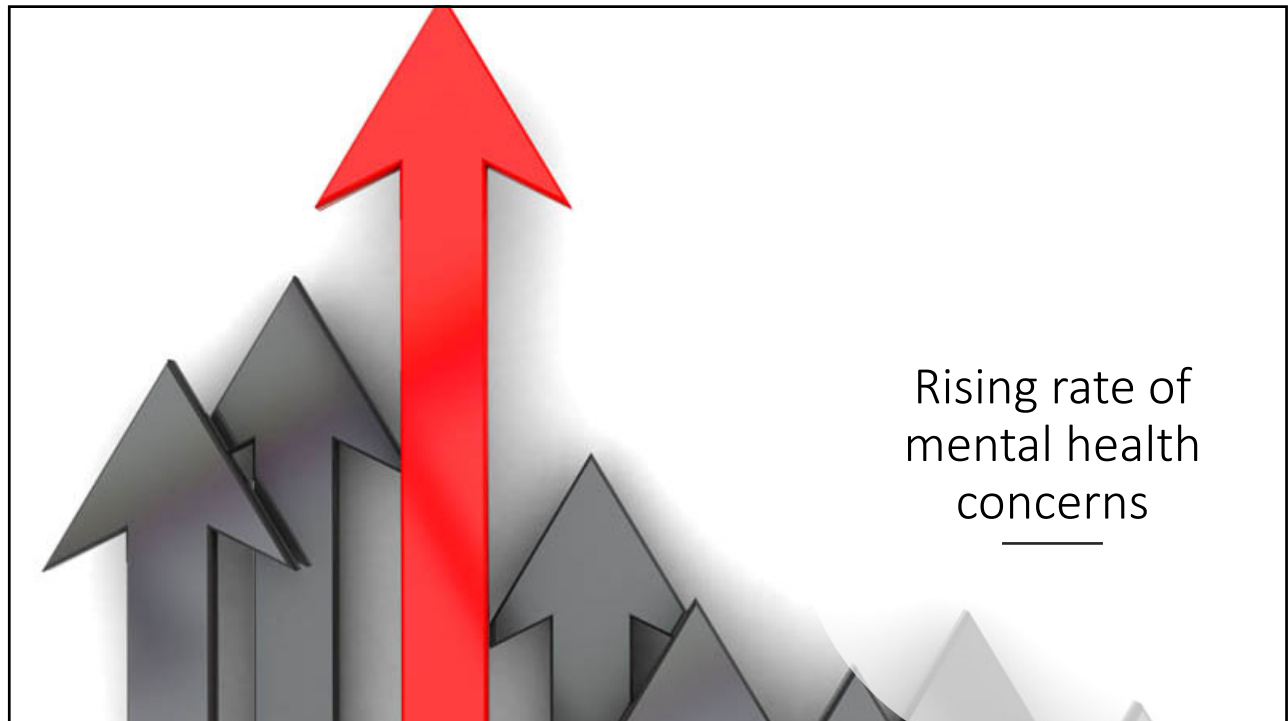
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Two pandemics at once...



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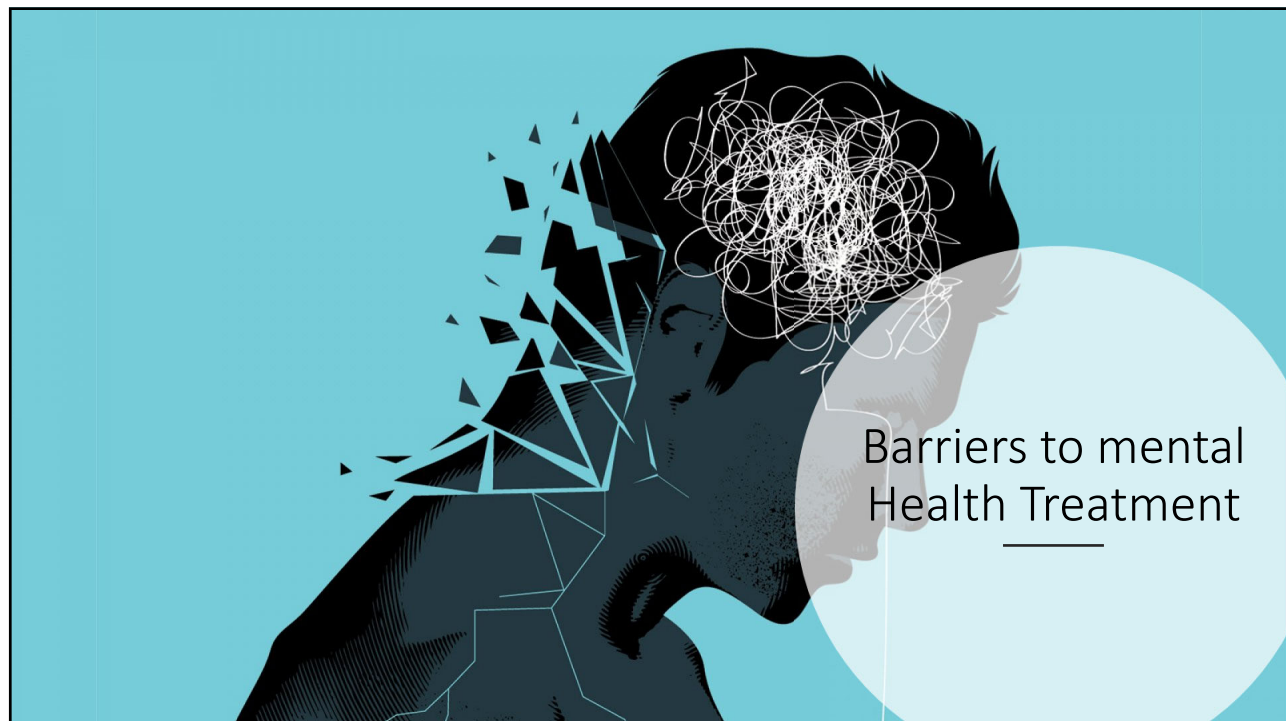
Rising rate of
mental health
concerns

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Rising rate of mental health concerns

- In a sample of over one million people, during the first nine months of the pandemic (Coley & Baum, 2021),
 - 44% screened positive for anxiety disorder
 - Over 50% were people of color
 - 38% of respondents screened positive for depressive disorder
 - With highest rates among 18–29 year olds, and females
 - 21% reported using prescription medication for emotional, behavioral, or mental health disorders in the prior month.
 - 9% reported accessing mental health counseling
 - 10% reported needing but not receiving mental health counseling services

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Socioeconomic disparities

- 9% of Black Americans are uninsured; this rate is comparable to their Latinx counterparts (USDOH, 2021)
 - Immigration status can also be a factor
- Disproportionate minority confinement in systems and institutions including child welfare
- People of color are more likely to experience bias within the healthcare system, which often can lead to mistrust



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Biases in mental health

- According to APA, 2019, African American or Black patients are:
 - more likely to receive treatment for mental health in emergency and hospital settings;
 - misdiagnosed at a higher rate with schizophrenia spectrum disorders, and
 - less likely to be offered antidepressant therapy—even when they have access to insurance or financial resources
- Latinx can be misdiagnosed as experiencing psychosis when attributing unidentified voices or forces to their spiritualist belief systems which is not considered 'abnormal' or 'uncommon' within those cultures.
- "Model minority" perception of Asian American often lead to their mental health stress being minimized or dismissed.

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Stigma

- Research has shown that negative attitude and beliefs toward people with mental illness is more pervasive among people of color
 - Views on mental illness as a sign of personal weakness, shame, and lead to discrimination (Coley & Baum, 2021)



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- “Did not know concept of mental illness, and there’s not even vocabulary to talk about mental illness in our culture.”
- “In Vietnam, when someone is seen, or perceived, or diagnosed to have a mental illness, they get locked up in an institution. They are treated as subhuman, not even human...even family member would cage them and display them in front of the house as like a show.”
- “...as a culture people are scared as hell. I didn’t want to be anywhere associated or near anyone who is seen as crazy...”

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Culture of silence



- “Seeking treatment means acknowledge that there is a problem.”
 - Reality of trauma
- “If we don’t speak about it, it will go away.”
 - African Americans were more likely than Caucasians to believe that mental health professionals could help individuals with mental illness.
 - However, the African Americans were also more likely to believe that mental health problems could improve on their own (Anglin, Alberti, Link, & Phelan, 2008).
- “We don’t talk about our problems”

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Call to action

- Expand therapeutic approaches and modalities
- Challenge biases from self, colleagues, and organizations
- When reluctance or disengagement arises, perspective shift of "what's wrong with this person" to "what happened to this person?"



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Let's connect

B. Resilient

RISING ABOVE ADVERSITY

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