



MENTAL HEALTH AND ANXIETY PRESENTATION

Multicultural Counseling and Research Center

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VOCABULARY

- Health Plan

- Medical
- Dental
- Behavioral Health/Mental Health plan

- Behavior Health

- Provider
- Inpatient/Outpatient
- Mental Illness/Disorders



Q & A

○ Question:

- Which of the following has the most mental health problems?
 - Caucasian born in US
 - Immigrants
 - Children of Immigrants

○ Answer:

- You're probably okay, but children or your friend's children may be at high risk
 - Why?



MENTAL HEALTH PROBLEMS

- Depression
 - Symptoms
 - 7-16%
- Relationship Problems
 - Marital, Work, School
- Post Traumatic Stress Disorder (PTSD)
 - 1-14%
- Anxiety
 - Symptoms
 - 9-20%



BARRIERS TO CARE

- Why do some people not seek help?
 - Differences in language and culture?
 - Poorer quality of care?
 - Misdiagnosis often occurs
 - Shame and loss of face
 - Lack of Understanding
 - \$\$\$



MENTAL HEALTH TREATMENT PROVIDERS

- Therapist/Counselor/ Psychologist
- “Clinical” Social Workers
- Psychiatrists



SUGGESTIONS WHEN MEETING PROVIDERS

- How much per session? Is the first session free?
- Sliding scale? Co-Pay? Insurance?
- Type of treatment preferred/Approach of talk therapy
 - CBT
 - Psychoanalytical
 - Family therapy
- 1st Session: Clarify goals, treatment plan
- Policy for missed appointments



CODE OF ETHICS

- Confidentiality and privacy
 - Access to records
 - Parents/children
- Consent to treatment



QUESTIONS???

