



An Assessment of Mental Health Stigma and Needs of Patients at Jackson-Hinds Comprehensive Health Center

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Introduction



- Jackson-Hinds Comprehensive Health Center is opening a mental health facility at the Woodrow-Wilson Clinic.
- Currently, most patients are referred to Social Services which then sends patients in need of more care to Jackson-Hinds Behavioral Health.
- **PURPOSE:** Research the mental health stigma and knowledge of JHCHC patients to better serve the community's mental health needs.

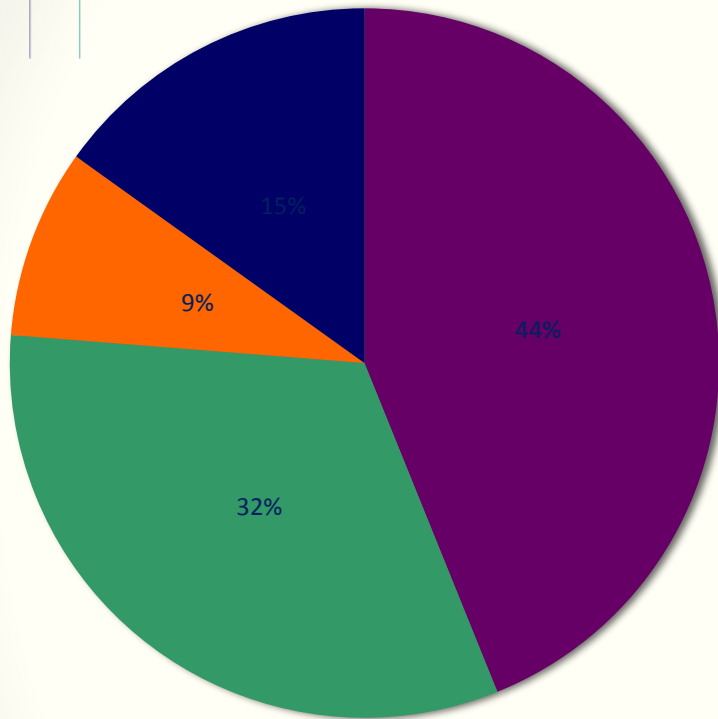
Methodology

- Using previous studies* and JHCHC's satisfaction survey, a 45 question survey was created.
- Statements were rated on a Likert Scale (5-1):
 - I feel/would feel embarrassed or ashamed if I had a Mental Illness (MI).
 - I feel comfortable talking about my mental health with my Dr.
 - If I had a MI I would...
 - My information about MI comes from...
 - The cause of MI is...
 - A person with a MI should be helped by...
- 139 completed surveys were returned.
- The surveys were completed by the following methods:
 - The surveys were read aloud and filled in by the reader
 - The patient filled out the survey by him(her)self
 - The survey was translated aloud and filled in by the translator

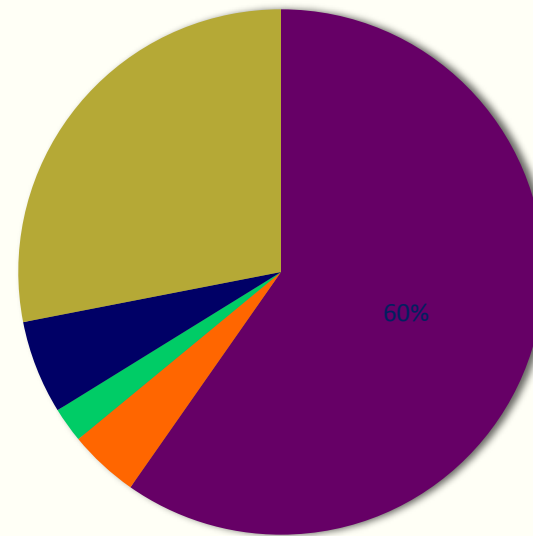
*Heidrich, S.M. & Ward, E.C. (2009). African American Women's Beliefs About Mental Illness, Stigma, and Preferred Coping Behaviors. *Res Nurs Health*. 2009 October; 32(5): 480-492.

*St. Louis, K.O. & Roberts, P.M. (2013). Public attitudes toward mental illness in Africa and North America. *Afr. J. Psychiatry*; 16: 123-133.

Clinics Sampled



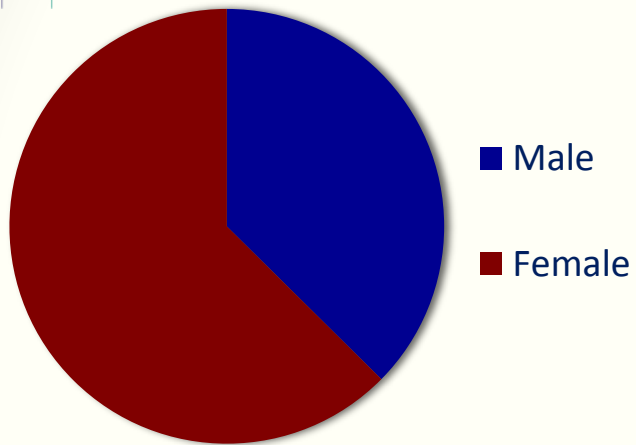
- Main
- Medical Mall
- Woodrow Wilson
- Homeless



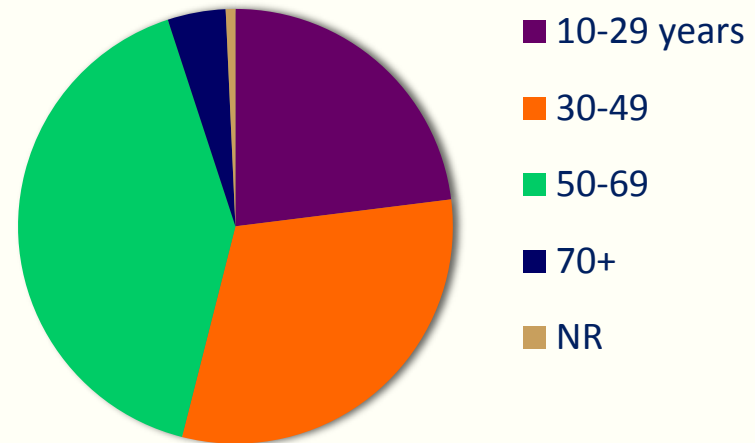
- Adult/Medicine
- OB/GYN
- Pediatrics
- Dentistry
- Social Services

Results – Demographics

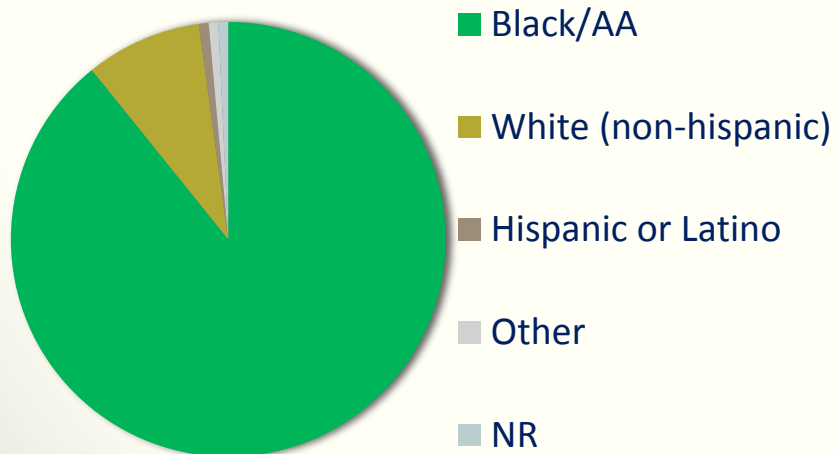
Gender



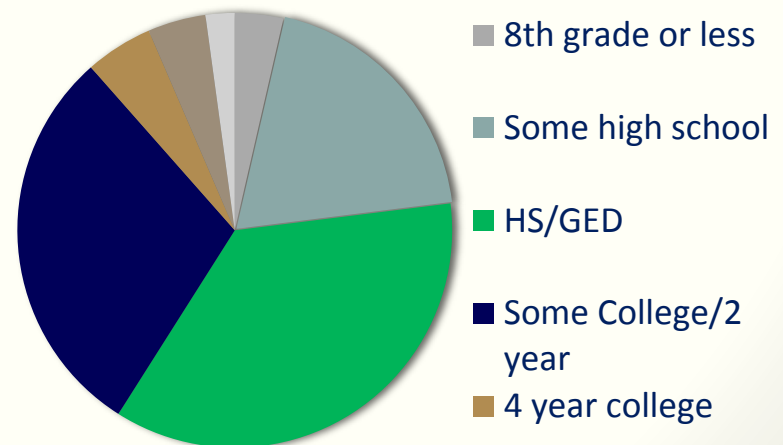
Age



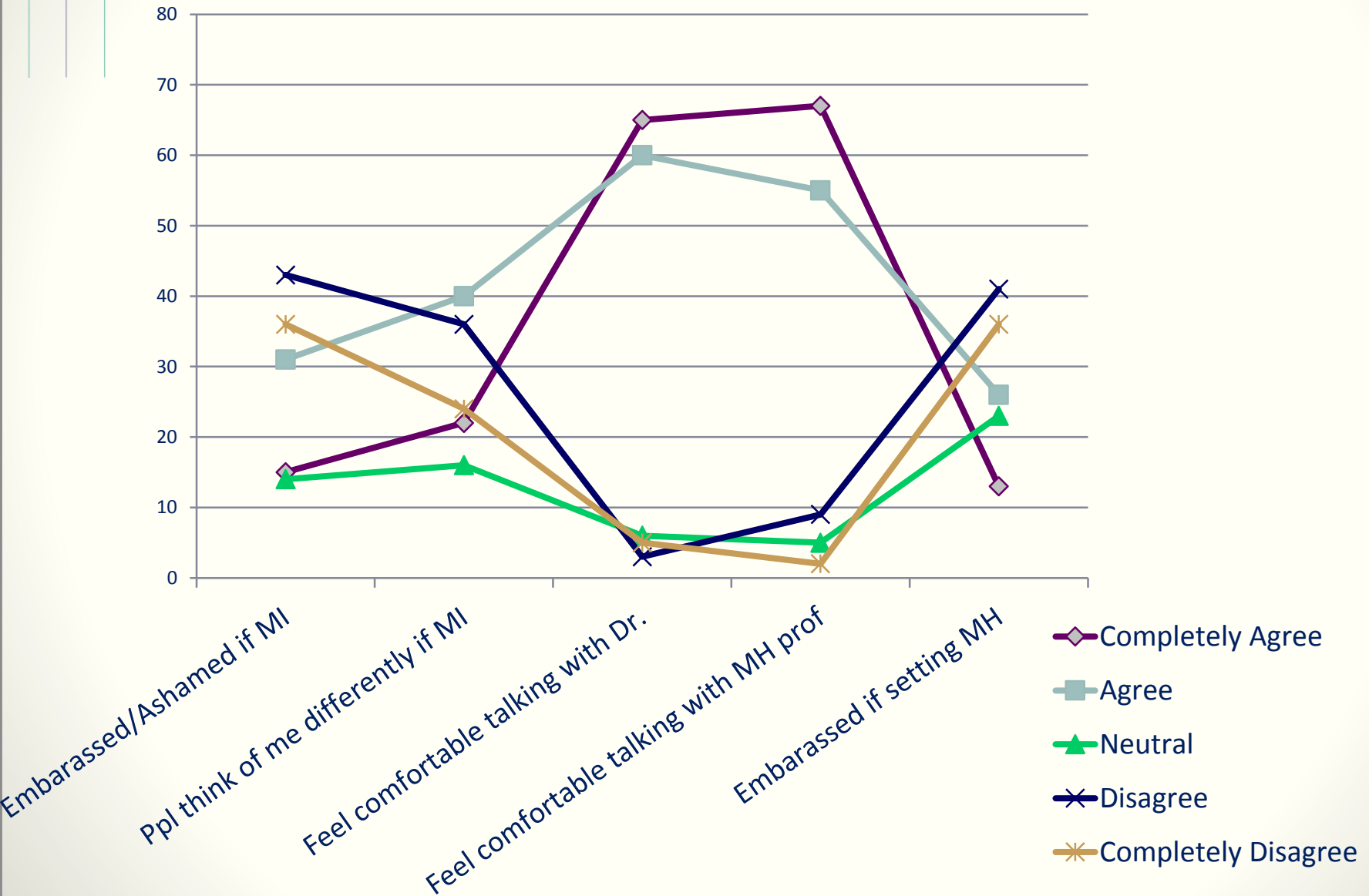
Race/Ethnicity



Education



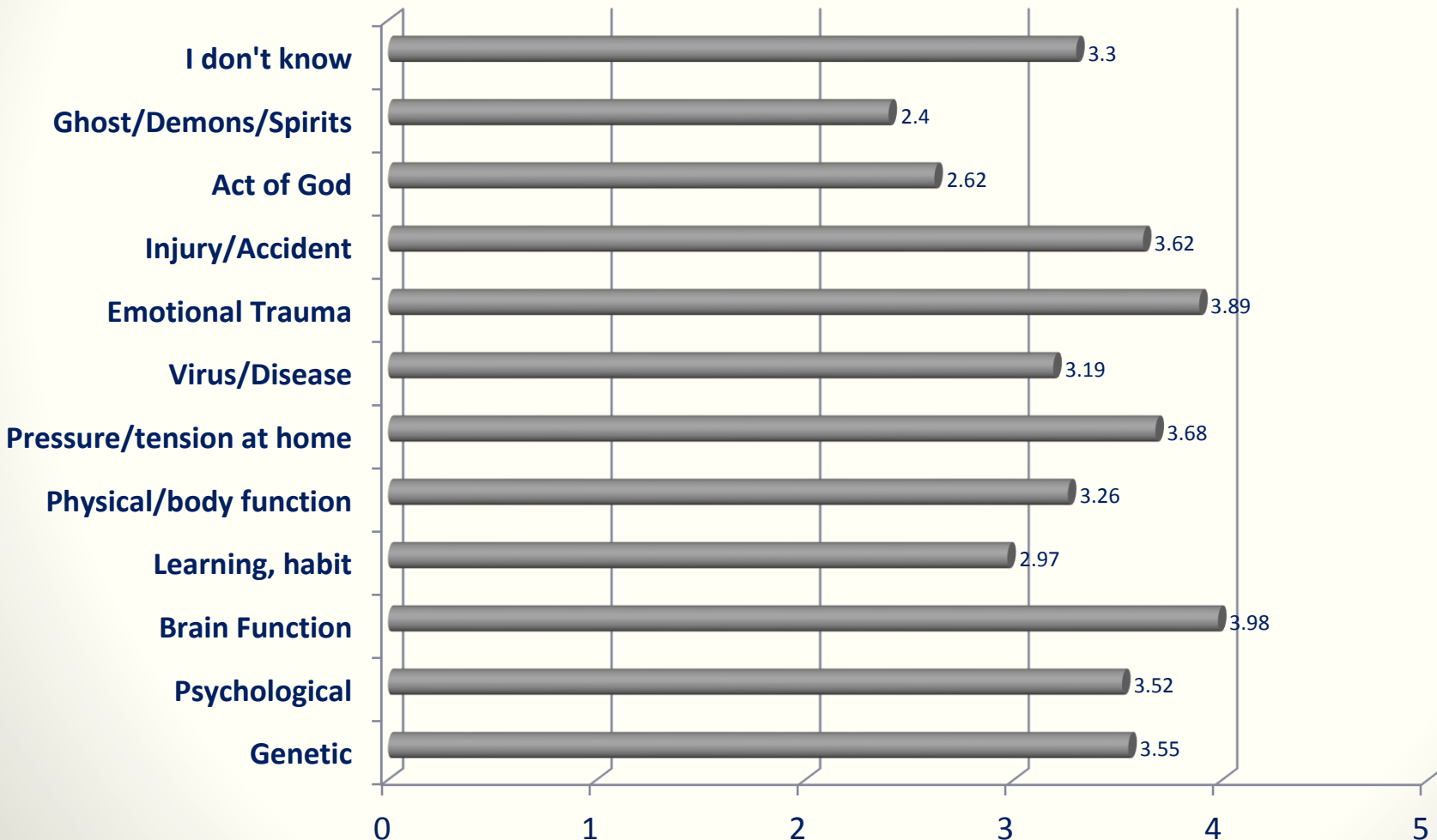
Results – Stigma



Results – Knowledge about MI

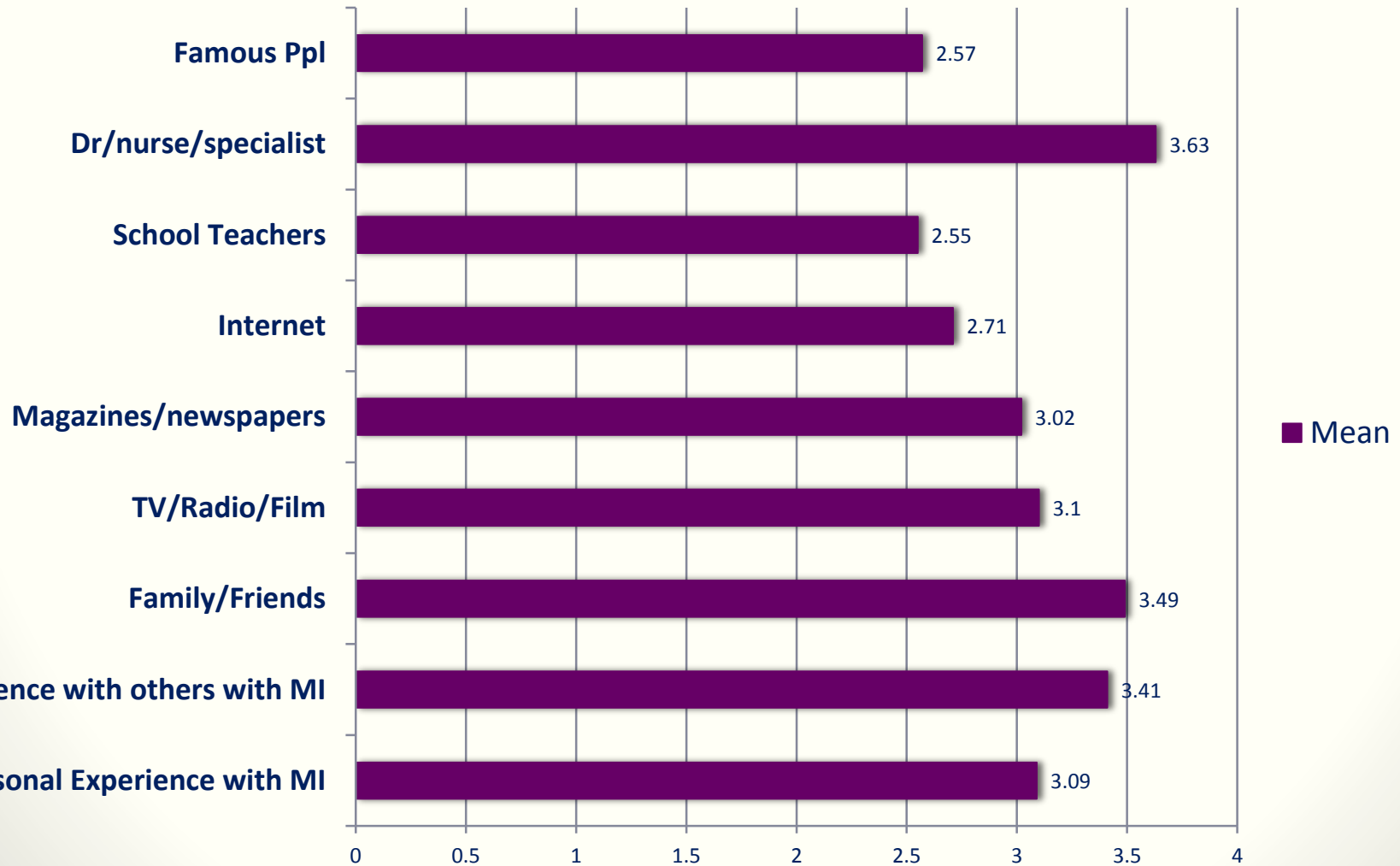
The cause of mental illness is...

■ Mean



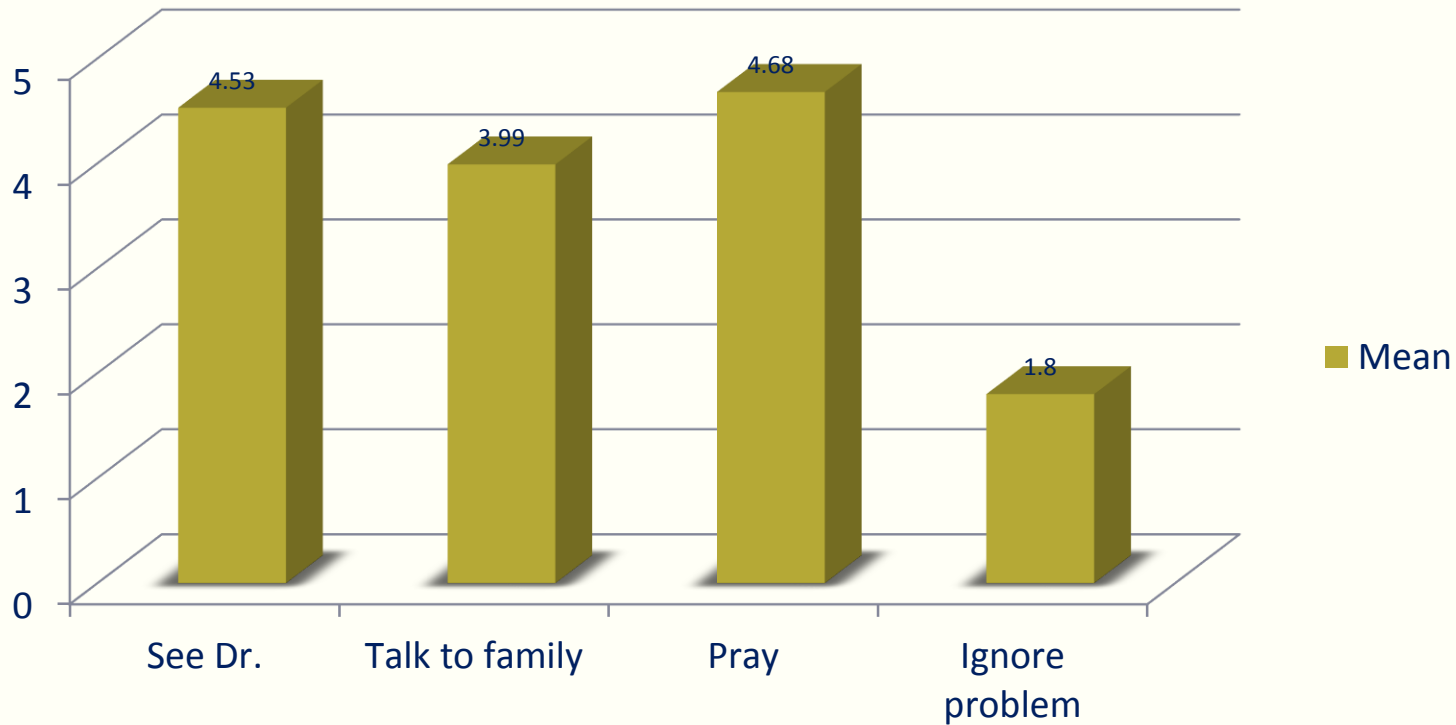
Results – Knowledge about MI

My Information about MI comes from...



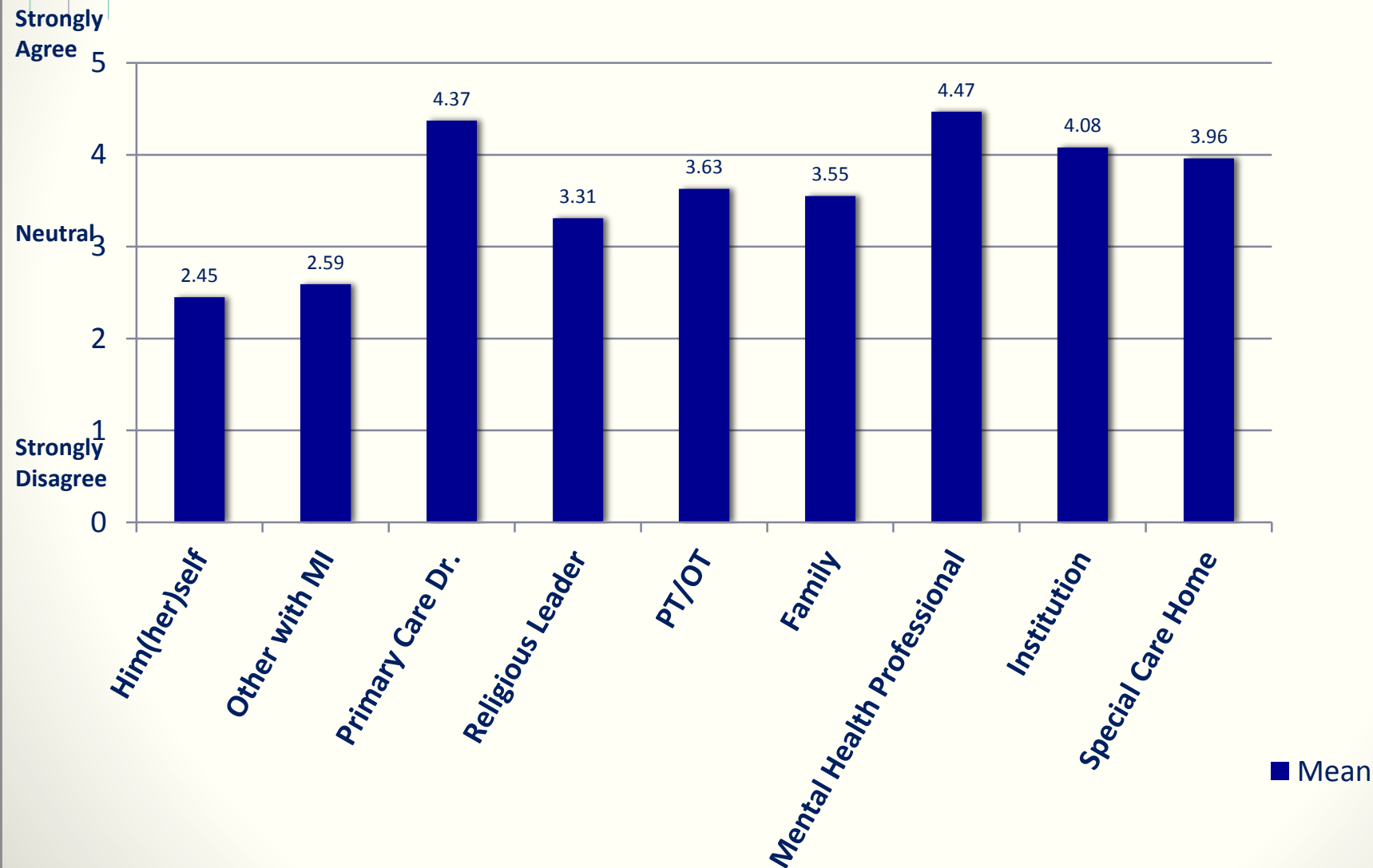
Results – Coping

If I had a mental illness I would...



Results – Who Should Help?

A person with a mental illness should be helped by...

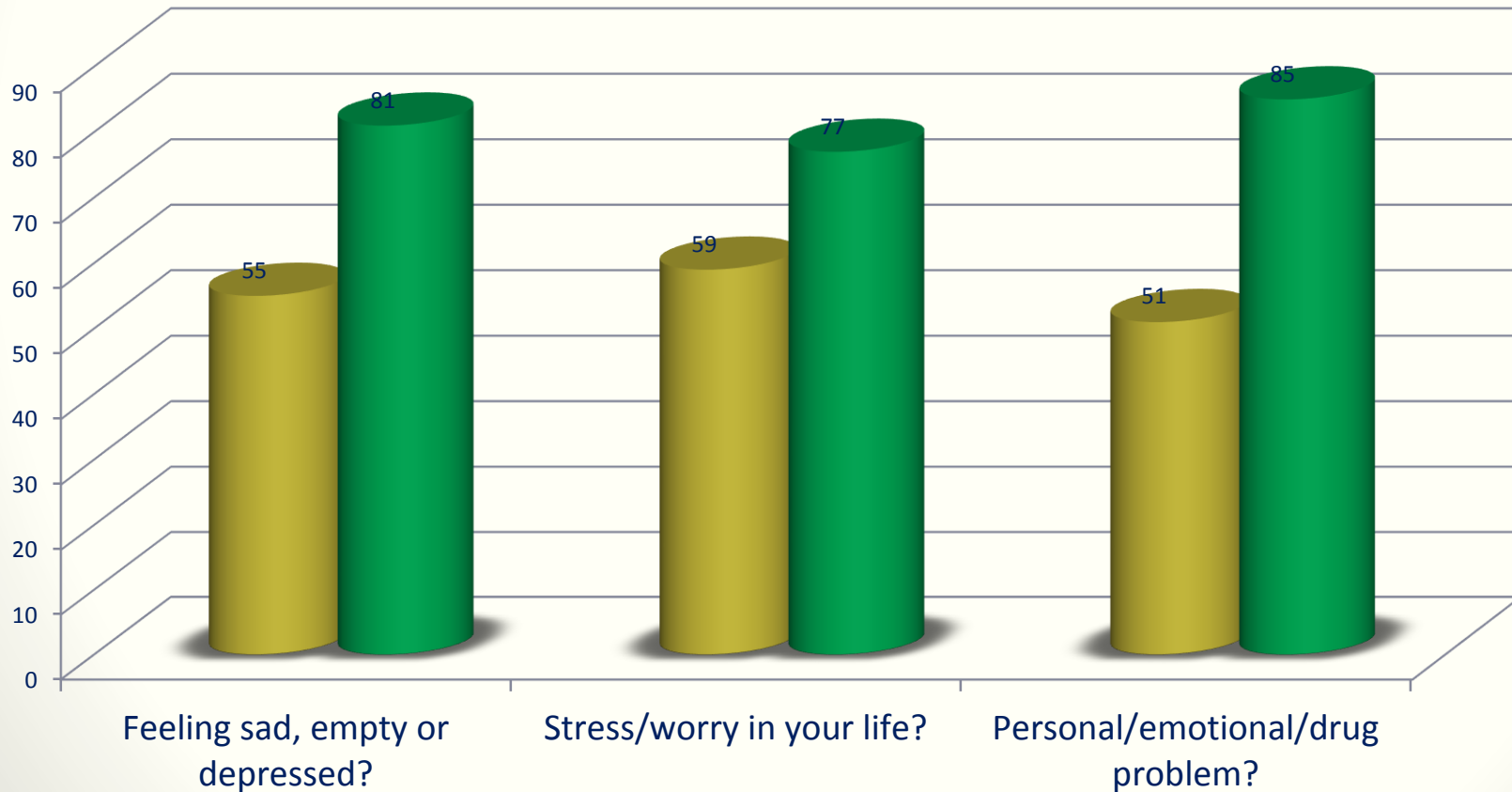


Results – Mental Health Screening

In the last 12 months, did anyone in this practice ask you if...

N = 136

■ YES ■ NO



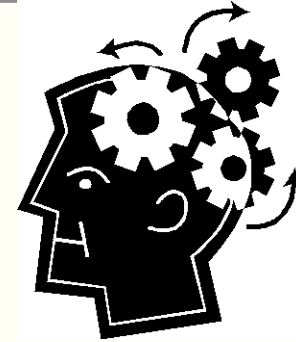
Discussion



- The stigma isn't as bad as expected.
- Majority believe seeing a doctor is the best treatment (95%).
- Most feel comfortable talking to their primary care doctor (90%) and mental health professionals (88%) about their mental health.
- BUT majority are not being screened for mental illness or drug/alcohol problems (~60%).
- Why place mental health screening as a priority in a primary care setting?
 - Improve compliance
 - May be causing physical symptoms
 - Improves overall health**

**Graham, C., Griffiths, B., Tillotson, S., Rollings, C. (2013). Healthy Living? By Whose Standards? Engaging Mental Health Service Recipients to Understand Their Perspectives of, and Barriers to, Healthy Living. *Psychiatr Rehabil J*.

Recommendations



- Improve frequency of mental health screenings in primary care setting.
 - Screenings already in system:
 - Depression: PHQ-9 (screens and confirms)
 - Substance Abuse: CAGE-AID (screen), AUDIT and DAST (screen and confirm)
 - Make templates in eClinical
 - PHQ-3
 - Informational seminars for providers about why mental health screening is important and how it can help
- Make information about mental health resources and disease readily available.
 - Posters in exam rooms (www.dmh.state.ms.us)
 - Brochures easily accessible (but in private place)
 - Hold educational seminars about mental illness (Woodrow Wilson)
 - Remember, most individuals agreed that they received their information about mental illness from their doctor/nurse/specialist!



Acknowledgements

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- Ms. Betty Johnson
- Ms. Owens
- MS. Wansley
- Ms. Jennifer Bradley
- Mr. Justin Smith
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- JHCHC
- GE-NMF PCLP