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

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• 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

Clinics Sampled

- Main: 44%
- Medical Mall: 32%
- Woodrow Wilson: 9%
- Homeless: 15%

- Adult/Medicine: 60%
- OB/GYN: 15%
- Pediatrics: 9%
- Dentistry: 32%
- Social Services: 9%
Results – Demographics

**Gender**
- Male
- Female

**Race/Ethnicity**
- Black/AA
- White (non-hispanic)
- Hispanic or Latino
- Other
- NR

**Age**
- 10-29 years
- 30-49
- 50-69
- 70+
- NR

**Education**
- 8th grade or less
- Some high school
- HS/GED
- Some College/2 year
- 4 year college
- NR
Results – Stigma

- Completely Agree
- Agree
- Neutral
- Disagree
- Completely Disagree

Graph showing results for various statements related to stigma, with different responses indicated by different colors and markers.
Results – Knowledge about MI

The cause of mental illness is...

- I don't know: 3.3
- Ghost/Demons/Spirits: 2.4
- Act of God: 2.62
- Injury/Accident: 3.62
- Emotional Trauma: 3.89
- Virus/Disease: 3.19
- Pressure/tension at home: 3.68
- Physical/body function: 3.26
- Learning, habit: 2.97
- Brain Function: 3.98
- Psychological: 3.52
- Genetic: 3.55

Mean values range from 2.4 to 3.98.
Results – Knowledge about MI

My Information about MI comes from...

- Famous Ppl: 2.57
- Dr/nurse/specialist: 3.63
- School Teachers: 2.55
- Internet: 2.71
- Magazines/newspapers: 3.02
- TV/Radio/Film: 3.1
- Family/Friends: 3.49
- Experience with others with MI: 3.41
- Personal Experience with MI: 3.09

[Mean values for each source of information]
Results – Coping

If I had a mental illness I would...

- See Dr.: 4.53
- Talk to family: 3.99
- Pray: 4.68
- Ignore problem: 1.8

Mean
Results – Who Should Help?

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

<table>
<thead>
<tr>
<th>Option</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Him/her self</td>
<td>2.45</td>
</tr>
<tr>
<td>Other with MI</td>
<td>2.59</td>
</tr>
<tr>
<td>Primary Care Dr.</td>
<td>4.37</td>
</tr>
<tr>
<td>Religious Leader</td>
<td>3.31</td>
</tr>
<tr>
<td>PT/OT</td>
<td>3.63</td>
</tr>
<tr>
<td>Family</td>
<td>3.55</td>
</tr>
<tr>
<td>Mental Health Professional</td>
<td>4.47</td>
</tr>
<tr>
<td>Institution</td>
<td>4.08</td>
</tr>
<tr>
<td>Special Care Home</td>
<td>3.96</td>
</tr>
</tbody>
</table>
Results – Mental Health Screening

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

N = 136

- Feeling sad, empty or depressed? 55 YES, 81 NO
- Stress/worry in your life? 51 YES, 59 NO
- Personal/emotional/drug problem? 51 YES, 85 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**

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!
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