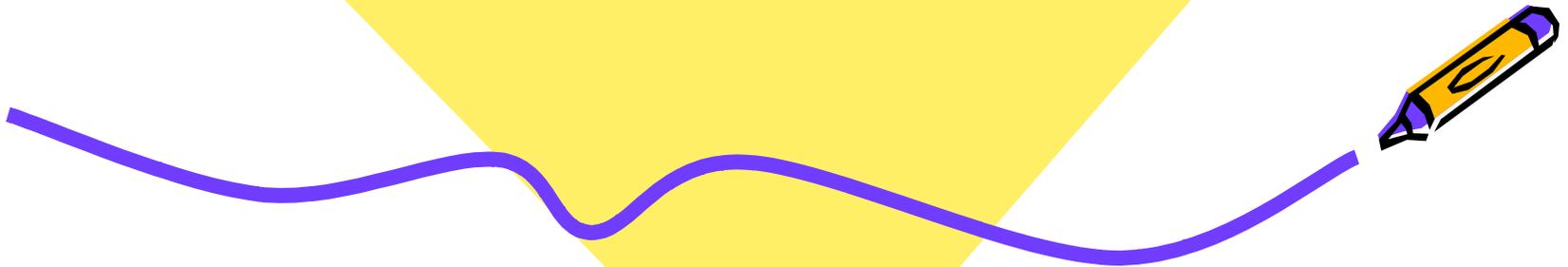
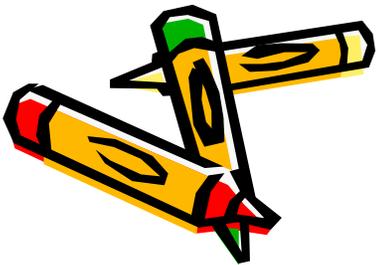


Indicator #33: Does your caseload reflect the diversity of the school population?



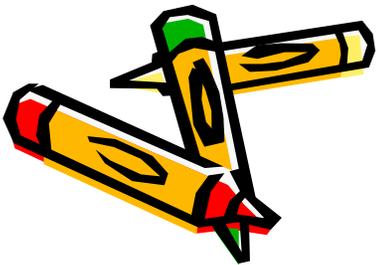
Background

- The Surgeon General's supplement to the 1999 Mental Health Report, *Report on Mental Health: Culture, Race, and Ethnicity*, documents that minorities have less access to mental health services and are less likely to receive mental health services.
- The services that they do receive tend to be of lesser quality or are not culturally sensitive.



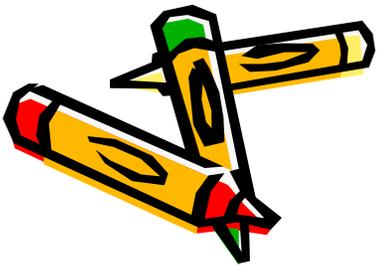
Background

- ESMH providers must be conscientious of their school's demographic makeup and must make significant efforts to outreach to all groups within their school community.
- Clinicians should regularly compare their service recipients on their caseloads to the larger school population. If there is a large discrepancy, clinicians should seek support and advice on how to better outreach to that group and then put together a plan into action.



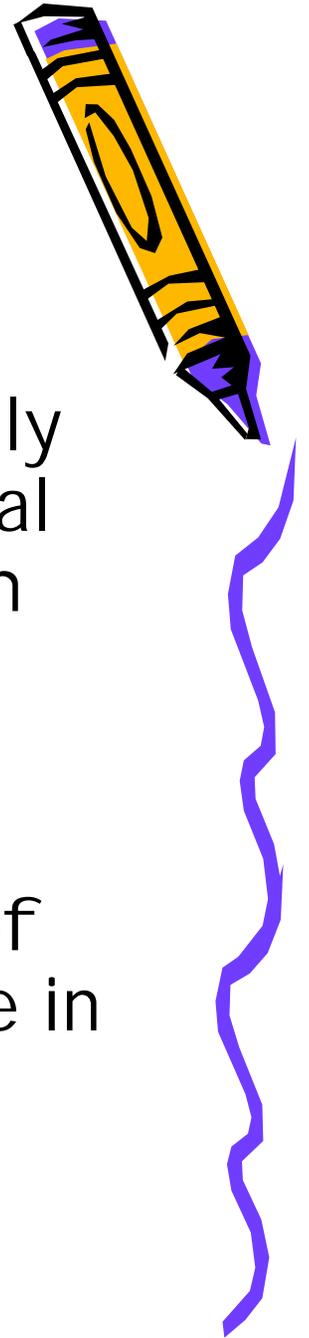
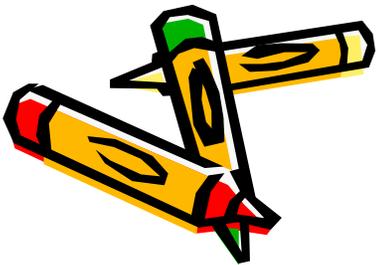
Background

- The cultures of racial and ethnic minorities influence many aspects of mental illness, including how patients from a given culture communicate and manifest their symptoms, their style of coping, their family and community supports, and their willingness to seek treatment.
- Likewise, the cultures of the clinician and the service system influence diagnosis, treatment, and service delivery.
- Cultural and social influences are not the only determinants of mental illness and patterns of service use, but they do play important roles.



Background

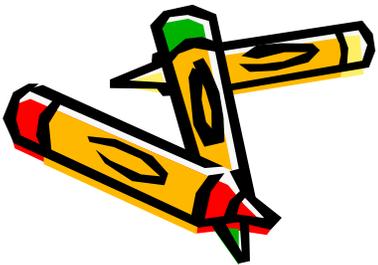
- Many mental health workers are not fully aware of the impact of culture on mental health, mental illness, and mental health services.
- The Surgeon General has recommended that all mental health professionals develop an understanding of the roles of age, gender, race, ethnicity, and culture in research and treatment.



Menu of Suggested Activities

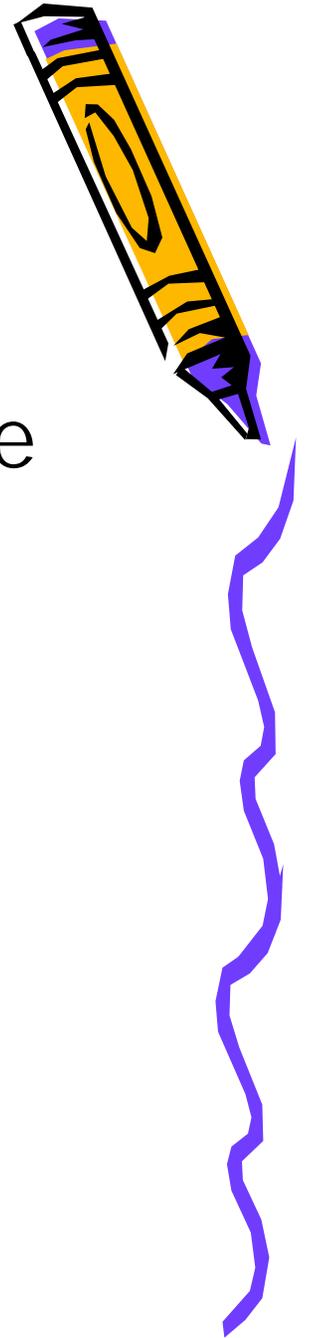
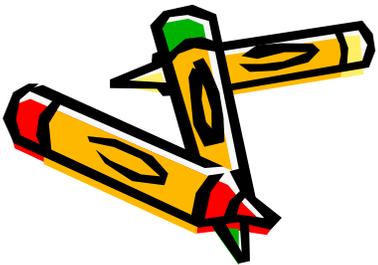
Learn about your school's diversity!

- Public school systems' websites typically list demographic information community-wide or specific to each school.
- Compare your caseload's demographics to that of the school body.
- Are you seeing a full spectrum or does it seem that you are "specializing" in treatment for a select few groups?



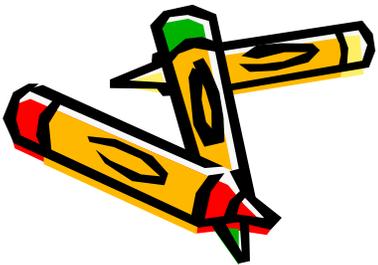
Menu of Suggested Activities

- Educate yourself about the diverse population/s with whom you work.
 - Web-based resources
 - Continuing education, workshops, readings



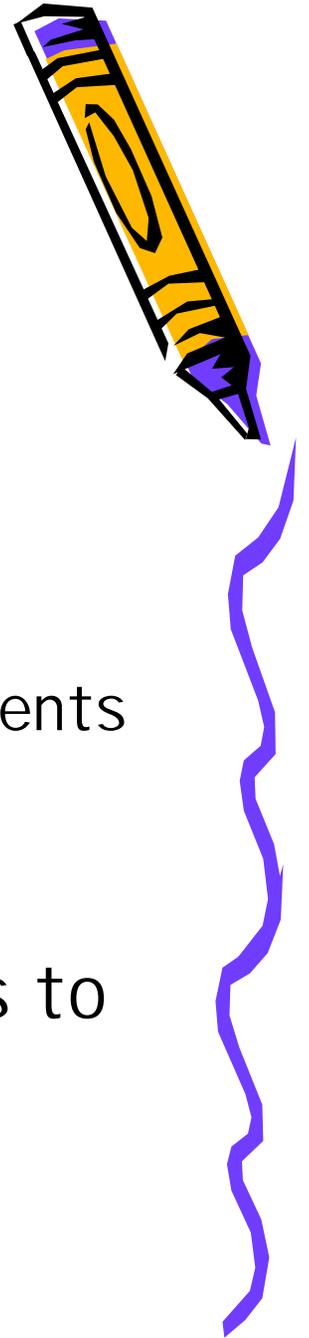
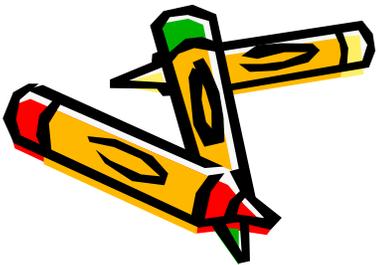
Menu of Suggested Activities

- Strategize with your group about how to better outreach to specific populations.
 - Don't underestimate the importance of forming rapport with children and families!
 - If a family with whom you work trusts you and believes you provide culturally-sensitive treatment, they will be more likely to refer community friends and family members to you.



Helpful Hints

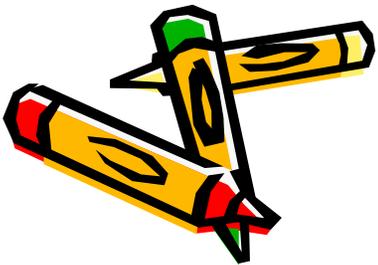
- Ethnic Diversity is not the only kind of diversity! Assess how well you are addressing the needs of:
 - Children with disabilities or health impairments
 - Teens of diverse sexual orientations
 - Bilingual children or recent immigrants
- Do not wait for your case demographics to shift on their own! Be proactive!



Keep in Mind...

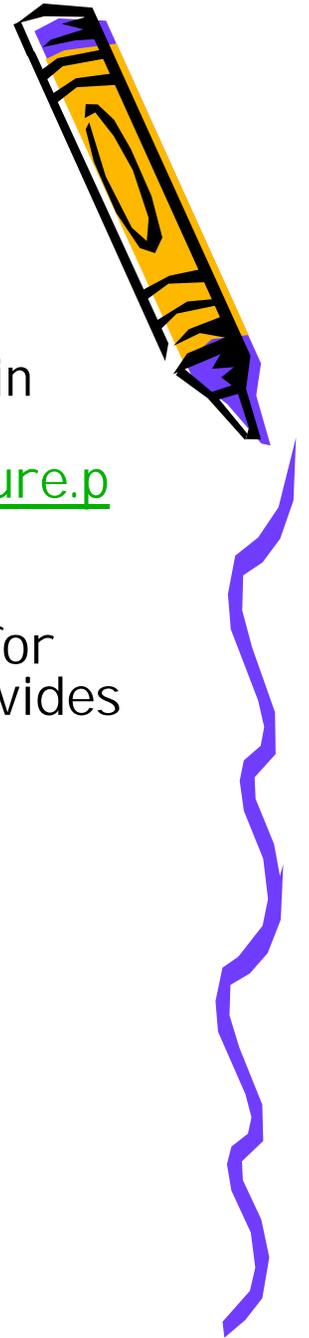
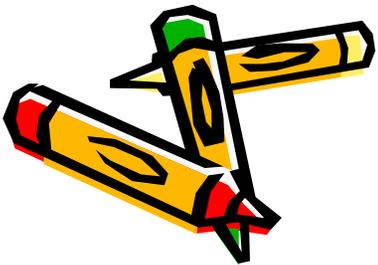
If your ethnic status is different from a large proportion of the children and families with whom you work:

- Cultural responsiveness/sensitivity results from shared attitudes between therapist and client.
- It is a better predictor of client ratings of satisfaction, empathy, unconditional regard, and therapist credibility than race.



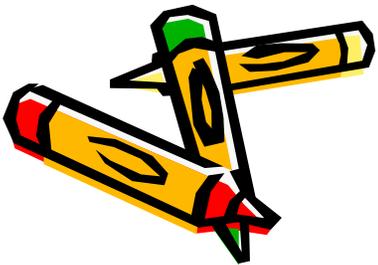
Web Resources

- Center for Mental Health in Schools, Cultural Concerns in Addressing Barriers to Learning
(<http://www.smhp.psych.ucla.edu/pdfdocs/cultural/culture.pdf>)
- Multicultural Mental Health Evaluation (MCMHEVAL), a listserv regarding evaluation of mental health services for diverse cultural, racial, and ethnic populations. Also provides technical assistance and material development.
(<http://tecathsri.org/lists.asp#multi>)
(<http://tecathsri.org/multicultural.asp>)
- Multicultural Center for Research and Practice
(<http://www.multiculturalcenter.org>)
- National Center for Cultural Competence
(<http://gucdc.georgetown.edu/nccc/index.html>)



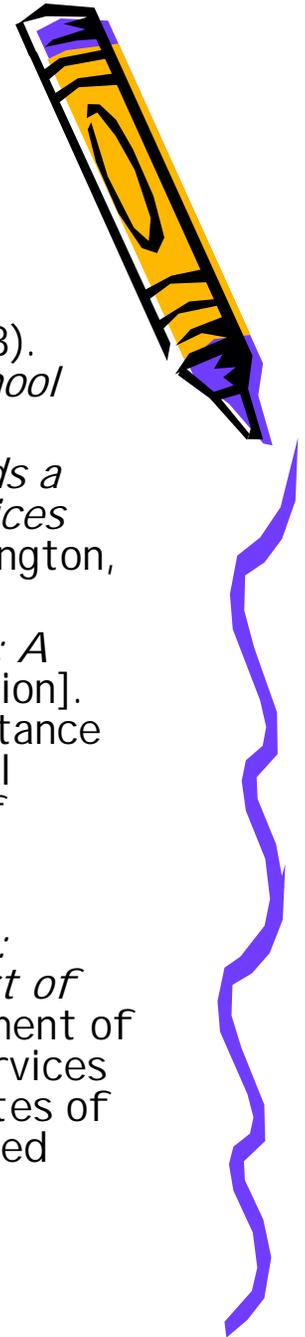
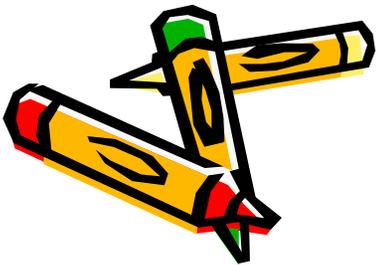
Web Resources

- Surgeon General's *Mental Health: Culture, Race, and Ethnicity: A supplement to Mental health: A report of the Surgeon General [electronic version]*. Fact sheets related to mental health for each of 4 major ethnic groups in America. (<http://www.mentalhealth.org/cre/factsheet.asp>)
- U.S. Census Bureau website's link to demographic information. (http://factfinder.census.gov/servlet/SAFFPeople?_sse=on)



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