

Literature Review and Analysis
Evidence-Based Treatment/Intervention and Practices for Mental Health Related to Racial/Ethnic Populations

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Purpose

- Because there is an increasing emphasis placed on the use of evidence-based practices in the treatment of children with serious emotional disturbance and their families, it is important to develop understanding of the effects of these practices within racially and ethnically diverse populations.
- The purpose of this analysis was to evaluate identified literature for specific evidence-based treatments/interventions and practices used clinically and organizationally for the purpose of improving access and utilization of services for racial and ethnic populations with emotional/behavioral disorders.

Background

- Racial and ethnic minorities are a growing segment of the U.S. population and currently are either underserved and/or inappropriately served in the mental health system (President's New Freedom Commission on Mental Health, 2003).
- Ethnically/racially diverse populations experience a greater disability burden from emotional and behavioral disorders than do white populations (Huang, 2002).
- Mental health disparities have been attributed to an inadequate ability of mental health systems to understand and value the need to adapt service delivery processes to the histories, traditions, beliefs, languages and values of diverse groups.

Method

- Articles initially identified through a literature review conducted as a sub-study of FMHI's Research and Training Center for Children's Mental Health, Study 5: *Accessibility of Mental Health Services: Identifying and Measuring Organizational Factors Associated with Reducing Mental Health Disparities*.
- 6 electronic databases searched (educational, psychological, medical, and sociological).
- Search terms included: cultural competence, children, family, mental health, organizations, health disparities, outcome, barriers, utilization, service delivery, and all related terms.
- Approximately 2500 identified.

Method

- Selection of Articles:
 - Published Between 1994 and 2004
 - Published in the United States
 - Journal Articles Only
- Deletion of Articles:
 - No abstract
 - Targeted only adult populations
 - Discussed physical, but not mental health
- After duplicate and non-relevant articles were deleted there was a master library created with 239 research articles and 211 literature reviews relevant to the accessibility of child mental health services study.

Analysis: Phase I

- Review of the 239 identified papers not categorized as literature reviews for the purpose of determining particular themes or trends:
- Articles divided into 5 categories according to racial/ethnic population(s) represented:
 - African American
 - Asian American
 - Latino
 - Native American
 - Non-Specific
 - Articles categorized as non-specific if they made reference to minority populations but did not specify in the abstract which particular group(s) were being studied.

Analysis: Phase I

- Two categories emerged from the Phase I analysis:
 - Articles presenting the results of research of racial and ethnic diversity in child mental health
 - Articles presenting opinion and/or contextual information related to racial and ethnic diversity in child mental health
- 129 coded as research papers and 110 coded as context papers

Analysis: Phase II

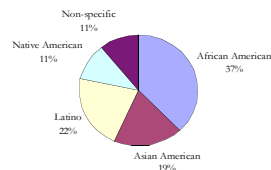
- Focused on the content of the 129 articles coded as research:
 - Content was reviewed for their focus on evidence-based treatments or interventions
 - Because the content of the research articles often examined more than one ethnic/racial population, individual classification of articles according to racial and ethnic groups were merged, and 28 duplicate articles were identified and purged.
 - From the remaining 101 articles, 25 were identified as addressing issues of evidence-based practice in child mental health.
 - Master library of the final 25 articles was created to begin Phase III analysis.

Analysis: Phase III

- Detailed coding and description of article content:
 - Specific racial/ethnic group and subgroup (from broad racial/ethnic group to specific details such as age, gender, and geographic characteristics populations)
 - A summary of the treatment or intervention used/studied
 - Research design (including research questions and variables measured)
 - Key findings
 - Implications or recommendations for future research

Analysis: Phase III

Breakdown of 25 Research Articles
According to Racial/Ethnic Populations Represented



Analysis: Phase III

- In Phase III examination, three broad categories of treatments/interventions or practice emerged in analysis:
 - Research related to the use or analysis of specific interventions or treatments
 - Research related to the use or analysis of ethnic-specific practices
 - Research related to the evaluation or development of organizational level factors designed to increase access and utilization for target populations.

Category 1:

Use or Analysis of Specific Interventions or Treatments

- Articles describe a specific treatment or intervention aimed to improve outcomes for a target group of color.
- Treatments and interventions identified include:
 - A comparison of two types of intervention models (traditional and family-enhanced)
 - An examination of an intervention program serving emotionally disturbed African American children
 - An examination of case manager response to missed appointments in relation to client's adherence to treatment
 - A study of two engagement interventions for African American and Latino children and families
 - An examination of barriers to children's mental health services and the need for outreach interventions for children and their families

Article List:

Use/Analysis of Specific Interventions/Treatments

- Blank, M. B., M. Y. Chang, et al. (1996). Case manager follow-up to failed appointments and subsequent service utilization. *Community Mental Health Journal*. 32: 23-31.
- Boyd-Ball, A. J. (2003). Culturally responsive, family-enhanced intervention model. *Alcoholism-Clinical And Experimental Research*. 27: 1356-1360.
- Gregory, S. D. and F. B. Phillips (1997). "Of mind, body, and spirit": therapeutic foster care--an innovative approach to healing from an NTU perspective. *Child Welfare*. 76: 127-42.
- McKay, M. M., J. Stoewe, et al. (1998). Increasing access to child mental health services for urban children and their caregivers. *Health & Social Work*. 23: 9-15.
- Owens, P. L., K. Hoagwood, et al. (2002). Barriers to children's mental health services. *Journal of the American Academy of Child & Adolescent Psychiatry*. 41: 731-8.

Category 2:

Use or Analysis of Ethnic-Specific Practices

- Articles in this category examine services that are modified to serve ethnic or racial populations.
 - Can be differentiated from the Category 1 because the ethnic-specific practices were much broader in definition and expected outcome than intervention specific research.
 - Example: Many described ethnic-specific practices such as ethnic/therapist match in relation to traditional or mainstream programs rather than measuring a specifically intended outcome of a specific intervention.
- Six articles examined client and counselor/case manager matching.
- One article examined the effects of ethnic-specific services designed to meet the cultural/linguistic needs of the client.
- Two articles examined Ethnic-Specific versus Mainstream Programs.

Article List:

Use/Analysis of Ethnic-Specific Practices

- Blank, M. B., F. L. Tetrick, et al. (1994). Racial Matching And Service Utilization Among Seriously Mentally-Ill Consumers In The Rural South. *Community Mental Health Journal*. 30: 271-281.
- Chinman, M. J., R. A. Rosenheck, et al. (2000). Client-case manager racial matching in a program for homeless persons with serious mental illness. *Psychiatric Services*. 51: 1265-1272.
- Fujino, D. C., S. Okazaki, et al. (1994). Asian-American Women In The Mental-Health System - An Examination Of Ethnic And Gender Match Between Therapist And Client. *Journal Of Community Psychology*. 22: 164-176.
- Gamst, G., R. H. Dana, et al. (2004). Ethnic match and treatment outcomes for child and adolescent mental health center clients. *Journal Of Counseling And Development*. 82: 457-465.
- Lau, A. and N. Zane (2000). Examining the effects of ethnic-specific services: An analysis of cost-utilization and treatment outcome for Asian American clients. *Journal Of Community Psychology*. 28: 63-77.

Article List:

Use/Analysis of Ethnic-Specific Practices

- Ortega, A. N. and R. Rosenheck (2002). Hispanic client-case manager matching: Differences in outcomes and service use in a program for homeless persons with severe mental illness.
- Sue, S. (1998). In search of cultural competence in psychotherapy and counseling. *American Psychologist*. 53: 440-448.
- Sue, S., D. C. Fujino, et al. (1991). Community Mental-Health-Services For Ethnic-Minority Groups - A Test Of The Cultural Responsiveness Hypothesis. *Journal Of Consulting And Clinical Psychology*. 59: 533-540.
- Takeuchi, D. T., S. Sue, et al. (1995). Return Rates And Outcomes From Ethnicity-Specific Mental-Health-Programs In Los-Angeles. *American Journal Of Public Health*. 85: 638-643.
- Yeh, M., D. T. Takeuchi, et al. (1994). Asian-American Children Treated In The Mental- Health System - A Comparison Of Parallel And Mainstream Outpatient Service Centers. *Journal Of Clinical Child Psychology*. 23: 5-12.

Category 3: Evaluation/Development of Organizational Level Factors

- Articles in this category describe factors related to outcomes at an organizational level.
- For example, four articles examined issues of organizational culture:
 - Two of those described variations in organizational treatment goals for African Americans clients
 - One article described practice differences between public and private mental health agencies
 - One described the ways workers and supervisors view the goals and problems associated with culturally competent organizational design.

Article List: Evaluation/Development of Organizational Factors

- Ambruster, P., S. H. Gerstein, et al. (1997). Bridging the gap between service need and service utilization: A school-based mental health program. *Community Mental Health Journal*. 33: 199-211.
- Bending, R. L. (1997). Training Child Welfare Workers To Meet the Requirements of the Indian Child Welfare Act. *Journal of Multicultural Social Work*. 5: 151-64.
- Blank, M. B., M. Mahmood, et al. (2002). Alternative mental health services: The role of the Black church in the south. *American Journal Of Public Health*. 92: 1668-1672.
- Buysse, V., P. Wesley, et al. (1999). Community Development Approaches for Early Intervention. *Topics in Early Childhood Special Education*. 19: 236-43.
- Howard, D. L. (2003). Are the treatment goals of culturally competent outpatient substance abuse treatment units congruent with their client profile? *Journal Of Substance Abuse Treatment*. 24: 103-113.

Article List: Evaluation/Development of Organizational Factors

- Howard, D. L. (2003). Culturally competent treatment of African American clients among a national sample of outpatient substance abuse treatment units. Journal Of Substance Abuse Treatment. 24: 89-102.
- Kondrat, M. E., G. J. Greene, et al. (2002). Using benchmarking research to locate agency best practices for African American clients. Administration And Policy In Mental Health. 29: 495-518.
- Nybell, L. M. and S. S. Gray (2004). Race, place, space: Meanings of cultural competence in three child welfare agencies. Social Work. 49: 17-26.
- Siegel, C., E. Davis-Chambers, et al. (2000). Performance measures of cultural competency in mental health organizations. Administration And Policy In Mental Health. 28: 91-106.
- Ulrey, K. L. and P. Amason (2001). Intercultural communication between patients and health care providers: An exploration of intercultural communication effectiveness, cultural sensitivity, stress, and anxiety. Health Communication. 13: 449-463.

Conclusions

- There is much to learn from the existing research base that can positively contribute to knowledge development and application around the understanding and use of culturally competent practices in systems of care.
- Results strongly suggest a need for future research in the area of evidence-based treatments/interventions and practices aimed at increasing access to appropriate services and improving outcomes for racially/ethnically diverse children and their families.