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.

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

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
Category 1: Use or Analysis of Ethnic-Specific Practices

Article List: Use/Analysis of Ethnic-Specific Practices


Category 2: Use or Analysis of Ethnic-Specific Practices

Article List: Use/Analysis of Ethnic-Specific Practices


Category 3: Evaluation/Development of Organizational Level Factors

Article List: Evaluation/Development of Organizational Factors


Article List: Evaluation/Development of Organizational Factors


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.