



# Using Population Surveillance Surveys to Understand Mental Health Disparities in California

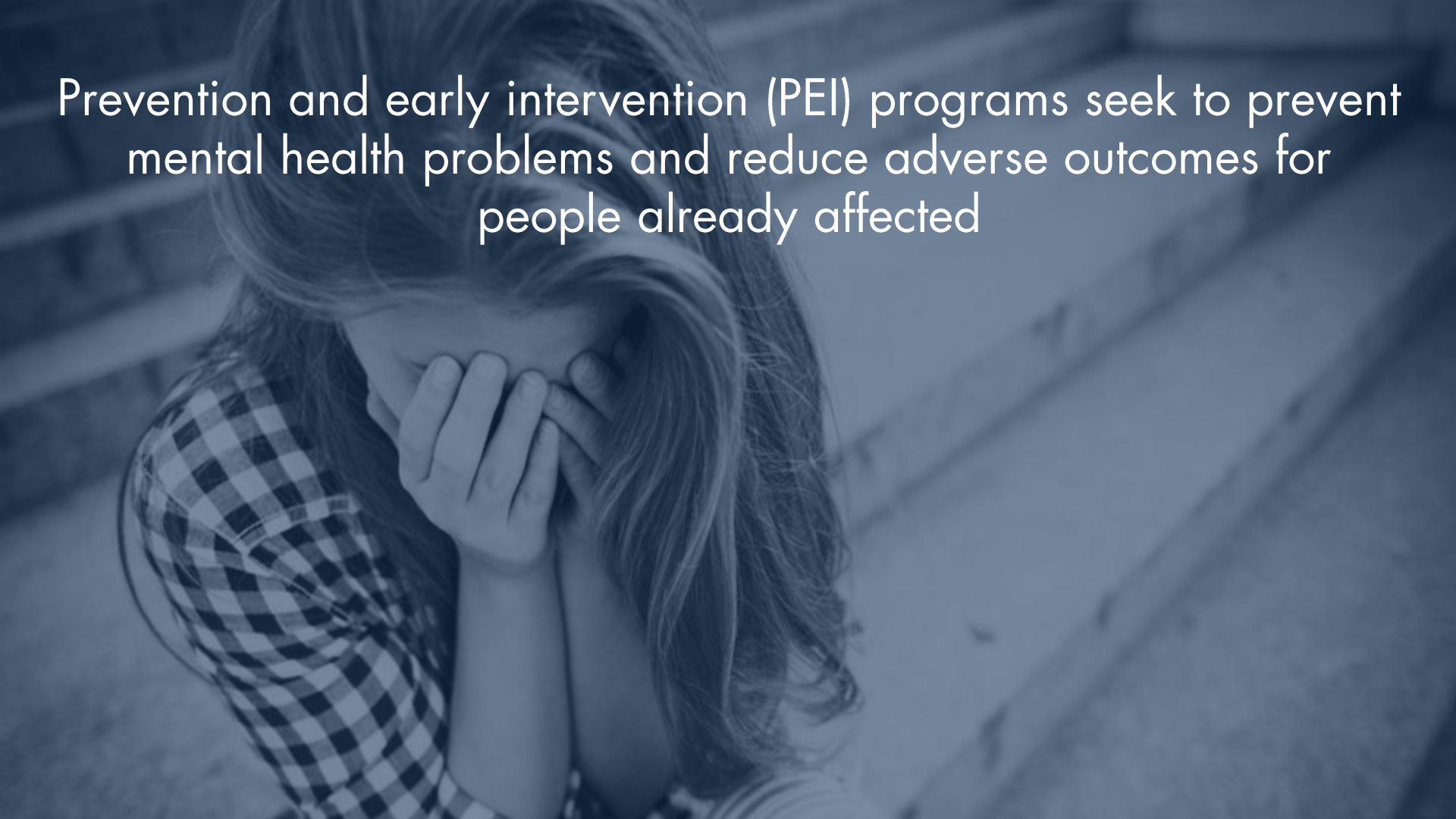
Audrey Burnam, Nicole Eberhart, and Eunice Wong  
March 2017



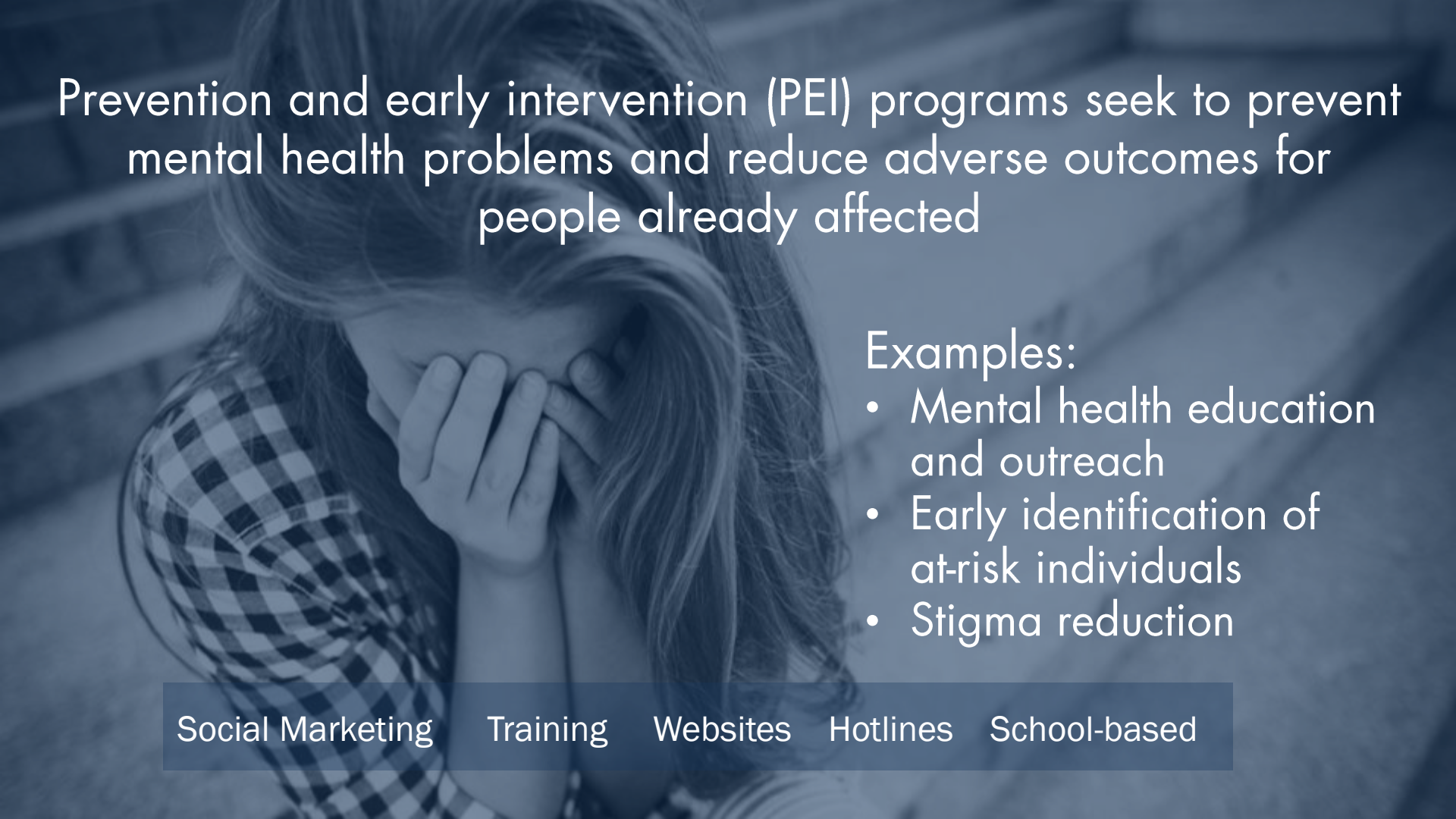
HEALTH



WELLNESS • RECOVERY • RESILIENCY

A person with long, wavy hair is shown from a high angle, sitting on a concrete surface. They are wearing a checkered shirt and have their hands pressed against their face, completely covering their eyes and nose. The overall tone of the image is somber and blue-tinted, conveying a sense of emotional pain or despair.

Prevention and early intervention (PEI) programs seek to prevent mental health problems and reduce adverse outcomes for people already affected



Prevention and early intervention (PEI) programs seek to prevent mental health problems and reduce adverse outcomes for people already affected

Examples:

- Mental health education and outreach
- Early identification of at-risk individuals
- Stigma reduction

Social Marketing

Training

Websites

Hotlines

School-based

# RAND was selected to carry out an evaluation of PEI programs across the state

## Major aims





# Key Findings

## California Health Interview Survey

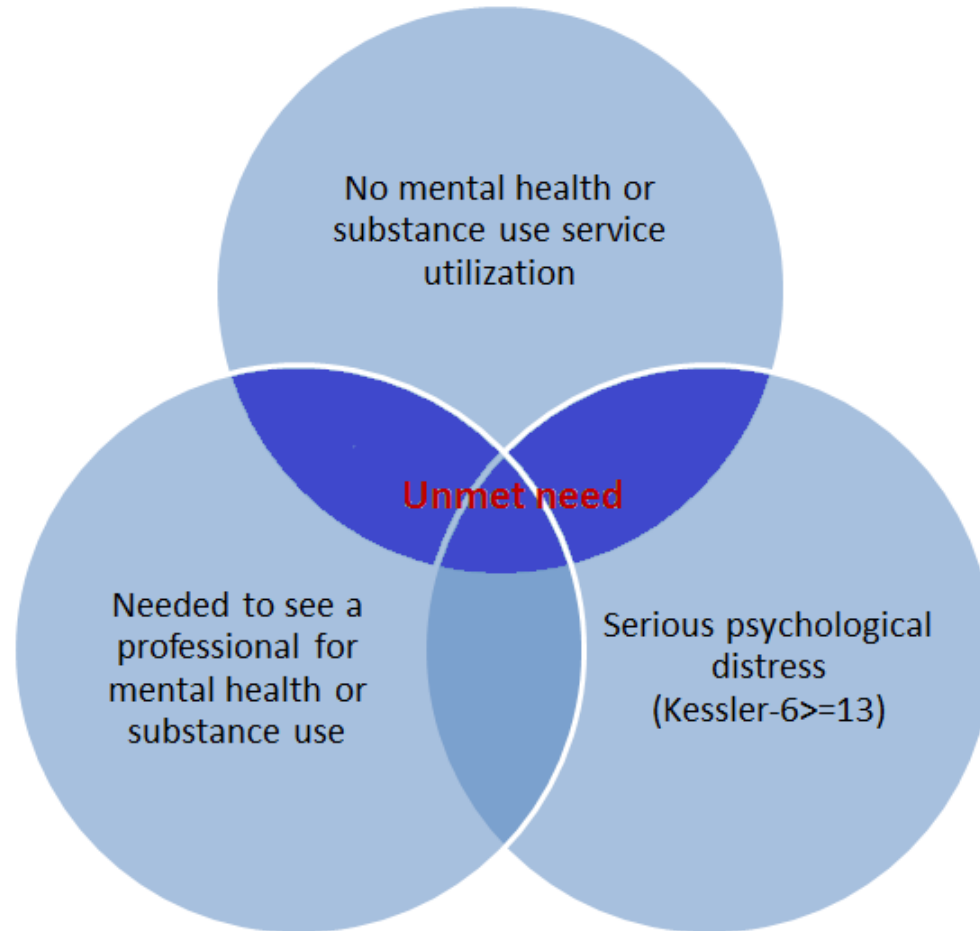
# California Health Interview Survey (CHIS)

- RDD telephone survey of households in California (home + cell)
- Sampling frame designed to provide population-based estimates for California, most of its counties, and all of its major racial/ethnic groups
- Administered in Spanish, Chinese (Mandarin and Cantonese), Vietnamese, and Korean - in addition to English
- **Adult**, adolescent, and child versions
- Data available starting in 2001; collected biennially until 2011, then continuously
- Surveys a wide variety of health issues, including some mental health

# Sample

- N=65,863 for 2011-2013
- 51% female
- Race/ethnicity (weighted)
  - 44% White
  - 34% Latino
  - 14% Asian
  - 6% Black
  - 3% Other

# Indicators of Mental Health Need

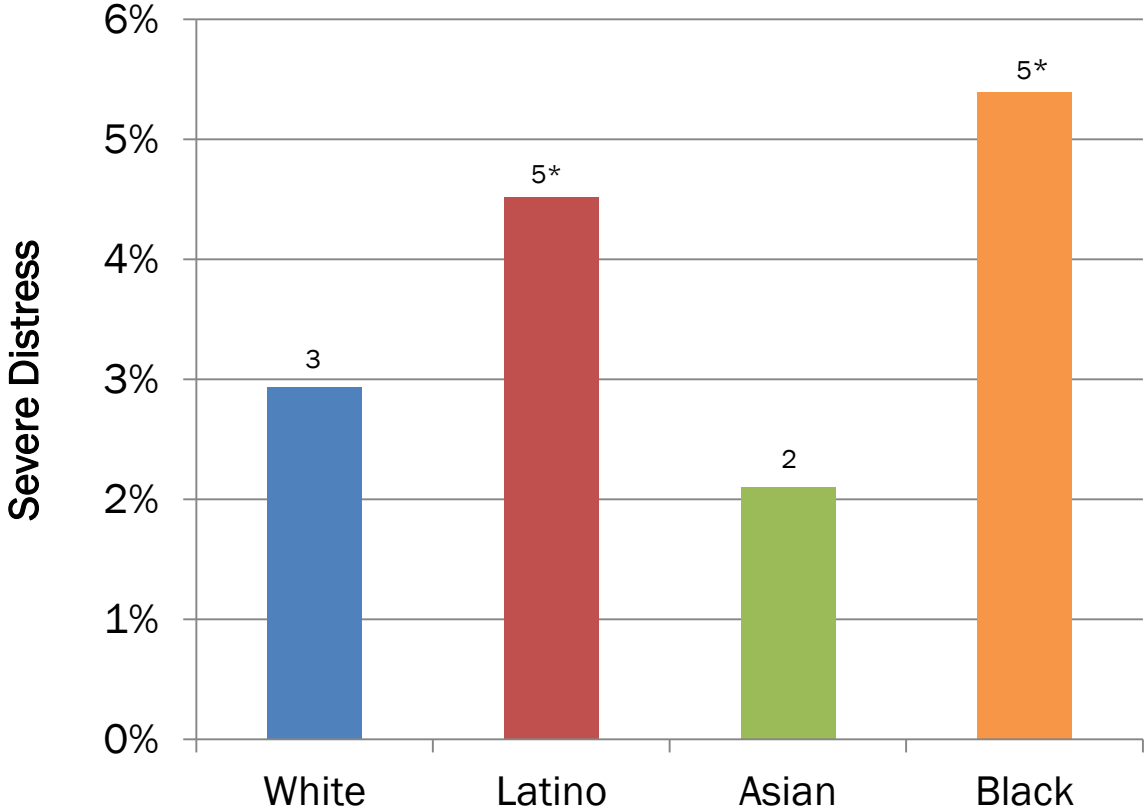




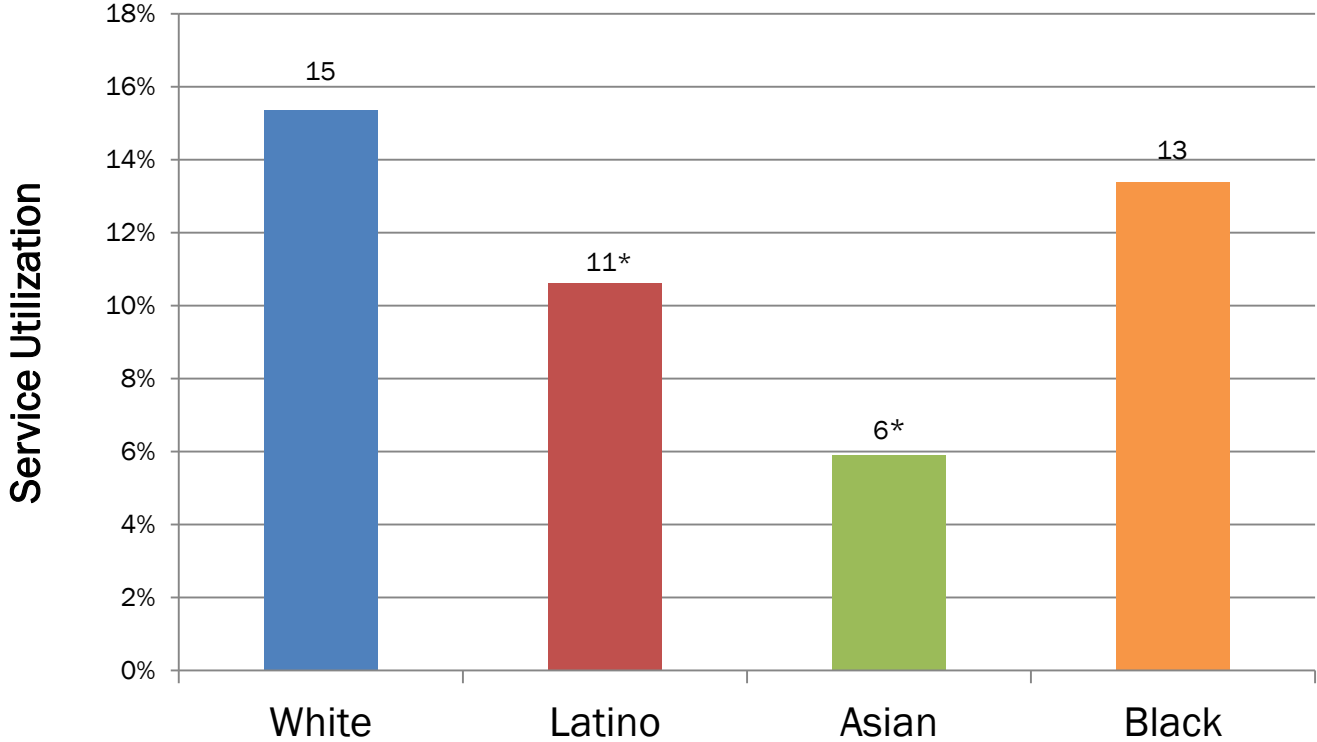
# Indicators of Impairment

- Self-report that emotions interfered “a lot” with work performance
- Missed work or normal activities due to “feeling nervous, depressed, or emotionally stressed”
  - 4+
  - 9+

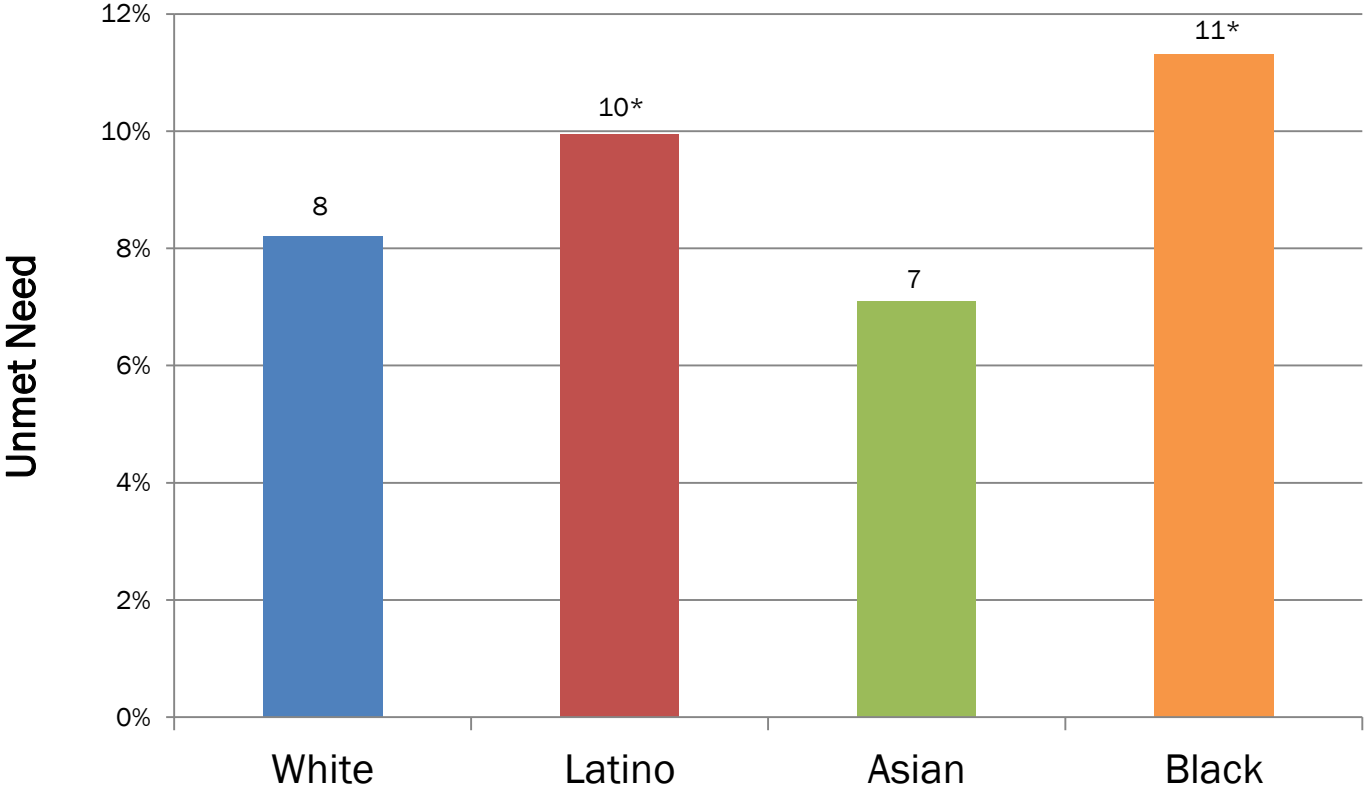
# Black and Latino Californians exhibited higher levels of serious psychological distress than Whites



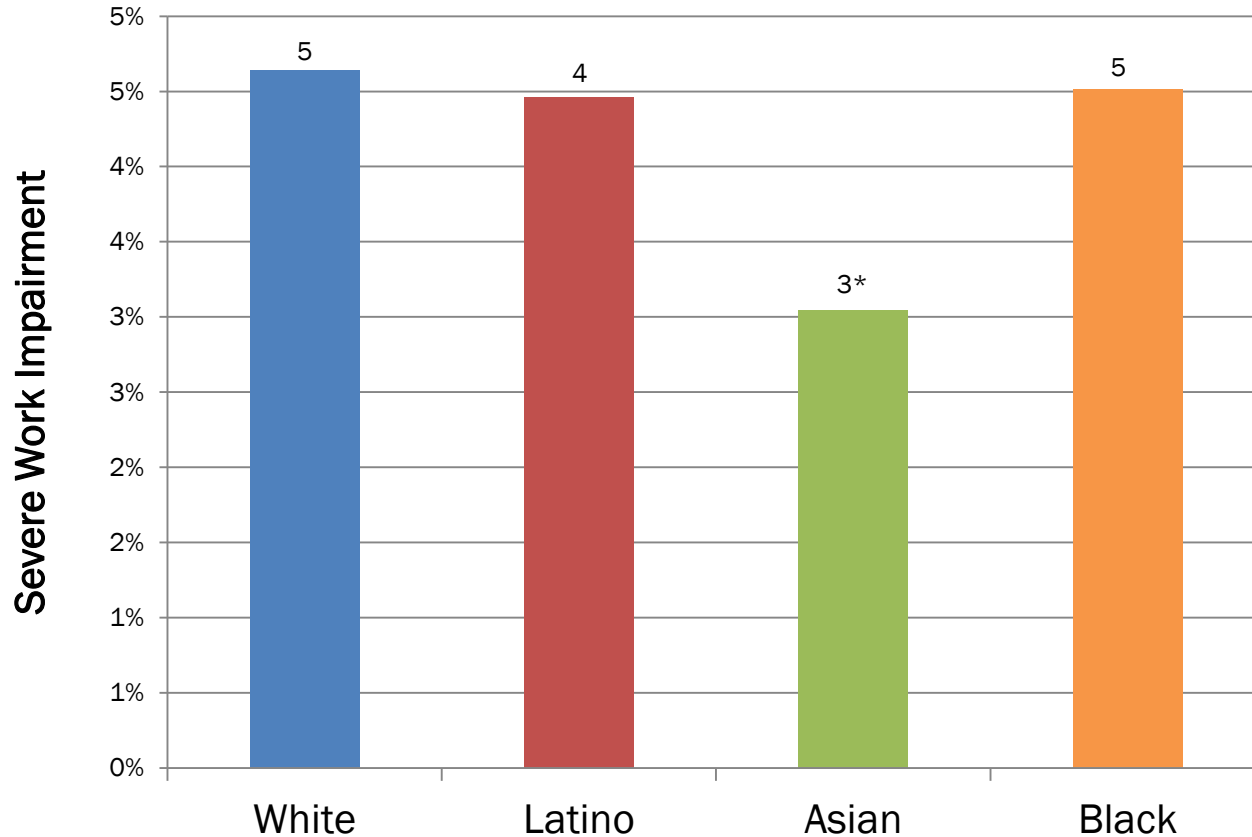
# Latino Californians and Asian Californians have lower mental health or substance use service utilization than Whites



# Latino and Black Californians have higher levels of unmet need for mental health or substance abuse services

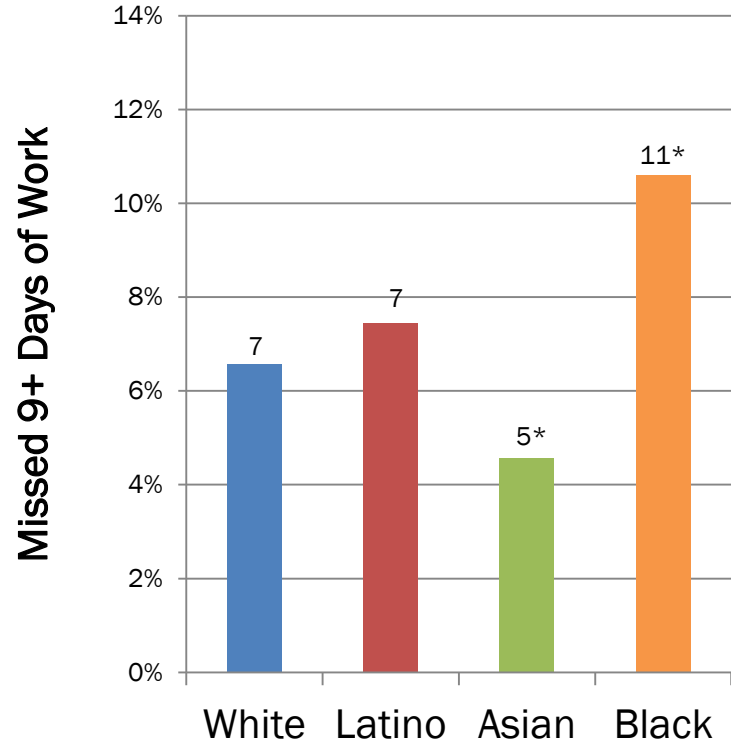
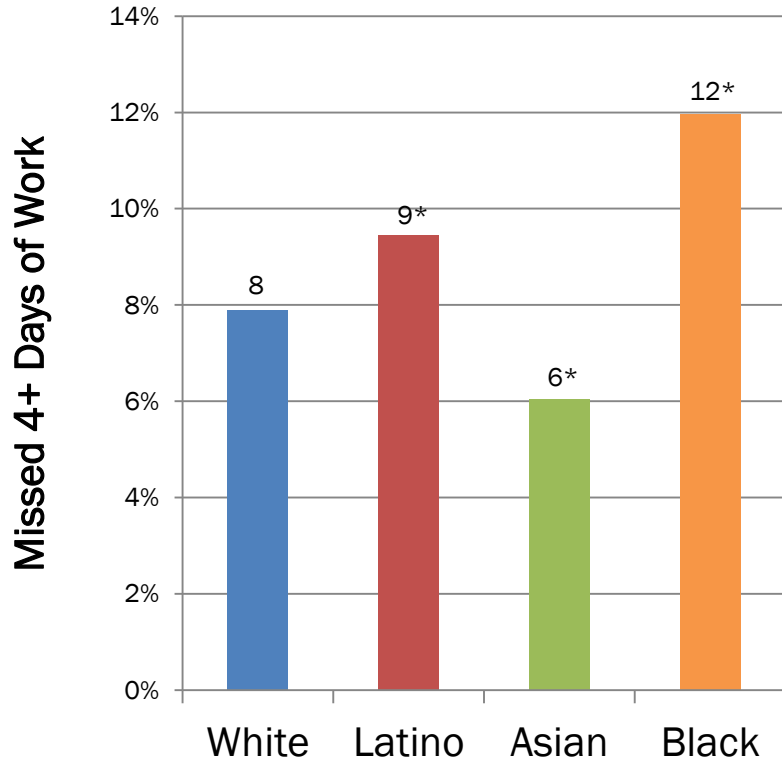


# Asian Californians self-reported lower rates of severe work impairment than Whites



# Asian Californians were less likely to miss work due to mental health

## Latino and Black Californians were more likely to miss work



## What does this mean for mental health disparities in California?

- Asian Californians had lower levels of service utilization, but also lower levels of impairment
- Latino and Black Californians had greatest mental health needs and impairment
  - Higher levels of severe psychological distress
  - Higher rates of unmet need
  - Higher rates of missed work due to mental health
    - Latino and Black Californians' may be at greater risk of taking unpaid leave or even losing their jobs due to mental health problems





# Key Findings

## RAND Statewide Surveys



# RAND Statewide Surveys

## California Statewide Survey (CASS)

- Administered in 2013 and 2014
- Probability sample of CA adults
- English, Spanish, Cantonese/Mandarin, Vietnamese, Hmong, and Khmer

## California Well-Being Survey (CWBS)

- Administered in 2014
- Follow-up survey of CHIS respondents with mild to moderate psychological distress
- English and Spanish

# RAND Statewide Surveys

## California Statewide Survey (CASS)

- Administered in 2013 and 2014
- Probability sample of CA adults
- English, Spanish, Cantonese/Mandarin, Vietnamese, Hmong, and Khmer
- Stigma outcomes

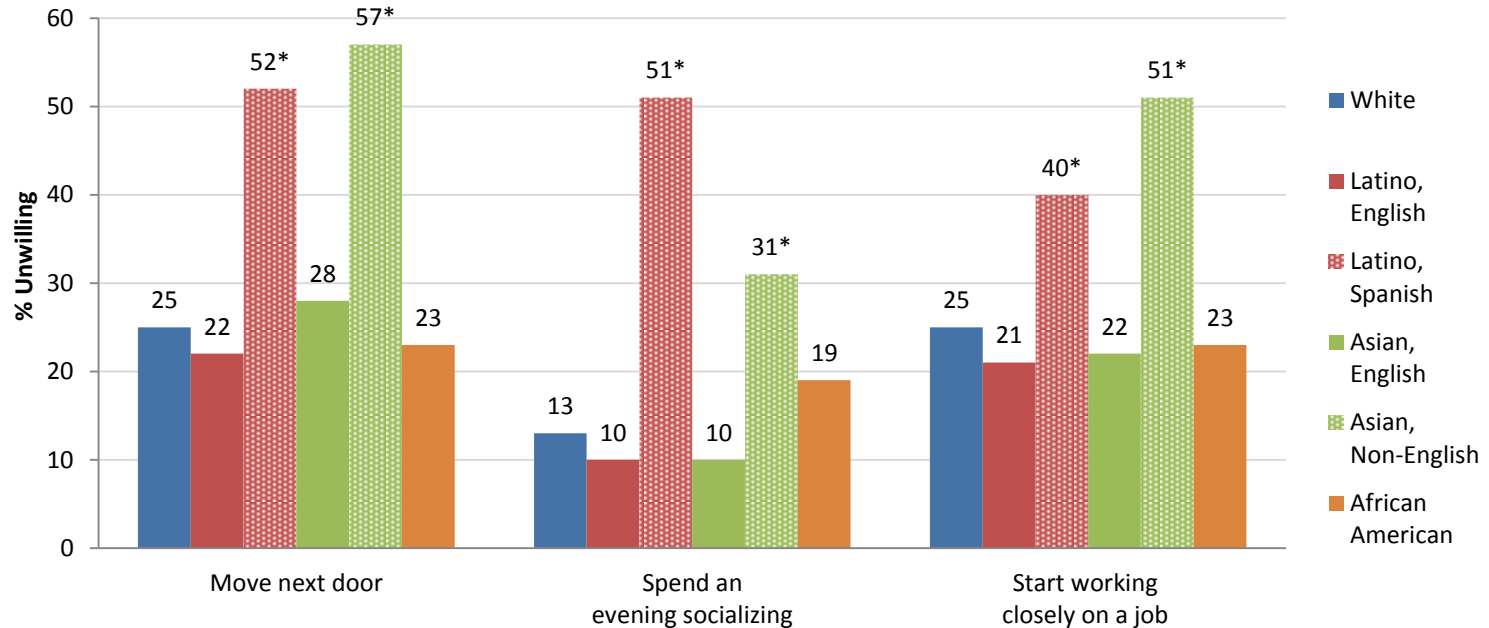
## California Well-Being Survey (CWBS)

- Administered in 2014
- Follow-up survey of CHIS respondents with mild to moderate psychological distress
- English and Spanish
- Receipt of Cultural Competent Mental Health Treatment

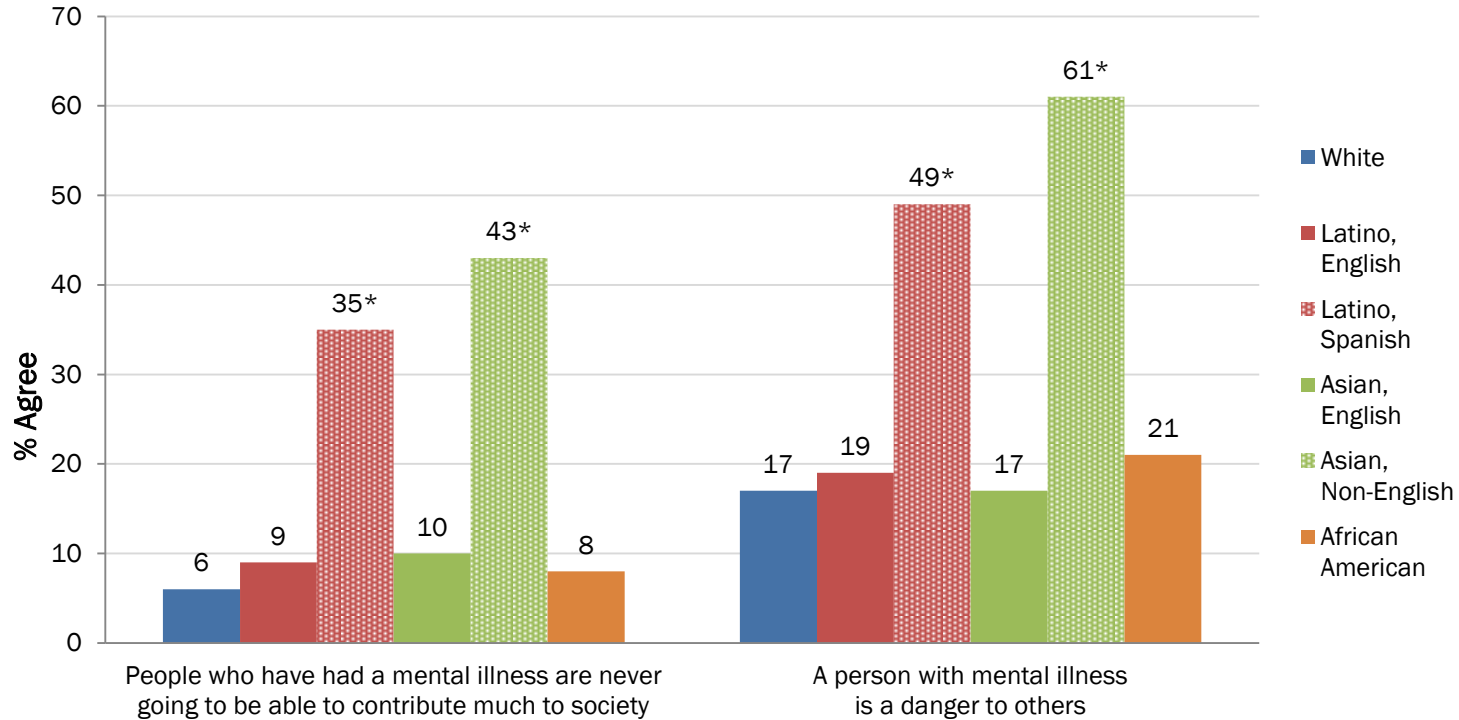
# California Statewide Survey 2014

- 1,285 respondents
- 45% White, 32% Latino, 13% Asian, 5% African American
- Stigma indicators
  - Social distance
  - Negative beliefs about people with mental illness

# Latino and Asian non-English Californians desired greater social distance from people with mental illness than Whites



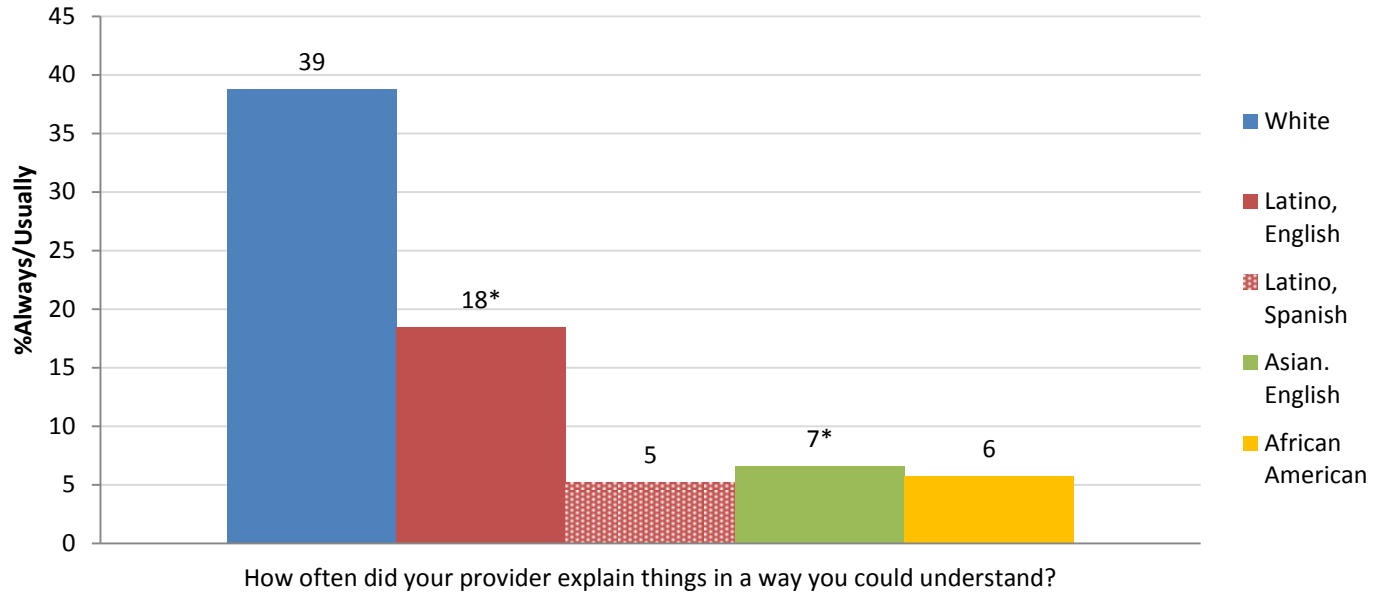
# Latino and Asian non-English Californians expressed more negative beliefs about people with mental illness than Whites



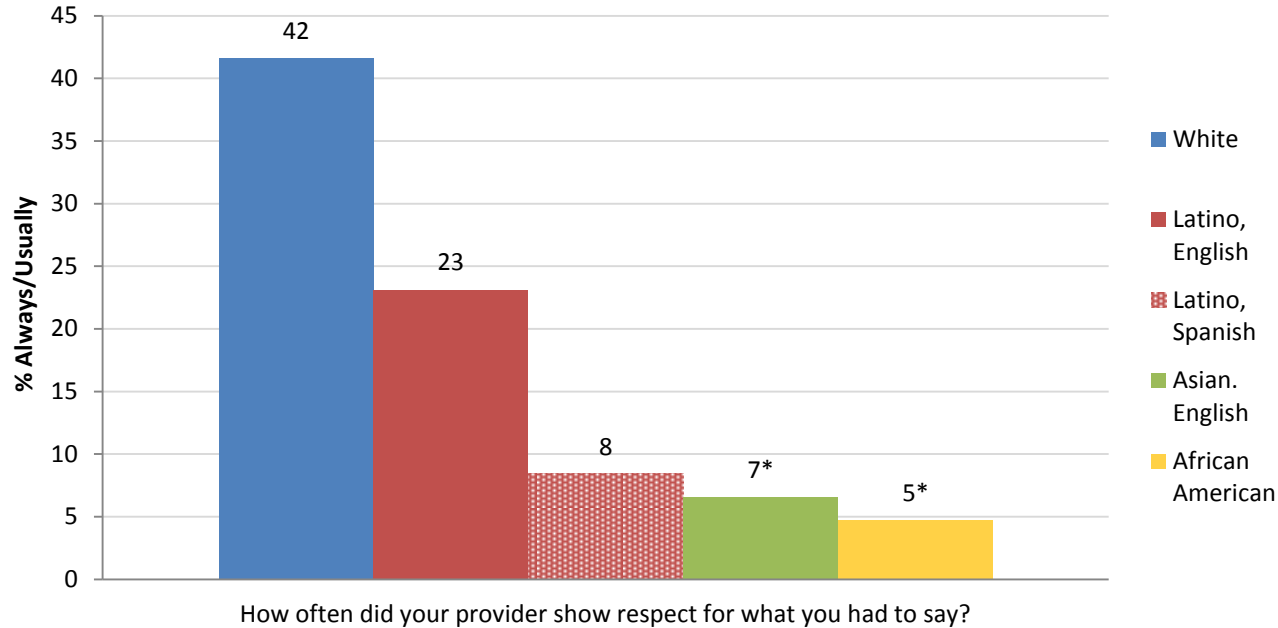
# California Well-Being Survey

- 1,066 respondents
- 46% White, 31% Latino, 7% Asian, 6% African American
- Cultural Competency (CAHPS)
  - How often did your provider explain things in a way you could understand?
  - How often did your provider show respect for what you had to say?
  - Do you think you would have gotten better care if you were from a different cultural background?
  - Would you recommend your provider to someone of your cultural background, meaning your race, religion, language, or sexual orientation?

# Latino and Asian English Californians were less likely to have providers that they could understand than Whites

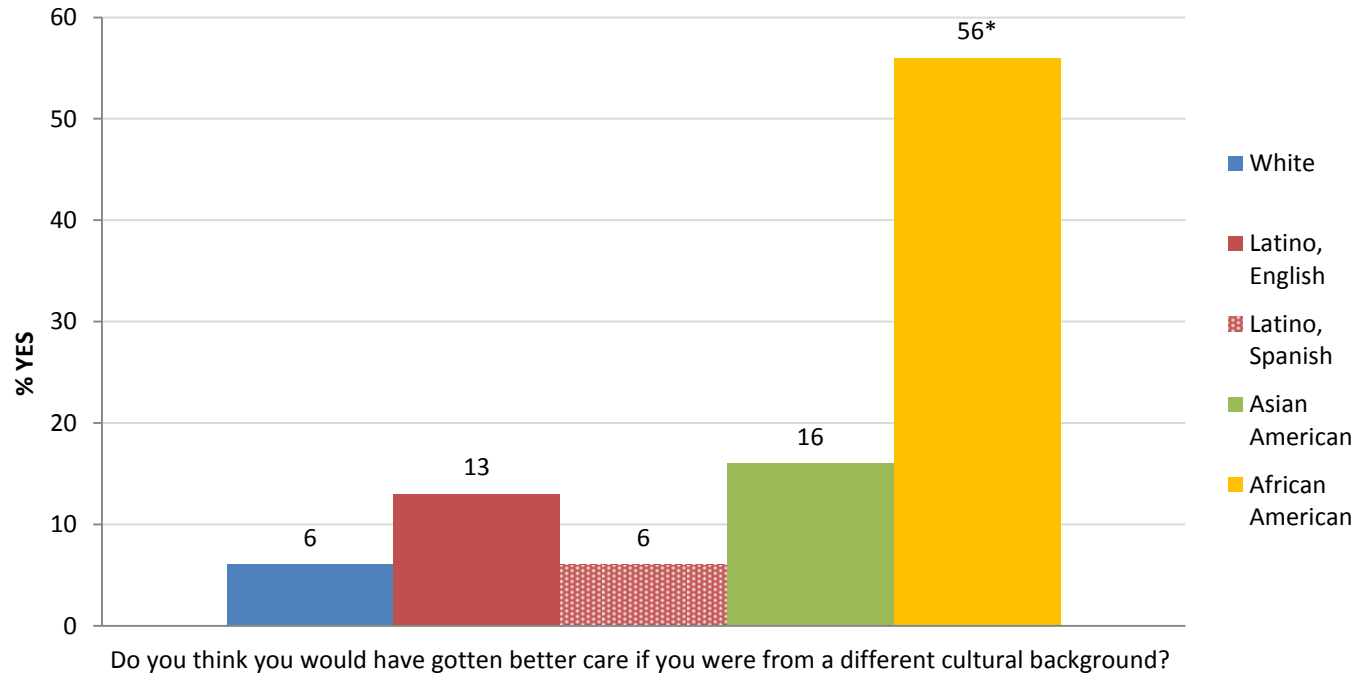


# Asian English and African American Californians were less likely to endorse being treated with respect by providers than Whites

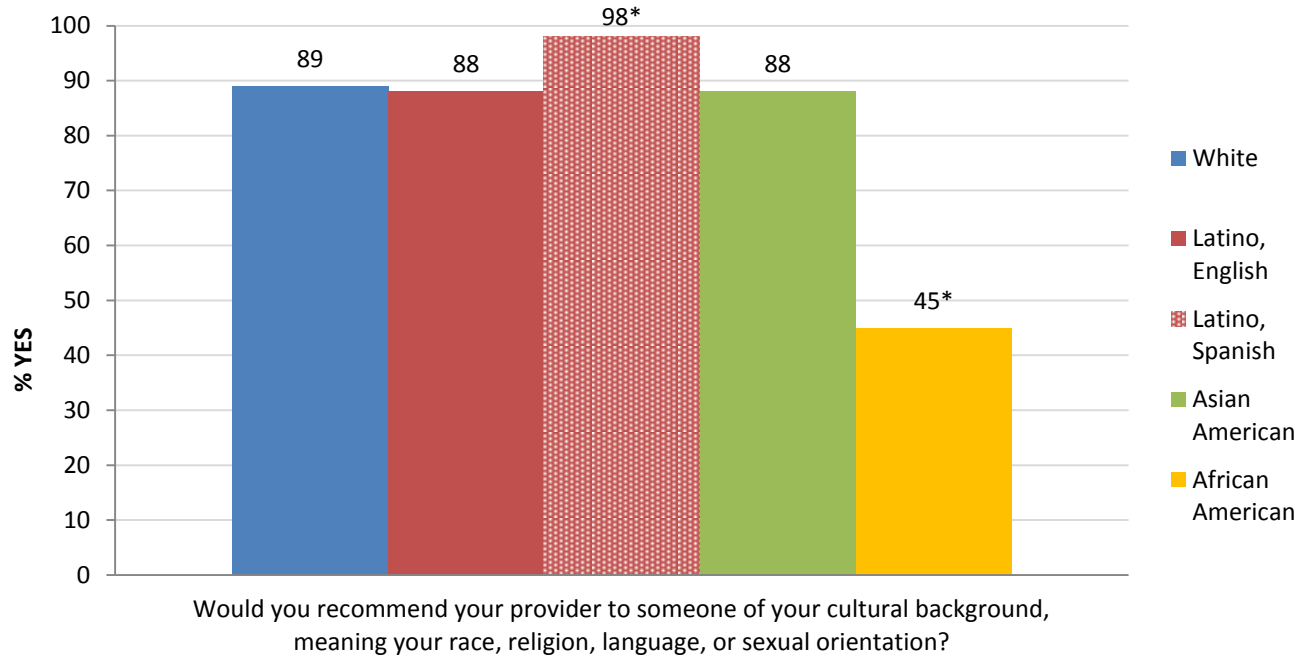




# African Americans were 9x's more likely to believe that they would have received better care if they were a different cultural background than Whites



# African Americans are significantly less likely to recommend mental health treatment to others than Whites



# Stigma and Culturally Competent Mental Health Treatment Disparities

- Latino and Asian non-English Californians harbor more negative attitudes toward people with mental illness than Whites
- Only a small proportion of racial-ethnic minorities reported obtaining culturally competent mental health treatment
- African Americans experienced the greatest disparities with approximately half reporting that they would not recommend treatment and that they would have received better care if they were from a different cultural background



# Conclusions



HEALTH



For more information, go to  
<http://www.rand.org/health/projects/calmhsa.html>  
Or email [eberhart@rand.org](mailto:eberhart@rand.org)