



Social Determinants of Mental Health: Creating a Better Space

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Mental Health & the Professional Workforce

- Approximately 60 million adults and children have a mental health and/or substance use disorder in the US.
- ***260,200** approximate number of Mental Health and/or Substance Abuse Counselors
- 1 MH/SA Counselor for every 230 people with a current MH/SA Disorder.
- 1 MH/SA Counselor for every 1,257 people in America.
- 10.3% of all mental health counselors are from ethnic underserved populations.
- *2016 Occupational Outlook Handbook: Last Modified Date: Friday, April 13, 2018





Social Determinants of Mental Health and Their Impact

- Interpersonal, family, and community dynamics
- Social and economic and physical environment
- Income and social status
- Social support and cultural networks
- Health services availability
- Homogeneous MH Workforce

Mezzo-level SDMH Engagement: Creating a Better Space

- Assess the organization's readiness change
- Investigate and Integrate engagements that allow for learning from people where they live and through their experiences.
- Consider and Incorporate networking ideas that establish connections and builds relationships to individuals through their established community programs and support systems.
- Include projects that establish interactions with varied professionals and nonprofessionals.
- Promote diverse counseling opportunities to lessen counselor burnout.

If counselors are to work with individuals from diverse cultural backgrounds, they must familiarize themselves with key historical events and social movements that have influenced attitudes, values and behaviors of groups of people.

Courtland C. Lee



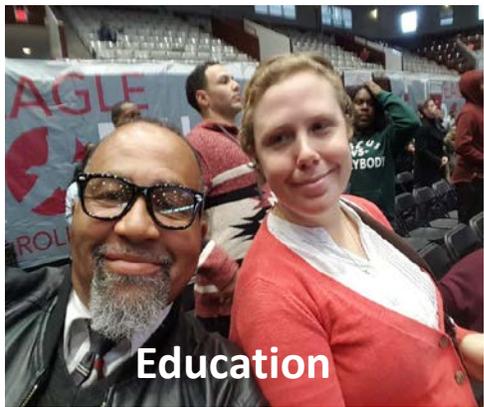
Global Missions



Counselor Advocacy and Outreach



Community Awareness



Education



Clinical Practice



Mentoring



Training

Counseling is more than seeing clients: Explore diverse counselor roles