

Reducing Racial and Ethnic Disparities in Mental Health Disorders

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National Academies
Advancing Equity in Diagnostic Excellence
to Reduce Disparities
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COLUMBIA UNIVERSITY
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DIVISION OF CHILD AND
ADOLESCENT PSYCHIATRY



**New York State
Psychiatric Institute**

- No Conflicts of Interest

Topics

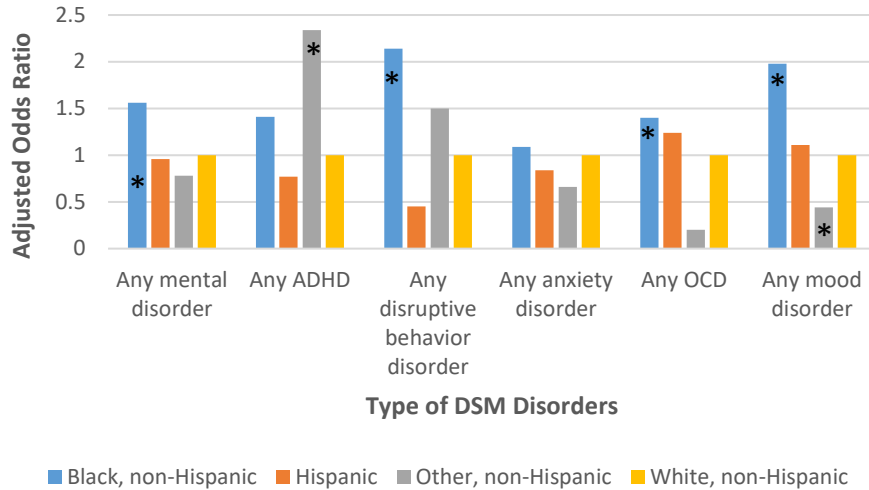
- **Racial and Ethnic Inequities in Childhood Mental Disorders**
- **Factors that may Contribute to Inequities**
- **Improving our Models to Achieve Mental Health Equity**



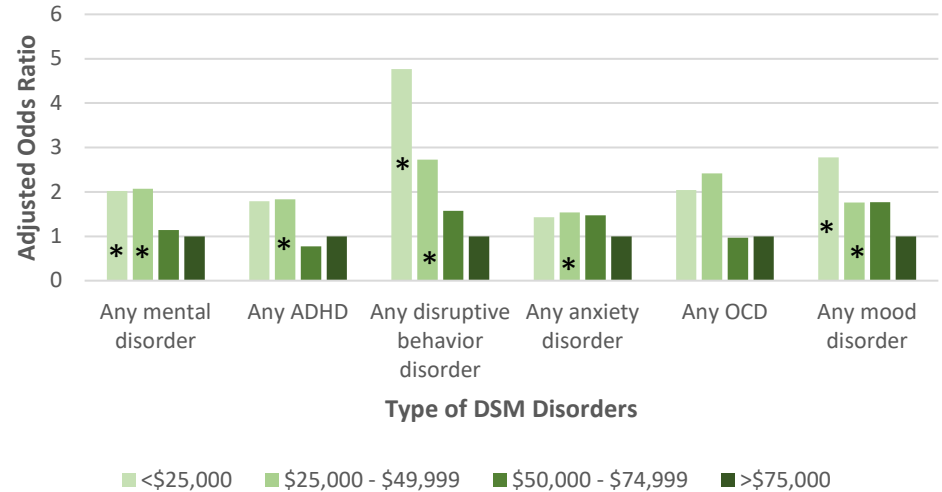
Angel Botello – Untitled, 2013

Racial and Ethnic Inequities in Mental Disorders

Racial and Ethnic Correlates of Current Prevalence of DSM-5 Disorders in Children Aged 9 and 10 Years



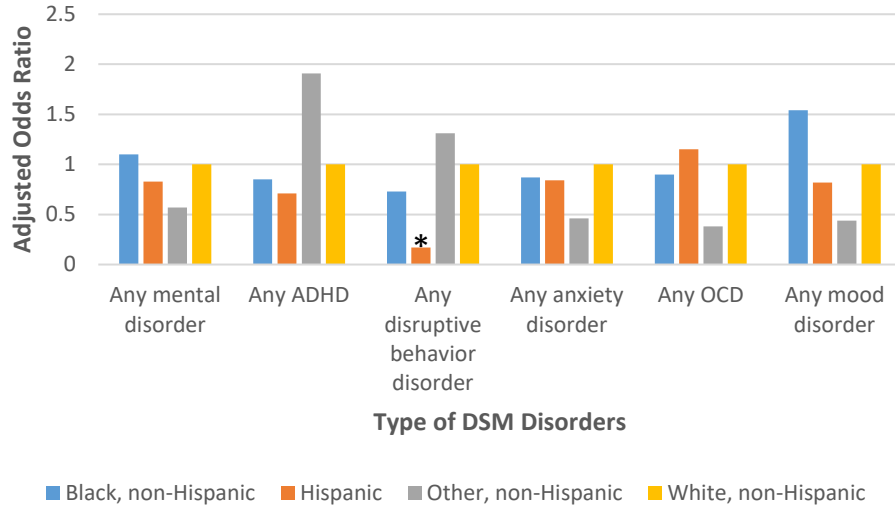
Annual Family Income Correlates of Current Prevalence of DSM-5 Disorders in Children Aged 9 and 10 Years



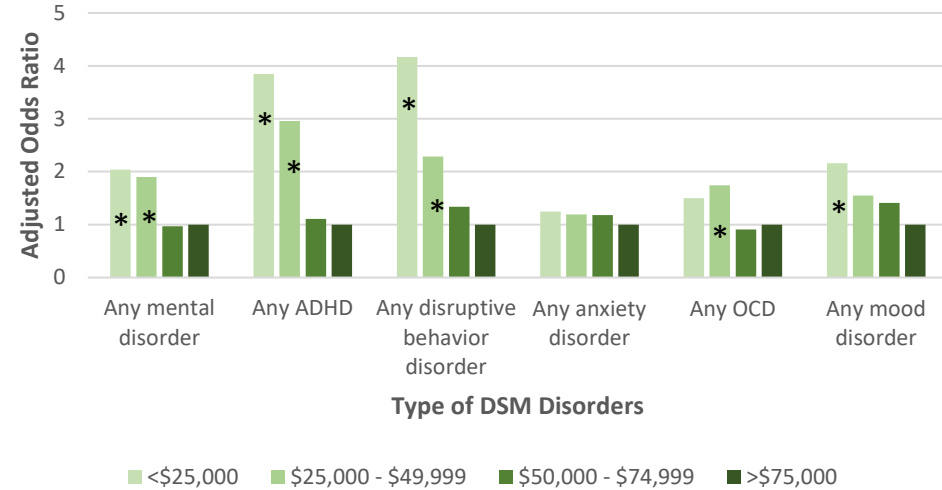
*Statistically significant Odds Ratio
Sex-adjusted models

Racial and Ethnic Inequities in Mental Disorders Based on Fully Adjusted Models

Racial and Ethnic Correlates of Current Prevalence of DSM-5 Disorders in Children Aged 9 and 10 Years



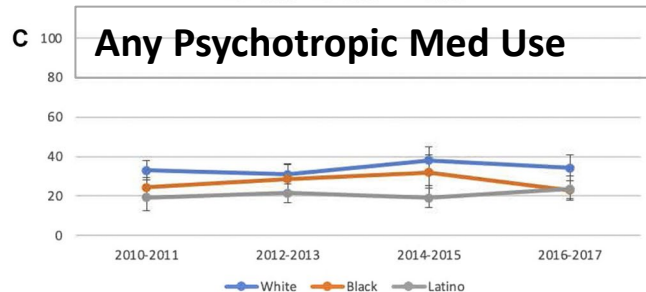
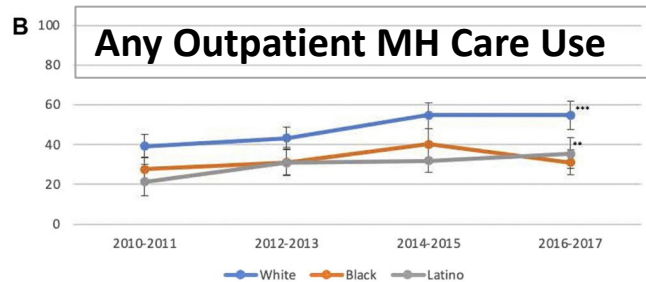
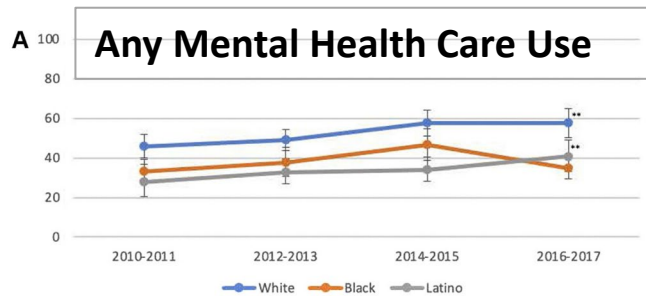
Annual Family Income Correlates of Current Prevalence of DSM-5 Disorders in Children Aged 9 and 10 Years



* Statistically significant Odds Ratios.

Models are adjusted for sex, race/ethnicity, birthplace, parental marital status, parental highest education, annual family income, pubertal stage, weight status and maternal age at birth

Racial and Ethnic Inequities in MH service use



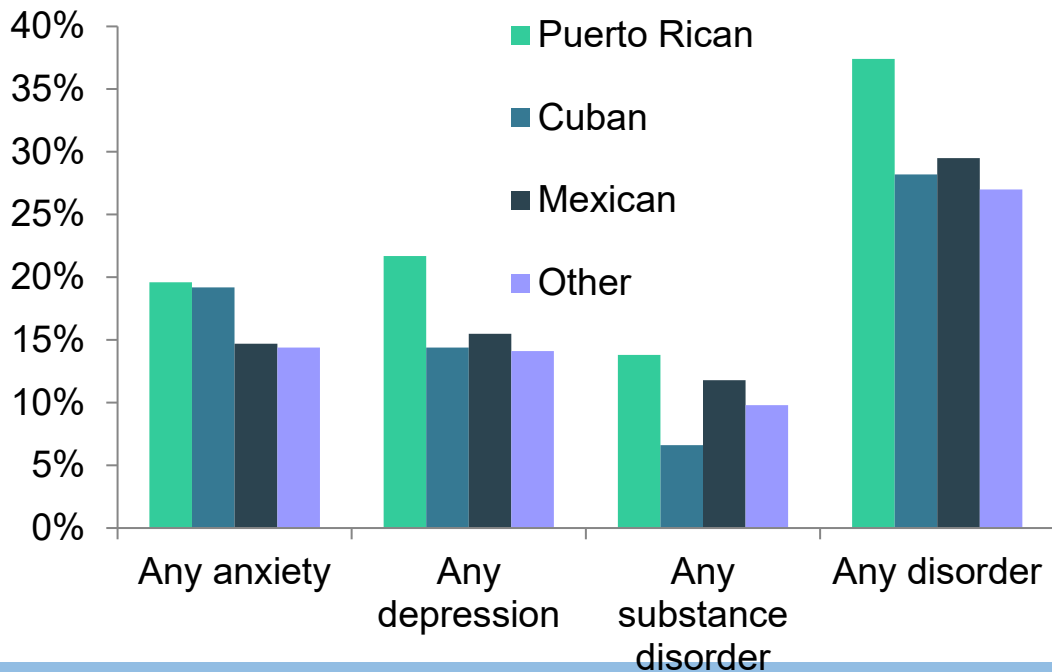
Youth 5-17 years old
2010-2017 Medical Expenditure Panel Survey

Nationally, Black and Latine children are less likely to access different types of mental health services compared to White children

Rodgers, C. R., Flores, M. W., Bassey, O., Augenblick, J. M., & Lê Cook, B. (2022). Racial/ethnic disparity trends in children's mental health care access and expenditures from 2010-2017: Disparities remain despite sweeping policy reform. *Journal of the American Academy of Child & Adolescent Psychiatry*, 61(7), 915-925.

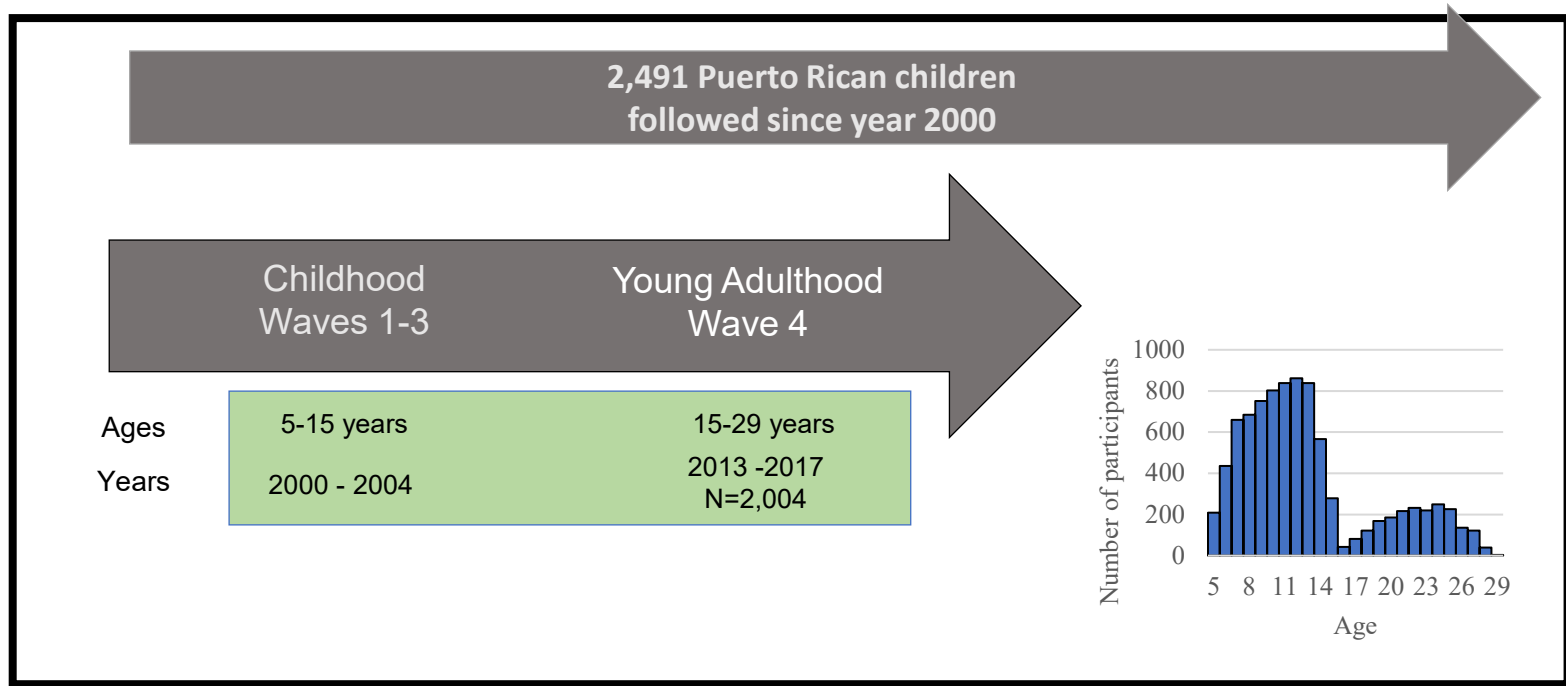
**How can we make progress
understanding mental health
inequities?**

Lifetime Prevalence of Psychiatric Disorders in Latino Adults by Country of Origin in the NLAAS

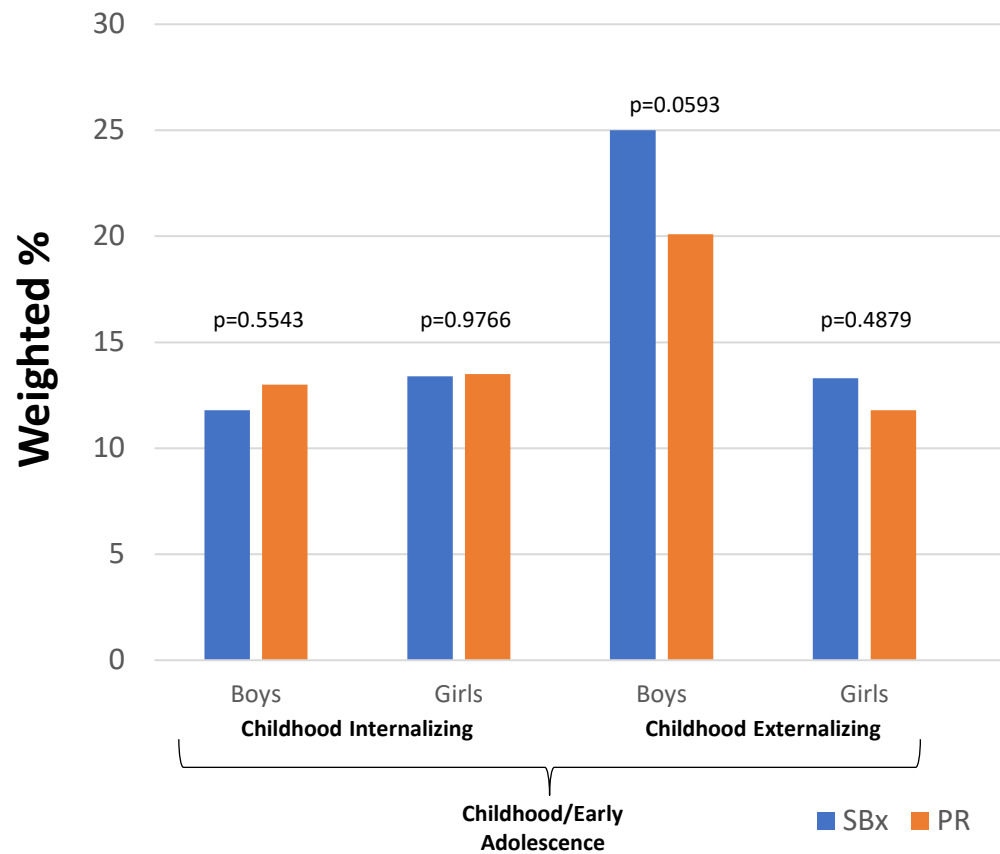




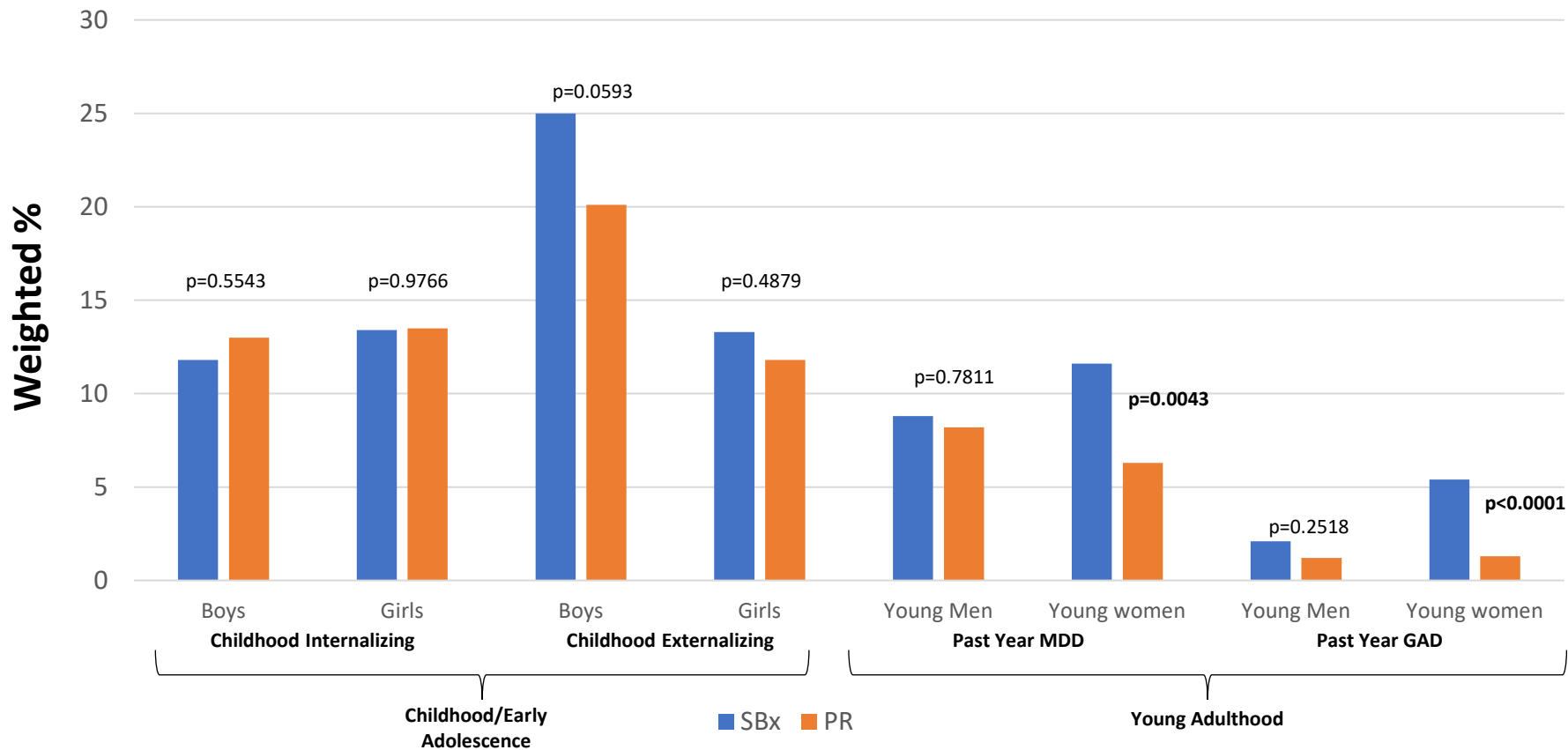
Boricua Youth Study (BYS)



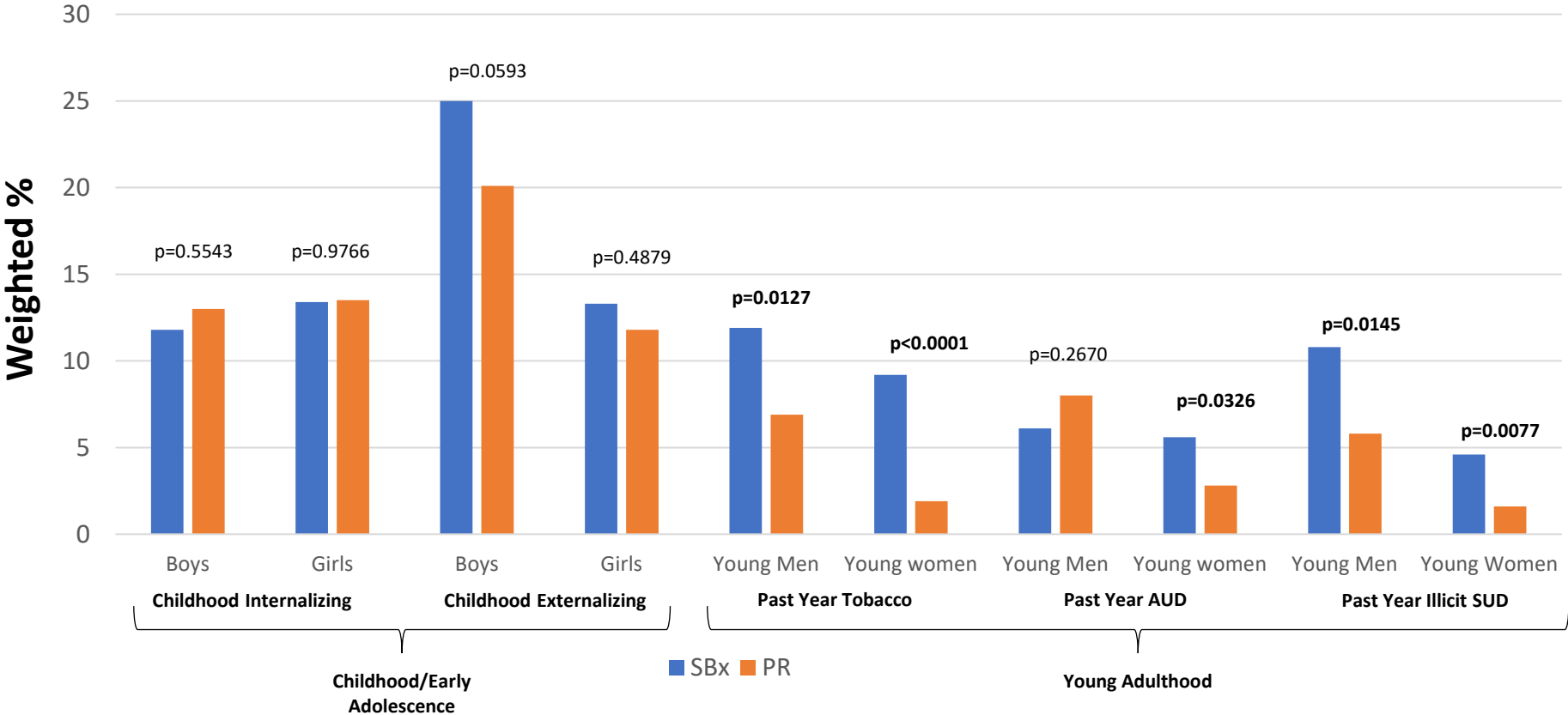
Prevalence of psychiatric disorders by site and gender



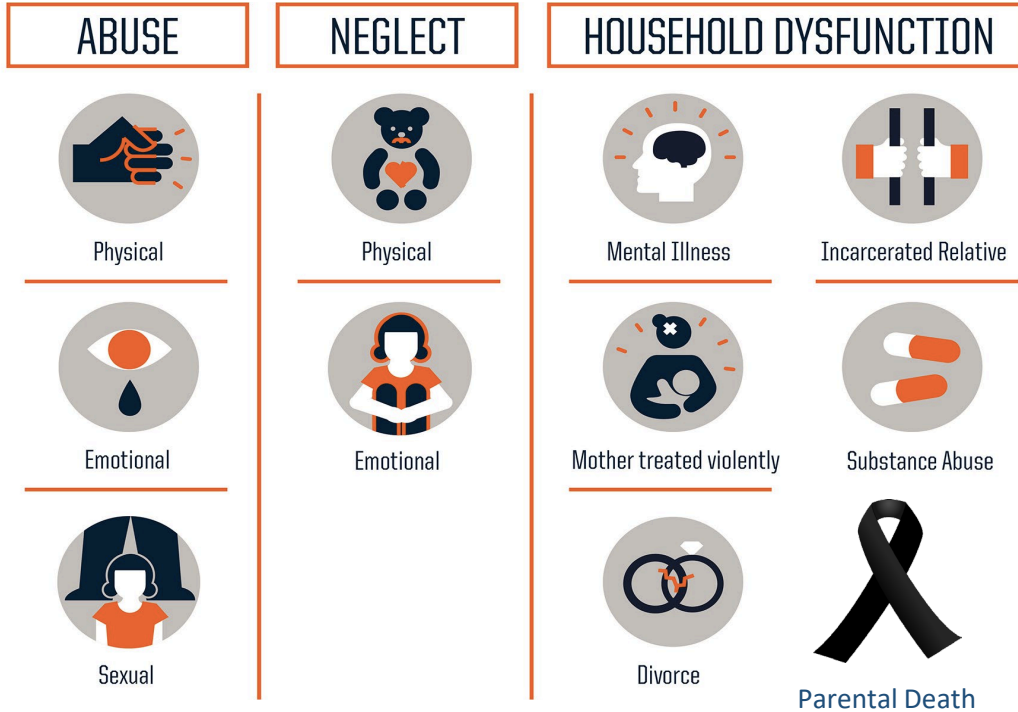
Prevalence of psychiatric disorders by site and gender

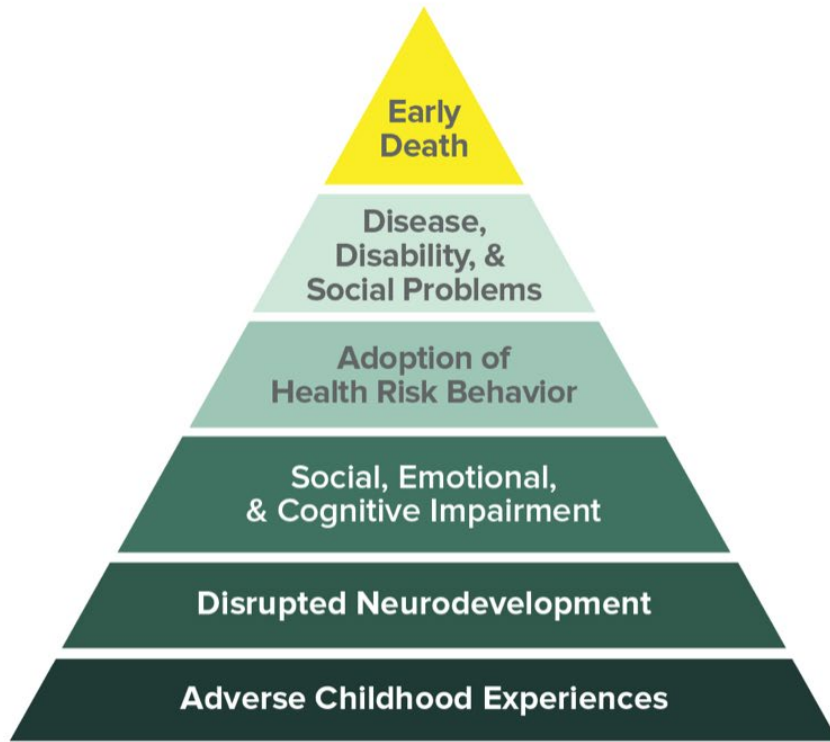


Prevalence of psychiatric disorders in childhood/adolescence and types of substance use in young adulthood, by site and gender



Adverse Childhood Experiences (ACEs)



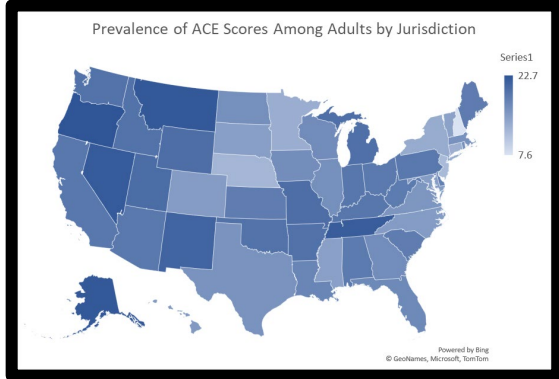
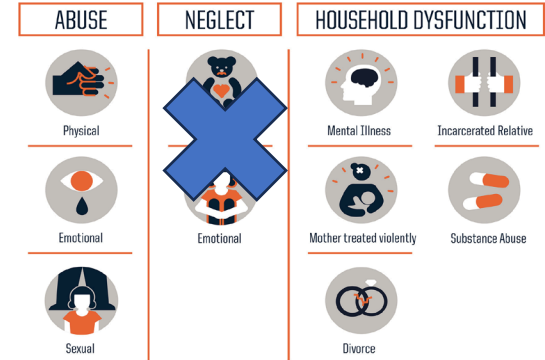
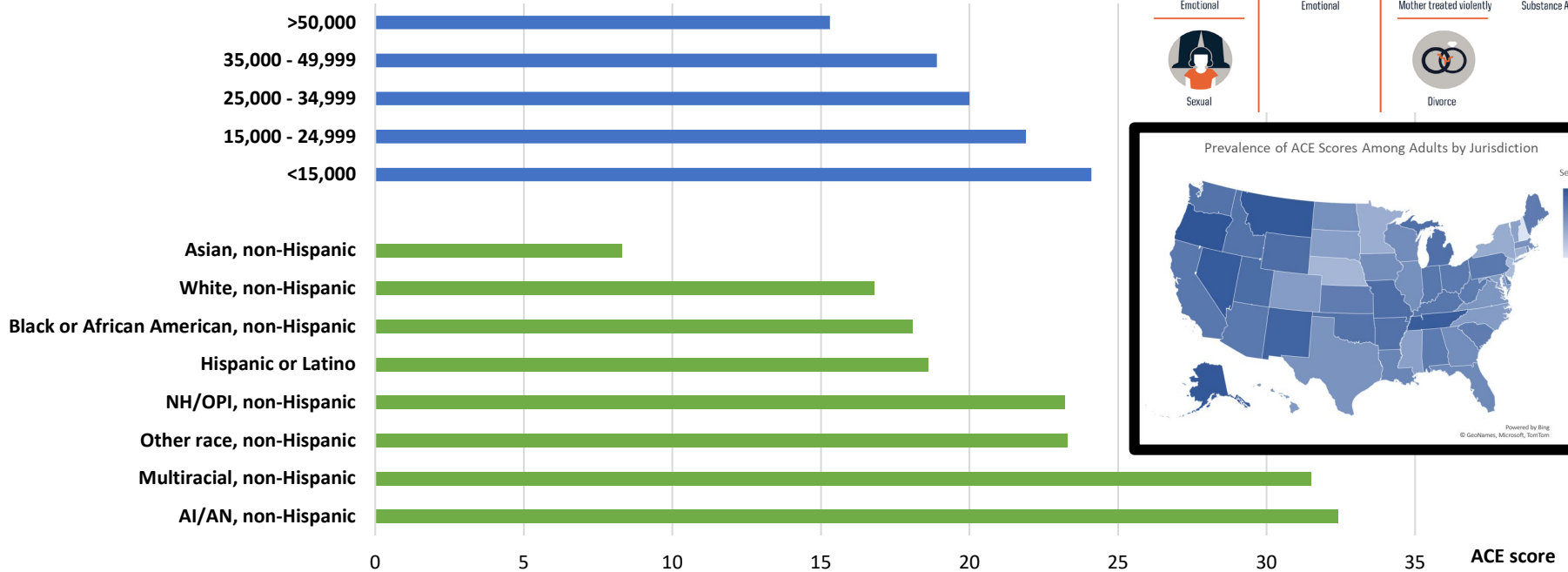


Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

<https://www.cdc.gov/violenceprevention/aces/about.html>

ACEs are not equally distributed in the US

ACEs by Household Income and Race/Ethnicity 2011-2020 BRFSS



ACES and Health/Mental Health Outcomes in BYS

Childhood/ Early Adolesc.

- **Pubertal Development**



Shakira Suglia, ScD
Psychosomatic Medicine, 2020

- **Sleep**



Ayana April-Sanders, ABD, MPH
Journal of Behavioral Medicine, 2020

- **Sensation Seeking**



Tamara Sussman, PhD
Journal of Interpersonal Violence, 2020



Julian Santaella-Tenorio, DrPH

- **Early alcohol use**

Ramos-Olagastgi, M. *J Youth Adolesc, 2017*

Young Adulthood

- **Sexual Risk Behaviors**



Maria Ramos-Olagastgi, PhD
Archives of Sexual Behavior, 2022

- **Suicide Attempt & Ideation**



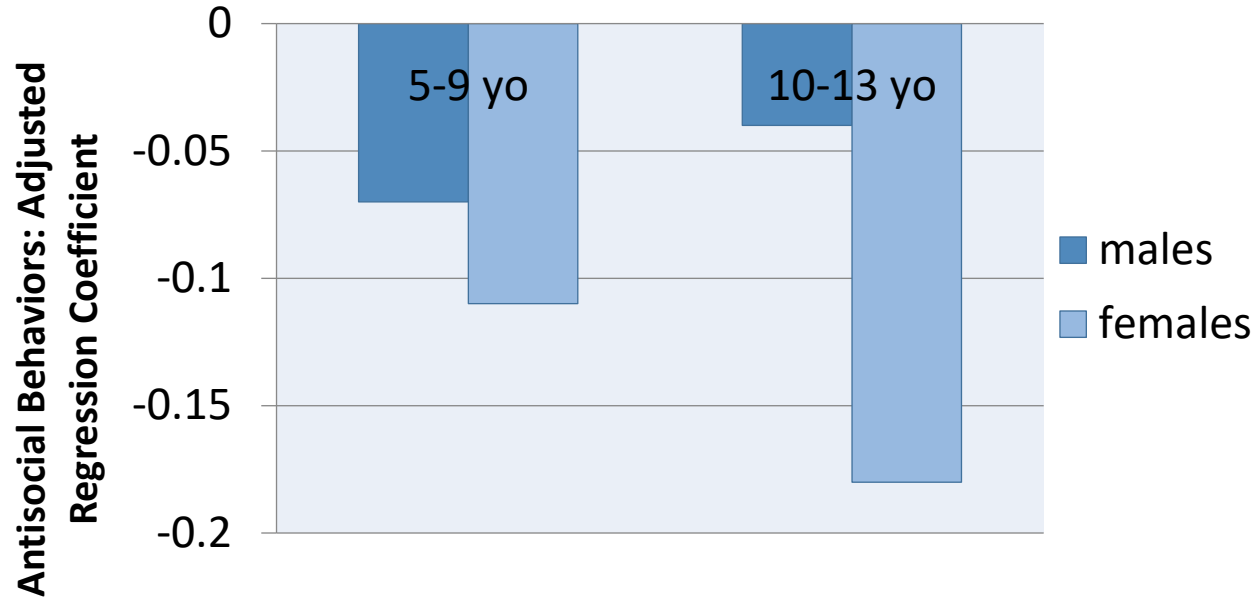
Lillian Polanco-Roman, PhD
JAMA Psychiatry, 2021

- **Perceived Stress**



Pamela Scorza, ScD
Child Abuse and Neglect, 2022

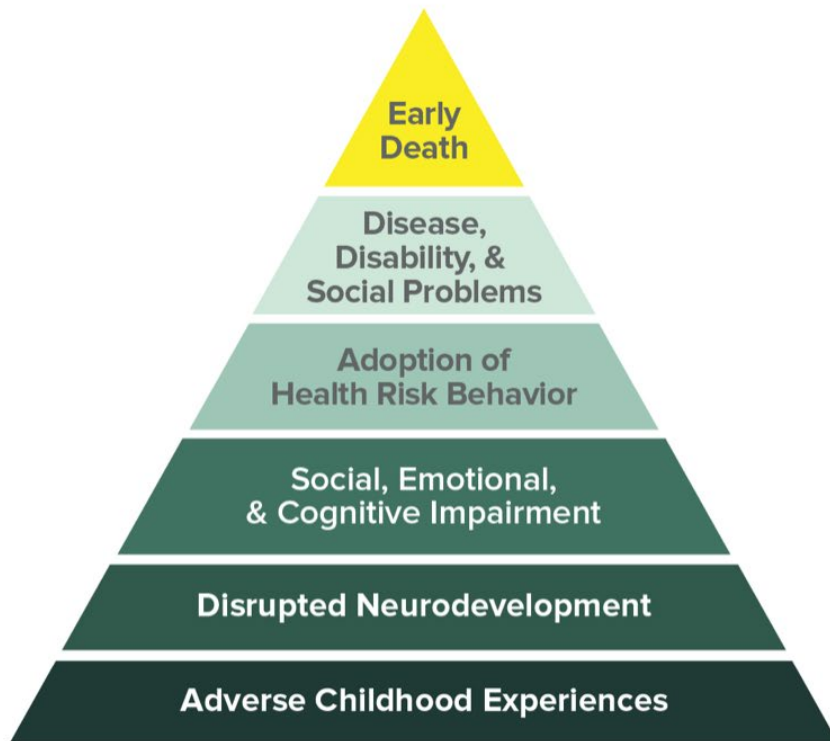
A Culturally Specific Promotive Factor: Familism



Morcillo, Duarte et al. (2011) JAACAP 50(5):471-479

Mediators

- parental attitudes/behaviors
- parent–child positive relationship (5- to 9 y.o. only)



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Conclusion

- **Racial and Ethnic Inequities among Children and Adolescents**
 - In Mental Disorders
 - In Utilization of Services for Mental Disorders

- **Factors that may contribute to mental health Inequities**
 - **Context-related risks**
 - ACEs, Cultural Stress and Racism
 - **Structural factors**
 - Structure of services and society
 - **Unique protective or promotive factors**

- **Acknowledgement of disparities and identification of specific factors are critical for mental health equity**



Angel Botello – Untitled, 2013

Thank you!



Tarsila do Amaral – A Família 1925

Co-Investigators, Staff, Participants, Families and Funders