Quality Improvement: Evaluation of Stanford Mental Health for Asians Research and Treatment (SMHART) Clinic

Ivory Rok*, Anna Park, Andrew Vodinh-Ho, Tina Cheng, Xinran Qi, Nicholas Kikuta, George A. Hung, Adrian M. Bacon PhD MPH, Robert J. Huang MD, Gloria S. Kim MD, Latha Palaniappan MD MS, Malathi Srinivasan MD, Rona Hu MD, Huiqiong Deng MD PhD

Introduction
Background
• Asians Americans (AA) face unique mental health barriers and are known to underutilize mental health services
• SMHART Clinic was founded in 2018 to provide culturally congruent care to AA patients

Objective
• Identify factors that contribute to the effectiveness of culturally congruent care provided by the SMHART clinic in improving mental health outcomes for AA patients

Results
How should we improve the SMHART clinic?

“We need South and South East Asian providers, social workers, and male physicians”

“Contribute to AA mental health care beyond direct clinical care”

“The clinic should be renamed because the current name perpetuates the model minority myth”

Barriers to Mental Health Outcomes from SMHART Clinician Survey

Access to services
Preferences for non-medication treatments
Preferences for TCM
Low motivation/intention for action
Stigma around mental health
Differing expectations with providers
Language non-concordant care
Gaps in mental health literacy
Other

SMHART Patients     General Psychiatry Patients

Methods
Theoretical Framework

Provider Factors
- Impediments to patient preferences
- Stigma with mental health
- Language non-concordant care

Healthcare System Factors
- Barriers to mental health care
- Preferences for non-medication treatments

SMHART clinic evaluation

Discussion
Key Findings
• Five leading barriers that influence SMHART patient outcomes were identified from the analysis:
  1) Preferences for non-medication based treatment and traditional, complementary, alternative medicine
  2) Language non-concordant care
  3) Stigma around mental health
  4) Gaps in mental health literacy
  5) Access to mental health services

Next Steps
• Collect narrative data through qualitative semi-structured interviews with ten SMHART providers
• Recruit referring providers to participate in surveys and interviews
• Evaluate SMHART patient outcomes through chart review and interviews

Conclusion
• Culturally congruent care is novel for AA which should address systemic and cultural barriers to improve mental health outcomes

Abstract & References