

# 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. Bacong 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

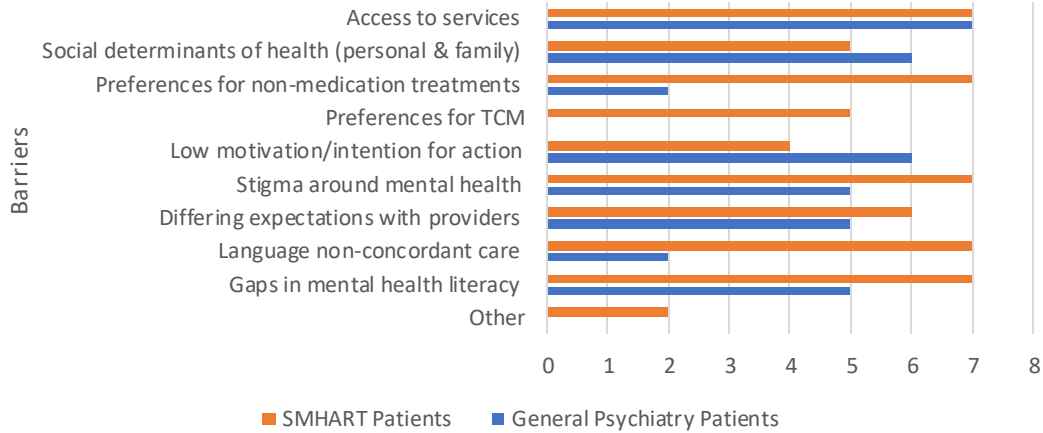
### How should we improve the SMHART clinic?

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

"Contribute to AA mental health care beyond direct clinical care"

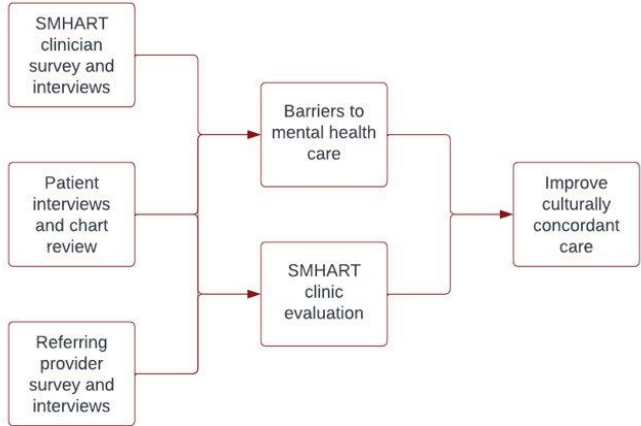
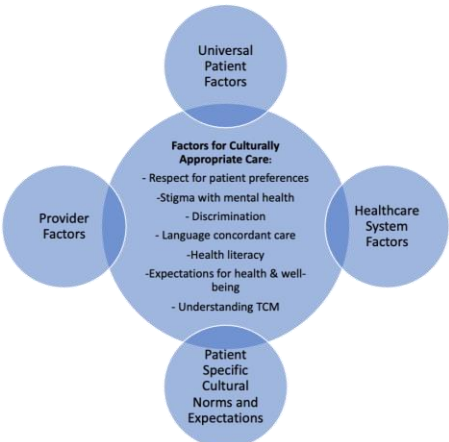
"The clinic should be renamed because the current name perpetuates the model minority myth"

## Barriers to Mental Health Outcomes from SMHART Clinician Survey



## Methods

### Theoretical Framework



## Discussion

### Key Findings

- Five leading barriers** that influence SMHART patient outcomes were identified from the analysis:
  - Preferences for non-medication based treatment and traditional, complementary, alternative medicine
  - Language non-concordant care
  - Stigma around mental health
  - Gaps in mental health literacy
  - 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



Abstract & References

### Conclusion

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