



RESEARCH SPOTLIGHT ON

Minority Mental Health

Members of racial and ethnic minority groups in the United States are less likely to have access to mental health services and less likely to receive needed care than the majority population, according to the US Department of Health and Human Services.

A Surgeon General's Report in 1999 highlighted a lack of research on disparities in mental health services for racial and ethnic minorities. Many experts agree that those conclusions still hold true 19 years later.

Research Addressing Questions That Matter

PCORI funds **comparative clinical effectiveness research (CER)** to determine which healthcare options work best for which patients, based on their needs and preferences. Different stakeholders have key questions that CER can help answer.



PATIENT

I'm a middle-aged Latino who has been diagnosed with chronic pain and depression.

I don't want to take drugs to deal with my symptoms. What are some nonmedication treatments that might work for me?



HEALTH SYSTEM ADMINISTRATOR

My health center treats a largely African-American population. I'm concerned that

those in the community who suffer from mental illness may have primary care needs that aren't being met. Can a peer navigator improve access to primary care services for this often-overlooked group?

STUDY SPOTLIGHTS

Treating Worry among Older Adults in Underserved, Low-Income Minority Communities

Significant worry can cause poor sleep, depression, and poor general health. Late-in-life anxiety is often not recognized by clinicians, and older African Americans are at high risk for inadequate care for it. This study focuses on low-income, predominantly African-American communities in Houston with little access to mental health care. It compares two strategies for reducing anxiety and depression. One program includes behavioral therapy that teaches skills for handling worry. The other provides information and referrals to counseling. More details about this project are at www.pcori.org/St Stanley087.

Peer Navigators Improve Quality of Life for Latinos with Serious Mental Illness

People with serious mental illnesses are at high risk for physical illnesses that can shorten their lives. Yet they are less likely than people without mental illness to receive basic care to prevent or manage these conditions. This disparity is heightened in racial and ethnic minority groups. This project tested the effectiveness of peer navigators against the usual standard of care in engaging Latinos with serious mental illness in primary care. The peer navigators were Latinos with lived experience of serious mental illness who received training to guide and support participants. The research team found that peer navigators helped increase participants' rates of care-seeking appointments, as well as improve their mental health and quality of life. More details about this project are at www.pcori.org/Corrigan090.

As of March 2018, PCORI has awarded

\$54 MILLION TO FUND 23

comparative clinical effectiveness research studies related to mental health in minority populations.

Building Capacity for Patient-Centered Research

PCORI invests in people and infrastructure to support high-quality patient-centered research for years to come. **PCORnet, the National Patient-Centered Clinical Research Network**, will enable us to learn from the data and experiences of more than 100 million Americans. It is building capacity for research and other studies by supporting patient-driven networks and helping them connect with researchers who are studying similar topics, including minority mental health.



The Community and Patient Partnered Research Network (CPPRN) focuses on behavioral health services in collaboration with underresourced communities. Its goal is to address persistent racial and ethnic disparities among African-American and Latino adults and adolescents at risk for behavioral health conditions. More details about this project are at www.pcori.org/Wells088.

Engagement in Communities

One way PCORI is building capacity for research in mental health for racial and ethnic minorities is through engagement funding opportunities. These awards are designed to help build a community of patients, caregivers, clinicians, researchers, and other stakeholders who will advance patient-centered CER. Many of these projects specifically seek to increase the capacity of minority stakeholders to lead, design, and conduct their own patient-centered outcomes research (PCOR).

Engaging African-American Faith Communities to Address Mental Health Disparities via Curriculum Development

This Washington, DC-based project sought to design a curriculum to address gaps in African Americans' knowledge about CER and PCOR in mental health. The objective was to increase the capacity of African-American faith communities to understand, lead, and collaborate on mental health-related research focused on disparities. More details about this project are at www.pcori.org/EA-Breland-Noble001.

Engaging Newly Arrived Refugees in Patient-Centered Research

This project focuses on refugees from Myanmar who have recently settled in Illinois. This population suffered systematic human rights violations, which included forced labor, sexual violence, and denial of access to health care and education. As a result, many suffer from psychological distress, such as posttraumatic stress disorder, anxiety, and depression. This project works with this community to engage and train stakeholders in patient-centered research and in setting priorities for CER. More details about this project are at www.pcori.org/EA-Saw002.

Southeastern Symposia on Mental Health: Translating Research into Practice and Policy

This series of symposia provided a forum for mental healthcare providers, patients, caregivers and community partners to learn about evidence-based research, current treatments, and community collaborations. Representatives from minority populations in Georgia, North Carolina, and South Carolina took part in every aspect of planning the series. The conference series attracted high-profile speakers such as Tipper Gore and the journalist Elizabeth Vargas. More details about this project are at www.pcori.org/EA-Holder003.