

Mental Health 2021: Exploring medical and educational systems and their impacts on mental health diagnosis and treatment - The Military College of South Carolina

Lloyd Chip Taylor

The Military College of South Carolina

Introduction:

Recent work focusing on the importance of neuroscience as it relates to educational principles has brought into light significant organizational and systems-based problems that impact the application of these principles among high school and college age students. This poster presentation seeks to present the argument of the need to address the aforementioned concerns, especially in light of the ever increasing mental health difficulties facing high school and college age children in the United States.

These challenges, coupled with the ever increasing time demands and financial needs of health care providers in the United States has created an environment where schools are not adequately equipped to address mental health concerns and providers are limited in the time and resources available to treat in the office. Subsequently, ever increasing numbers of school aged children are being prescribed medications to treat symptoms that may be an artifact of the structure of the school day and the structure of the health care systems in the United States.

Attending college can be a stressful time for many students. Additionally to coping with academic pressure, some students have to deal with the stressful tasks of separation and individuation from their family of origin while some may have to attend to numerous work and family responsibilities. Subsequently, many college students experience the first onset of mental health and substance use problems or an exacerbation of their symptoms. Uniqueness of college students, there is a need to figure out critical issues to consider when working with this population. In this Communication, first, the prevalence of psychiatric and substance use problems in college students and the significance of assessing age of onset of recent psychopathology are described. After that, the concerned persistent nature of mental health problems among college students and its implications are summarized.

Objectives: Recent Diagnosis and the dominant model of mental health care do not adequately address the complex challenges of mental illness, which accounts for roughly one-third of adult disability globally. These situations call for radical change in the paradigm and practices of mental health care, including improving standards of clinician training, developing new research methods, and re-envisioning current models of mental health care delivery. Due to of its dominant position in the US health care marketplace and its commitment to research and innovation, Kaiser Permanente (KP) is strategically positioned to make important contributions that

will shape the future of mental health care nationally and globally.

This article reviews challenges facing mental health care and proposes an agenda for developing a collaborative care model in primary care settings that incorporates conventional biomedical therapies and complementary and alternative medicine approaches. By moving beyond treatment delivery via telephone and secure video and providing earlier interventions through primary care clinics, KP is shifting the paradigm of mental health care to a collaborative care model focusing on prevention. Recommendations are to expand current practices to include integrative treatment strategies incorporating evidence-based biomedical and complementary and alternative medicine modalities that can be provided to patients using a collaborative care model. Recommendations also are made for an internal research program aimed at investigating the efficacy and cost-effectiveness of promising complementary and alternative medicine and integrative treatments addressing the complex needs of patients with severe psychiatric disorders, many of whom respond poorly to treatments available in KP mental health clinics.

Results: Finally, important aspects of treatment to consider when treating college students with mental health problems are outlined, such as the importance of including parents in the treatment, communicating with other providers, and employing of technology to increase adherence. It is concluded that, by becoming familiar with the unique problems characteristic of the developmental stage and environment college students are in, practitioners will be able to better serve them.

It will also compare and contrast the systems in place in Canada and the United States to demonstrate strengths and weaknesses. Emphasis will be placed on diagnoses of ADHD, Anxiety, and Depression among high school and college aged students. This presentation will attempt to assimilate work from the Fulbright experience and subsequent related clinical experiences.

Conclusions: Sometimes it's difficult to find out which mental illness may be causing your symptoms. But taking the time and effort to get an accurate diagnosis will help determine the appropriate treatment.

The defining symptoms for each mental illness are detailed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), published by the American Psychiatric Association. This manual is used by mental health professionals to diagnose mental conditions and by insurance companies to reimburse for

treatment. The more information you have, the more you will be prepared to work with your mental health professional in understanding what your symptoms may represent.