Mental Health and Substance Abuse: Cases from a Primary Care Practice

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The most costly medical problems

The United States spent more to treat mental disorders in 2013 than on any other disease or medical condition.

- **Mental disorders**: 201 billion
- **Heart conditions**: 147 billion
- **Trauma**: 143 billion
- **Cancer**: 122 billion
- **Pulmonary conditions**: 95 billion

Source: Health Affairs, The Washington Post
### 10 most diverse* cities in US
(among 300 cities)

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
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<tbody>
<tr>
<td>1. Gaithersburg</td>
<td>MD</td>
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<tr>
<td>2. Jersey City</td>
<td>NJ</td>
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<tr>
<td>3. Oakland</td>
<td>CA</td>
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<tr>
<td>4. Silver Spring</td>
<td>MD</td>
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<tr>
<td>5. Germantown</td>
<td>MD</td>
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<tr>
<td>6. New York City</td>
<td>NY</td>
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<tr>
<td>7. San Jose</td>
<td>CA</td>
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<tr>
<td>8. Frederick</td>
<td>MD</td>
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<tr>
<td>9. Anaheim</td>
<td>CA</td>
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<td>10. Sacramento</td>
<td>CA</td>
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*By ethnic, social economic classes, family structures

Source: WalletHub
Case 1:

- 48 year old
- Alcohol abuse
- Hospital course and disposition
- BCBS PCMH (Patient center medical home) program
Comments

• Although drug addiction is rarely discussed among Chinese, Alcohol abuse is quite common. (a saying: 借酒消愁 use wine to drown the sorrow) In ancient stories, heroes drink pots of wine as a sign of strength.

• It is very difficult to cure alcoholism -- need regular monitoring and support.

• Many patients have difficulty attending regular substance abuse programs. Ideally, at least one or two programs should be culturally sensitive or have staff conversant in patient’s language.

• A case manager or nurse to monitor would be helpful.
Case 2:

- 95 years old
- Medical condition: Hypertension, GERD
- Mental disorder, Social and family situation
- Adult Day Care Center
- Assist Living
Comments

• Dementia have large impact on patients and their family. Family doctor has to assess the patient’s physical, emotional and social status and recommend appropriate accommodation.

• Culturally sensitive facility with staff familiar with patient’s language is important, especially for elderly with dementia.