

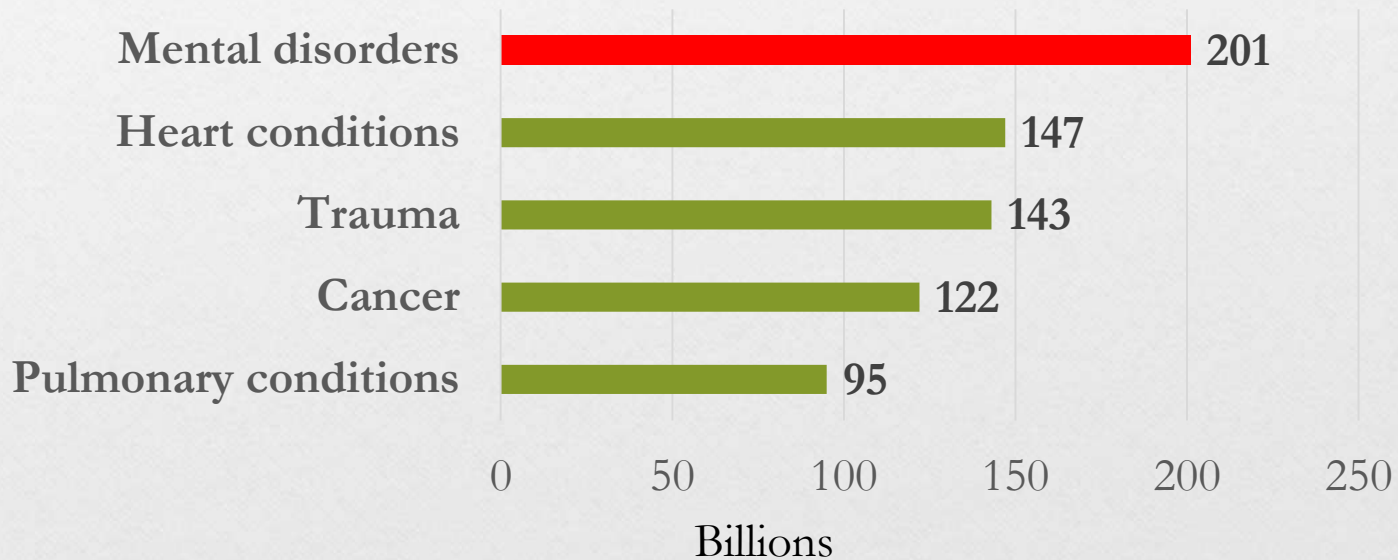
**Mental Health and Substance
Abuse:
Cases from a Primary Care
Practice**

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Source: Health Affairs
The Washington Post

The most costly medical problems

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



10 most diverse* cities in US

(among 300 cities)

*By ethnic,
social
economic
classes, family
structures

City	State
1. Gaithersburg	MD
2. Jersey City	NJ
3. Oakland	CA
4. Silver Spring	MD
5. Germantown	MD
6. New York City	NY
7. San Jose	CA
8. Frederick	MD
9. Anaheim	CA
10. Sacramento	CA

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.