

Mental Health Project in the Chinese Community

Mark Li MD

Primary Care Provider perspective

- Patient come to seek help
- Want to have a physical explanation of their problem
- Poor insight on mental well being
- Seldom volunteer psychiatric problem
- Resistant to seek psychiatric help
- Hard to find mental health providers that accept insurance
- Usually need a course of treatment that requires time and financial commitments
- Insufficient supply of mental health providers
- Poor Insurance policy
- Culural and language barriers

Solution???

- No Easy task, no clear path
- Need to be innovative
- Focus on our community
- Lots of need, limited resources.
- compassionate and dedicated personel
- Medical providers from mental Health, Primary Care
- Public Health from County
- CCACC
- PAVHC
- Physicians Association
- Community Leaders
- Together we can

Concepts

- Small steps
- Minor achievements better than nothing
- Mental well being not same as mental diseases
- Need for crisis intervention
- Need for pharmacological as well as psychological therapy
- Preparation for Health care providers
- Awareness of mental health issues in the community
- Promote mental well being
- Prevention is better than cure

上医医未病之病

中医医将病之病

下医医已病之病

~ 黄帝内经 ~

Superior doctors prevent the disease.

Mediocre doctors treat the disease before evident.

Inferior doctors treat the full blown disease.

-Huang Dee: Nai-Ching (2600 B.C. 1st Chinese Medical Text.)

Mental Balance - Positive Psychology

- Winner of the 2009 Nobel Prize Elizabeth Blackburn
- live to a hundred , a reasonable diet accounted for 25 %, other 25%, while the role of psychological balance accounted for 50%
- As Primary Care Providers, what have we done to improve
 - the mental well being?
- Martin Seligman, pioneer - positive Psychology
- Improvements in last 70 years in psychology
- reliable diagnosis and treatment ,scientific
- But patient became victimologist and pathologigens
- Forgot improving normal life and high talent
- Help patient less miserable not making people happier

Positive Psychology- Martin Seligmen

- Concern with strength as well as weakness
- Interested in building the best thing in life as in repairing the worst
- Concerned with making the lives of normal people fulfilling
- With nuturing high talent as with healing pathology
- [Www.authenichappiness.org](http://www.authenichappiness.org)

Three Happy Lives

- 1. Pleasant Life (PA) as many pleasure as possible
- 2. Good life (engagement) flow vs pleasure
- 3. meaningful life know your signature strength
- use in the service of something larger than you
- Positive interventions -scientific studies
- e.g design a beautiful day using mindfulness
- gratitude visit, strength date, fun vs philanthropy
- Full life vs Empty life
- Life satisfaction 15 replicable studies that involves thousands of subjects
- $LS = PA + Engagement + meaningful$
- Pleasure = marginal. Engagement and meaningful < 0.001

Quote

- Discovery consists of seeing what everyone has seen and thinking what no one has thought**

- ALBERT SZENT GYORGI**
- 1937 Nobel Laureate**