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
- Cultural 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 personnel
- 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 patalogigens
- 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 nurturing 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
Discovery consists of seeing what everyone has seen and thinking what no one has thought.

ALBERT SZENT GYORGI
1937 Nobel Laureate