



# Practical Application of Wellness Strategies for Individuals in Underserved Communities with Major Depressive Disorder (MDD) & Post-Traumatic Stress Disorder (PTSD)

# PsychU Webinar Rules Of Engagement

- Otsuka Pharmaceutical Development & Commercialization, Inc. (OPDC) has entered into collaboration with *OPEN MINDS*, to explore new ways of bringing/increasing awareness around serious mental illness.
- OPDC's interaction with *OPEN MINDS* is through PsychU, an online, non-branded portal dedicated to providing information and resources on important disease state and care delivery topics related to mental illness. One of the methods employed for the sharing of information will be the hosting of webinars. Webinars conducted by OPDC are based on the following parameters:
- When conducting medical dialogue, whether by presentation or debate, OPDC and/or its paid consultants aim to provide the viewer with information that is accurate, not misleading, scientifically rigorous, and does not promote OPDC products. No continuing medical education (CME) credits are available for any PsychU program.
- OPDC and/or their paid consultants do not expect to be able to answer every question or comment during a PsychU webinar; however, they will do their best to address important topics and themes that arise.
- OPDC and/or their paid consultants are not able to provide clinical advice or answer questions relating to specific patient's condition.
- Otsuka employees and contractors should not participate in this program (e.g., submit questions or comments) unless they have received express approval to do so from Otsuka Legal Affairs.
- OPDC operate in a highly regulated and scrutinized industry. Therefore, we may not be able to discuss every issue or topic that you are interested in, but we will do our best to communicate openly and directly. The lack of response to certain questions or comments should not be taken as an agreement with the view posed or an admission of any kind.

This program is paid for by Otsuka  
Pharmaceutical Development &  
Commercialization, Inc. (OPDC)

Speakers are paid consultants for Otsuka  
Pharmaceutical Development &  
Commercialization, Inc.

# Our Featured Speakers



**Ifeanyi Olele, DO**

Psychiatrist & CEO

Genesis Psychiatric Solutions, Washington, DC

Genesis TMS & Wellness, Fairfax, VA



**Miranda Fisher, PhD**

Medical Science Liaison

Otsuka Pharmaceutical

# Objectives

Review the prevalence and impact of mental illness within underserved communities with focus on those living with MDD & PTSD



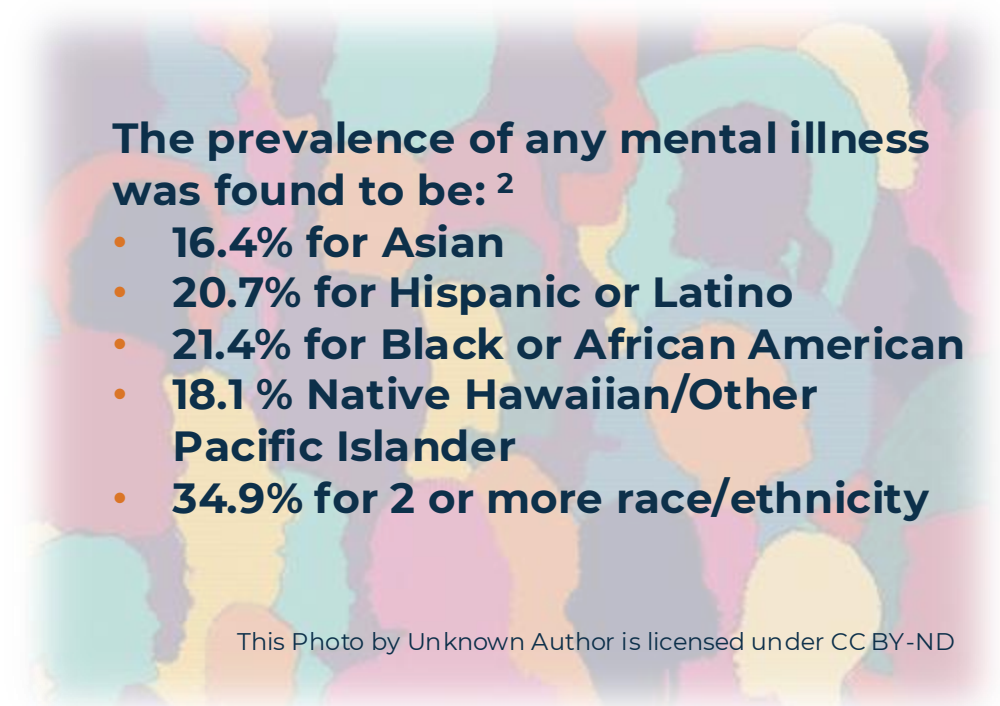
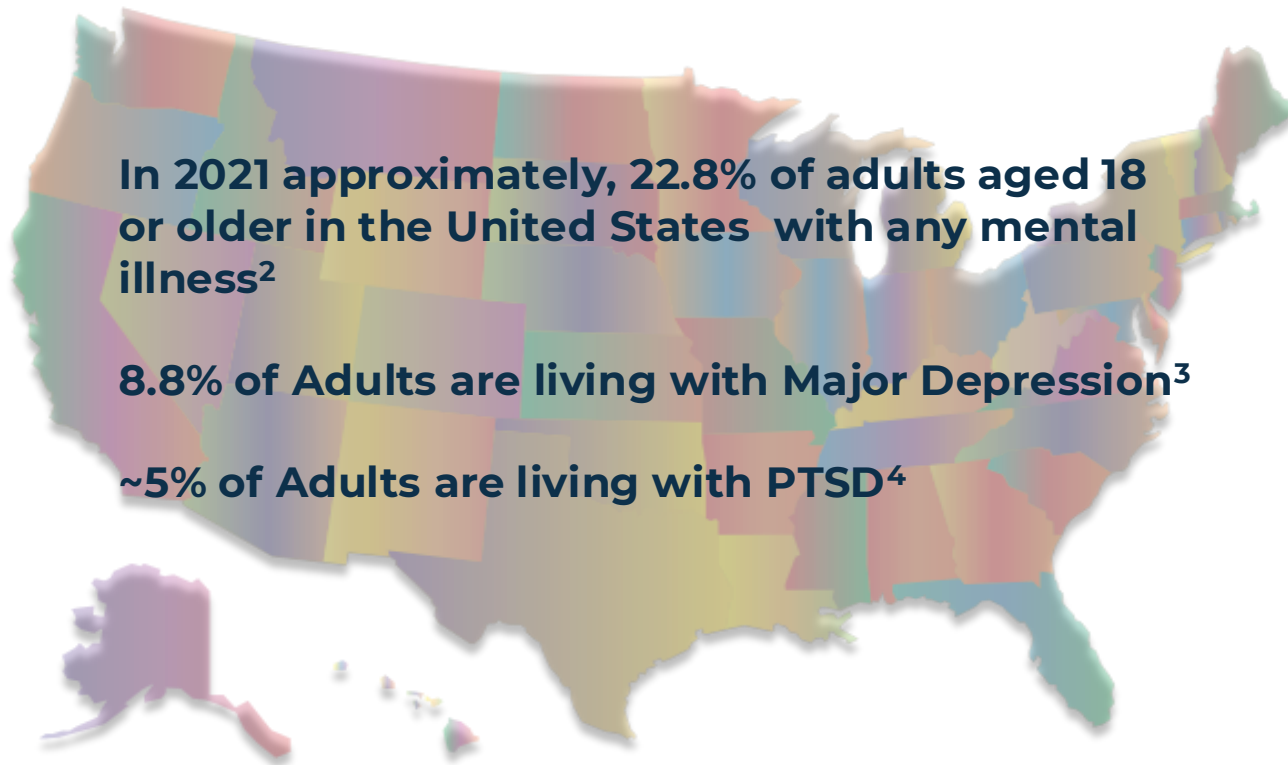
Discuss challenges minority populations encounter accessing quality mental health care



Share practical wellness approaches to integrate and support the recovery journey

# Prevalence of Mental Health Conditions

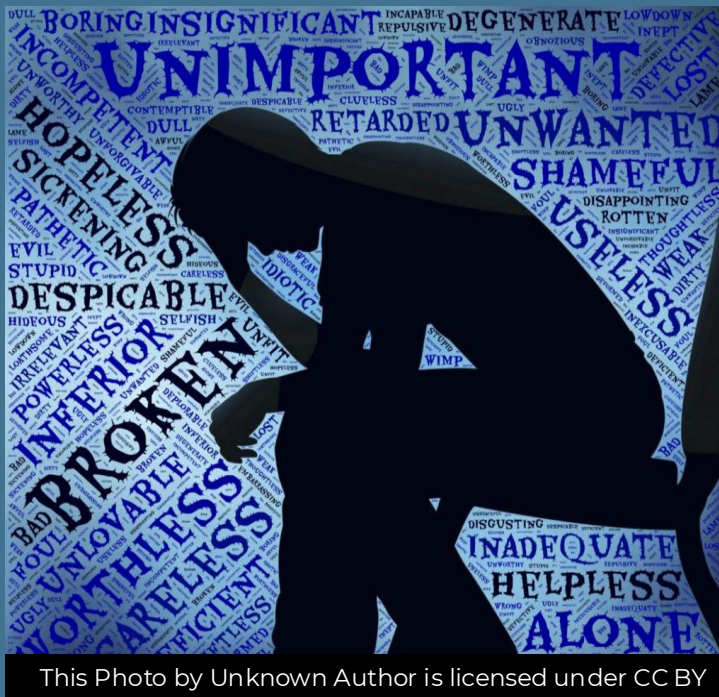
The term “underserved communities” refers to populations sharing a particular characteristic, as well as geographic communities, that have been systematically denied a full opportunity to participate in aspects of economic, social, and civic life.”<sup>1</sup>



1. The White House. Executive Order on Advancing Racial Equity and Support for Underserved Communities Through the Federal Government. 2021
2. National Institute of Mental Health (NIMH). Mental Illness. March 2023. .
3. Mental Health America (MHA). Mental Health Facts. 2024.
4. U.S. Department of Veterans Affairs (VA). How Common is PTSD in Adults? February 2023.

# Mental Health Disparities

Disparities in mental health among racial and ethnic minorities is a major public health concern and is linked to lower access and quality of care<sup>1</sup>.



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Individuals in underserved communities are<sup>1</sup>:

- 20-50% less likely to seek out mental health care
- 40-60% less likely to fill prescriptions
- 40-80% more likely to end treatment prematurely

Minorities often experience unconscious bias, stereotypes and discrimination within the community and from health care providers

- Those facing discrimination are more likely to suffer from depression, have poorer physical health and experience greater functional limitations<sup>2</sup>.

1. Aggarwal NK, et al. Patient Educ Couns. 2016 Feb;99(2):198-209. doi: 10.1016/j.pec.2015.09.002.  
2. Grollman EA. J Health Soc Behav. 2014 Mar;55(1):3-19. doi: 10.1177/0022146514521215.



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# Barriers to Accessing Quality Mental Health Care<sup>1</sup>

- Social Determinants of Health<sup>2</sup>
- Cost
- Stigma
- Negative perceptions related to mental health care and distrust
- Lack of culturally competent providers
- Lack of education and awareness



1. Cleveland Clinic. Caring for Mental Health in Minority Populations. Accessed May 2024

2. Rotter M, et al. The Social Determinants of Mental Health: A Descriptive Study of State Mental Health Agencies' Priorities. Community Ment Health J. 2022 Aug;58(6):1121-1129. doi: 10.1007/s10597-021-00921-7. Epub 2022 Jan 21. PMID: 35059936; PMCID: PMC8776369.



# A Provider Perspective on MDD & PTSD Clinical Presentation

# Integration of Wellness Approaches to Support Mental Health Recovery in Underserved Communities

Wellness is an individual pursuit—we have self-responsibility for our own choices, behaviors and lifestyles—but it is also significantly influenced by the physical, social and cultural environments in which we live<sup>1</sup>.

**Self-care is the ability of individuals, families and communities to promote and maintain their own health, prevent disease, and to cope with illness – with or without the support of a health or care worker<sup>2</sup>. Here is some self-care information from the NIMH:<sup>3</sup>**

- **Get regular exercise**
- **Eat healthy, regular meals and stay hydrated**
- **Make sleep a priority**
- **Try a relaxing activity**
- **Set goals and priorities**
- **Practice gratitude**
- **Focus on positivity**
- **Stay connected**

NIMH-National Institute of Mental Health



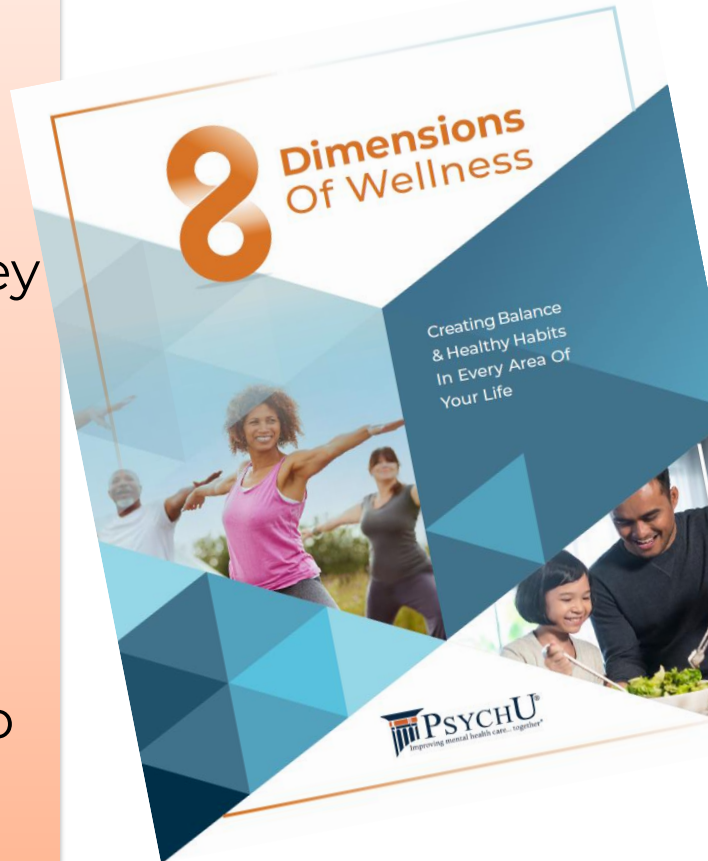
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1. Global Wellness Institute. What is wellness. Accessed May 2024.
2. World Health Organization (WHO). Self-care for healing and well-being. Accessed May 2024.
3. National Institute of Mental Health (NIMH). Caring for your mental health. Accessed May 2024.

# The PsychU 8 Dimension of Wellness Workbook in Individuals with MDD & PTSD in Underserved Communities

To promote minority mental health and prioritize holistic well-being, a multi-faceted approach focusing on an individual's entire wellness journey may be necessary.

The 8 Dimensions of Wellness workbook contains information on varying dimensions of wellness and provides strategies and healthy habits that can be implemented into daily routines to help improve wellness<sup>1</sup>.



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1	 <b>Emotional</b> Page 1	<ul style="list-style-type: none"> <li>✓ Express feelings</li> <li>✓ Adjust to emotional challenges</li> <li>✓ Cope with stress &amp; trauma</li> </ul>
2	 <b>Spiritual</b> Page 2	<ul style="list-style-type: none"> <li>✓ Find meaning &amp; purpose</li> <li>✓ Have balance &amp; peace</li> <li>✓ Identify personal values</li> </ul>
3	 <b>Intellectual</b> Page 3	<ul style="list-style-type: none"> <li>✓ Learn throughout your life</li> <li>✓ Apply knowledge</li> <li>✓ Share information</li> </ul>
4	 <b>Physical</b> Page 4	<ul style="list-style-type: none"> <li>✓ Maintain healthy habits</li> <li>✓ Prioritize nutrition &amp; exercise</li> <li>✓ Obtain health care</li> </ul>
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6	 <b>Financial</b> Page 6	<ul style="list-style-type: none"> <li>✓ Have financial resources</li> <li>✓ Maintain financial literacy</li> <li>✓ Meet practical needs</li> </ul>
7	 <b>Occupational</b> Page 7	<ul style="list-style-type: none"> <li>✓ Find purpose in employment</li> <li>✓ Balance work &amp; leisure time</li> <li>✓ Look forward to work</li> </ul>
8	 <b>Social</b> Page 8	<ul style="list-style-type: none"> <li>✓ Spend time with loved ones</li> <li>✓ Contribute to the community</li> <li>✓ Share interest in others</li> </ul>
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WATCH THE INTERVIEW:  
Introduction To The  
Eight Dimensions Of  
Wellness

1. SAMHSA. Learn the Eight Dimensions of Wellness (samhsa.gov)



# Closing



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