



The Gaps in Therapy for Underprivileged Children



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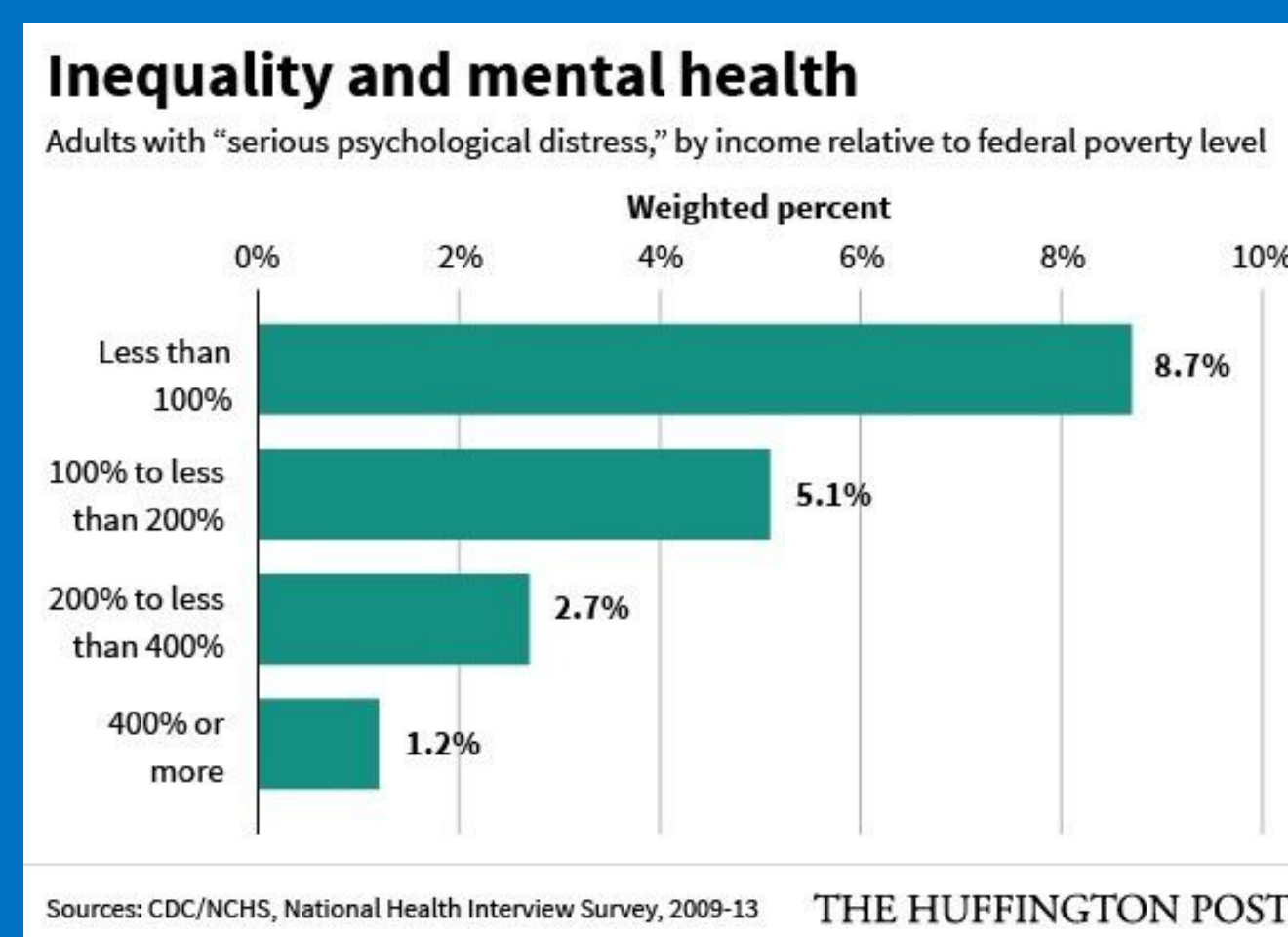
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CPSP359S

College Park Scholars Academic Showcase, May 3, 2024

Introduction

- In the recent decade the trend for people obtaining therapy and counseling has been on a stable increase
- However, marginalized groups have more resistance seeking help.
- Children experiencing poverty in particular have many obstacles working against them from getting adequate mental health services.

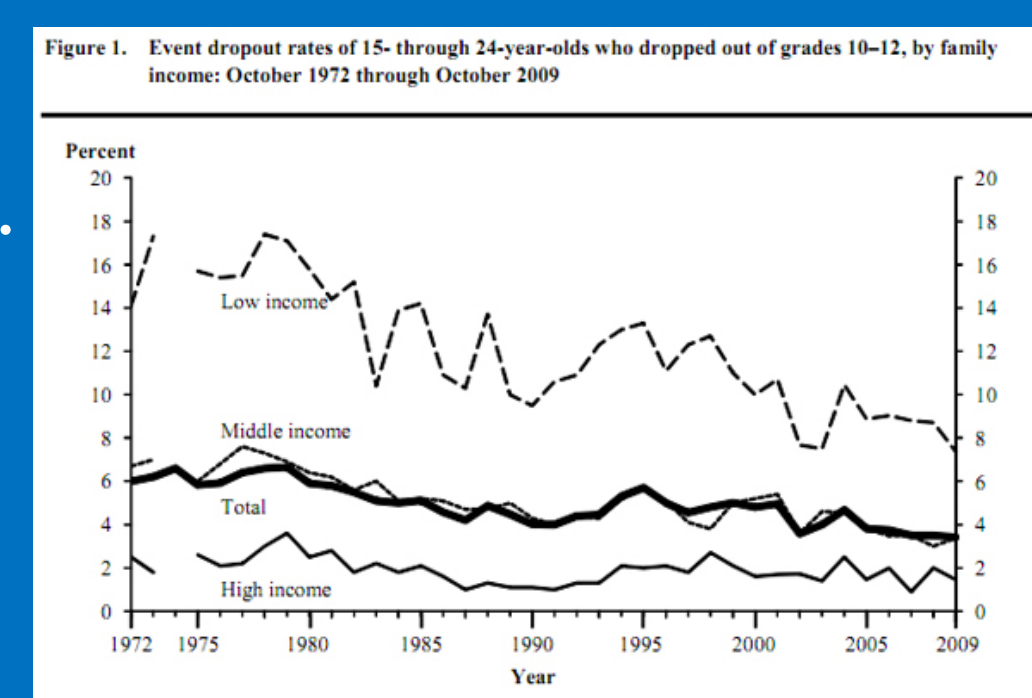


Tragic connection between mental health and poverty. Image from https://www.huffpost.com/entry/mental-health-coverage_n_7456106

Results

Barriers to treatment:

- Consent can be a big barrier for children that come from unsupportive family dynamics.
- There is an absence of a proactive, large-scale systematic way of diagnosing and identifying children in need. (Kazdin, 2019).
- Current services offered to children experiencing housing insecurity are youth drop-in centers and runaway shelters (Wang et al., 2019).



Dropout rates of programs. Image from <https://hechingerreport.org/new-report-dropout-rates-five-times-higher-for-poor-students/>

Intervention considerations:

- Family-therapy has been associated with a significant decrease in use of drugs compared to services as usual therapies (Wang et al., 2019).

Methods

Research question: What contributes to the disparities of mental healthcare for underprivileged children and how can they be addressed for better interventions?

- Conducted qualitative research
- Gathered various different scholarly sources from the internet

Results

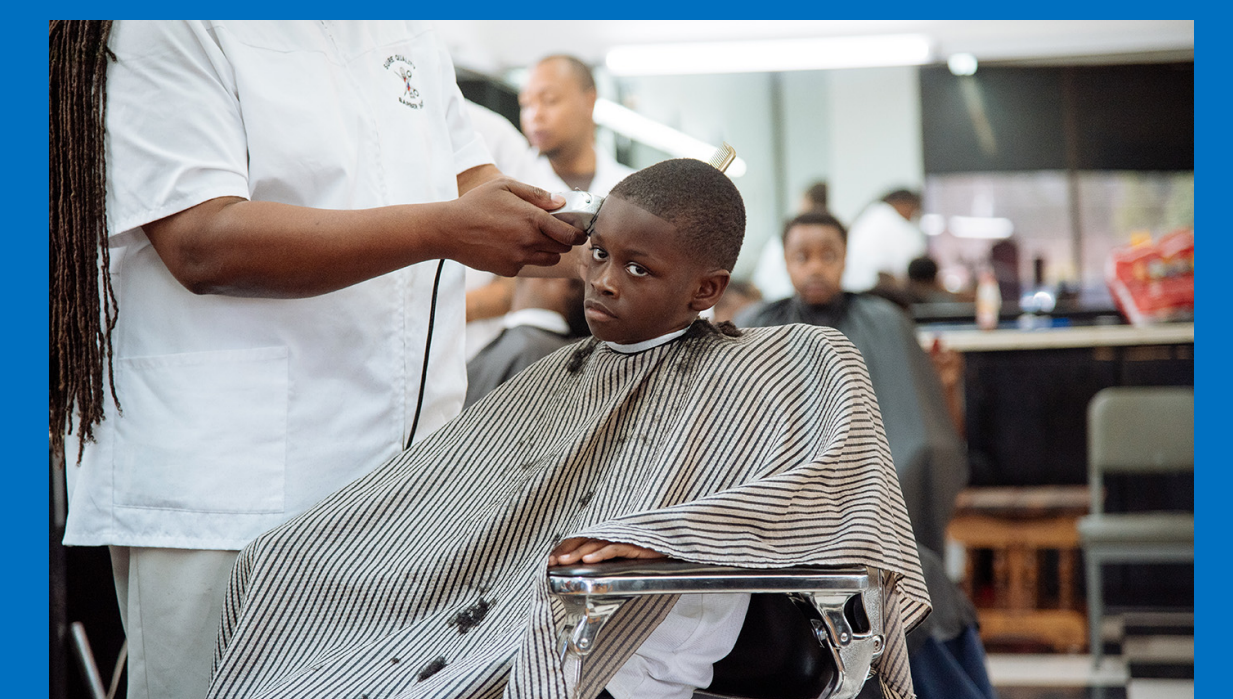
- Intervention approaches including community reinforcement approach, patient-delivered partner therapy, brief motivational intervention, emotion-based family therapy, and functional daily therapy have more lasting results (Slesnick et al., 2009).

Discussion

- Currently there are no concrete interventions that address every barrier, but many treatment plans and programs have been proposed.
- One of the novel models include interventions in everyday unconventional settings like schools and barber shops (Kazdin, 2019).
- Wadsworth's BaSICS program has core components including, embracing children's anger/outrage over injustice, having leaders validate hurt and foster empowerment, build both personal and collaborative coping skills, and attend to both psychological and biological mechanisms.



Therapy in school setting. Image from <https://www.aota.org/practice/practice-settings/schools-early-intervention-community-education/schools>



Therapy in barbershops. Image from <https://www.yesmagazine.org/issue/mental-health/2018/08/24/what-is-barbershop-therapy>

Acknowledgments:

Thank you to Ben Parks and Kelly Brower for their support and guidance throughout the research process.

