



# IN LIVING COLOR

## DEPRESSION TREATMENT IN PRIMARY CARE

Depression is a highly common health condition affecting nearly 20 million Americans, Caucasian population and racial/ethnic minorities alike. For many patients, if they receive treatment for depression at all, it is most likely to occur in the primary care setting.

*In Living Color: Depression Treatment in Primary Care* is a three hour education course facilitated by a team—consisting of a consumer, a family member, and a physician—that equips physicians practicing in primary care settings with the knowledge and tools to identify and provide appropriate treatment of depression to medically underserved ethnic and racial groups.

This program is based on an approach of both enhancing skills as well as building relationships among care providers and their patients. Such relationships, based on mutual respect and trust, can help doctors and consumers move forward as partners in treatment. This program focuses on understanding depression, culture, and person centered care; recognition and diagnosis; and treatment, referral and adherence to treatment in African American, American Indian, Asian American, and Latino communities.

### Target Audience

Primary care physicians, general practitioners, family physicians, geriatric physicians, OB/GYNs, internists, pediatricians

### Key Topics

- Recognizing and treating depression in racial and ethnic minorities
- Overcoming challenges in diagnosis and treating depression in racial and ethnic groups
- Communication and person-centered, culturally competent care

### Learning Objectives

- Recognize the signs and symptoms of depression
- Interpret how depression manifests itself in racial and ethnic minorities
- Identify appropriate depression screening, diagnosis, and treatment options in the primary care settings
- Recognize ways to involve family and others in the patient's support system in therapy
- Demonstrate how a physician's culture and her patients' cultures interact during treatment
- Develop strategies to foster effective physician-patient communication

This course was piloted in Los Angeles, St. Louis, and New Orleans. Pilot evaluation data showed 86% of participants rated the content of the course as excellent or good and 95% of participants rated their change in knowledge of recognizing, diagnosing and treating depression as moderately or highly improved.

*In Living Color: Depression Treatment in Primary Care* was written by Annelle Primm, MD, MPH, Director, Office of Minority Affairs, APA, and Majose Carrasco, MPA, Director, Multicultural Action Center, NAMI, and was created with contributions from leading national experts on mental health and minority mental health treatment.

**This program is currently in grant evaluation phase. Contact [macenter@nami.org](mailto:macenter@nami.org) for more information.**

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