



# SOCIAL DETERMINANTS OF MENTAL ILLNESS

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\*No disclosures

# OVERVIEW



## I SOCIAL DETERMINANTS

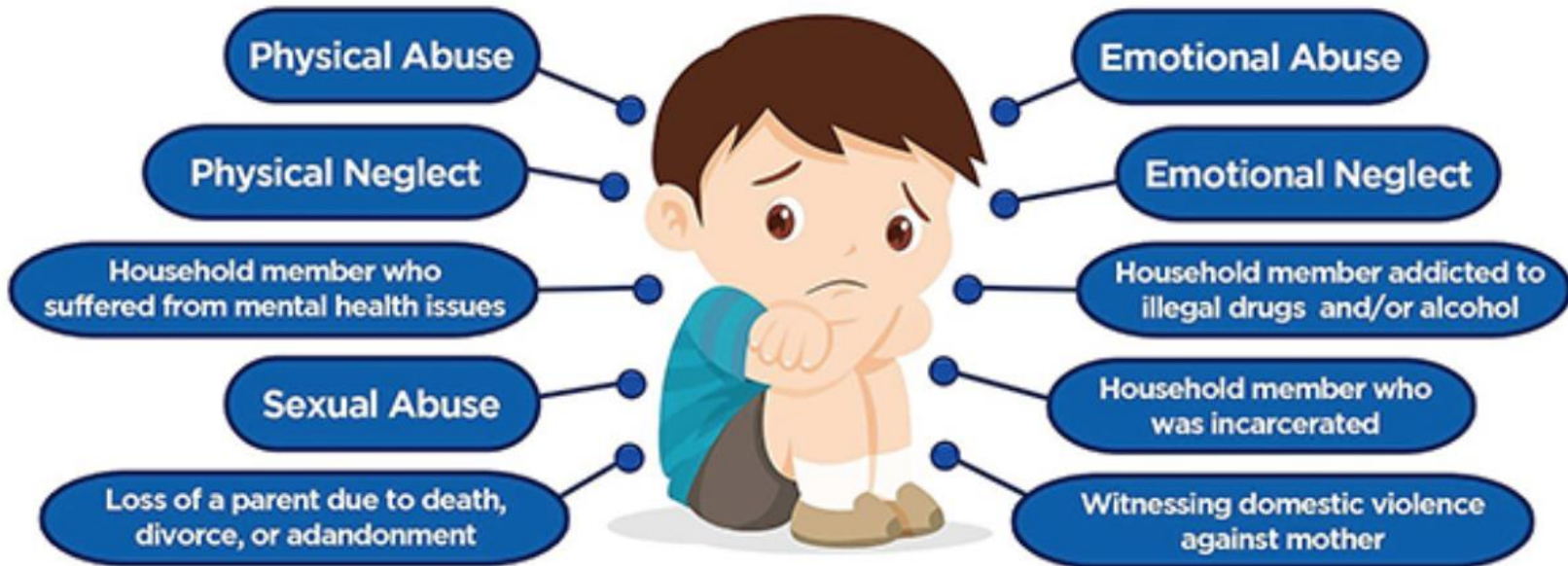
1. ACEs
2. Poverty, poor education, lack of access to healthcare
3. Violence
4. Discrimination/social exclusion/racism
5. Criminal justice system

## II VIDEO EXAMPLE

III Social determinants linked to diagnoses of borderline personality disorder, sociopathic personality disorder, PTSD, addiction, depression with suicidal ideation, generalized anxiety disorder, panic disorder



## ADVERSE CHILDHOOD EXPERIENCES INCLUDE:



## ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:



There is a very close relationship between Adverse Childhood

# POVERTY





- Poverty is one of the most significant social determinants of mental health, because it intersects with education, local community conditions, immigration status, health and access to health care, and neighborhoods (homes, buildings, streets, parks infrastructure) (Sen, 1983)
- Psychiatrists are hesitant to screen for poverty because they may not have ready access to an intervention or a referral and they think it is beyond the health sector
- However, assistance can be provided at the individual level, the local community level, and the policy/population level





## VIOLENCE

- Major determinants of violence continue to be socio-demographic and economic factors.
- ‘Triple morbidity’: SMI, SUD and personality disorder confers greatest risk of violence. (Lancet, 2020)
- Those with mental illness make up a small proportion of violent offenders. (BMJ, 2016)

# SOCIAL EXCLUSION







## SOCIAL EXCLUSION

- Discrimination and stigma based on race, ethnicity, gender, age
- Discrimination is traumatic and can lead to PTSD
- Contributes to decreased access to health care
- Extreme racism can be understood as a delusional symptom
- More than half of individuals with mental illness don't receive treatment in the U.S.



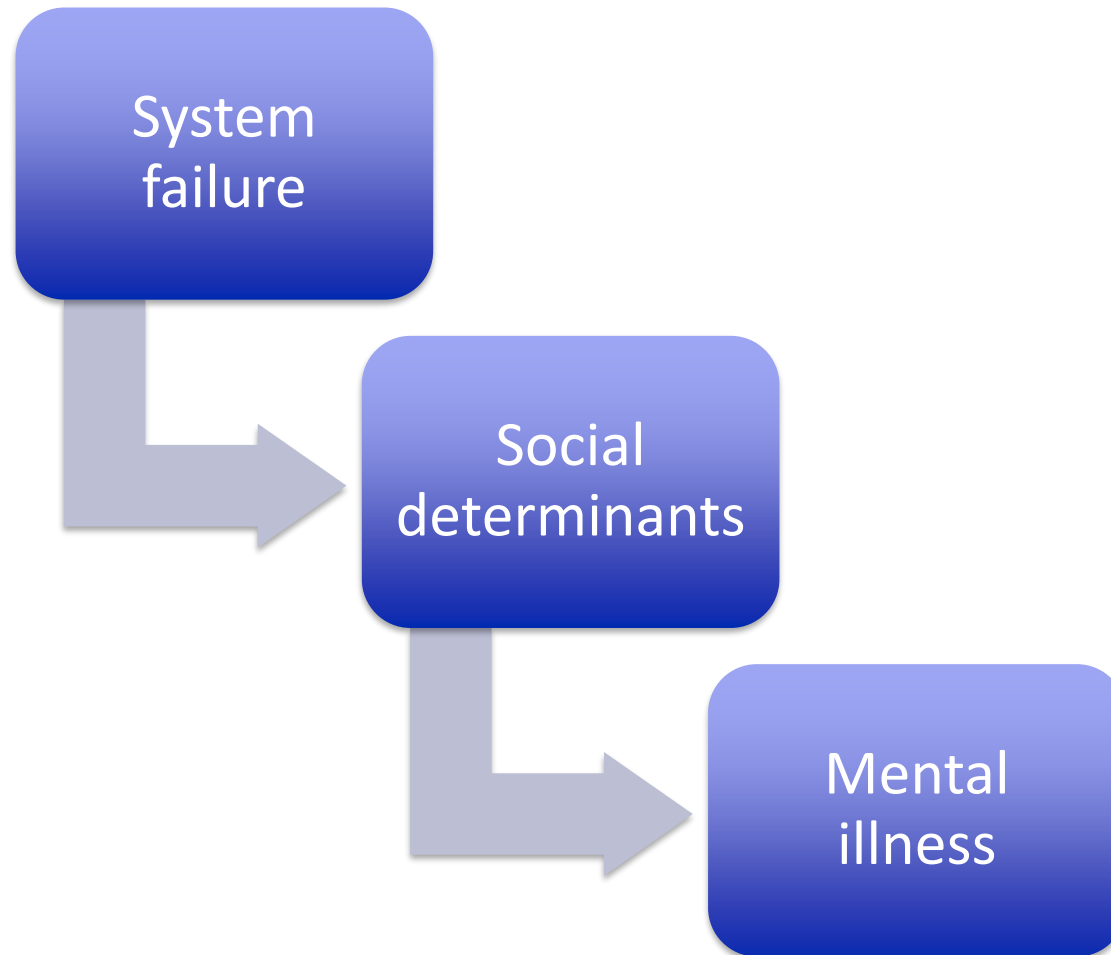
It is estimated that 15-20% of all prisoners in the United States have a diagnosable mental illness.. That amounts to more than 350,000 cases in jail rather than in treatment.

Although more white people have been killed by police, Black and Hispanic people are disproportionately impacted.

While white people make up a little over 60% of the population, they only make up about 41% of fatal police shootings.

Black people make up 13.4% of the population but make up 22% of fatal police shootings. (NAACP)

## DOWNSTREAM EFFECTS



- 30 years old woman with a h/o multiple diagnoses: ADD, depression with suicide attempts, anxiety disorder, borderline personality disorder, antisocial personality disorder, SUD, PTSD
- Parents were poor unskilled immigrants
- Father had SUD – alcohol - belligerent
- Maternal uncle sexually abused her from age 5-12
  
- She began running away from home at age 13
- First arrested for prostitution at age 16
- She became addicted to heroin
- She had 3 children in foster care by age 20
  
- Social services provided her with treatment for complex trauma, ADD and substance use

A Survivor's Story:  
Holly Austin

# PREVENTION OF SDMI



- **If** she hadn't been neglected and sexually abused in childhood,
- **if** her parent's substance use had been treated, and hadn't led to poverty,
- **if** she hadn't been arrested for prostitution,
- **if** her community offered more resources to her family and her school



Did her childhood sexual abuse lead to being diagnosed with borderline personality disorder?

Did her family h/o SUD and poverty lead to violence and PTSD?

Did system failures lead to loss of opportunity and her depression?

Did her family's job and food insecurity lead to her anxiety disorder?

Did her exposure to the criminal justice system lead to a diagnosis of sociopathic personality disorder?



2021-2022 APA TASK FORCE  
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## Preventable determinants for mental illness advocacy

- economic support for families
- anti-violence measures
- anti-stigma norms for mental illness
- social connectedness
  
- community responsibility (not individual)
- family-centered treatment
- early education
- access to healthcare

“...as the physicians say it happens..., that in the beginning of the malady it is easy to cure but difficult to detect, but in the course of time, not having been either detected or treated in the beginning, it becomes easy to detect but difficult to cure.”

-Niccolò Machiavelli, *The Prince*, 1532

AMERICAN  
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Medical leadership for mind, brain and body.

THANK YOU!