

FIRST STEP in MENTAL HEALTH

走近心理非盈利组织

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- 中文简介内容为17-31页

We are a student founded, incorporated, 501(c)
nonprofit.

Mission statement

Help more people realize the significance of mental health. Especially to raise awareness among Chinese communities to resolve stigma toward mental health issues and in seeking professional help. Bring more people to confront mental health issues directly and provide help in bridging the language gap between disadvantage communities and the help available.

My Personal Experience

When I was in ninth grade, the pressure of adapting to new learning environment and isolation due to pandemic, I found myself showing early signs of anxiety disorder. I contacted school counselor for support, however, they weren't able to provide me any therapy because of school policy. They tried to contact local mandarin speaking therapist for me, and various organizations phoned me multiple times, I still wasn't put in contact with a therapist. Even today, when I don't need the help anymore, I still didn't get any answer from them.



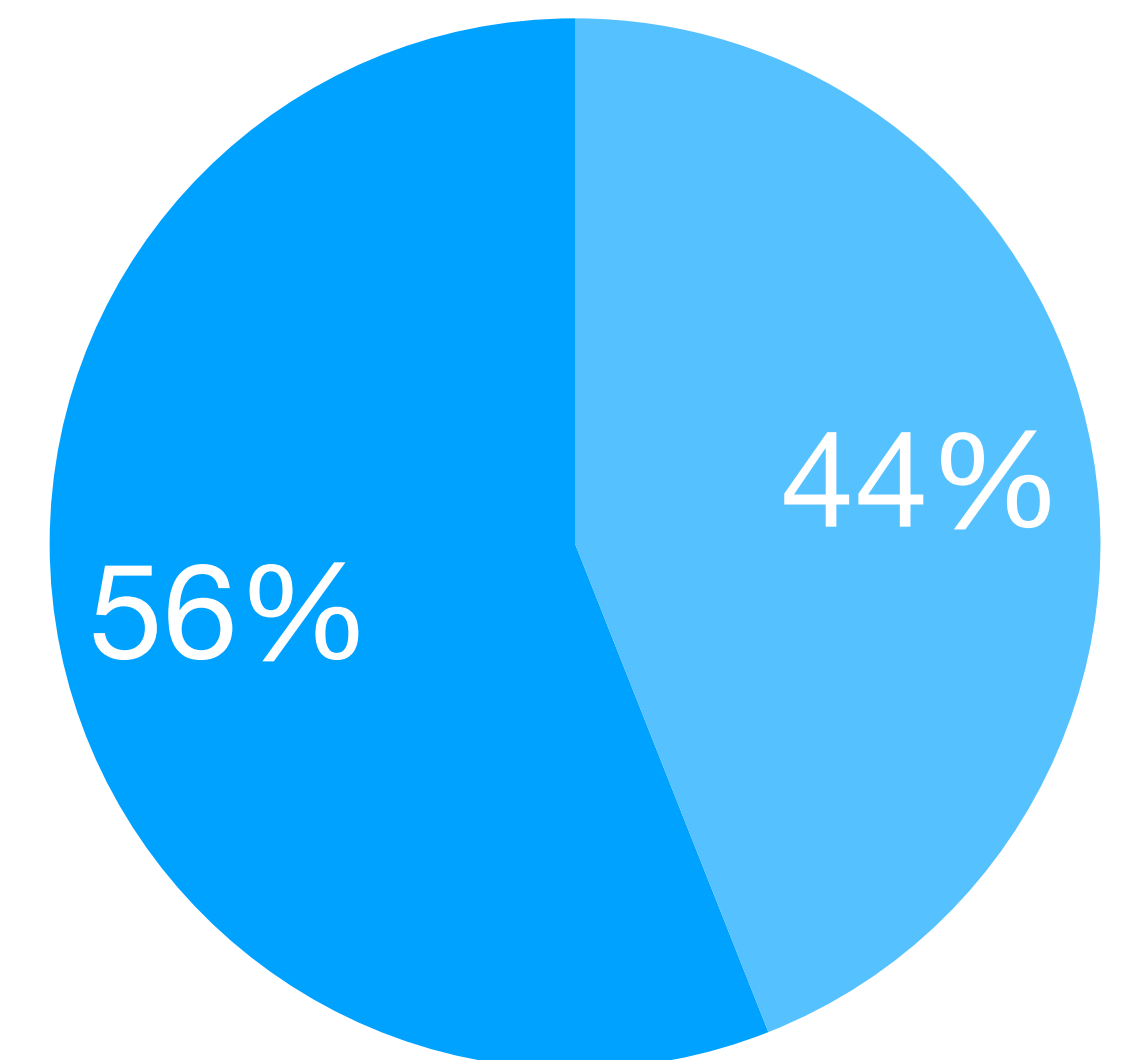
I began to wonder, how many people are facing the same challenge as I was facing? What if it is more serious?

After researching, how many people was facing mental health issue?

- Depression affects 18 millions people in the US over each year, regardless of age, gender, race, religion, or socio-economic level.
- “The Stress in America” reports that 83% of American teens see school as a major source of stress that was exceeding healthy levels. 36% reported stress or anxiety, 30% chronically depressed. About 10.7% of adolescents in the United States have been diagnosed with depression and 5.9% with severe anxiety.

Under this circumstance, how many people didn't reach out for any help?

- A study by the World Health Organization reported that 56% of people with major depression don't seek treatment.



Many people might ask, if therapy was actually necessary?

- With study, researchers concluded that mental health therapy have a significant results on majority of people.

Variables	Form of the intervention		Frequency of the intervention		Total (n = 58)
	Psychotherapy (n = 37)	Art/occupational therapy (n = 21)	Once a week or more seldom (n = 29)	Twice a week (n = 29)	
Sociodemographic variables					
Age, mean (SD)	14.22 (0.75)	14.24 (0.70)	14.24 (0.74)	14.21 (0.73)	14.22 (0.73)
Gender: female	25 (67.6)	12 (31.6)	19 (65.5)	19 (65.5)	38 (65.5)
Living with biological parents	29 (78.4)	18 (85.7)	22 (75.9)	25 (86.2)	47 (81.0)
Clinical variables					
Previous mental health contact	18 (48.6)	12 (57.1)	15 (51.7)	15 (51.7)	30 (51.7)
Length of psychiatric treatment before the index intervention, months, mean (SD)	7.86 (5.44)	12.05 (5.83)	10.59 (5.81)	8.17 (5.83)	9.38 (5.89)
Psychotropic medication	23 (62.2)	15 (71.4)	19 (65.5)	19 (65.5)	38 (65.5)
Psychiatric comorbidity	16 (43.2)	12 (57.1)	15 (51.7)	13 (44.8)	28 (48.3)
Type of symptoms (externalizing)	7 (18.9)	8 (38.1)	11 (37.9)	4 (13.8)	15 (25.9)
Diagnostic groups according to the principal diagnoses (ICD-10)					
<i>F30-39 Mood disorders</i>	10 (27.0)	6 (28.6)	6 (20.7)	10 (34.5)	16 (27.6)
<i>F40-49 Neurotic, stress-related and somatoform disorders</i>	17 (45.9)	8 (38.1)	13 (44.8)	12 (41.4)	25 (43.1)
<i>F50-59 Behavioral syndromes associated with physiological disturbances and physical factors</i>	2 (5.4)	0 (0.0)	2 (6.9)	0 (0.0)	2 (3.4)
<i>F80-89 Disorders of psychological development</i>	2 (5.4)	1 (4.8)	1 (3.4)	2 (6.9)	3 (5.2)
<i>F90-98 Behavioral and emotional disorders</i>	6 (16.2)	6 (28.6)	7 (24.1)	5 (17.2)	12 (20.7)
Symptom severity and level of functioning at baseline					
C-GAS, mean (SD)	53.83 (8.05)	53.95 (7.53)	52.48 (9.67)	55.07 (5.64)	53.87 (7.80)
BDI total score, mean (SD)	14.43 (12.86)	14.14 (15.15)	11.86 (13.21)	16.79 (13.76)	14.33 (13.60)
CORE-OM total score, mean (SD)	1.33 (0.77)	1.24 (0.82)	1.10 (0.79)	1.49 (0.75)	1.30 (0.79)
CORE-OM well-being, mean (SD)	1.69 (0.98)	1.56 (1.04)	1.43 (1.04)	1.86 (0.92)	1.64 (0.99)
CORE-OM problems/symptoms, mean (SD)	1.54 (0.97)	1.26 (1.07)	1.17 (0.99)	1.71 (0.96)	1.44 (1.01)
CORE-OM life functioning, mean (SD)	1.41 (0.76)	1.47 (0.77)	1.30 (0.80)	1.57 (0.70)	1.43 (0.76)
CORE-OM risk/harm, mean (SD)	0.49 (0.68)	0.46 (0.69)	0.36 (0.62)	0.61 (0.72)	0.48 (0.68)
SDQ total score, mean (SD)	14.00 (5.32)	13.67 (6.55)	13.38 (6.01)	14.38 (5.52)	13.88 (5.74)
SDQ emotional symptoms, mean (SD)	5.11 (2.74)	4.43 (2.96)	4.17 (2.90)	5.55 (2.59)	4.86 (2.81)
SDQ conduct problems, mean (SD)	2.03 (1.62)	2.38 (1.83)	2.24 (1.62)	2.07 (1.79)	2.16 (1.69)
SDQ hyperactivity, mean (SD)	3.95 (1.97)	4.48 (2.62)	4.66 (2.35)	3.62 (1.99)	4.14 (2.22)
SDQ peer problems, mean (SD)	3.19 (2.04)	2.62 (1.80)	2.66 (1.95)	3.31 (1.95)	2.98 (1.96)
SDQ prosocial behavior, mean (SD)	7.92 (2.48)	7.52 (1.66)	7.97 (2.56)	7.59 (1.82)	7.76 (2.21)
Treatment-related variables					
Form of treatment (psychotherapy)			15 (51.7)	22 (75.9)	37 (63.8)
Frequency (twice a week)	15 (40.4)	7 (33.3)			29 (50.0)
Parental guidance involved in treatment	34 (91.9)	19 (90.5)	25 (86.2)	28 (96.6)	53 (91.4)
Psychological variables					
External locus of control	8 (22.2)	4 (20.0)	7 (25.0)	5 (17.9)	12 (21.4)

Unless otherwise indicated, data are expressed as number (percentage).
C-GAS, Children's Global Assessment Scale; BDI, Beck Depression Inventory; CORE-OM, Clinical Outcomes in Routine Evaluation – Outcome Measure; SDQ: Strengths and Difficulties Questionnaire.

Unfortunately, seeking for therapist support doesn't seem to be convenient

- According to research data, the nation has a great demand for mental health support. Out of the respondents 48% believe that "psychological problems in society are serious", 88% think mental health work is important, and 74% think that "psychological counseling services are not convenient".
- Using a database of 30 million profiles. There are over 198,811 therapists currently employed in the United States. The most common ethnicity of therapists is white at 76.4%, and only 10.6% are Asian.

- **Concluding the data, there are around twenty thousands Asian counselors working in the US.**
- **Not all of them are from Chinese community, not all Chinese counselors can provide services in Mandarin.**
- **Overall, Mandarin services in this field is not widely available, so it is even harder for people, especially students who's unfamiliar with this community, to reach out for helps.**

This inspired me to establish our organization, to assist people connect with the help available.

Two strategies for us to achieve our mission:

- **Help people with language barrier to connect with Mandarin speaking counselors**
- **Collect and provide resources for students in need to acquire for professional help**

- We will encourage students who's fluent in both Mandarin and English to find local therapists that are able to provide Mandarin services.
- We will help contact therapists for disadvantaged individuals and follow up if necessary.

plan for the year

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graph LR; A[plan for the year] --- B[activities]; A --- C[goal]; A --- D[what we need for support]; B --- B1[presentations to raise awareness, and encourage people to seek for help]; B --- B2[sessions to provide assistance for those having difficulties in searching for help]; C --- C1[build awareness with people the significant of acquiring professional help when facing mental health issues]; C --- C2[create the opportunity for more people in need]; D --- D1[opportunities and platform to reach more people with]; D --- D2[individuals that need the service]; D --- D3[resources to further our cause];
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activities

presentations to raise awareness, and encourage people to seek for help

sessions to provide assistance for those having difficulties in searching for help

goal

build awareness with people the significant of acquiring professional help when facing mental health issues

create the opportunity for more people in need

what we need for support

opportunities and platform to reach more people with

individuals that need the service

resources to further our cause

**With any need for services, First Step
in Mental Health is always here to
build the bridge of communication.**

Thank you for reading

**我们是由学生建立的， 经过政府认证的非
盈利组织。**

我们的宗旨

我们希望帮助更多人更深刻的了解到心理健康的重要性，并提供寻求心理辅导时的联络服务，带领更多人跨越文化与语言的隔阂，建立自己与专业服务群体的之间的联系。

我的相关经历

在我九年级的时候，因为面对适应网课学习和疫情隔离的双重压力，发现自己出现了焦虑症的症状，联系了学校的心理老师希望得到帮助，然而根据学校政策，学校心理老师不得直接为学生提供咨询帮助。老师只能试着帮我联系一位校外的中文心理咨询师，却联系多次一直无果。中途，不断有心理咨询机构给我打电话询问情况，却一直因为联系不到讲普通话的心理咨询师而无法继续后面的工作，整体联系工作的时间跨越半年之久，直到现在，当我都不再需要相关的帮助了，事情只能不了了之。



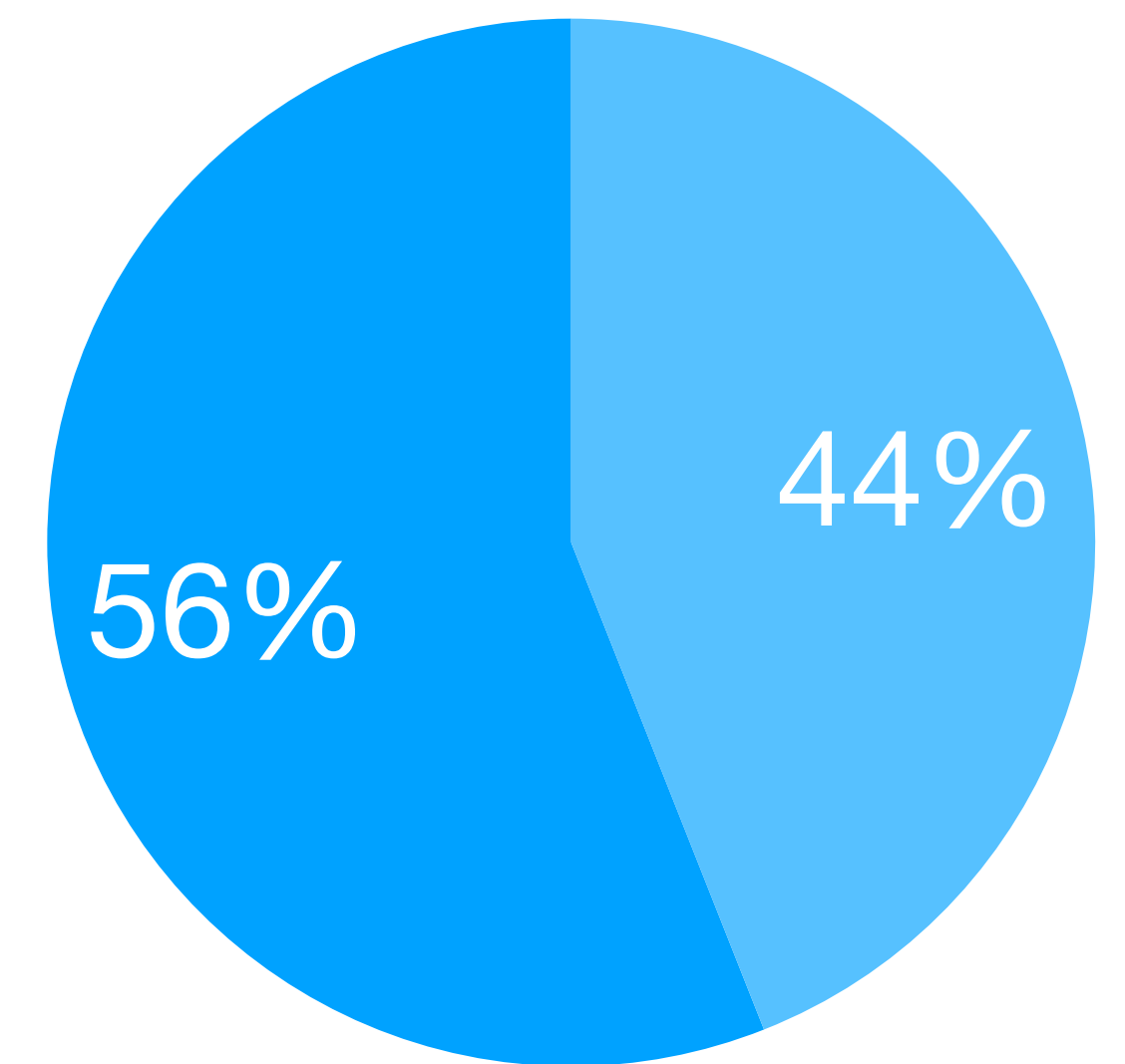
这时我开始思考，这样的情景上演过多少次？想要寻求专业的帮助时却无法跨越语言与文化的隔阂，面临这样的情况人们又该从何寻求帮助？

据数据显示，有多少人在面临心理健康问题？

- 在美国，抑郁症每年将会影响超过一千八百万人，包括各个年龄、性别、种族、宗教、以及社会阶级。
- “美国压力”报道表示，美国已有83%青少年（13-17岁）的健康指标被压力所影响。其中，36%表示紧张或者焦虑，30%长期情绪低落或者抑郁。美国大约10.7%的青少年被确诊有抑郁症，5.9%有严重焦虑症状。

在这种情况下，有多少人没有得到相关帮助？

- 根据世界卫生组织研究表明，56%的重度抑郁症患者并没有去寻求相关帮助。



也许很多人会问， 咨询师的治疗是否真的是有效的？

- 根据调查者得出的结论， 寻求帮助的群体收获了显著的正面效果。

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Unless otherwise indicated, data are expressed as number (percentage).
C-GAS, Children's Global Assessment Scale; BDI, Beck Depression Inventory; CORE-OM, Clinical Outcomes in Routine Evaluation – Outcome Measure; SDQ: Strengths and Difficulties Questionnaire.

然而，寻求心理相关的帮助显得并不方便

- 我国国民心理健康需求极大，有48%的受访者认为“现在社会上人们的心理问题严重”，有88%的受访者认为心理健康工作重要，然而，有74%的受访者认为“心理咨询服务不便利”。
- 根据美国现有三千万人的登记数据库，目前在美国有超过198811名心理咨询师，咨询师中最常见的种族是白人，占76.4%，而亚裔仅占10.6%。

- 据上述数据所呈现的，全美大约有两万余亚裔心理咨询师
- 且该数量包含的是其他亚裔国家人群、不具有中文背景人群等的总和
- 因此，中文心理咨询服务资源并不充裕，尤其对于学生而言，显得更加遥不可及。

要让更多人得到相应的帮助并与心理咨询师取得联系的想法激励了我，决定要建立该非营利组织

我们将通过两种方式实现自身作为非营利组织的价值：

- **帮助有需求的中文群体与中文心理咨询师建立联系**
- **运用组织筹款帮助留学生进行心理咨询**

- 我们将召集在美留学进行本地的研究调查，与能提供中文服务的心理咨询师取得联系
- 当有需要帮助的人群提出需求时，我们会帮助双方联络，并且在必要的情况下，为后续提供跟进服务

我们的本年规划

活动

通过演讲的方式让更多人意识到心理健康的重要性，并鼓励更多人勇于寻求帮助

为寻求帮助的个人提供所需的协助

目标

帮助人们建立在遇到心理问题时寻求专业帮助的意识

协助有需求的人建立与专业工作者沟通的桥梁

我们需要的支持

帮助我们能够触及更多人的平台与机会

有需求的同胞

大家对我们任何形式的帮助

走近心理非营利组织将抱着万分 荣幸协助每一位有需求和专业人 士搭建沟通桥梁的人服务

在此感谢您阅读本文与了解我们

- “Facts & Research About Depression in the US.” *Hope For Depression*, 29 Apr. 2021, www.hopefordepression.org/?utm_source=google_cpc&utm_medium=ad_grant&utm_campaign=awareness&gclid=EAlalQobChMIj9PV6qud_AIVDwCtBh2AZgzYEAAYASAAEgIcy_D_BwE.
- “出国留学心理健康.” 出国留学网, www.liuxue86.com/k_%E5%87%BA%E5%9B%BD%E7%95%99%E5%AD%A6%E7%94%9F%E5%BF%83%E7%90%86%E5%81%A5%E5%BA%B7/.
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“Therapist Demographics and Statistics [2022]: Number of Therapists in the US.” *Therapist Demographics and Statistics [2022]: Number Of Therapists In The US*, 9 Sept. 2022, www.zippia.com/therapist-jobs/demographics/.