

World Summit on

# Psychiatry, Mental Health Nursing and Healthcare

International Conference on

&

# Applied Psychology, Psychiatry and Mental Health

November 26-27, 2018 | Los Angeles, USA

## Psychological assessment: Brief, comprehensive and cultural competent skills for today's professional

Lavonda Mickens

The Chicago School of Professional School, USA

**Statement of the Problem:** One in six individuals lives with a mental illness in the United States (NIMH, 2016). Effective, comprehensive and culturally competent treatment of mental illnesses (i.e., psychiatric disorders) is vital in a fast-paced, changing, 21st century America. Treatment should reflect the needs of a culturally diverse United States population (US Census, 2018) given that ethnic minority groups are projected to be 51% percent of the population by 2050. Additionally, comprehensive and brief skills will be advantageous in a world influenced by fast-paced technology (e.g., smartphones, internet). Licensed and pre-licensed medical and mental health professionals (e.g. Psychologists; Psychiatrists; RNs; Interns) will continue to require quick, handy tools for assessment of psychopathology and substance abuse at an increasing pace. The purpose of this symposium is to introduce a brief, 3-step model for assessing substance abuse, psychiatric and personality (character) disorders from a culturally-informed lens.

**Methodology & Theoretical Orientation:** The present model is entitled the BSPE (Background-Substance-Psychiatric-Energy) Model. It is an assessment tool informed by a psychosocial lens and is designed to be completed within 15 minutes. In Step 1: the clinician asks the patient how the individual would describe his/her/zir ethnic and gender background. Additionally, the patient is asked to perceived challenges more inclusive norms. In Step 2: the clinician uses both a brief substance use and psychiatric screener. In Step 3: the clinician rates his/her/zir own subjective exhaustion with the patient on a scale of 1-10. The clinician also asks the patient how the person closest to him/her (zir) would describe personality or essence.

**Conclusion & Significance:** Professionals working in psychiatric inpatient and outpatient settings may utilize this culturally-informed, psychosocial model as a way to provide effective treatment for diverse populations.

lmickens@thechicagoschool.edu