Chapter Exercises for **Chapter 9: Mental Health**

1. Locate research articles or resources that examine how social workers are working to understand mental disorders, and write a report on your findings. These are some possible topics: What are social work researchers saying about the basis of mental illness? How can biomedical, behavioral, and social scientists work together to improve early detection, prevention, and treatment of mental disorders?

2. Choose a mental health disorder to report on. Then use Internet and library resources to gather articles and information about how this disorder is diagnosed and treated. Include both psychopharmacological and counseling interventions.

3. Research the types of mental health services available in your community. What types of settings and services are most common? Which seem to be in short supply? Draw a simple map that shows where those facilities are located. What are your conclusions about your community’s ability to treat all sorts of mental illnesses and disorders and all sorts of people who need mental health services?

4. Working in groups, research cultural diversity issues in mental health treatment. How

do race and ethnicity affect access to treatment and its efficacy? What aspects of the

treatment are insensitive to the needs of culturally diverse people? Explore the full

array of available interventions for people with mental health problems:

1. Behavioral approaches
2. Psychopharmacology
3. Community outreach
4. Family therapy interventions
5. Group counseling
6. Program development
7. Self-help groups
8. Therapeutic communities
9. Rehabilitation and support services