HOW TO COLLABORATE WITH MENTAL HEALTH PROVIDERS:
LESSONS FROM DEAF MENTAL HEALTH

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PRE-MEETING WITH PROVIDER

• Briefed on treatment/assessment protocol:
  • Can elaborate or not?
  • e.g., WAIS-IV Information subtest

• Briefed on the client:
  • Any risk concerns?
  • Any triggers, preferences for communication, etc.?
ASSISTANCE WITH
MENTAL STATE EXAM

• Mania:
  • Fast, pressured speaking or signing
  • Loud/large speaking/signed

• Depression:
  • Slow speaking or signing
  • Soft/small speaking/signed

• Psychosis:
  • Language content does not make sense or is bizarre/delusional
  • DO NOT CLEAN UP LANGUAGE!
MENTAL HEALTH VOCABULARY

- Same meaning in both languages?
  - e.g., “hearing voices”

- Mental health literacy gaps?
  - e.g., trauma, abuse, addiction
  - use of examples and specific behaviors instead of labels or categories

- Importance of psychoeducation:
  - Provided by interpreter?
  - Or, interpreter prompts provider?
POST-MEETING WITH PROVIDER

- Opportunity for debriefing:
  - Mental status
  - Important linguistic or cultural considerations

- Opportunity for feedback:
  - Ways for provider to improve their work with interpreters
  - Ways for provider to improve rapport with client