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Peer-Navigator Support for Latinx Patients with Serious Mental Illness

REACH Dissemination Committee, Maine, USA

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Peer-Navigator Support for Latinx Patients with Serious Mental Illness

People who have a serious mental illness (SMI), are at higher risk for other health problems. An SMI, such as depression or bipolar disorder, may make it hard for people to work or live on their own or to arrange for health care. These problems **can be worse if language or cultural issues are barriers** to receiving care.

This study looked at the impact of a **peer navigator program (PNP)** on efforts to address the health needs of **Latinos with SMI**.

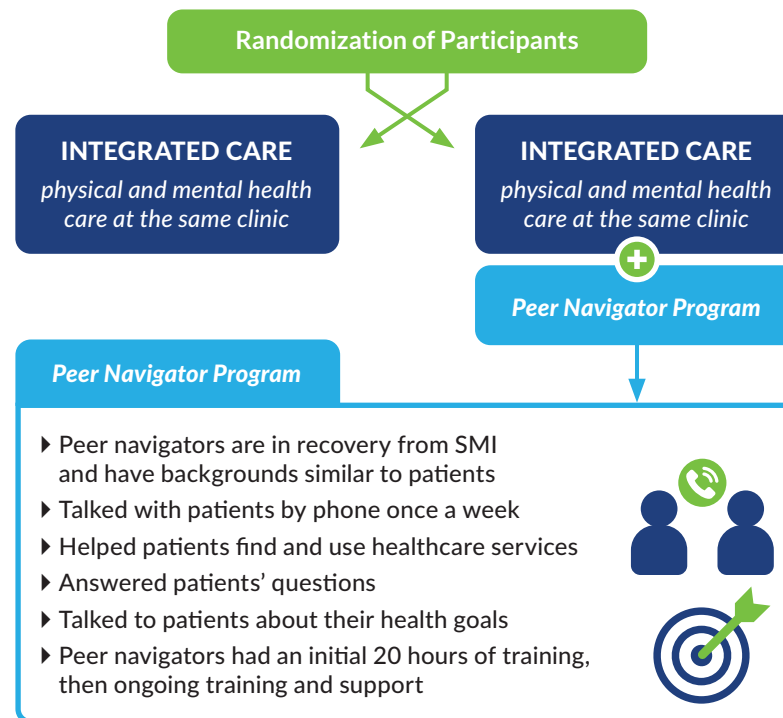
LOCATION & POPULATION

- ▶ Chicago area health clinic
- ▶ 110 Latinx patients with a Serious Mental Illness (SMI)
- ▶ 63% preferred to speak Spanish
- ▶ 72% born outside of the U.S.
- ▶ 58% Women
- ▶ Average age: 46



STUDY DESIGN

The research team compared two types of care to see how well they helped Latinx patients with an SMI get the care they need.



FINDINGS

▶ Compared with Latinx patients who didn't work with a peer navigator, patients who did reported:

- More scheduled doctors' visits
- Going to more of their scheduled doctors' visits
- Having more improvement in their mental health
- Feeling more in control of their health
- Having better quality of life



▶ Latinx patients who didn't work with a peer navigator and patients who did reported similar physical health

USED ACRONYMS

SMI – serious mental illness

PNP – peer navigation program

Key Take-Away

Peer navigator programs may help Latinx patients with serious mental illness make and keep medical appointments. They may also positively affect recovery from SMI and quality of life.

REFERENCES

1. Corrigan P, Sheehan L, Morris S, et al. *The Impact of a Peer Navigator Program in Addressing the Health Needs of Latinos With Serious Mental Illness*. Psychiatry Serv. 2018;69(4):456-461. doi:10.1176/appi.ps.201700241
2. Corrigan PW, Sheehan L, Morris S, et al. (2019). *Peer-Navigator Support for Latinx Patients with Serious Mental Illness*. Patient-Centered Outcomes Research Institute (PCORI). <https://doi.org/10.25302/8.2019.AD.130601419>

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