PROVIDER
Addressing Barriers to Care

what is it?

Barriers to Care consist of factors that prevent people from getting help despite them wanting to get help. Such factors include cognitive (e.g., conceptualization of mental health), affective (e.g., stigma), value orientation (e.g., cultural values), and physical and structural barriers (e.g., location and scarcity of bicultural and bilingual mental health professionals).

importance

When providers identify barriers and try to problem solve them, they are more likely to increase the likelihood of clients to engage in help-seeking behaviors. It is also important in order to achieve the best possible health outcomes for families.

goals

The goal for providers is identify the different barriers and work on trying to problem solve.

The goal is also for provider to be more sensitive to the challenges faced by their patients.

provider steps

1. Address any concerns that were brought up.
2. Address any cultural barriers (e.g., stigma, shame).
3. Identify future potential barriers by asking, "what might get in the way of coming back?"
4. Help problem-solve to address the barriers.