Who Visited the World's Most Beautiful Coffeehouse Regularly and How Did It Help Them?

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* Presenter

In our modern world, our society and individuals face numerous crises, which have an impact on our well-being. History helps us cope with difficulties by providing examples. The beginning of the 20th century, and the interwar period were challenging times for individuals, but in very different ways. According to contemporary writers, there was a catering unit in Budapest (Hungary), the New York Coffeehouse, which helped people cope with their difficulties. My research focuses on this phenomenon, through the eyes of the regular guests. Who were the customers at the coffeehouse during these periods? What were the similarities and differences in their lifestyle and problems? What function did the Coffeehouse play, as a business to improve their well-being?

The research uses a variety of sources. A guest book, a selection of memoirs were used, in addition to a vast collection of articles from the contemporary press. Content Analysis was employed as the method of the research.

We found that the two periods were distinct, and the Coffeehouse had hosted various types of visitors throughout each time. Before the Great War, the Coffeehouse was frequented by artists and by the middle class. A decade later, however, it was mostly frequented by celebrities and the bourgeoisie. The New York Coffeehouse provided a variety of coping techniques for them because their lifestyles and issues were very diverse. Were these effective solutions to their issues? This question requires further research. However, it is evident that the time spent in a coffeehouse contributed to their fading.

Session 3A: Promoting Physical and Mental Well—being
Saturday 9:00 Tropicana 1
Session Chair: Sarah Moore, University of North Texas

Importance of Regulation of Mental Health Therapy in India

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The purpose of this collaborative study is to examine the state of regulations among clinical mental health providers in India. Social work graduate students, who wish to become prospective mental health practitioners, are often aware of the importance of layers of regulations, policy standards, continuing education guidelines, clinical supervision, skill-specific certification and rostering requirements designed to ascertain their right to passage for competent mental health practice. These regulatory provisions aim to provide high-quality diagnostic processes for mental healthcare. Since mental health science is predominantly symptomatic in its diagnostic criteria, a rigorous evidence-based standardization of regulations renders mental health providers a common point of professional reference. The goal of this study is to explore the state of regulations, policy standards, supervision, training, and continuing education guidelines that define the quality of India's mental health social work practice. Cultures around mental health practices are different internationally, however, there are some universal best practices and evidence-based standards that are set to protect and empower mental health clients who are fragile and vulnerable. Moreover, the need for professional mental health practices in the developing world has been recognized by the World Health Organization. The Diagnostic and Statistical Manual (DSM-5) and the ICD-10 clinical diagnostic criteria are widely used internationally. Existing literature on regulatory mental health practices in India is scant and sporadic. There needs to be a better appreciation, standardization and regulation of the mental health workforce as demands for such services increase.

Determinants of Depression Symptoms among Children in Sub-Saharan Africa

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Background and Purpose: Considerable levels of mental health problems exist among children and adolescents in sub-Saharan Africa with limited research. Due to compounding factors, children from impoverished backgrounds have greater risk for developing mental health problems. This study examined predictors of depression symptoms among low-income children in Zambia during the COVID-19 pandemic.

Methods: In 2020, cross-sectional data was collected from primary school-age children in Zambia (N = 274). The Children's Depression Inventory was assessed as our dependent variable. The key predictors variables were derived from the Children's Hope Scale, and the six domains of the Child Status index which includes: food and nutrition; shelter and care; child protection; health; psychosocial, education and skills training (continuous measures). Data were analyzed using Multiple Linear regression.

Results: Participants identified as girls (56%), boys (46%), between 5-7th grade, with an average age of 13 years (SD=1.43; Range 10 -17 years). Results showed that 16% of participants had moderate to severe depression symptoms. Results showed that food security (β = -.26, $p < .001$), consistent care (β = -.12, $p < .05$) stable shelter (β = -.12, $p < .05$), access to protection services (β =-.18, $p < .01$) positive social behavior (β = -.28, $p < .001$) and hope (β = -.25, $p < .001$) were associated with decreased depression symptoms.

Conclusions/Implications: These findings indicate that intervention efforts in the promotion of positive mental health outcomes for children in sub-Sharan Africa should consider the intersections of individual, familial and macro-level factors.

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COVID-19 Impact on Child Maltreatment Investigations
Rashele Wade, LCSW, Dr. Cheryl Knight Arkansas State University

Sustainable Development Goals – Goal 3 Good Health and Well-being
　　Children are among the most vulnerable population world-wide; their physical size and limited social status can make them targets for child maltreatment. Over the past three decades, increased research and media attention has led to advocacy and policy changes (globally) in this area.
　　Prior to the outbreak of COVID-19, the effectiveness of advocacy and policy changes in preventing and investigating child maltreatment were debated, but, as with all aspects of human life, COVID-19 took a toll on child maltreatment victims. It is likely that social distancing and the intermittent shut down of schools had a negative impact on maltreatment reporting, as educational personnel are the primary source of reporting.
　　The purpose of this presentation is threefold:
1. Provide a brief history of child maltreatment reporting policies and laws in the United States;
2. Utilize data from Arkansas to compare the number and type of reported cases of child maltreatment in Arkansas between 2019 and 2022;
3. Discuss the implications this decline in reported numbers have on children and the child welfare system.

Mental Health and Art History
Cheryl Knight, DSW, LCSW**,** Temma Balducci, Ph.D, Arkansas State University

Globally, mental health problems continue to be some of the most treatable yet stigmatized health problems experienced by people of all genders, age and race/ethnicity. Despite improvements in psychotropic medications and therapeutic evidence-based interventions, it is not uncommon for individuals to willingly go untreated due to shame and stigma associated with mental illness. There are many documented reasons why these stigmas continue to exist, for example, feelings that emotional and behavioral issues are a sign of weakness of an individual; that the individual is not strong enough or possesses enough will to make themselves better; or that mental illness is a defect that is somehow different from a medical issue.
Perhaps one of the most compelling reasons as to why these stigmas continue is the way mental illness is portrayed and depicted in societies, especially in the arts. The purpose of this presentation is to show how visual arts over the years has been a means of self and societal expression of mental illness and how these images can be both a source of healing and stigma.