

Cultural Adaptations of EBPs in Treating Hispanic and Latinx with Mental Health Disorders

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At the time of this publication, Miriam E. Delphin-Rittmon, PhD, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

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Presented 2022

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Welcome to this Learning Community!

A learning community is a bit different than a regular webinar!

- During this four-week learning community, there will be opportunities to participate in break outs with co-attendees.
- It is expected that participants will participate verbally and, in the chat – this is what makes it a learning community!
- In addition to discussing participant cases, an in-depth case vignette and toolkit will be shared.

Objectives of this Learning Community

Goal: This collaborative will provide training on adapting Evidence Based Practices to assessment and case conceptualization in the ongoing work of attendees.

Objectives:

- Participants will understand cultural models available and their impact on treatment.
- Participants will describe assessment in the context of culture and how that impacts the therapeutic work.
- Participants will review a case vignette and discuss the application to assessment and preparing for treatment.

Today's Goal

During today's community, we will:

- Get to know each other;
- Set objectives for our work;
- Explore the impact of cultural adaptation and cultural competence on our work;
- Apply this information to a case vignette.

Introduce yourself!



The facilitator for this breakout is the individual who most recently had a birthday! - 8 minutes!

- Please share your name,
- What is your current work, including the type of clients that you are currently seeing or whom you'd like to focus on in the course of this work,
- What are your goals for this learning community?

What is Cultural Adaptation?

- Cultural adaptations are systematic changes to existing treatment processes or protocols that incorporate the values, beliefs, assumptions, and language(s) of the culture or group in order to make the treatments more accessible, relevant, and effective (Bernal et al., 2009; Bernal & Domenech Rodríguez, 2012).
- What thoughts come to your mind as you read this definition?
- How have your past experiences with cultural adaptation been aligned with this definition?

Why Cultural Adaptation?

- While many Evidence-Based Practices (EBPs) address mental health illness few take into account the specific lived experience of Latinxs.
- Moreover, EBPs developed for one Latinx group may not generalize to other Latinx groups of varied national origins, geographies (e.g., rural/urban), historical characteristics (e.g., immigrant/non-immigrant or refugee), religious affiliations, and socioeconomic backgrounds.
- Research has documented low levels of initial engagement into services and lower rates of completion of recommended treatments (Alegría et al., 2016).

Why Cultural Adaptation?

- One study of non-citizen Latinxs reported that only 32% of Latinxs with a psychiatric disorder in the past 12 months received services (Lee et al., 2014).
- Underutilization of needed services can increase disease burden among Latinxs (Alegría et al., 2016).
- Culturally adapting EBPs that are not designed for Latinx populations may help increase service utilization and improve treatment outcomes

Your world view....



The facilitator for this exercise is the person with the name that comes first in the alphabet! - 12 minutes!

- How have you used Evidenced Based Treatments in your work?
- Share an experience that you have had where you felt successful in adapting treatment to the individual's culture.
- We will share out when we return!

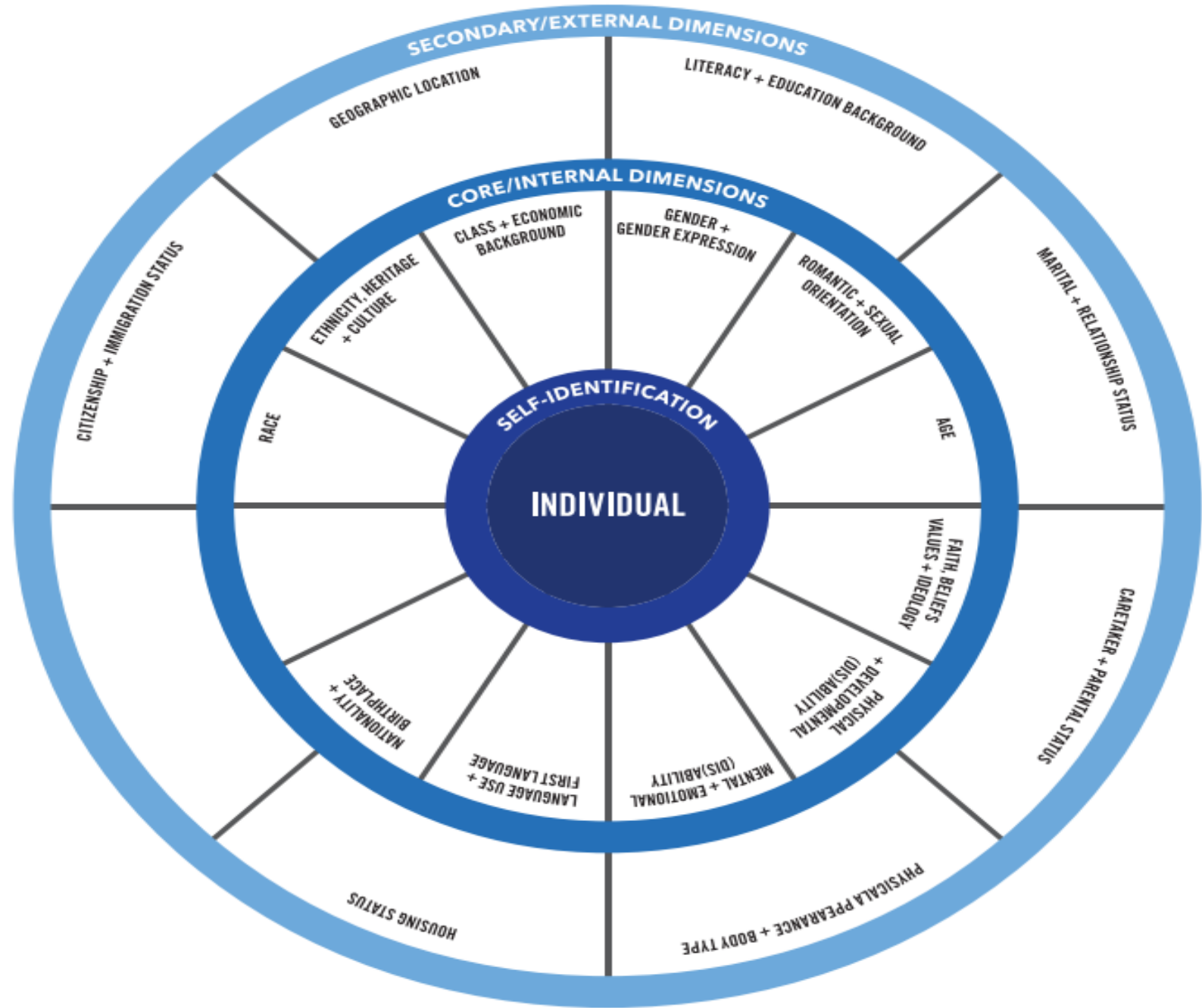
Speaking of Culture....

- Professional guidelines consider the best treatment to be one that reflects the client's needs and expectations within their cultural context (American Psychological Association [APA], 2006).
- *Culture* refers to systems of knowledge, concepts, values, norms, and practices that are learned and transmitted across generations and that are continually recreated and reshaped by individuals and groups (American Psychiatric Association, 2013; Betancourt & Lopez, 1993).
- Culture includes language, religion and spirituality, family structures, life-cycle stages, ceremonial rituals, customs, ways of understanding health and illness, as well as moral, political, economic, and legal systems.

Understanding your culture...

Who are you?

How might your culture strengthen, and challenge your work with your current client population?



Cultural Adaptation vs. Cultural Competence

Cultural adaptations generally refer to the modification made to a treatment manual and/or intervention processes whereas *cultural competence* refers to the characteristics of the clinician and health care system that lead to improved accessibility, relevance, and effectiveness of treatment across cultures and that are not tied to a specific therapeutic modality.

Cultural Competence

For individual providers, cultural competence has been conceptualized as a life-long process (Cross et al., 1989) of learning about the self in a cultural context, building knowledge about others' cultures, and developing skills to work effectively with diverse people (Sue, 1998).

While the definitions of cultural competence can vary, this “tripartite model” of self-awareness, knowledge of others, and skill is a key element of most definitions (Tehee et al., 2020).

How does this definition of cultural competence inform the development of our organizations?

Culturally Adapted Interventions

Meeting the client where they are requires an integration of the following concepts:

- Client's concept of health
- Client's concept of distress and suffering
- Client's and provider's cultural values
- Diagnosis and assessment of the provider

Case Vignette

A report was received by the state Child Protective Services department regarding Gabriela and John. Gabriela is a 24-year-old Spanish speaking Mexican woman who immigrated to the United States 6 months ago after she married John. John is a 43-year-old bilingual Mexican man who has lived in the United States for over 25 years, and who is a United States citizen. A report was made by police reporting that John had slapped Gabriela in front of her 4-year-old son, Samuel. Samuel is Gabriela's son from a previous relationship; she is also four months pregnant.

John and Gabriela met when John went to visit family in Mexico, where he was introduced to Gabriela. He reports that he went to Mexico specifically to find a wife. He had previously been married to a Puerto Rican woman for 18 years but divorced. He has two children, ages 12 and 14, from this relationship, whom he has visitation with on a weekly basis. John owns a construction business, and his house. John has a history of depression and alcohol use, but the specifics of his current use are unknown.

Gabriela reports that she is currently in the United States on a VISA, and she cannot work. Gabriela's family lives in Mexico, however, she has developed a strong relationship with her neighbors, and helps them out by cooking for them on a regular basis, which they pay her for. She has also developed relationships at the church and is on friendly terms with John's ex-wife.

Case Vignette



The person who has been in the field the longest amount of time is the facilitator!

In your group, identify which client in this family you are most likely to work with based on your current position, or if you would work with the entire family. What would be your goal for your work?

What cultural values do you have that might influence the outcome of this case?

Is there any aspect of the case that would be difficult for you to work with?

Next Week....

- Next week, we will define multiple cultural adaptation models and begin to apply these to an in-depth case vignette.
- A full toolkit will be shared!