

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

Session 2

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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:

- Learn about the cultural adaptation models;
- Identify how to apply these to Evidence Based Practices;
- Apply this information to a case vignette.

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!



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).



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



Understanding your culture...

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

Cultural Adaptation Models

While there are many models that overlap substantially, there are two that are most often cited, the Ecological Validity Framework (Bernal et al., 1995) and Resnicow and colleagues' (2000) Cultural Sensitivity Framework.



The Ecological Validity Model

There are eight areas in which you can adapt treatment to be more effective with ethnically diverse clients.

- Language
- Persons
- Metaphors
- Content
- Concepts
- Context
- Methods
- Goals



Source: Bernal, & Saez-Santiago, 2010

Ecological Validity Framework

A meta-analysis of cultural adaptations guided by the Ecological Validity Framework examined the relative contribution of the eight adaptation areas and found that adaptations for language, metaphors, goals, and methods showed specific gains in outcomes compared to treatments without these adaptations (Soto et al., 2019).

Trials that reported a more comprehensive set of cultural adaptations were more efficacious than programs with fewer cultural adaptations.





Discussion.....

Which of the following areas have you used to adapt treatment in your work?

- Language
- Persons
- Metaphors
- Content
- Concepts
- Context
- Methods
- Goals



Cultural Sensitivity Framework

- Resnicow and colleagues' (2000) Cultural Sensitivity Framework offers two broad categories of adaptation: surface and deep.
- Surface adaptations attend to fit with cultural characteristics that are easily observed but not necessarily substantive (e.g., reference to music, food, locations) to mental health outcomes.
- Deep adaptations incorporate contextual factors known to influence the mental health outcome.
- A recent meta-analysis examined the impact of surface and deep adaptations of cognitive-behavioral interventions for depression in Latinx populations and found that deep adaptations result in better outcomes when compared to surface or no adaptations (Escobar & Gorey, 2018).

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.

Cultural Sensitivity Framework

- What are some surface adaptations that you might make?
- What are some deep adaptations that you might make?

Next Week....

- Next week, we will review EBTs that integrate many of these concepts and continue to apply these to an in-depth case vignette.

