Mid-America (HHS Region 7)

MHTTC Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Cultural Linguistic and Appropriate Services (CLAS)

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UNMC MUNROE-MEYER INSTITUTE

SAMHSA Substance Abuse and Mental Health Services Administration

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At the time of this publication, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. The opinions expressed herein are the views of the speakers and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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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/ 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

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

CLAS standards

- Improve quality of services provided to all individuals
- Reduce health disparities
- Achieve health equity

- Respect the whole individual
- Respond to individual health needs and preferences

We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.

Jimmy Carter

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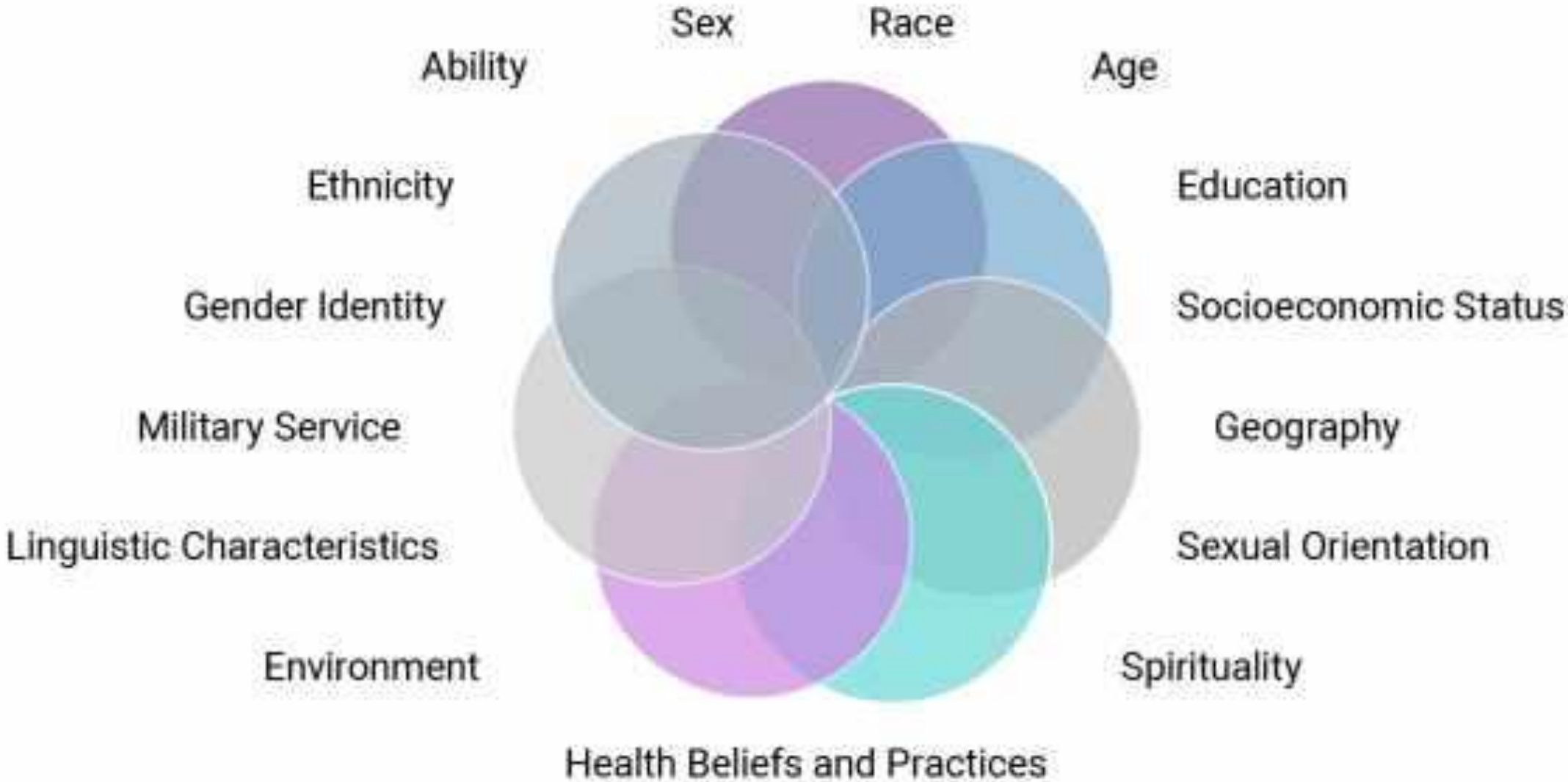
I am….

Write one word to describe who you are.

Describe yourself using seven words.


Sex
Race
Ability
Age
Ethnicity
Education
Gender Identity
Socioeconomic Status
Military Service
Geography
Linguistic Characteristics
Sexual Orientation
Environment
Spirituality
Health Beliefs and Practices

Privilege:

an advantage that only one person or group of people has, usually because of their position or because they are rich

Check your group	Privileged group	Identities	Marginalized Group
	Late 30's to 50's/early 60's	1. Age	Younger; older
	White	2. Race	Person of color; people who identify as biracial/ multi-racial
	Male	3. Sex	Female, intersex
	Cisgender	4. Gender identity	Transgender; Gender Nonconforming; Gender Queer; Androgynous
	President, Vice President, Dean, Director, Faculty	5. Hierarchical Level	Students; Graduate Teaching Assistants, direct service staff
	Heterosexual	6. Sexual Orientation	Gay, Lesbian; Queer, Bisexual; Questioning
	Upper class; Upper middle class; Middle class	7. Social Class	Working class; Living in poverty
	Graduate or 4- year degree; highly valued school; private school	8. Educational Level Credential; Certificate	College; less valued school; public school
	Christian (Protestant, Catholic)	9. Religion/Spirituality	Muslim, Jewish, Agnostic, Hindu, Atheist, Buddhist, Spiritual, LDS, Jehovah Witness, Pagan…
	U.S. Born	10. National Origin	"Foreign born" born in a country other than the US
	Not disabled	11. Disability status	People with a physical, mental, emotional and/or learning disability; People living with AIDS/HIV+
	"American" Western European heritage	12. Ethnicity/Culture	Puerto Rican; Navajo; Mexican; Nigerian; Chinese; Iranian; Russian; Jewish…
	Fit society's image of attractive, beautiful, handsome	13. Size, Appearance, Athleticism	Perceived by others as too fat, tall, short, unattractive, not athletic
	Proficient in the use of "standard" English	14. English literacy	Use of "non-standard" Englis dialects; have an "accent"
	Legally married in a heterosexual relationship	15. Marital status	Single; divorced' widowed; same sex partnership; unmarried heterosexual partnership…
	Parent of children born within a 2-parent heterosexual marriage	16. Parental status	Unmarried parent; do not have children; non-residential parent; LGBTQ parents…
	More years on campus	17. Years of experience	New, little experience on campus
	U.S. citizen	18. Immigration status	People who do not have U.S. citizenship, are undocumented
	Suburban; valued region of U.S.	19. Geographic Region	Rural; some urban areas; less valued areas…
	Light skin; European/Caucasian features	20. Skin color phenotype	Darker skin; African, Asian, Aboriginal features…
	Nuclear family with two parents in a heterosexual relationship	21. Family Status	Blended family; single-parent household; grandparents raising grandchildren; foster family…
	Extrovert; task-oriented; analytical; linear thinker	22. Work style	Introvert; process-oriented; creative; circular thinker

Click the image to access the assessment.

Privilege survey

- Take a few minutes to read through the material and place a check in the row if this statement can describe you.

- Were you surprised by any of the results?

Marginalized groups

- Immigrants, refugees and migrants
- Women and girls
- Survivors of human trafficking
- Mentally ill
- Children and youth
- People of differing sexual orientation
- Senior citizens
- Racial/cultural minorities
- Military combat veterans
- Persons of below average intelligence
- Hearing, visually, and physically challenged persons
- Gamblers and those who abuse substances
- Gifted and talented persons
- Persons living in poverty
- Sex offenders
- The unhoused
- Felons
- Others?

Cultural Formulation Interview (CFI)

Structured interview protocol that helps the provider gather information essential to produce a cultural formulation of significant mental health experiences

Ask open ended questions to piece together how their client's culture may inform their symptom presentation and their experience of their condition

Cultural Formulation Interview (CFI)

https://www.youtube.com/watch?v=8SjBG9di8ss

Techniques as a Provider

- Education
    - Recognize Bias, Cultural humility
- Policy changes
- Leadership trained in strategies
    - Trauma informed care
- Infrastructure
    - Location, Safety/security, lighting, common areas

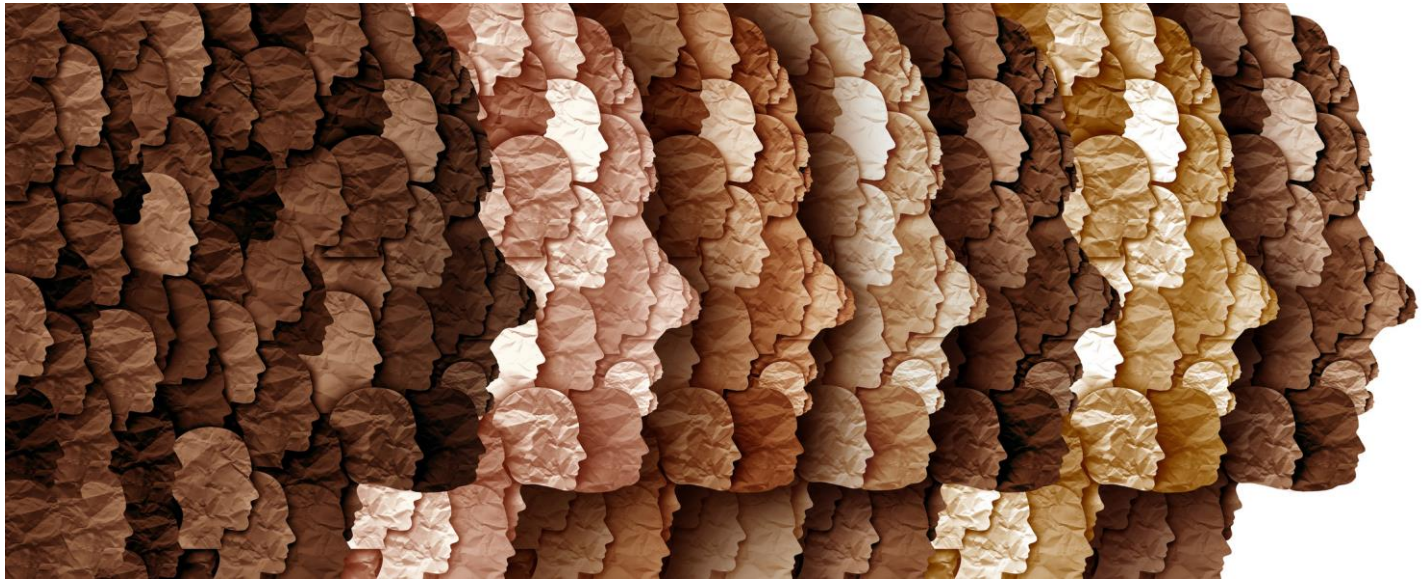
Office of Behavioral Health Equity

- Organized by key strategies
  - Data strategy
  - Policy strategy
  - Quality practice and workforce development strategy
  - Communication strategy

Office of Minority Health

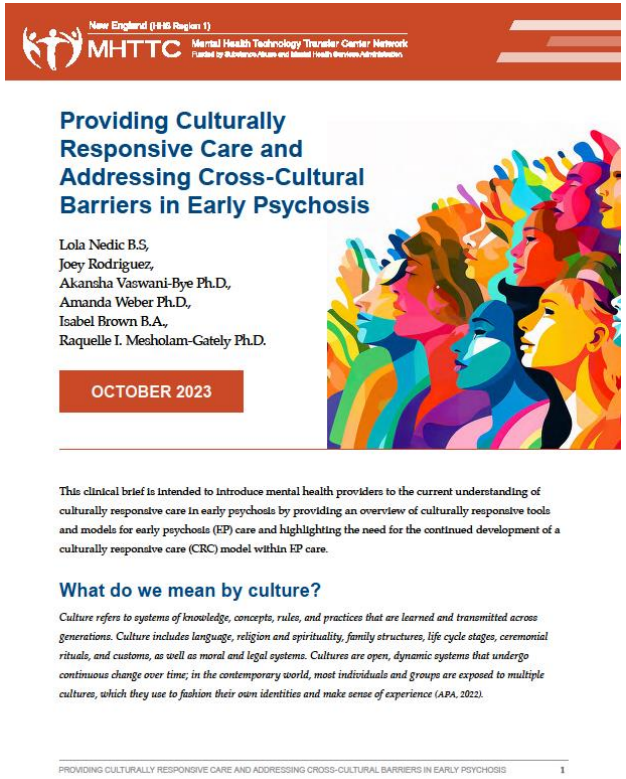
Contains information on

- Population Profiles
- Cultural Competency (including CLAS standards guide)
- Knowledge Database



Providing Culturally Responsive Care and Addressing Cross-Cultural Barriers in Early Psychosis

Click the image to open the full brief.



New England (HHS Region 1)
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Providing Culturally Responsive Care and Addressing Cross-Cultural Barriers in Early Psychosis

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This clinical brief is intended to introduce mental health providers to the current understanding of culturally responsive care in early psychosis by providing an overview of culturally responsive tools and models for early psychosis (EP) care and highlighting the need for the continued development of a culturally responsive care (CRC) model within EP care.

What do we mean by culture?

Culture refers to systems of knowledge, concepts, rules, and practices that are learned and transmitted across generations. Culture includes language, religion and spirituality, family structures, life cycle stages, ceremonial rituals, and customs, as well as moral and legal systems. Cultures are open, dynamic systems that undergo continuous change over time; in the contemporary world, most individuals and groups are exposed to multiple cultures, which they use to fashion their own identities and make sense of experience (APA, 2022).

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