


Implementing Cultural Humility into for Latinx with Substance Use Disorders

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Agenda

- Description of the population: Latinx, Cultural Considerations, Gender roles, family structure, Boundaries and religion
- Clinical Approach Section: Cultural Humility Engagement, Assessment, considerations for treatment, interventions & rationale
- Professional Development Section: Case study, Role Play Why this case? Personal Reactions, Moving forward and specific next steps

Have a Heart Exercise




Write your personal concern/fear in relationship to the topic of Cultural humility on a piece of paper.

What concerns do you have as a mental health professional/addictions counselor/student serving others of different cultural groups?

What do you wish they had taught you in college and did not? Or wish your professors discuss in class if you are a student? What are you afraid to ask?

Your anonymous piece of paper will be collected and read randomly. The reader will attempt to explain how you/the author may feel to the group

LATINX.....



Did you misspelled 'Latino!?"

"Latinx isn't a word."

"I keep seeing Latinx... what does it mean?"

When you think about Latinx, What comes to mind?



Language Traditions Art Norms Values



Gender roles examined



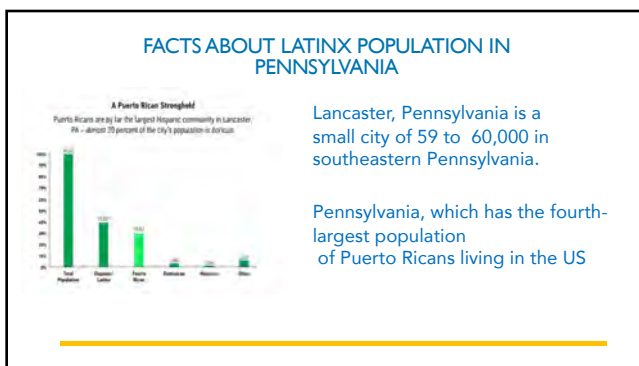
What is Acculturation?

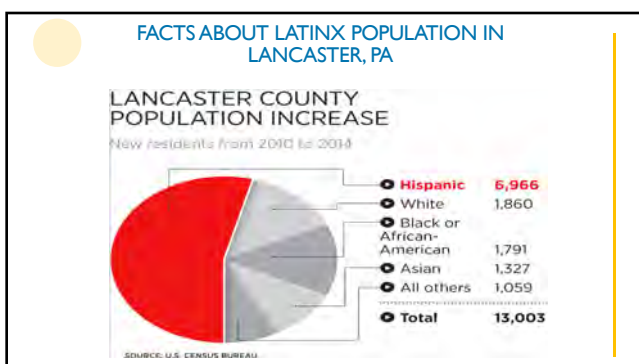
Refers to changes in the conceptual system that structures the way we view the world

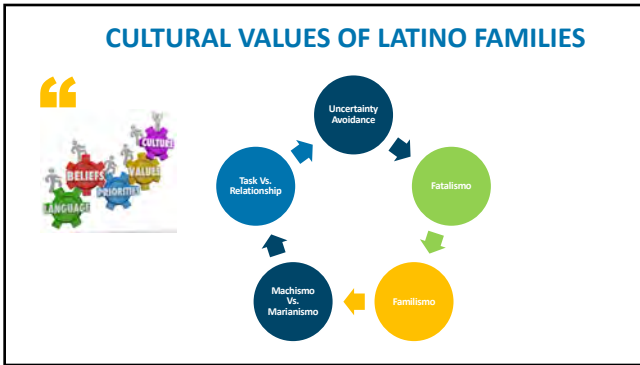
Beliefs Norms Values Behaviors

Why this is Important in Substance Abuse?









DISCUSS

LISTEN. THINK. DECIDE.

- How do values discussed impact Latinx engagement in treatment for mental health and substance abuse?
- Do you think some of those are unique to Hispanics? If so, then how?

“

TX Considerations when working with Latinx Individuals

Family responsibilities

“Culturally appropriate recovery environment”

“Too few Spanish-language programs”

Legal Barriers=*Fear of deportation*

Gender-Based Barriers

Providers Multicultural Practices

Requires three domains

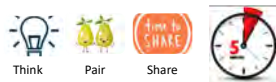
Awareness of oneself and others

Skills-interpersonal and intervention

Knowledge of self and others

Source: ATTC Addition technology

Cultural Humility: A Lifelong Practice



What groups do I belong to? What are the beliefs and attitudes of these groups? Given my exposure to these groups, which beliefs and attitudes did I adopt? Which of these beliefs and attitudes are helpful? Which ones are not?

What's Cultural Humility?

"Ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relation to aspects of cultural identity that are most important to the [person]"

(Hook, Davis, Owen, Worthington, and Utsey 2015)

Cultural Humility Involves Self-Exploration and Self Critique

An ongoing process of **self-exploration** and **self-critique** combined with a willingness to **learn from others**.

It means **entering a relationship with another person with the intention of honoring their beliefs, customs, and values.**



Cultural Humility involves....?

Listening to yourself and to the people you care for....



Culture is "the lens through which one sees the world."
After all, it's your lens that determines what you see.

Cultural Competency vs. Cultural Humility

Cultural Competency says, "I'm the expert." Cultural Humility says, "You're the expert."

Given the complexity of multiculturalism, it is beneficial to understand cultural competency as a process rather than an end product.

(Marin, 2014)

Three factors involving cultural humility

Lifelong commitment to self-evaluation and self-critique

Fix power imbalances

Develop partnerships with people and groups who advocate for others

Marin, 2014

Addressing Power Imbalances

“ Think of a time when you stood up for a value or idea e.g. equality, justice etc. It could be that you said something in the moment or engaged someone in discussion later.

How did you feel? Emotionally? Physically?



Think



Pair



Share



Cultural humility invites providers to....

- Engage in self-reflection and self-critique.
- Bring into check the power imbalances, by using client-focused interviewing and care.
- Assess a new the cultural dimensions of the experience of each patient.

Tervalon & Murray-Garcia 1998; Office of Minority Health. 2000; Smedley, et al., 2003

Cultural humility invites providers to....

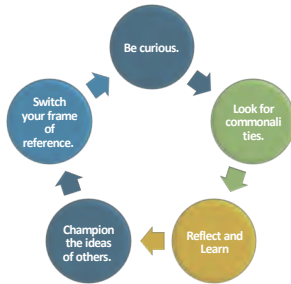
- Challenge ourselves in identifying our own values as not the “norm.”
- Remain open to learning.
- Understand and accept that we can never be truly “competent” in another’s culture.

Cultural Agility – It’s a Process



Champion the ideas of others

Five Ways To Boost Your Cross-Cultural Agility



Treatment and Intervention

Practical Applications for Latinx with Substance Use Disorders

“ What Do We Know About Culturally
Appropriate Treatments For Latinx
Populations?

Evidence Base Practices and Culturally adapted Interventions

- Group based cognitive– behavioral treatment (S-CBT) & Culturally accommodated version (A-CBT). (Burrow-Sánchez 2015)
- Motivational Enhancement Therapy delivered in Spanish (Serafini 2017)
<http://ctndisseminationlibrary.org/protocols/ctn0021.htm>
- Family-centered treatment model approach (Sparks 2013)
- Multidimensional Family Therapy (MDFT) is a family-based treatment for adolescents with substance abuse problems.
- Brief Strategic Family Therapy (BFTS)

A 12-step program, such as Alcoholic Anonymous (AA) or Narcotics Anonymous, is beneficial and effective in helping the Spanish communities for several reasons:

- 1.The 12-step home group becomes a tight knit family.
- 2.The 12-Step fellowship becomes the **extended family**.
- 3.The Sponsor/Sponsee relationship is considered sacred. The term **"Padrino" (meaning Godfather)** is respectfully used when speaking of one's sponsor.
- 4.Spanish spiritual/religious belief systems coincide with the 12-step concept of a higher power.

EBP for Substance Abuse providers

<https://store.samhsa.gov/espanol?pageNumber=1>

Using a multi-cultural intake list when assessing clients (handout)
Culturally Responsive Questions (handout)
Instrumentos de evaluación de la depresión

http://www.guiasalud.es/egpc/depresion/completa/documentos/anexos/Anexo_9_Instrumentos_de_evaluacion_de_la_depresion.pdf

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