

CULTURAL ACTIVATION PROMPTS GAINING AWARENESS

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Today's Take Away

- Culture broadly defined
 - Inherent culture
 - Experiential culture
- Defining your cultural identity
- What does culture and cultural identity mean to you
- Cultural Activation
 - Stages of activation and its measurement
- What are cultural activation prompts (CAPs)
- Foundations of CAPs

Culture

- Way of life of a group of people that encompasses behaviors, beliefs, values, and symbols that are accepted and passed along, by communication and imitation, from one generation to the next:
 - dynamic --influenced by time, place and circumstances
 - determines the way we think, feel, act, perceive and respond to situations etc.
 - consists of attitudes, beliefs, values and rules of conduct
 - is shaped by factors as proximity, education, gender, age and sexual preference
 - learned – it is not innate or biological
 - is a group phenomenon – it must be shared
 - reflects tradition, having been passed from one generation to another

Inherent culture

- A way of life of a group of people that encompasses attitudes, behaviors, beliefs, values, and symbols that are accepted and passed along, by communication and imitation, from one generation to the next.
 - Country affiliation
 - Language group
 - Religious group
 - Race/ethnic groups
- Influences the way we think, feel, act, perceive and respond to situations etc.
- Cultural group views are dynamic – influenced by time, place and circumstances

Experiential culture

- Way of life of a group of people that encompasses attitudes, behaviors, beliefs, values, that are learned through living experiences such as
 - Work affiliations
 - For example, teachers, lawyers, doctors
 - Common experiences
 - For example peers
 - Residential experiences
 - For example
- Belonging to an experiential cultural group can change – influenced by time, place and circumstances

Who am I?



Defining You



Defining your cultural identity?

*Identity is our self,
our personality and
our individuality*



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Cultural identity further defined

Cultural identity is the **identity** or feeling of belonging to a group. It is part of a person's self-conception and self-perception and is related to nationality, ethnicity, religion, social class, generation, locality or any kind of social group that has its own distinct **culture**.

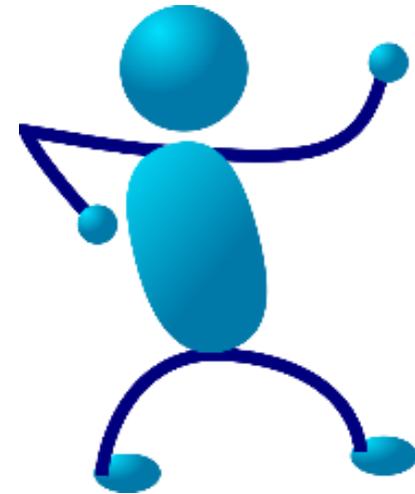
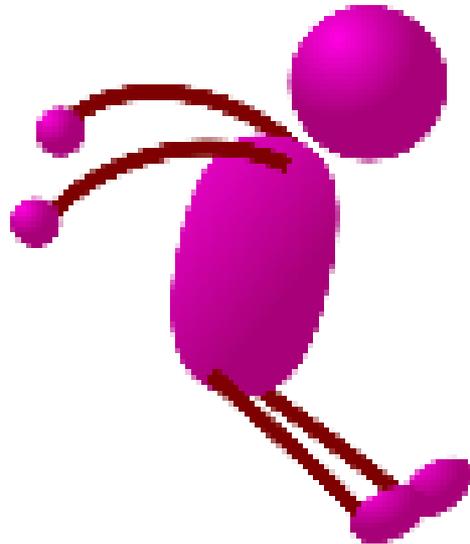
https://en.wikipedia.org/wiki/Cultural_identityWikipedia

Answering the Question

- Answering the question **Who Am I? (and what is my cultural identity?)** is often hard.
 - *It should be, we are more than just a series of labels*
- Cultural identity is something we have some choice in
- To some extent we can self-determine who we want to be in life
- Who we want to be is shaped by:
 - **Our childhood experiences** – take things for granted
 - **Cultural identity search** – critical thinking stage; begin to question where your beliefs come from, why you hold them; begin analyze them across cultures
 - **Cultural identity achievement** – acceptance of and have a clear sense of your cultural identity; able to successfully navigate
 - The acceptance of your cultural identity plays a significant role in other important life decisions and choices

Think?

You may have more than one cultural identity.....
Can you think of any examples?



BELONGING

friendship

factions

class

treaty

alienation

culture

isolation

religion

conventions

disaffection

inclusion

exclusion

traditions

customs

estrangement

community

comradeship

nationality

family

unity

bullying

alliance

brotherhood

ethnicity

separation



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Discussion

- What elements would you consider when comparing and contrasting cultures
- Which of these elements would you consider to be the most significant?

An activated Consumer

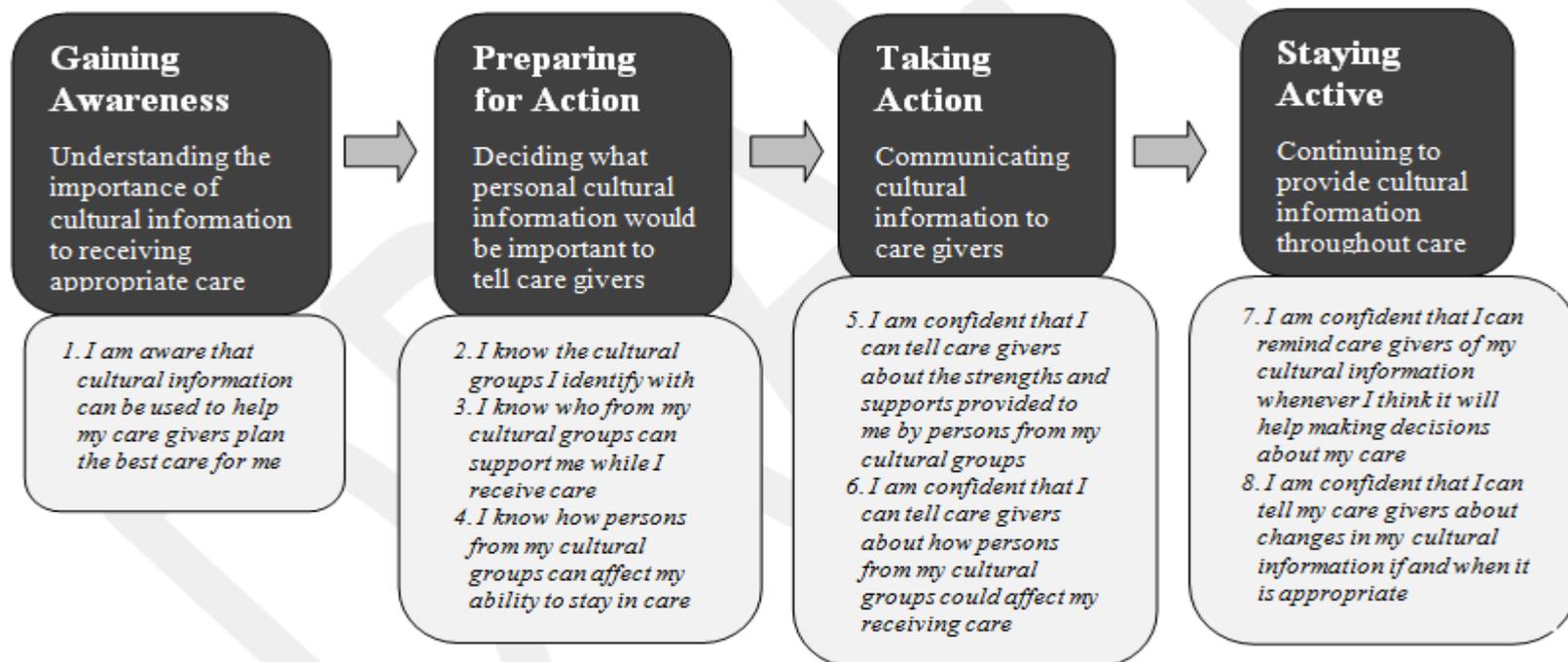
Activating a consumer to participate in the care process by providing care givers with his/her personal **cultural lens** on what matters when receiving care enhances the likelihood of positive outcomes.

Cultural Activation

- Is a term recently coined to describe a process to amplify the voices of consumers to feel confident to provide cultural information to their care givers about their cultural affiliations, mental health challenges, views and attitudes on health care.
- Can be viewed as:
 - An adjunctive to shared-decision making
 - A facet of consumer empowerment
- Has the potential to increase the cultural competency of the provider by enhancing their knowledge of a **consumers cultural identify** and **cultural views on receiving care**.
- Will take place over time and through multiple stages

Stages of ACTIVATION and its MEASUREMENT

Figure 1: Stages of Consumer Cultural Activation and Cultural Activation Measurement Scale (CAMS) Items



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Cultural activation shared concepts

- **Health activation**

- Being culturally activated is a part of health activation
 - Health activation is promoted by consumers making known the role cultural views play in their mental health care

- **Consumer empowerment**

- Empowering consumers to represent their cultural values
- Enhances the direct role consumers can play in making treatment and recovery plans.

- **Cultural competency**

- Increases cultural competency of caregivers by enhancing their knowledge of aspects of a consumer's cultural identity he/she wants to be taken into consideration in the care encounter.

Cultural information providers should know

- Cultural identity:
 - Multi dimensional, dynamic
 - Contextual
 - Could vary in different contexts
 - Could change over time
- What culturally matters when receiving care, recovering and living a valued life in the community:
 - Worldviews, values and attitudes
 - Cultural strengths
 - Cultural care barriers
 - Cultural supports

Importance of consumer cultural activation

- Cultural information
 - Improves the **therapeutic encounter**
 - **Trust building**
 - Enhances likelihood of greater **engagement** and appropriate **retention** in care
 - Allows **care choices** to be made that are more appropriate
 - Allows **recovery plans** to be developed that are better attuned to cultural identity needs

Culturally competent clinicians

- Should conduct cultural assessments
 - Several instruments exist, e.g. APA endorsed DSMV Cultural Formulation Interview
- Cultural information should be shared and inform all phases of a treatment encounter

Neither of these events may take place

Cultural activation prompts (CAPS)

- A tool to promote cultural activation
- A list of 15 cues for consumers to use to convey information to caregivers on what culturally matters to them in receiving care.
- Foundations of CAPS
 - Medical anthropology
 - DSM-5 Cultural Formulation Provider Interview
 - Consumer input



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Foundation

- **Medical anthropology:**
 - Medical anthropologist Kleinman's "Three Cs" of Explanatory Model of Illness:
 - Call
 - Cause
 - Course.... Replaced by expectations of recovery
 - DSM-5 Cultural Formulation Interview:
 - Cultural definition of the problem
 - Cultural perceptions of cause, context, and support
 - Cultural factors affecting self coping
 - Past helping seeking
 - Current help seeking treatment preferences
- **Consumer input**
 - Presentations to various consumer groups
 - Peer Specialist/Advocate reviews
 - State Multicultural Advisory Committee

Cultural Activation Prompts (CAPs) for Consumers:

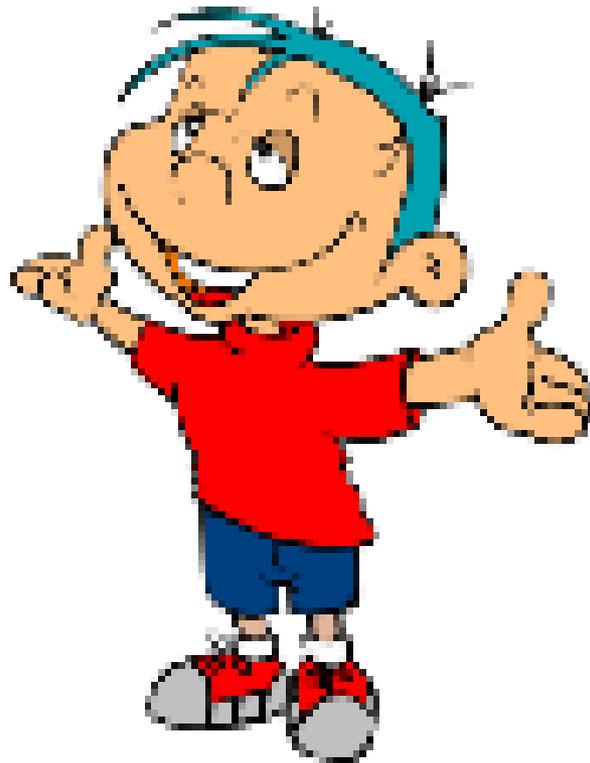
Prompts to start a cultural conversation with your care givers.

Tell them:

1. What you would like to be called
2. The kind of person you would like to receive care from. *Even though the person you may be seeing for your care is not your first choice, it is still good to talk about this.*
3. The different cultural groups you identify with because you share some of their important values and world views...*this is your cultural identity*
4. Any negative or traumatic experiences you have had related to your cultural identity
5. The names given by persons in the groups you culturally identify with for why you are seeking care, *even the ones that may be hurtful*
6. What persons from the groups you culturally identify with think may be the cause(s) of your seeking care
7. Why you think you need care
8. What attitudes persons from the groups you culturally identify with have about your seeking care
9. What supports might be given to you from persons from the groups you culturally identify with while you are receiving care
10. What stresses might be placed on you by persons from the groups you culturally identify with when you are receiving care
11. Who from the groups you culturally identify with might help you while you are in care
12. Kinds of different care or alternative practices that you have had that have been helpful
13. Care that you have had that was not helpful
14. Things you like to do with groups you culturally identify with where you live, worship, shop, socialize, etc.
15. What indicates to persons from the groups you culturally identify with that you are in recovery

Summary

I AM WHO I
AM, AND
THAT'S ALL I
CAN BE



I AM WHO I
AM,
ACCEPT ME,
REJECT ME,
BUT
I'M STILL ME

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