

The Role of Culture in Recovery



Christian Maldonado, ASW

Christian.Maldonado@csulb.edu

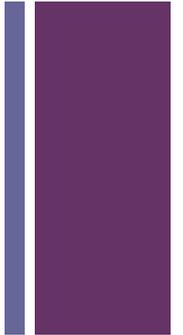
**We don't see things as they are,
we see them as we are.**

Anais Nin



+

Recovery Defined



A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

-SAMHSA, 2011

+ Stages of Recovery

- Hope – believing the future can be better
- Empowerment – believing you can make the future better by creating opportunities, access to information, ability to make choices
- Self-Responsibility – taking actions to make the future better
- Achieving Meaningful Roles – building a life in the community of your choice

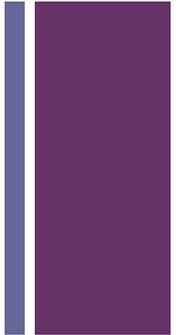
-Dr. Mark Ragins, Road To Recovery

+ Psychosocial Rehabilitation (PSR)

- A way in which a person's ability for independent living, socialization and effective life management are restored.
- Places the person, not the illness, at the center of all interventions
- The wishes of the person direct the services through a working partnership

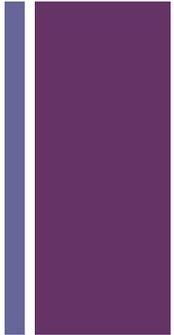


Psychosocial Rehabilitation



- Empowerment of the Individual
- Self-Determination
- Dignity and worth of each individual
- Focus on an individual's strengths, not pathology
- All people have an underused capacity that should be developed
- Cultural Sensitivity
- Optimism

+Culture Interpreted



“Culture compromises traditional ideas and related values, and it is the product of actions; it is learned, shared, and transmitted from one generation to the next; and **it organizes life and helps interpret existence.** A way people have learned to respond to life’s problems.”

-Diller, Cultural Diversity a Primer for the Human Services



Principle 4:

PSR practitioners recognize that thought patterns and behaviors are influenced by a person's worldview, ethnicity and culture of which there are many. Each worldview is valid and influences how people perceive and define problems; perceive and judge the nature of help given; choose goals; and develop or support alternative solutions to identified problems.

An aerial photograph of a surfer in a black wetsuit riding a white surfboard on a wave. The water is a deep teal color with white foam from the wave. The surfer is positioned in the lower-left quadrant of the frame, moving towards the right. The text is centered in the upper half of the image.

**FORGET THE MISTAKE.
REMEMBER THE LESSON!**

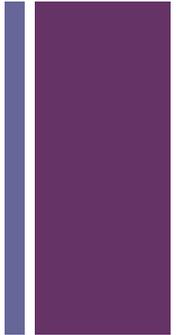
+ Cultural Sensitivity

- Accept and embrace your ignorance
- Find the information you need to do a good job
- Continue to test what you've learned
- Err on the side of openness in the areas of cultural differences
- be ready to apologize if your ignorance does upset the person

-Adapted From *The Making of a Therapist*



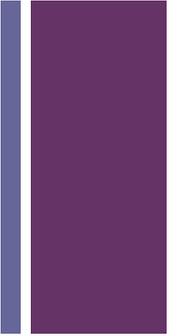
Self-Awareness



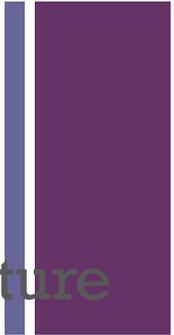
- Am I individualizing this person as a unique person with worth, or am I making the mistake of viewing this person in terms of my prejudices and stereotypes? Even better, “culturally learned assumptions”.
- Am I working to my full capacities with individuals?
- Being aware of our “culturally learned assumptions” is the first step in preventing such discrimination

+ Communication is Key

- Personal Space
- Eye Contact and Feedback Behavior
- Interruption and Turn-taking Behavior
- Gesturing
- Facial Expressions
- Silence
- Dominance Behaviors
- Volume
- Touching
- Health Seeking Behaviors



+ Questions to Explore



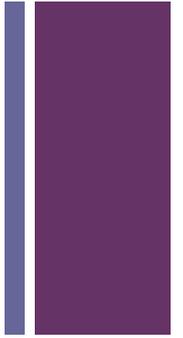
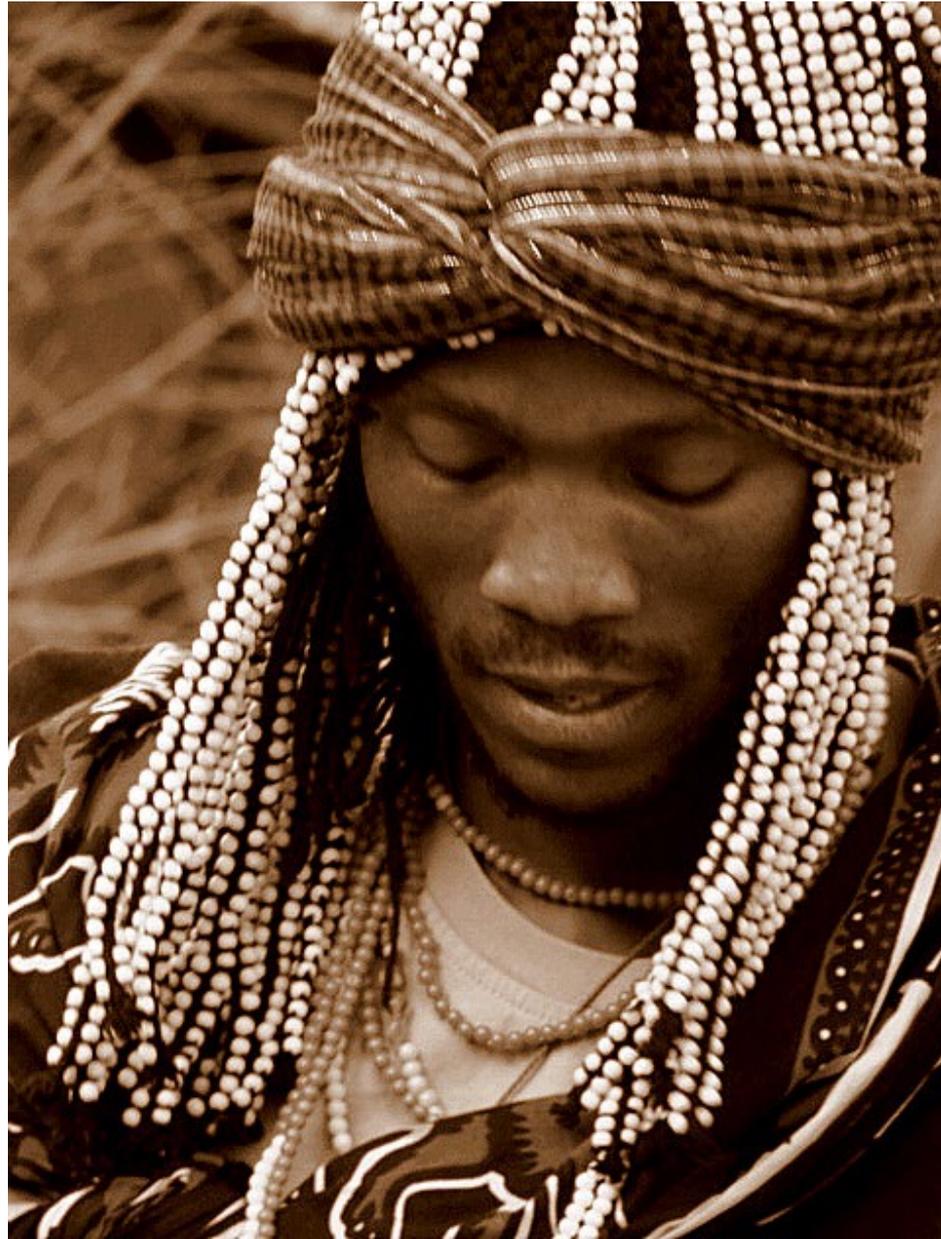
- In what ways is it hard for you to make people of my culture understand you?
- Do you try to correct my mistakes about your culture or do you let them go?
- What do I understand about your culture and what do I seem to miss?
- Do I take culture into account enough in trying to understand you?
- Do I overemphasize your culture in our discussions or in my understanding of you?

-Adapted From *The Making of a Therapist*

+ Each worldview is valid and influences how people perceive and judge the nature of help given



+ Sangomas as Expert Voice Hearers



+ How Mental Health Is Expressed

■ **Ataque de nervios**

Nerves

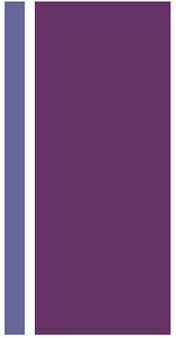
■ **Crisis nerviosa**

**Panic
Attack**

■ **Susto**
Fright

■ **Mal de ojo**

**The
Evil Eye**



Kleinman's Questions for Cultural Assessment

- What do you call your problem/situation? What name does it have?
- What do you think has caused this problem/situation?
- Why do you think it started when it did?
- What does your sickness do to you? How does it work?
- What do you fear most about your sickness?
- What kind of treatment do you think you should receive?



Va Meng Lee, a shaman, at Mercy Medical Center in Merced, Calif. “Doctors are good at disease, the soul is the shaman’s responsibility.”



Va Meng Lee, a Hmong shaman, performs a ceremony intended to summon the runaway soul



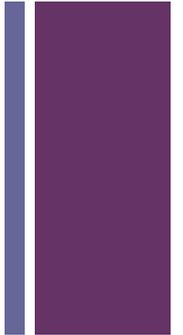
Ma Vue with her husband and assistant, Yong Chue Xiong, warding away bad spirits for Lance Vang, a newborn, in Winton



Paraphernalia used in a home by a shaman to ward off bad spirits for a newborn.

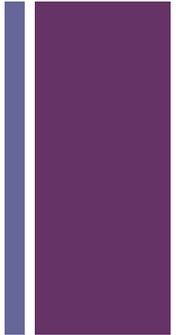
+ Role of Culture in Recovery

- Reduce Barriers
- Build Rapport/Promote Engagement
- Changing Demographics
- Service Delivery to Address Cultural Changes
- Reducing Hierarchy
- Build on Strengths
- Idea of Transition to other Cultures/Environments

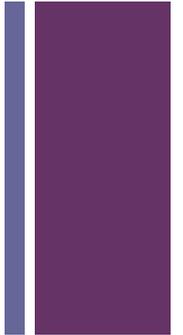


+ Community Customized Programs

- Peer-run programs
- Transitional Age Youth (16-25 years of age)
- Veterans
- LGBTQ Community
- Immigrant Community
- AB 109-Formerly Incarcerated
- Older Adult Programs (60 years and older)
- Individuals experiencing homelessness
(Vulnerable Populations)



+ Homeless Innovation Program (HIP)



- Focus is on the most vulnerable population in Long Beach

Chronically Homeless

History of Substance Abuse

Mental Health Issue

Physical Health Issue

+ New Outreach Technique...

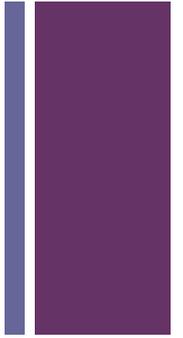


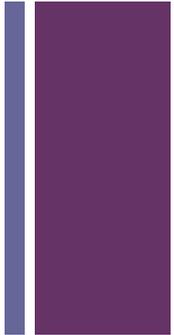
Psychiatric Assessment at an Encampment



+







**The Homeless
Innovations
Project**
Administrative Office Only

If you need to speak with your
M-Health Worker or Psychiatrist,
Please call:
(562) 285-1330 ext. 266

If you are experiencing a
Life-threatening emergency,
Please call 911



**PLEASE USE MAIN
ENTRANCE FOR
MHALA SUITE: 5010
NEXT DOOR DOWN**
→→→→→

5005

MENTAL HEALTH
AMERICA
OF LOS ANGELES



+ The Platinum Rule

Milton J. Bennett, 1979

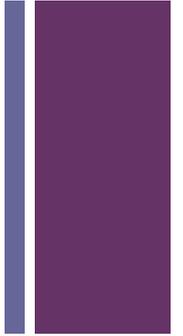
Introduced by Guyton Colantuono



**Treat others the way they
want to be treated.**



Welcoming Environments



- Can't tell staff from client
- Take down barriers (literally)
- Shared community spaces (like restrooms)
- Include the community
- Everyone is responsible for everyone's safety, security, and comfort

+ Wellness Defined by Culture



+ Health & Wellness in PSR Settings

- Whole Health Action Management (WHAM)
- Nutrition, Exercise & Wellness for Recovery (NEW-R)
- Health Passport
- Planning a Health Fair
- Wellness 8 Dimensions
- Wellness Activities Manual
- Keeping Healthy After The Hospital
- Health Educator Peers



Treat People As People



Christian Maldonado, ASW
Christian.Maldonado@csulb.edu

“I am human and nothing human
can be alien to me.” -Terence

+ References & Resources

- [Center on Integrated Health Care & Self-Directed Recovery](#)

<https://www.center4healthandsdc.org>

- **Center on Psychiatric Disability and Co-Occuring Medical Conditions**

<https://www.cmhsrp.uic.edu/health/>

Wellness Recovery Action Plan

- <http://mentalhealthrecovery.com>

- **The Making of a Culturally Competent Counselor by Paul Pederson**

<https://scholarworks.gvsu.edu/orpc/vol10/iss3/4/>

