




# ADDRESSING THE MENTAL HEALTH NEEDS OF RACIAL AND ETHNIC MINORITY YOUTH

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Enhancing cultural humility to  
address mental health disparities  
among racial and ethnic minority  
youth

Extending the practice of cultural  
humility beyond the clinical  
encounter



# Cultural humility

- Cultural humility a process-oriented approach
  - According to Hook, Davis Owen & Worthington (2013):
    - The “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]”
  - Tervalon & Murray-Garcia (1998) identified three tenets:
    - Lifelong commitment to self-evaluation and self-critique
    - Fix power imbalances
      - Provider - scientific knowledge
      - Client - personal history & preferences
    - Develop partnerships with people & groups who advocate for others

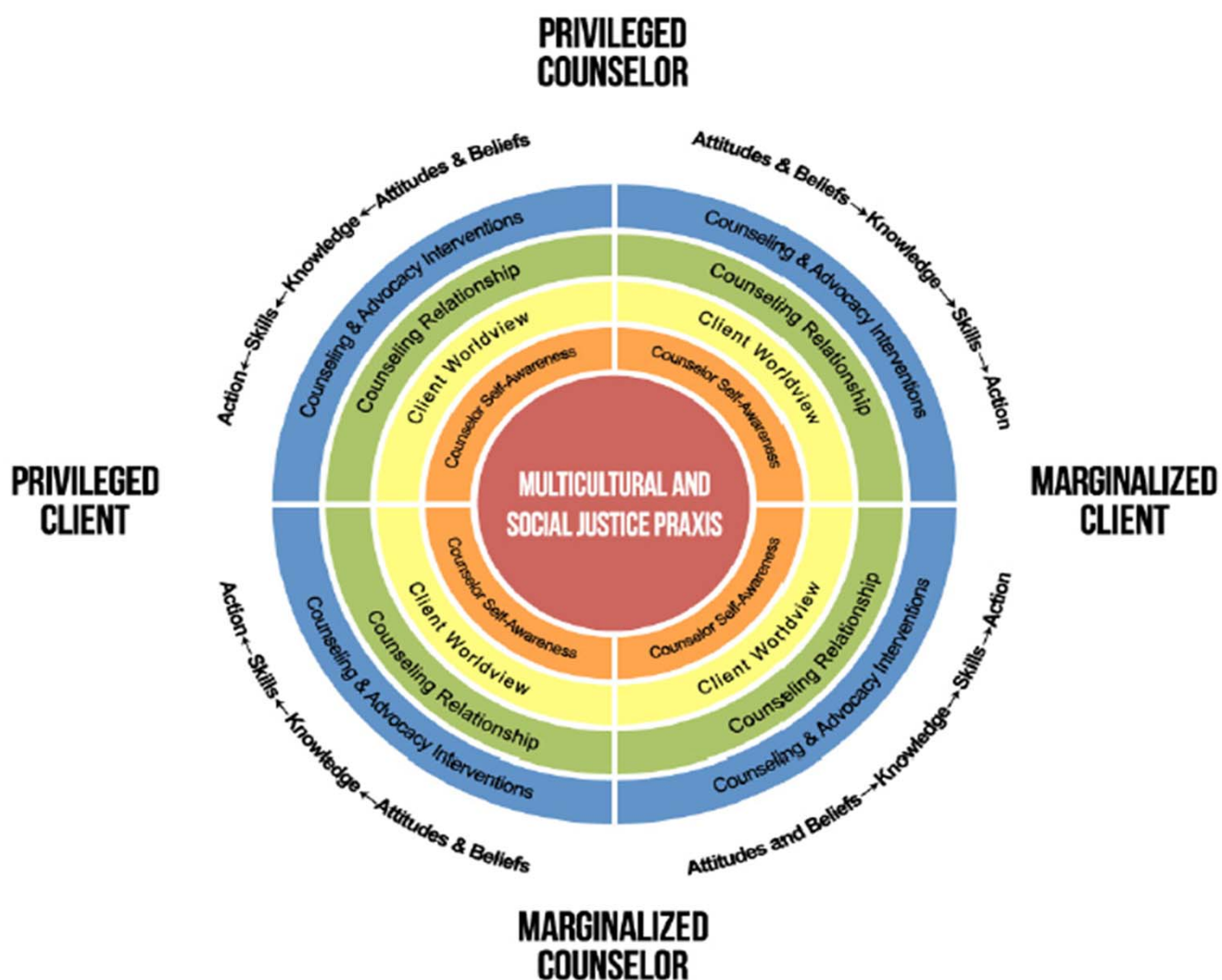


Figure 1: *Multicultural and Social Justice Counseling Competencies* Retrieved from <http://www.counseling.org/knowledge-center/competencies>. Copyright 2015 by M.J. Ratts, A.A. Singh, S. Nassar-McMillan, S.K. Butler, & J.R. McCullough. Reprinted with permission.



# Cultural humility

- Cultural humility extends beyond the therapist - client relationship
- Positive Racial and Ethnic Identity
  - Racial and Ethnic socialization
  - Encourage children's positive identity about race and ethnicity through teaching
- ACE scores



## Cultural humility – beyond the clinical relationship

- Hours of operation
- Site location and atmosphere
- Transportation alternatives
- Ability of clients to initiate treatment
- Language barriers
- Service compatibility with client's worldview
- Staff training
- Provision of evidence-based services



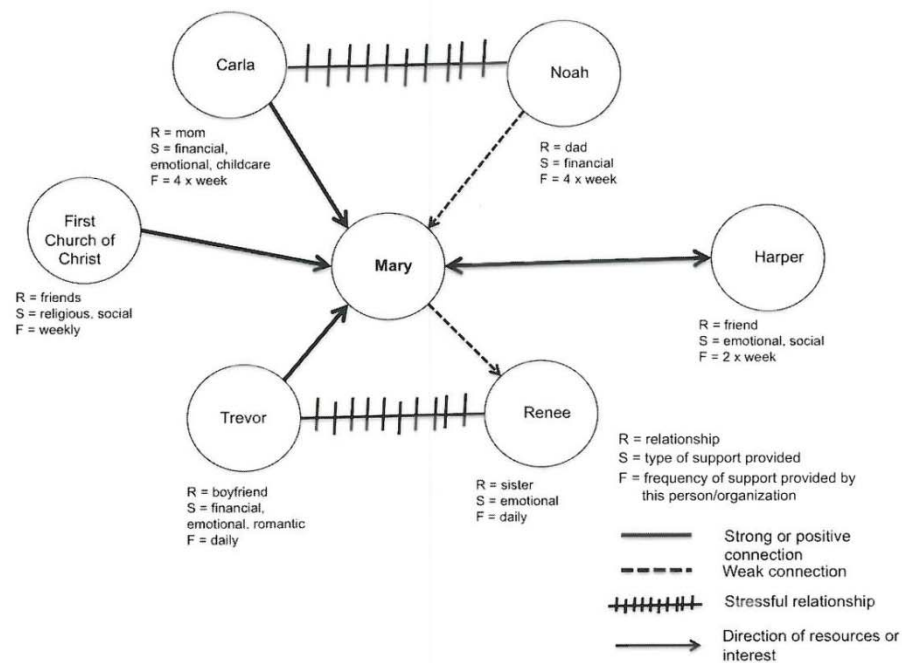
## Utilize existing resources

- SAMHSA's Treatment Improvement Protocol
  - Best practices for improving cultural competence
    - Individual level
    - Programmatic and organizational levels
- Cultural Formulation Interview
  - Assess cultural orientation  
(McDonald, Morton, & Stewart, 1993)
- Culturally integrated treatment plans
  - Implementation of traditional practices

# ECOMAP

//Appendix A

## EXAMPLE OF AN ECOMAP



Note. From "Using Eco-Mapping to Understand Family Strengths and Resources" by K. M. McCormick, S. Stricklin, T. M. Nowak, & B. Rous, 2008, *Young Exceptional Children*, 11, 17-28. Copyright 2008 by Sage. Reprinted with permission.





# Community outreach

- Foster relationships with other organizations that work with youth
- Align goals and actions of multiple systems that all impact mental health disparities
- Educate or train members of the public to provide them with skills and knowledge so they can help their own community



# Community outreach

- Foster relationships with key stakeholders in the community
  - Extended family
  - Political leaders
  - Clergy, religious leaders
  - Tribal leaders
  - Mental health providers
  - School administrators
  - Medical providers
  - Juvenile justice



# Community collaboration

- Fostering community relationships promotes the well being of clients and their social systems
- Creates a mental health “network” for clients and encourages partnerships that promote culturally-sensitive care
- Helps clinicians to better understand barriers to treatment experienced by the community members



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