

Achieving the promise of eliminating disparities: Thinking outside the box

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Disparities Are Eliminated.

President's Freedom Commission

- Improve access to quality care that is culturally competent.
- Improve access to quality care in rural and geographically remote areas.



Healthy People 2010

To eliminate racial and ethnic disparity, professional care providers and organizations need to become more culturally and linguistically competent.

Mental health: Culture, Race, and Ethnicity-A supplemental for Mental Health (U.S.DHHS), 2001

Racial and Ethnic Minorities bear a greater burden from unmet mental health needs, in Census 2000-30% of the US population.

Psychiatric rehabilitation practitioners recognize that culture is central, not peripheral, to recovery, as culture is the context that shapes and defines all human activity.

(USPRA Multicultural Principle, 2008)

Self-determination

refers to the right of individuals to have full power over their own lives, encompassing concepts that are central to existence in a democratic society, including freedom of choice, civil rights, independence, and self-direction

(Cook & Jonikas, 2000)



Migration Policy Institute (April 2009)

- Before 2007, the US economy had grown in 23 of the past 25 years. During this period of sustained economic growth, the United States attracted record numbers of new immigrants. The US foreign-born population quadrupled from 9.6 million in 1970 to about 38.1 million in 2007.
- More than 1 million immigrants have entered the United States legally each year for much of the past decade. About another half a million have typically entered illegally each year.
- Pew Hispanic Center demographer Jeffrey Passel estimates that immigration from Mexico has slowed and that flows from Central America show signs of a decrease as well although the magnitude of these changes is not clear.

Migration to the United States is composed of four main flows:

- Lawful permanent residents (28%)
- Humanitarian migrants (7% - including refugees and asylum seekers)
- Temporary workers and students (3%)
- Unauthorized migrants (32%)
- The remaining 32 percent were naturalized citizens.



Immigration's impact

(Falicov, 1995)

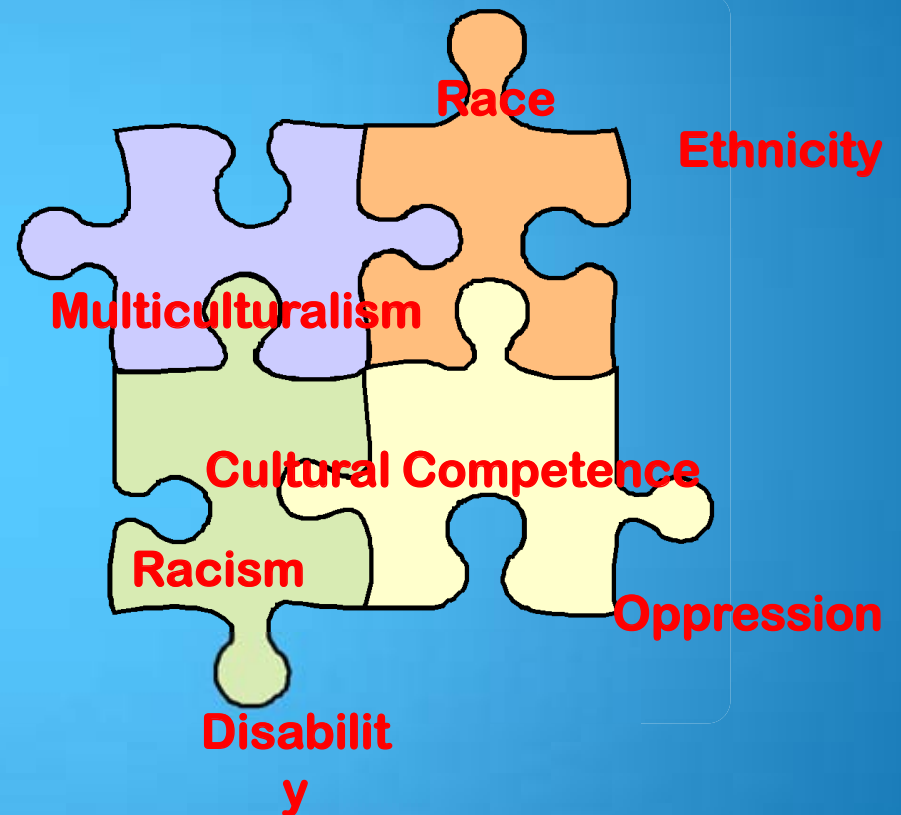
Acculturation

- Degree of Loss & Traumatic experience
- Culture shock & adjustment process
- Differences in rates of acculturation of family members
- Work & Financial stress

Self-direction

- Community influences
- Physical Health
- Family strengths/weaknesses
- Help seeking behavior

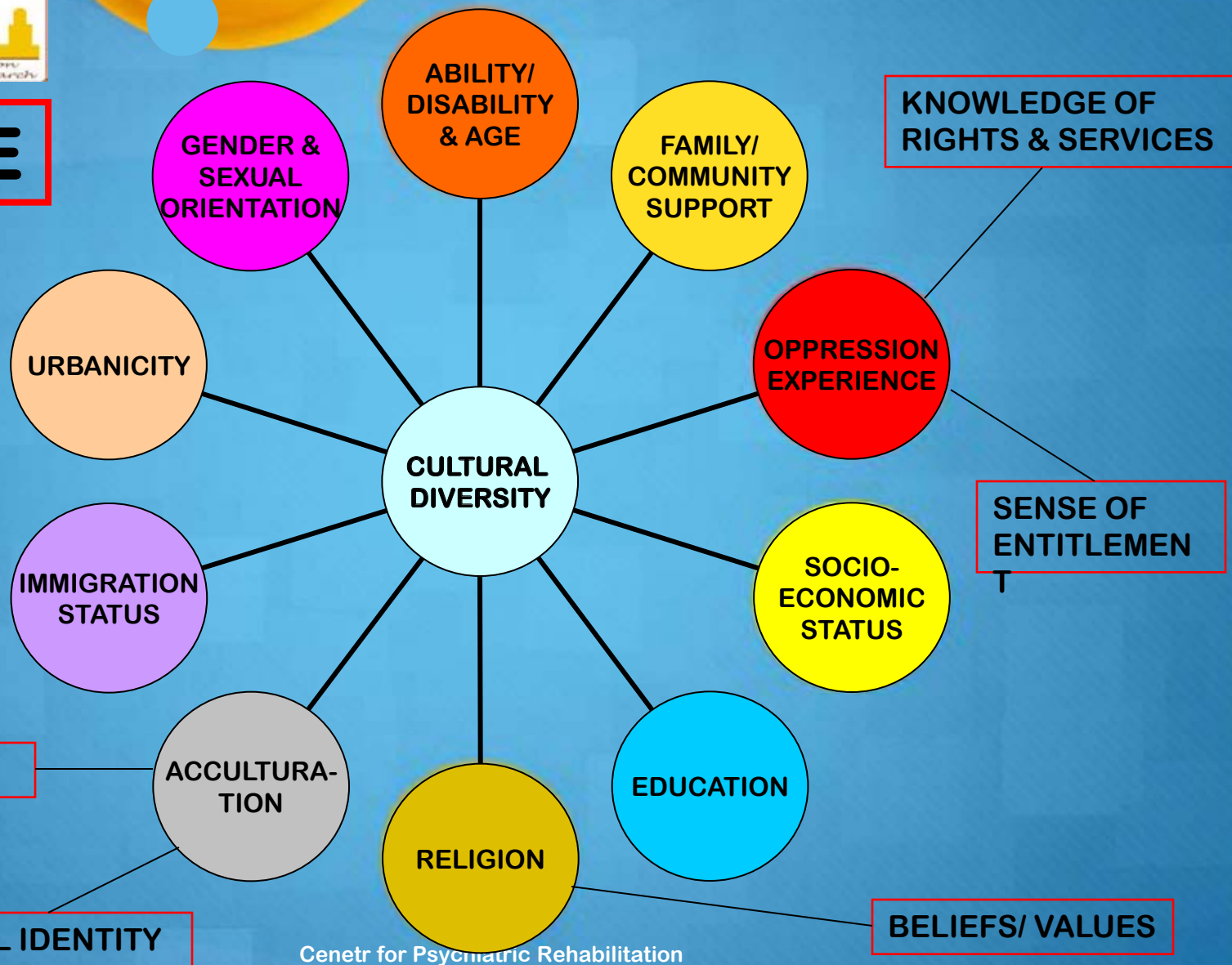
The process of achieving cultural competence



FACTORS THAT IMPACT CULTURAL DIVERSITY



RACE



Competent mental Care Service Delivery

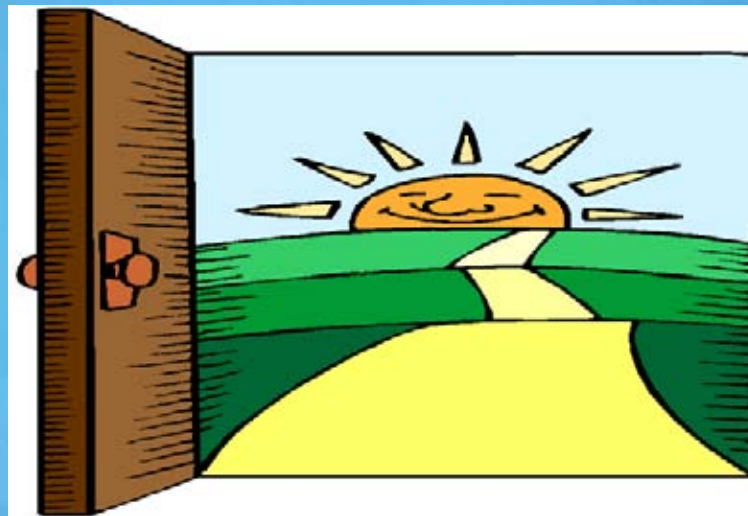


Available: Availability of services refers to the existence of health services and bicultural/ bilingual personnel.

Accessible: Accessibility is contingent on factors such as cost of services, the hours of service provision, and the geographic location of a program.

Acceptable: Acceptability is the degree to which services are compatible with the cultural values and traditions of the clientele.

THINKING OUTSIDE THE BOX



Abriendo caminos en tu vida: A Competent Rehabilitation Readiness Guide
(project funded by NIDRR)

¿Qué tan importante es este cambio en mi vida?



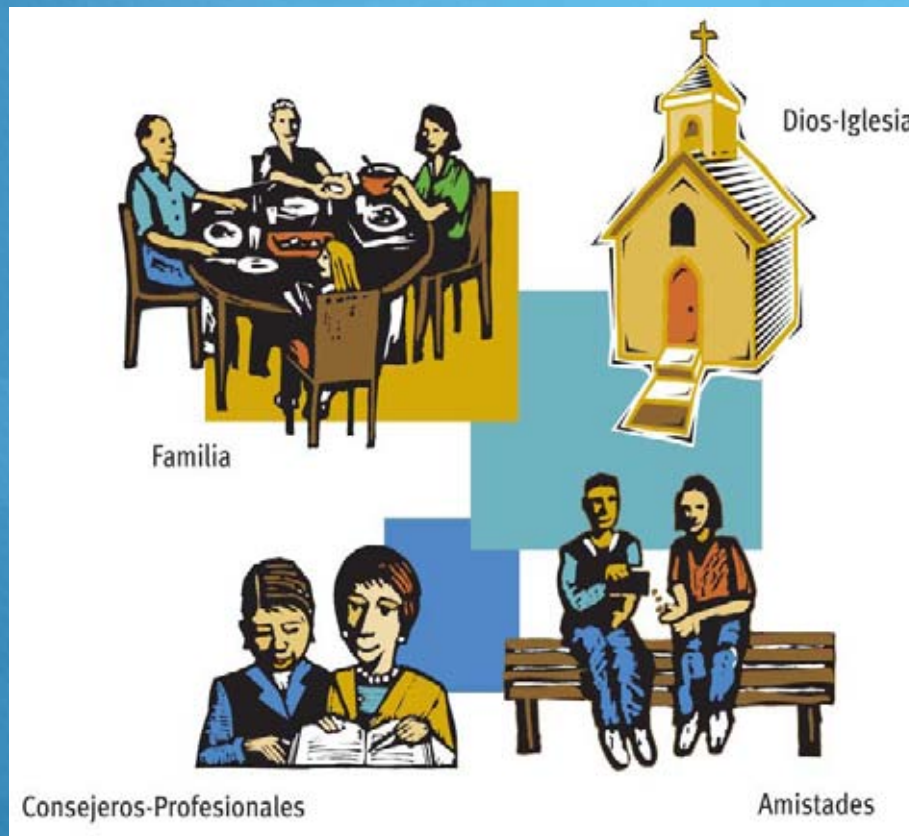
■ Thinking
about
making
a new
choice?

¿Qué voy a ganar o perder?



- Cuando pensamos en hacer un cambio, es importante preguntarnos lo que podríamos ganar o perder con este cambio...

¿Quiénes me van a apoyar?



■ Will I
have
support ?

¿Conozco las opciones de trabajo, estudio y
vivienda de mi comunidad?

**Do I know the community
resources?**



Take Action: Multicultural Principles USPRA, 2008

- *Know the demographics of your area*
- **Know Yourself**
- **Actively remove discrimination barriers**
- **Increase Linguistic Capacity in your system**
- **Work with the families/ natural supports**





"If you talk to a man in a language that he understands, that goes to his head. If you talk to him in his language, that goes to his heart."

Nelson Mandela