



Cultural Competency Brief

Addressing Indiana’s Mental Health in Urban and Rural Populations

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Next month is the 15th Annual Cultural Competency Conference and I am very excited by this year’s theme: *Expanding Mental Health Narratives in Diverse Populations*. This year’s conference will convene a group of professionals and students across a wide array of mental health disciplines to learn about and discuss issues in practice and research. Our keynote speaker, Mr. Sam Killerman, is an engaging and inspiring advocate for the LGBTQ community. He masterfully uses humor to educate, inspire, and engage audiences in discussions about the nuances of gender, sexuality, and identity. Mr. Killerman will take time to discuss the privileges that straight individuals benefit from in the mental healthcare system and will help you to better understand how you can engage and enhance the mental health outcomes of this population, you won’t want to miss this! Next, IUPUI’s very own Dr. Tamika Zapolski, an Associate Professor with the School of Psychology, will share with us her

model for understanding addiction among African Americans. Dr. Zapolski will shed light on the discrepancies in the low documented rate of African American substance abuse and the seeming epidemic of substance abuse experienced in our communities. In concordance with Dr. Zapolski’s talk on addiction, we will have a

panel of recovery coaches sharing their experiences and insights, moderated by Mr. Kim Manlove. The panel will tell their personal stories and include narratives on how addiction impacted them and their families. These recovery coaches will describe the challenges and obstacles they faced when beginning recovery and provide insights into how they were treated by society in general and biased individuals in particular. Healthcare providers should gain some understanding of how to be more

Tips for Engagement



- **Do** ask your patients about how much information they want about their condition, especially at the end-of-life.
- **Do** learn about the beliefs and practices of the patient populations you commonly serve.
- **Don’t** judge people as “pushy” or “cold” based on how close they sit or stand by you.
- **Don’t** confuse traditional health care practices such as coining and cupping as abuse.

(Galanti, 2015)

Do you have a story or expertise to share?

The Cultural Competency Brief welcomes your contribution, please email your inquiry to daniperk@iu.edu



sensitive and responsive to the needs of those who abuse substances and of recoverees. Mr. Kim Manlove, the moderator, is currently the Director of the Indiana Addictions Issues Coalition. Mr. Manlove has a lived experience that provides him with insights into addiction and recovery from both sides of the issue - as a parent of an addicted son who unfortunately died from his disease, and also as a person in long-term recovery. Those of you working with populations suffering from this disease are sure to gain valuable insights and takeaways for your practice. Finally Mr. Doug Poe, Executive Director/CEO of the American Indian Center of Indiana, Inc. will close our day with a talk on the common mental health issues and barriers to treatment among Native Americans. He has spent the last 8 years working and interacting with the Native American population in Indiana. Mr. Poe will discuss obstacles to overcoming access to mental health services for this population as well as trust building with this underserved population. New this year, participants will be able to attend each of the presentations given by our speakers—you will not miss out on any of this vital information! We look forward to seeing you all in June!

Reflect and apply—What would you do? (Case & Response)

For this month’s Reflect and Apply, I thought it better if I gave you a little bit of homework in order to prepare for the next webinar—it will be truly interactive! I’d like to ask and encourage you all to review the documentary entitled *Being Mortal* ahead of this month’s webinar on effective communication at the end of life. The documentary features Dr. Guwande and his personal experiences and quest for best practices for patients and families facing end-of-life decision-making.

Before viewing the documentary I ask that you reflect on the following:

Any personal/professional experiences you have had with end-of-life communications.

Your own professional level of comfort in addressing mental health and wellness and discussion end-of-life issues with your clients.

At the end of the documentary please do the following:

Write down any lingering questions that you have about end-of-life communications with patients, families, and providers.

Be prepared for a rich discussion with our IU Health Experts Mrs. Joy Howard and Dr. Shilpee Sinah on **May 26th at noon**. Both are dedicated to the mental and physical health and wellness of patients and their families

facing end-of-life issues. You will have ample opportunity to discuss with them your thoughts about the documentary and questions that you have! It is an excellent documentary and well worth your time, it can viewed by clicking on the following link:

<http://www.pbs.org/wgbh/fr/online/film/being-mortal/>

For further information about helping patients address end-of-life concerns, proactively, please see the following clips discussing Physician Orders for Scope of Treatment (POST):

<http://www.indianapost.org/>



Cultural Competency Certificate of Completion

Upon completion of certificate requirements, participants will be able to:

1. Discuss principles of cultural competency practice in mental health settings
2. Describe mental health disparities across populations in the state of Indiana
3. Apply cultural competency principles to provision of care in the mental health setting

In order to earn a Certificate of Completion you must attend at least **6 of 12 webinars (includes recordings) and the 2016 Cultural Competency Conference** (Monday, June 6, 2016 at the IUPUI Campus Center). Please note evaluations must be completed at the end for CEU and credit toward the certificate. All requirements must be completed no later than June 30, 2016.

Upcoming Webinars & Events

May 26th [Effective Communication at the End of Life](#), presented by Mrs. Joy Howard and Dr. Shilpee Sinah, Indiana University Health

June 6th [Cultural Competence Conference 2016](#)—details and registration on our website!

June 23rd [Culture and Communication: The Promise of Shared Decision-Making to Improve Patient-Provider Communication Among Minority Patients](#), presented by Dr. Johanne Eliacin, Veteran’s Affairs Medical Center

Interested in more information about the Addressing Indiana’s Mental Health in Urban and Rural Populations webinars, resources, and conference?

Visit our website:

<http://nursing.iupui.edu/development/webinars/mental-health.shtml>

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References

Galanti, G. (2015). *Caring for patient from different cultures* (5th ed.). Philadelphia, PA: University of Pennsylvania Press.