



Cultural Competency Brief

Addressing Indiana's Mental Health in Urban and Rural Populations

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Edition 1, Volume 3

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As our team becomes more engaged in planning for our upcoming annual conference on cultural competency I am invigorated by both our theme as well as the dynamic speakers that we have lined up to speak to us on the mental health and illness issues impacting our community! This year's theme is *Expanding Mental Health Narratives in Diverse Populations* and in concordance to this year's

LGBTQ populations by Mr. Shamont Hussey was an excellent preview to this year's conference keynote speaker, Mr. Sam Killerman, an expert on issues of LGBTQ mental health and wellness.

Shamont has been my dear friend since our undergraduate days at Dillard University in New Orleans, LA. He is a fierce advocate for the population of which he spoke about because he knows first-hand the struggles that impact our youth pertaining to issues of sexuality. When he shared with me his presentation title, *Unseen and Unheard: Understanding and Serving the LGBTQ Community*, I was immediately reminded of the experiences of poor mental health among young African American men struggling to reenter our own Indianapolis communities post-incarceration. I look forward to speaking to you all about these struggles later this month. Ultimately, shame,

Do you have a story or expertise to share?
The Cultural Competency Brief welcomes your contribution, please email your inquiry to daniperk@iu.edu

programming thus far we have had an array of professionals discussing mental health and illness in diverse populations. Last month's webinar presentation on the mental health and illness and care of

Tips for Engagement



- Do try to assign same-sex health care providers when possible, especially for Middle Eastern patients.
- Do find out if your instructions/recommendation conflict with their religious or cultural beliefs or practices, or with their life circumstances
- Do be curious about other cultures. Ask questions of your patients and co-workers. People generally like to talk about their culture.
- Don't assume lack of eye contact indicates lack of interest, guilt, or some other negative point. For Asians, it may be a way of showing respect; for Middle Easterners, a way of maintaining propriety.

(Galanti, 2015)



secrecy, hidden pain and experiences of marginalization is a common mental health experience shared by members of underserved populations.

The intersection of sexuality and race is a complex one and Shamont barely scratched the surface in his presentation. However, his tips for engagement and assessment should not be taken lightly—if you have not listened to his talk I urge you to take time out to do so. I recently attended the 27th Joseph T. Taylor Symposium. This year’s theme was Mass Incarceration and the Destruction of Community: Beyond the Post-Racial Myth—perhaps some of you were able to attend this year as well. Every year, in

honor of Dr. Taylor’s contributions to IUPUI, an award is given for excellence in diversity. This year’s winner of the Joseph T. Taylor Excellence in Diversity Award was IU School of Medicine students Ms. Chelsey Leffel and Mr. Dustin Nowaskie. This young man and young woman developed a dynamic tool that I wanted to share with you all, the OutCare Indiana website. “Using an integrative approach, Outcare strives to better educate healthcare students, supplement current healthcare professionals, and energize Indiana communities to deliver socially and culturally competent healthcare. The site includes educational resources and links for patient and providers

as well as the OutList, a list of healthcare providers who have indicated that they are culturally competent to provide care for LGBTQ patients and/or indicate that they are LGBTQ members themselves.”² These students were beyond deserving of this award for their innovative work to bring healthcare services to the underserved and marginalized in our community. I urge you to check out the website and consider ways in which you might be able to contribute towards it growth. You can access the site at

<http://www.outcareindiana.com/>

Reflect and apply—What would you do?

“Audrey is a 25-year-old Asian American woman who presents with relationship issues, family conflict, and low self-esteem. She was reluctant to talk about her family, but generally stated that they were very “traditional” and well integrated into the surrounding Asian community. Audrey has two older brothers and she is the only girl in the family. She has found it difficult to talk with her parents about her current

life and feels that they are primarily interested that she find an Asian husband. Audrey does not feel that her family is interested in any other aspect of her life, despite her efforts to talk with them about these other facets. Audrey currently is in a relationship with another woman (Kathy, a 32-year old White woman), although she often spends holidays and other celebratory customs with her family, Audrey does not bring Kathy to family

gatherings, leading to tension in this relationship. Although Audrey does not want to lose her relationship with Kathy, she also does not want to be alienated from her family and community”¹

Imagine you were Audrey’s provider, how might you counsel her? What strategies could you use?

Follow-up discussion in Volume 4



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

March 28th [Prison Culture and the Impacts to Mental Health](#)

[During Reentry](#), presented by Dr. Danielle Perkins, Indiana University School of Nursing

June 6th Cultural Competence Conference 2016—more details to follow!

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

¹Constantine, M. G. & Sue, D. W. (2006). *Addressing racism: Facilitating cultural competence in mental health and educational settings*. Hoboken, NJ: John Wiley & Sons, Inc.

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

²*Mass incarceration and the destruction of community: Beyond the post-racial myth* [Program]. (2016) N.P.