Mental Health First Aid
Cultural Considerations
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CULTURAL CONSIDERATIONS

Cultural Considerations Guide
for Certified Instructors delivering Mental Health First Aid & Youth Mental Health First Aid Training

Use this guide as part of the Mental Health First Aid or Youth Mental Health First Aid training

It prepares you to:
- Understand how culture and diversity impact mental health and wellness
- Recognize the impact of cultural and linguistic barriers on mental health care
- Identify common misconceptions and stigmas related to mental health in diverse communities
- Apply strategies to effectively engage diverse communities in mental health education and training
Project Plan

- Survey Issued
- Cultural Considerations Guide Development and Pilot
- Cultural Considerations Launch
- Population Specific Considerations
- Expert Panel Review and Adult/Youth Curriculum Integration
- **NEW**: MHFA Overview Participant Handout (Translation)*

**GOAL =**
Improved delivery of culturally relevant MHFA/YMHFA courses that adhere to fidelity and resonate with First Aiders from diverse communities

## Competence vs. Humility *(Respect/Sensitivity)*

<table>
<thead>
<tr>
<th>Goals</th>
<th>Cultural competence</th>
<th>Cultural humility</th>
</tr>
</thead>
<tbody>
<tr>
<td>To build an understanding of minority cultures to better and more appropriately provide services</td>
<td>To encourage personal reflection and growth around culture in order to increase service providers' awareness</td>
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<tr>
<th>Values</th>
<th>• Knowledge • Training • Introspection • Co-learning</th>
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| Shortcomings                                                                 | • Enforces the idea that there can be 'competence' in a culture other than one's own. • Supports the myth that cultures are monolithic. • Based upon academic knowledge rather than lived experience. Believes professionals can be "certified" in culture. | • Challenging for professionals to grasp the idea of learning with and from clients. • No end result, which those in academia and medical fields can struggle with. |
|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

<table>
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<tr>
<th>Strengths</th>
<th>• Allows for people to strive to obtain a goal. • Promotes skill building.</th>
<th>• Encourages lifelong learning with no end goal but rather an appreciation of the journey of growth and understanding. • Puts professionals and clients in a mutually beneficial relationship and attempts to diminish damaging power dynamics.</th>
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Instructor Preparation: Helpful Tools within the Guide

The Cultural Considerations Guide is a good document to reference, especially when entering a new community or working with people that come from diverse cultural backgrounds.

INSTRUCTOR PREPARATION
- Reminders to the Instructors
- Self-Assessment of Cultural Competency
- Values Continuum Assessment

COURSE DELIVERY
- Strategies for Mental Health First Aid
## Integrating The Guide: Discussions and Exercise Timing Guides

### Adult MHFA Division of Curriculum and Timing Guide

<table>
<thead>
<tr>
<th>Topic</th>
<th>Slides</th>
<th>Exercises &amp; Discussions</th>
<th>Cultural Considerations</th>
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<tbody>
<tr>
<td>Introductions Overview of MHFA Course &amp; Manual</td>
<td>1 - 3</td>
<td>Ice Breaker Ground Rules Parking Lot</td>
<td>Ground rules: mention importance of cultural humility; honoring the experience of others Framing the course: mental health impacts various populations in different ways: stigma; distrust of interaction with systems; etc.</td>
</tr>
<tr>
<td>Prevalence of Mental Disorders Disability &amp; Recovery MHFA Action Plan</td>
<td>4 - 6</td>
<td>Why MHFA Brainstorm Negative Terms Who Can Diagnose</td>
<td>Why MHFA: MHFA is a useful tool to begin a discussion that may be taboo in some cultures; list of those who can immediately include cultural healers, but they can also include others in identifying early signs and symptoms, which is in the course Brainstorm: note that some negative terms may be cultural experience</td>
</tr>
<tr>
<td>Prevalence Disability Weights</td>
<td>7 - 11</td>
<td>Slide 7/Prevalence: Discuss how prevalence may depend on culture/population; discuss reasons for specific populations Disability Weights: Add a question to discussion from a xx culture or xx culture change the impact of the disorders</td>
<td></td>
</tr>
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### Youth MHFA Division of Curriculum and Timing Guide

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<tr>
<td>Overview of Youth MHFA Course Overview of the Youth MHFA Manual What is Your Role?</td>
<td>2 - 6</td>
<td>Mental Health Opinions Quiz How can MHFA Help Our Community? Why Youth Mental Health First Aid?</td>
<td>Ground rules: mention importance of cultural humility; honoring the experience of others Framing the course: mental health impacts various populations in different ways: stigma; distrust of interaction with systems; etc.</td>
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**DOWNLOAD:**
- Adult Timing Guide
- Youth Timing Guide
Integrating The Guide: Introductions and Framing the Course

- Conduct icebreaker that brings diverse perspectives and sends a strong message of the importance of culture.
- Express the need to value and honor diverse lived experiences and explore the importance of cultural humility.
- Mental health impacts diverse population groups in different ways.
- Stigma is experienced in most cultures but expressed differently.
- Address the distrust of systems, especially governmental systems so many groups avoid interaction with systems as much as possible.
Fidelity Reminder

+ Copyrighted material
  - Cannot distribute copies of the slides
  - Cannot change or delete any slides
    - Exception: optional slides can be hidden
  - Cannot add information from other sources
    - Exception: local resources and local statistics on back table
  - Can adapt activities/names in scenarios to fit your specific audience
  - Can submit request to develop new ALGEE exercises
  - Can change timing of course to fit group needs
    - 2 four hour sessions; 4 two hour session
#BeTheDifference

For your instructor support needs, email ALGEE@thenationalcouncil.org

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