

BE THE **1** TO MAKE A
DIFFERENCE



USA
MENTAL
HEALTH
FIRST AID*

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH
MENTAL HEALTH FIRST AID
Healthy Minds. Strong Communities.

Mental Health First Aid Cultural Considerations

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Cultural Considerations Guide

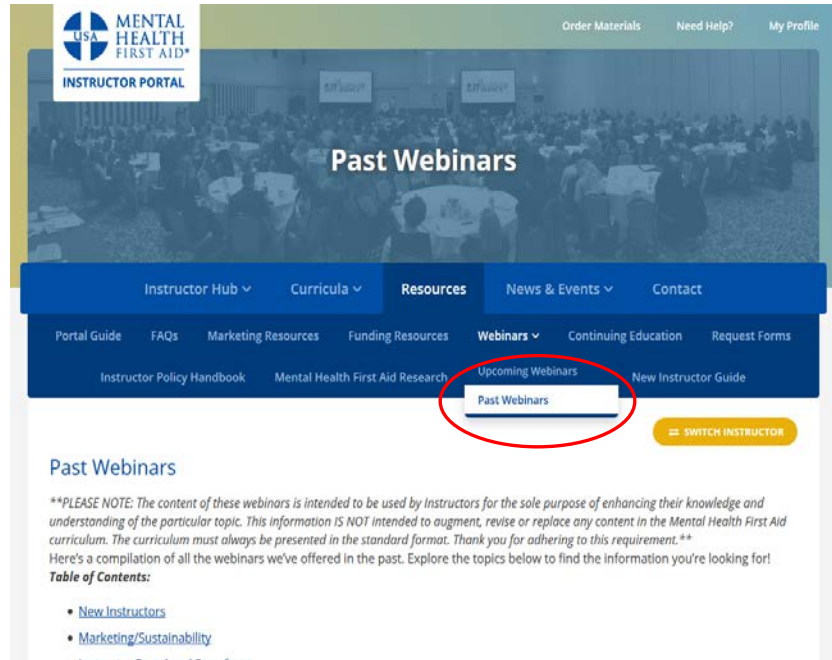
for Certified Instructors delivering Mental Health First Aid
& Youth Mental Health First Aid Training

CULTURAL CONSIDERATIONS

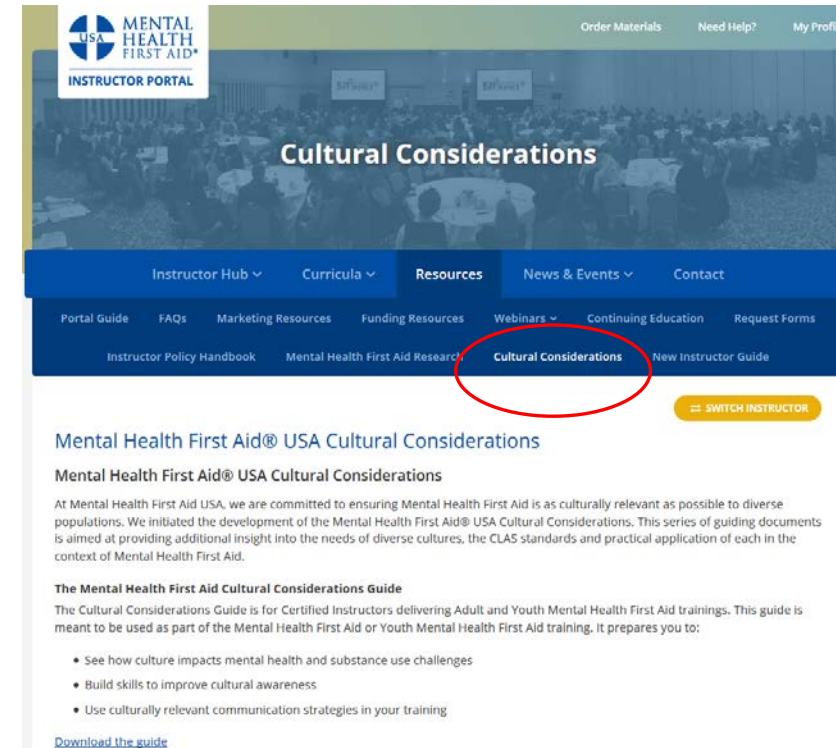
**Use this guide as part of the Mental Health First Aid
or Youth Mental Health First Aid training**

It prepares you to:

Location: Instructor Portal



Cultural Considerations Guide Webinar
[Recording](#) | [Slides](#) | [Facebook Live](#)



Cultural Considerations Guide
[Download the Guide](#)

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

Cultural Considerations Guide
(2017)

Population Specific
Guides & Expert Panels
(2018-19)

Full Curricula
Integration (2019)

Competence vs. Humility *(Respect/Sensitivity)*



	Cultural competence	Cultural humility
Goals	To build an understanding of minority cultures to better and more appropriately provide services	To encourage personal reflection and growth around culture in order to increase service providers' awareness
Values	<ul style="list-style-type: none"> •Knowledge •Training 	<ul style="list-style-type: none"> •Introspection •Co-learning
Shortcomings	<ul style="list-style-type: none"> •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. 	<ul style="list-style-type: none"> •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.
Strengths	<ul style="list-style-type: none"> •Allows for people to strive to obtain a goal. •Promotes skill building. 	<ul style="list-style-type: none"> •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.

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				
	Topic	Slides	Exercises & Discussions	Cultural Considerations
Session 1 Part 1	Introductions Overview of MHFA Course & Manual	1 - 3	Ice Breaker Ground Rules Parking Lot	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.
	What is MHFA Why MHFA What is a Mental Disorder	4 - 6	Why MHFA Brainstorm Negative Terms Who Can Diagnose	Why MHFA: MHFA is a useful tool to begin a discussion that may be taboo in some cultures; list of those who can diagnose immediately include cultural healers, but they can also be critical in identifying early signs and symptoms, which will be explored later in the course Brainstorm: Note that some negative terms may be unique to one's cultural experience
	Prevalence of Mental Disorders Disability & Recovery MHFA Action Plan	7 - 11	Prevalence Disability Weights	Slide 7/Prevalence: Discuss how prevalence may vary depending on culture/population; discuss reasons for differences in data for specific populations Disability Weights: Add a question to discussion from a xx culture or xx culture change the impact of the disorders A-Z: Pre-populate some of the list with words that will resonate with the specific audience/population DVD: When debriefing, discuss how the impacts of mental health issues vary by culture

Youth MHFA Division of Curriculum and Timing Guide				
	Topic	Slides	Exercises & Discussions	Cultural Considerations
Session 1 Part 1	Welcome	1	Ice Breaker Ground Rules Parking Lot	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.
	Overview of Youth MHFA Course Overview of the Youth MHFA Manual What is Your Role?	2 - 6	Mental Health Opinions Quiz How can MHFA Help Our Communities? Why Youth Mental Health First Aid?	How can MHFA Help Our Communities: Ask participants to volunteer ideas on how the cultural components of our communities. How does shared culture impact our understanding of self? Wellness and health? Help-seeking? Fear or stigma? Why Youth Mental Health First Aid: Youth MHFA is a useful tool to begin a discussion that may be taboo in some cultures; list of those who can diagnose may not immediately include cultural healers, but they can certainly be critical in identifying early signs and symptoms, which will be explored later in the course Brainstorm: Note that some negative terms may be unique to one's cultural experience
	Youth Mental Health Problems in the United States		What are Mental Health Problems/Issues/Disorders?	Slide 7/What are Mental Health Problems: Ask the group: how do cultural beliefs impact the positive/negative connotation of these terms? Ask them to consider how culture, particularly at earlier ages/stages of adolescence, shape our understanding of physical and mental health. Slide 9/Prevalence: Discuss how prevalence may be different depending on culture/population

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





For your instructor support needs, email
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#BeTheDifference

 @NationalCouncil @MHFirstAidUSA

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