

Cultural Competency in SUD Counseling

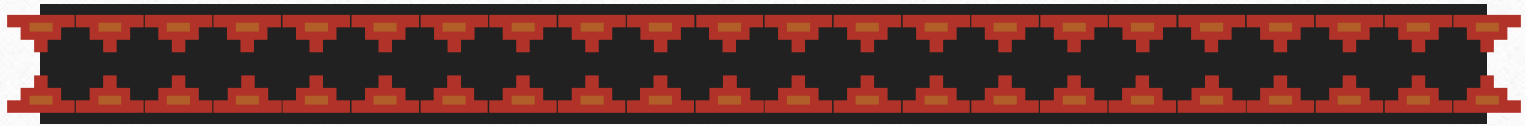
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Land Acknowledgement

In applying a lens of cultural humility, I want to recognize that I am presenting from the lands of the Shoshone Bannock, Shoshone Paiute, Nez Perce, Kootenai, and Coeur D'Alene Tribes. I recognize that these lands have been cared for by the tribal generations prior to our arrival.



Objectives

Identify cultural definitions of understanding

Components of cultural competencies

Recognition of Culturally and Linguistically
Appropriate Services

Cultural Competency

- ❖ “Adequately knowledgeable” about the client’s culture.
- ❖ Cultural competence is not acquired in a limited timeframe or by learning a set of facts about specific populations.
- ❖ Developing cultural competence is an ongoing process that begins with cultural awareness and a commitment to understanding the role that culture plays in a person’s life.

Culturally Responsive

Clinical and organizational practices that are culturally responsive are designed with services that are respectful of—and relevant to—beliefs, practices, cultural histories, preferred languages, health literacy levels, and communication needs of the diverse populations we serve.



Cultural Humility

Cultural humility is an ongoing process that involves being curious, open-minded, and respectful of other cultures.

- ❖ Being aware of your own reactions: Consider how your thoughts and reactions change when interacting with people from different cultures.
- ❖ Asking questions: Ask open-ended questions to learn more about the person you're interacting with.
- ❖ Being honest about what you don't know: It's okay to admit when you're wrong or don't know something.

Humility

- ❖ Being respectful of other cultures: Recognize that no culture is superior to another.
- ❖ Being willing to learn: Be genuinely curious about new ideas and challenge what you already believe.
- ❖ Being willing to reflect: Reflect on and acknowledge mistakes you've made.
- ❖ Being willing to hold each other accountable: Ask people in your life to have open discussions and hold each other accountable.

The Role of Cultural Competency in SUD -1

Cultural competency refers to the ability of healthcare providers to understand, respect, and effectively respond to the cultural needs and preferences of the people they are working with. In SUD treatment, cultural competency is a key component of delivering culturally sensitive care.

Education and Training

- ❖ Healthcare professionals must receive training on cultural competency to better understand the diverse backgrounds of their clients.

The Role of Cultural Competency in SUD -2

Access to Treatment:

- ❖ Cultural sensitivity in SUD treatment ensures that diverse populations have equal access to services. Some individuals from certain cultural backgrounds may face barriers to seeking help due to stigma or language barriers.

Tailored Treatment Plans:

- ❖ Culturally sensitive treatment plans acknowledge that what may be effective for one person may not be suitable for another.
- ❖ By considering an individual's cultural background, treatment providers can tailor plans that resonate with their values and beliefs, increasing the likelihood of success.

The Role of Cultural Competency in SUD -3

Enhanced Engagement and Trust:

- ❖ Trust is a cornerstone of effective SUD treatment. When individuals feel that their cultural identity is respected and understood, they are more likely to engage in treatment and build trust with their providers.
- ❖ Cultural sensitivity fosters a therapeutic alliance that can be instrumental in the recovery process.

The Role of Cultural Competency in SUD -4

Reducing Disparities:

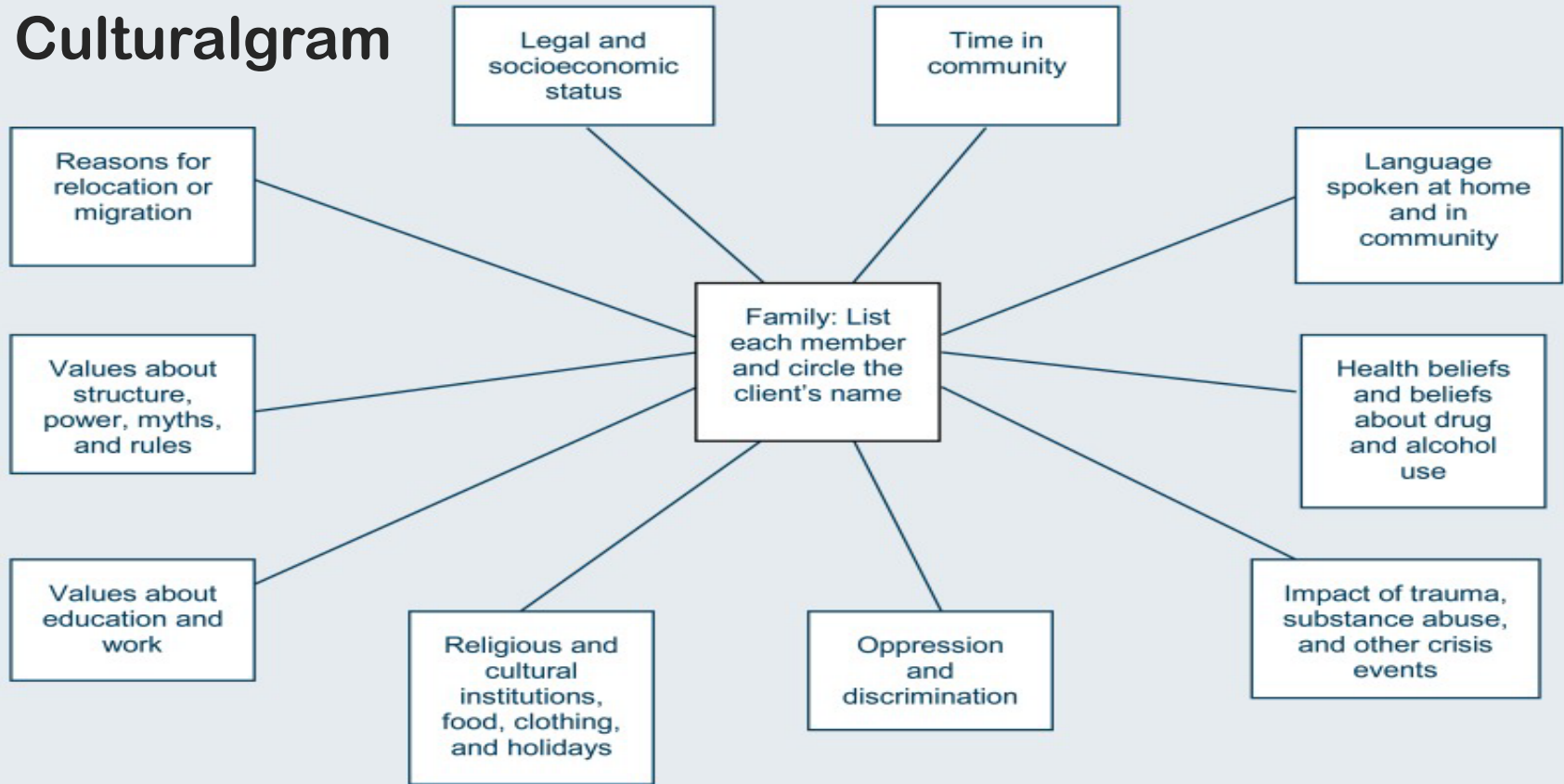
- ❖ Health disparities in SUD treatment outcomes are well-documented. Culturally sensitive care aims to bridge these gaps by addressing the unique challenges faced by diverse populations.
- ❖ It acknowledges that factors such as cultural stigma, discrimination, or lack of cultural understanding can contribute to poor treatment outcomes.

The Role of Cultural Competency in SUD -5

Cultural Assessment

- ❖ Conducting cultural assessments is an essential part of cultural competency. This involves asking open-ended questions and actively listening to clients to understand their unique cultural perspectives.
- ❖ By conducting these assessments, providers can gain insights into how cultural factors may impact the client's addiction and recovery journey.

Culturalgram



The Role of Cultural Competency in SUD -6

Collaboration and Community Resources

- ❖ Cultural sensitivity in addiction treatment is not an option; it is a necessity.
- ❖ Collaborate with community organizations and cultural leaders to better serve your clients. By tapping into community resources and networks, providers can offer more comprehensive and culturally sensitive care.
- ❖ It empowers healthcare providers to better understand, respect, and respond to the unique needs of their clients. By fostering a culture of cultural sensitivity and competency within SUD treatment, we can create a more inclusive and effective system that supports diverse populations on their path to recovery.

Culturally and Linguistically Appropriate Services

The purpose of the National Standards for Culturally and Linguistically Appropriate Services (CLAS) in health and health care is to improve health quality. CLAS provides guidance to Health and Human Service (HHS) providers in the United States (US) to assist in developing a strategy to help eliminate health inequities, with the goal of individualized services to a diverse population.

Interprofessional Education Collaborative Competencies

1. Increase awareness and recognition of nonconscious stereotyping and prejudice toward racial and ethnic disparities in health care.
2. Encourage full consideration of access to care.
3. Recommend development of culturally sensitive assessment tools.
4. Policy change
5. Diverse workforce
6. Improve efforts to conduct research with diverse populations
7. Increase efforts toward interprofessional collaboration in the prevention, treatment and recovery of SUDs

Wrapping it Up

In the Substance Use Disorder treatment process, it is imperative to incorporate culturally appropriate knowledge, understanding, skills, and attitudes into your actions, thereby conveying cultural competence, cultural responsiveness and cultural humility to increase the likelihood of our client's success.



Thank You!

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