

Lobby

Please take a moment and think of one instance in the past year where you initiated and sustained a meaningful connection with someone outside your own family. What were the most important factors that made it meaningful?

Please share in the chat.



Pacific Southwest (HHS Region 9)

PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



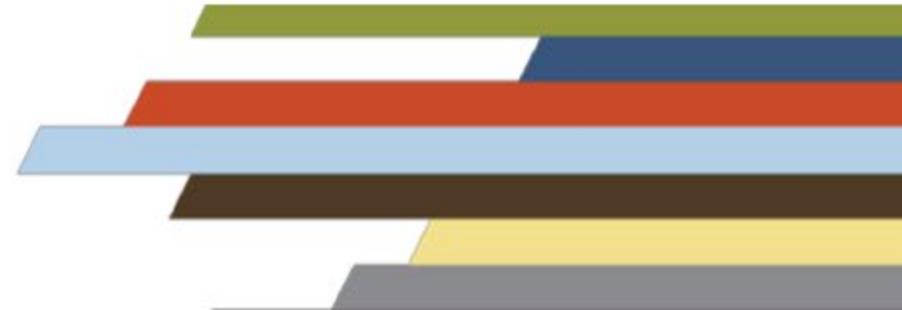
Northwest (HHS Region 10)

PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



The Roles of Culture and Collaboration in Preventing Suicide and Substance Misuse

Gerry RainingBird
January 21, 2021



Disclaimer

The views expressed in this webinar do not necessarily represent the views, policies, and positions of the Substance Abuse and Mental Health Services Administration (SAMHSA) or the U.S. Department of Health and Human Services.

This webinar is being recorded and archived, and will be available for viewing after the webinar. Please contact the webinar facilitator if you have any concerns or questions.

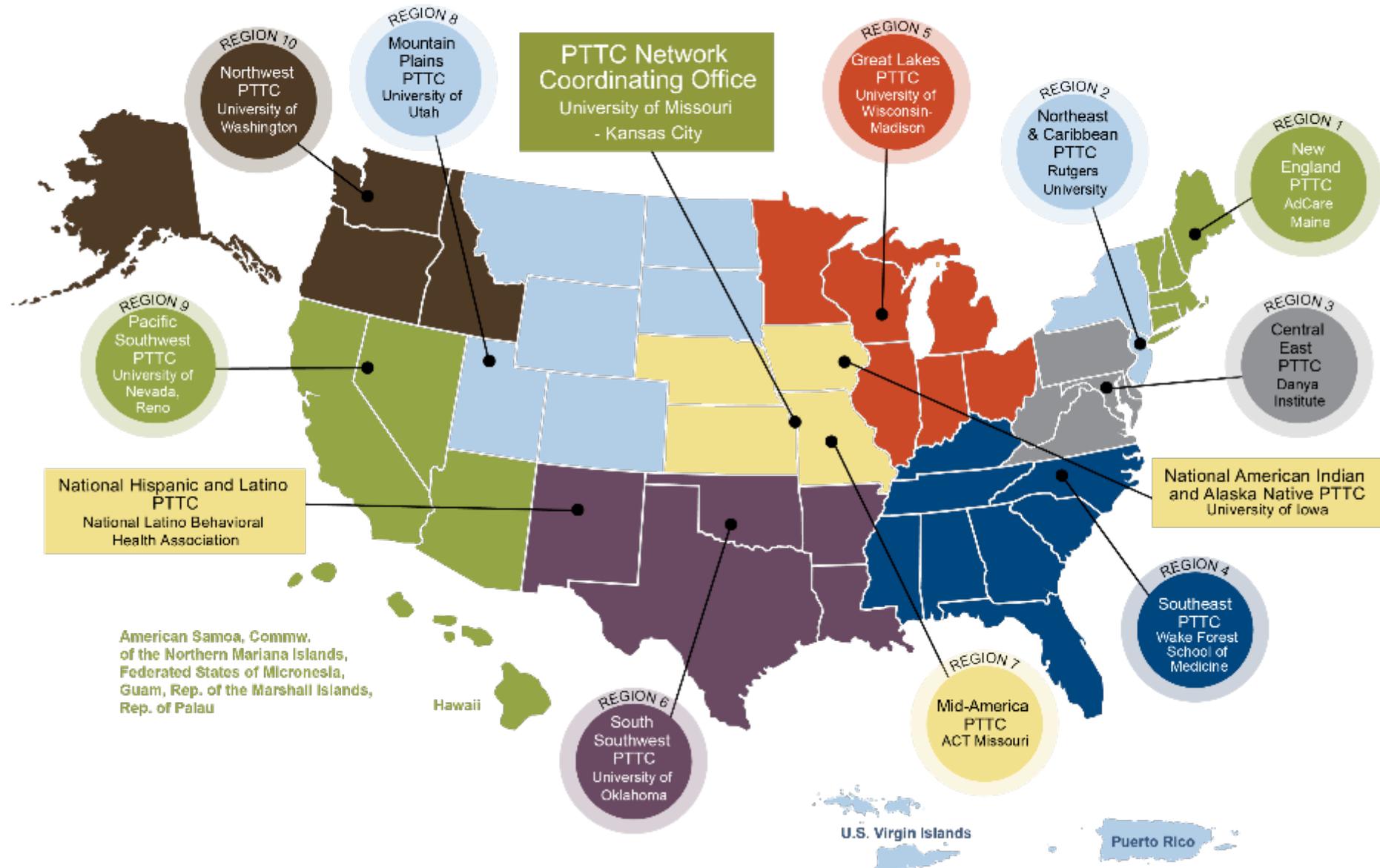
Developed under SAMHSA Cooperative Agreement #H79SP081015-01 and #H79SP080995-01.



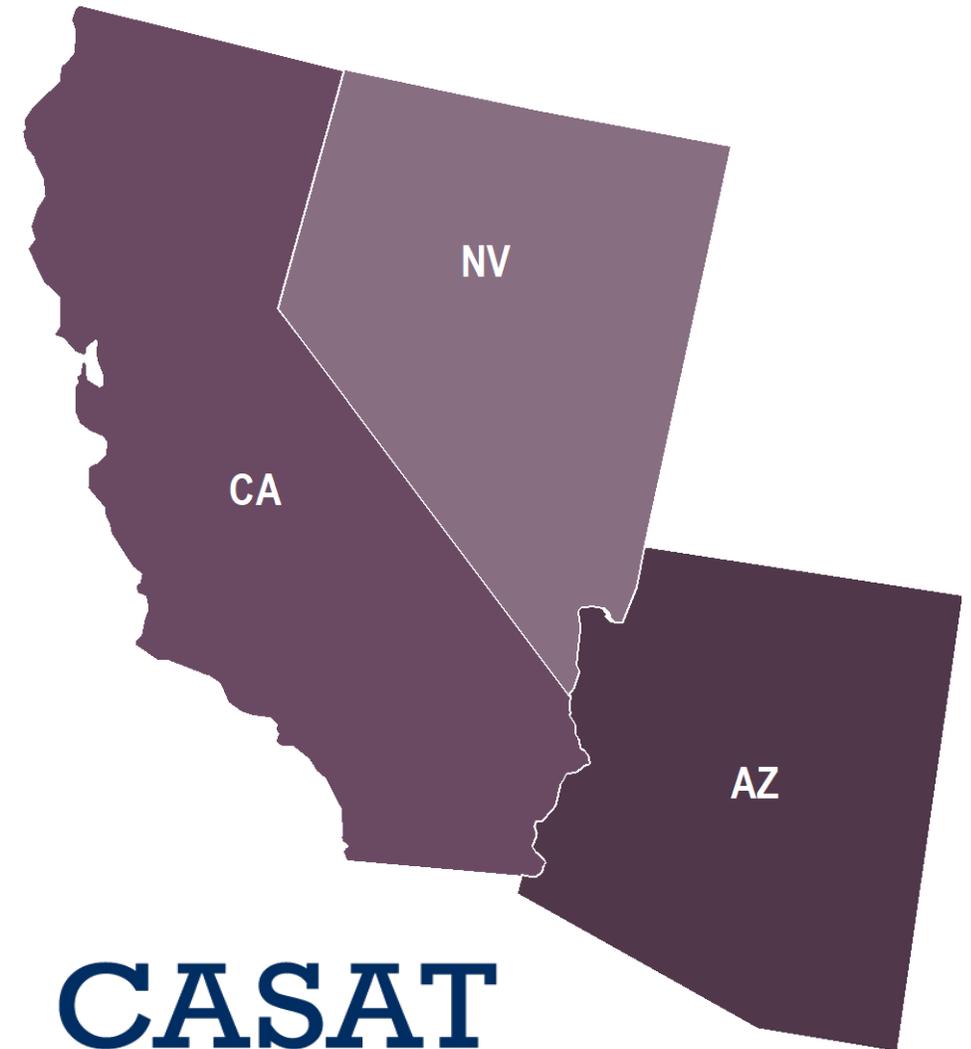
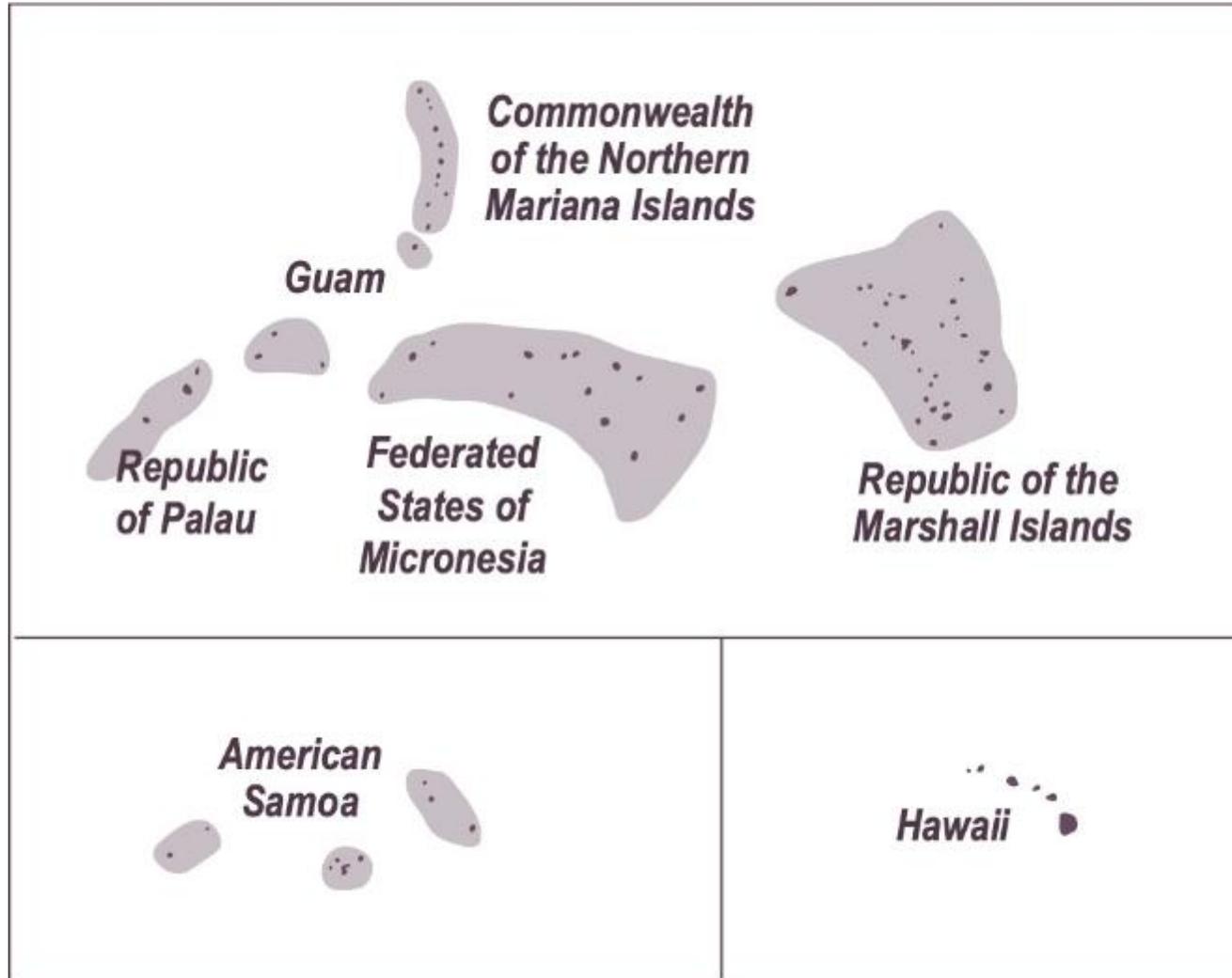
PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

PTTC Network



Pacific Southwest





Northwest (HHS Region 10)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



The Northwest PTTC is a partnership led by the Social Development Research Group (SDRG) at University of Washington (UW) School of Social Work in collaboration with the Prevention Science Graduate Program at Washington State University (WSU), and the Center for the Application of Substance Abuse Technologies (CASAT) at the University of Nevada, Reno (UNR).

Northwest partnering institutes share a vision to expand the impact of community-activated prevention by equipping the prevention workforce with the power of prevention science.



Prevention Science
Graduate Program
WASHINGTON STATE UNIVERSITY



Mark Your Calendars!

Webinar Follow-Up Discussion Series

- **Session #1: A Discussion of the Ways in Which Suicide and Substance Misuse Overlap.** February 4, 2021 from 3:00 – 4:00 PM Pacific
- **Session #2: A Discussion of Ways to Leverage Community Partners for Greater Impact to Prevention Multiple Behavioral Health Problems.** February 18, 2021 from 3:00 – 4:00 PM Pacific
- **Session #3: A Discussion of the Role of Culture and Cultural Considerations when Working to Prevent Substance Misuse and Promote Mental Health.** March 9, 2021 from 3:00 – 4:00 PM Pacific

Presenter



Gerry RainingBird is an enrolled member of the Chippewa-Cree Tribe of Rocky Boy. Gerry has been involved with American Indian/Alaska Native education, health, and wellness promotion for nearly 30 years. His professional experience includes community mobilization and capacity building, positive youth development, cultural competency, group facilitation, strategic planning, and program development. He has worked with over 200 native communities across Indian Country and the Pacific Islands. In his most recent roles, he has served as Senior Tribal Prevention Specialist for the Suicide Prevention Resource Center, and Training and Technical Assistance Specialist for the Tribal Youth Program and the 7th Generation National Mentoring Project.



Learning Objectives:

Discuss the ways in which suicide and substance misuse overlap within the context of the Strategic Prevention Framework

Identify ways to leverage community partners for greater impact to prevent multiple behavioral health problems

Describe the role of culture and cultural considerations when working to prevent substance misuse and promote mental health

Strategic Prevention Framework



Culture is Prevention

“Nothing about Us without Us”



Cultural Considerations

- Must be a part of every step of the way
- Relationship Building & Creating Trust are 1st priorities
- Be transparent about goals/intentions



Cultural Considerations

- Be mindful of language & avoid technical jargon
- Where are we in terms of our own Cultural Awareness/Competency levels?



Initiating and Setting the Stage

- Language
- Beliefs
- Values
- Symbols
- World/Spiritual Views
- Practices
- Traditions



Initiating and Setting the Stage

- Take inventory of our awareness
- Focus first on strengths, assets, gifts
- Assess cultural competency/ connectedness levels
- Sensitivity to multiple pressing issues
- Utilize a sound and culturally appropriate strategic planning approach



Defining Cultural Competence

Having the capacity to function effectively as an individual, organization, or a system within the context of the cultural beliefs, behaviors, and needs presented by the community and its members

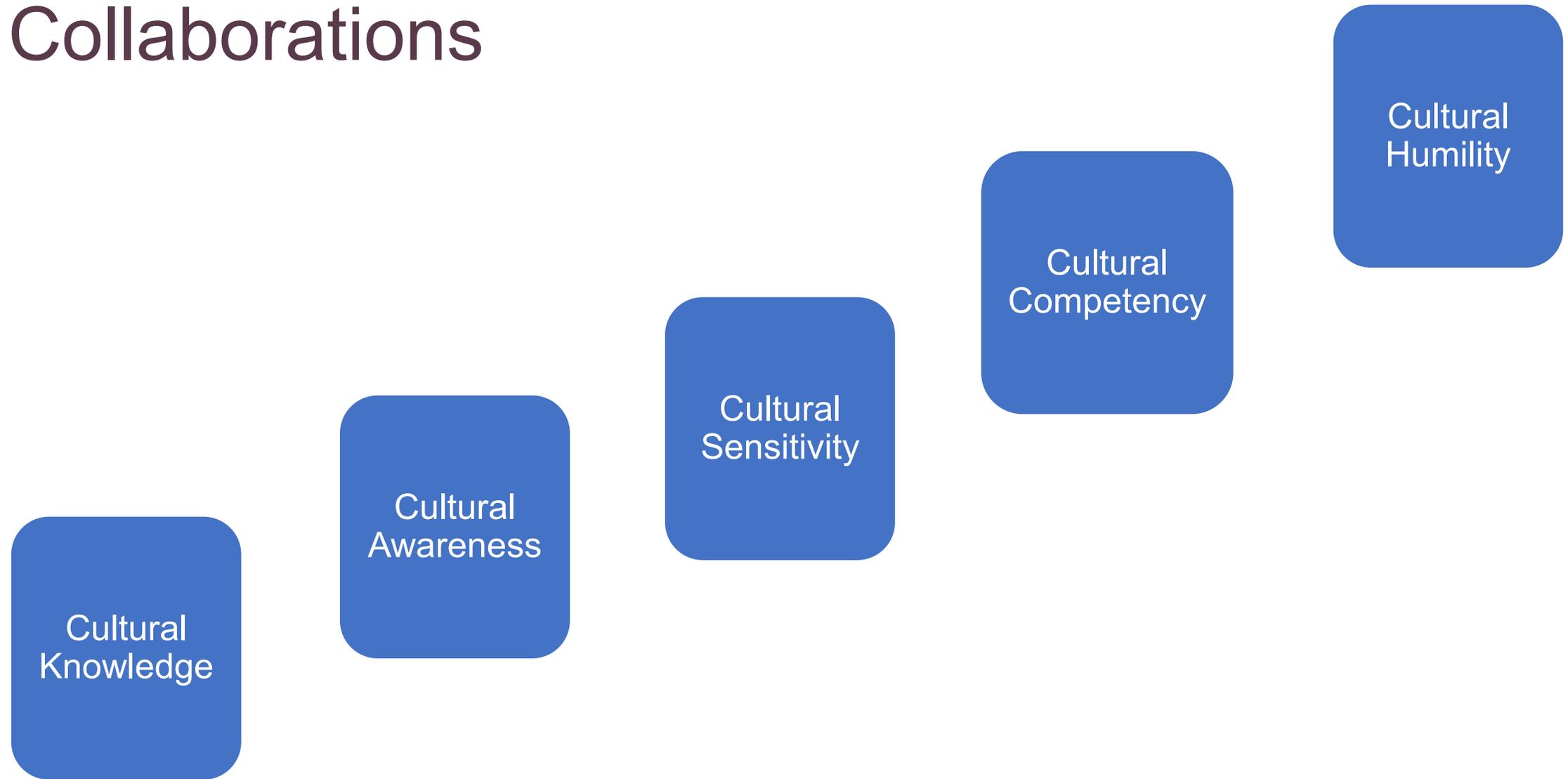


Cultural Competency and Sustaining Collaborations- Levels to Consider

- Individual/Personal
- Supervisors/Leadership
- Organizationally/Governance
- Community



Cultural Connectedness and Sustaining Collaborations



Cultural Competency Continuum

Cultural knowledge – Familiar with selected cultural characteristics, history, values, belief systems, and behaviors.

Cultural awareness – Developing sensitivity and understanding.

Involves internal changes in terms of attitudes and values.

Openness and flexibility of how people develop relationships.

Cultural awareness must be supplemented with cultural knowledge.

Cultural sensitivity – Knowing cultural differences & similarities exist, without assigning values, without judgement.

Cultural Competency Continuum

Cultural competence – A set of congruent behaviors, attitudes, and policies that come together in a system, agency, or among professionals and enables that system, agency, or those professionals to work effectively in cross-cultural situations. Cultural competence emphasizes the idea of effectively operating in different cultural contexts. Knowledge, sensitivity, and awareness do not include this concept.

Cultural humility – An acknowledgement of one's own barriers to true intercultural understanding. It is the difference between intellectually knowing another culture and being able to truly relate to it.

Cultural Connectedness and Sustaining Collaborations

In terms of the primary culture you work with, or interact with, Where are you on the continuum? (Please share your response in the poll)

Cultural
Knowledge

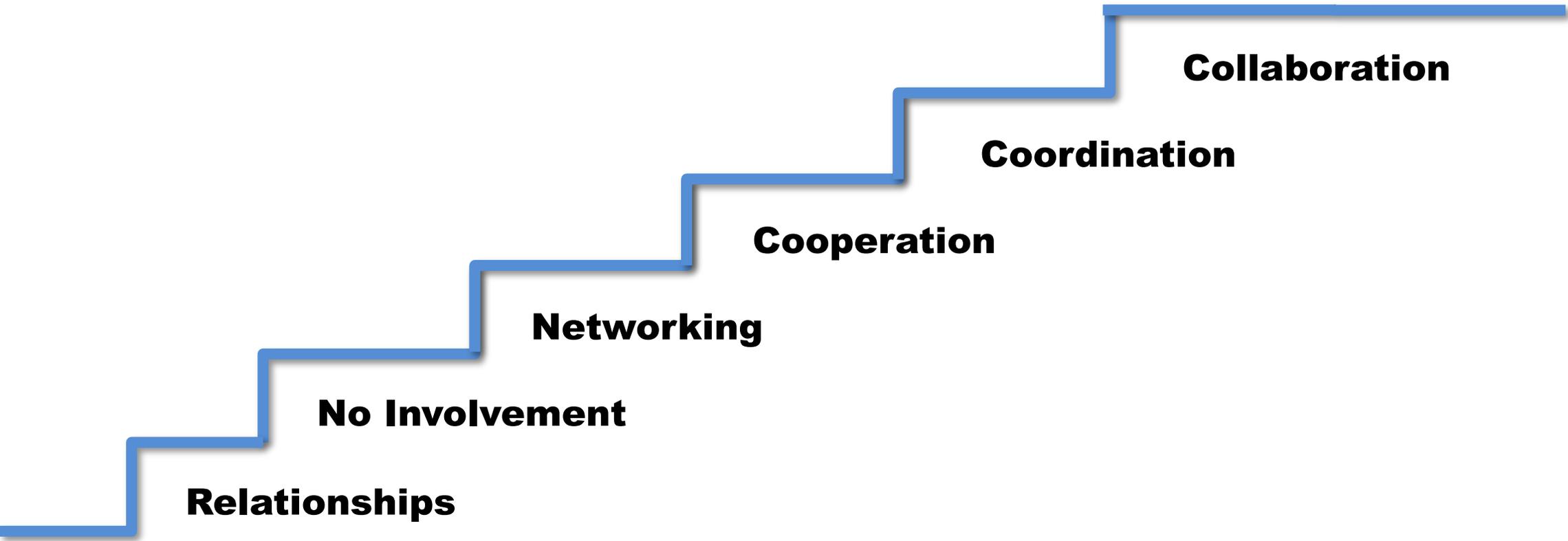
Cultural
Awareness

Cultural
Sensitivity

Cultural
Competency

Cultural
Humility

Recognizing Levels of Involvement/Connection



Overcoming the Challenges: Creating Communities of Collaboration

- Create a Safe Space
- Norms/Agreements for meaningful communications?
- Transparency
- Connectedness and trust
- Recognize and appreciate uniqueness



Culture is Prevention/Creating Meaningful Connections

- Connectedness to culture is the foundation for building and increasing protective factors, reducing risk factors

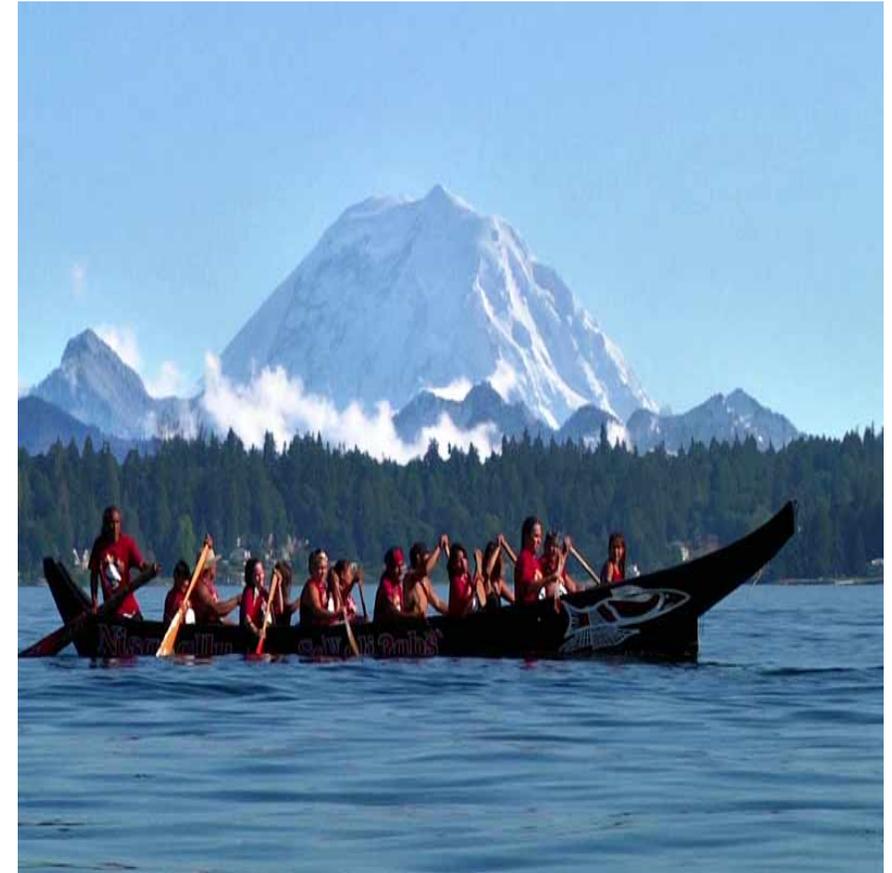


Culture is Prevention/Enhancing Protective Factors

Cultural identification: a sense of belonging and affiliation with spiritual, material, intellectual, and emotional components of culture

Family relationships: strong and supportive family relationships and higher levels of family cohesion, family organization, and parental bonding

Native healers: access to and support from traditional healers



Culture is Prevention/Enhancing Protective Factors

Effective mental health care

Connectedness to individuals,
family, community, and social
institutions

Problem-solving skills

Contacts with caregivers



Culture is Prevention/Reducing Risk Factors

Prior suicide attempt(s)
Alcohol and drug abuse
Mood and anxiety disorders
Access to lethal means



Culture is Prevention/Reducing Risk Factors

Family Conflicts

Acculturation

Discrimination

Mental Health Services

Poor Academic Achievement



Culture is Prevention/Creating Meaningful Connections

- **How are you connecting with community partners with culture as the bridge?**



Skills for Creating Meaningful Connections

- Assess the influence of our cultural values, perceptions, opinions knowledge, and conditioning
- Provide and promote an atmosphere/environment that explores, embraces differences, along with similarities



Skills for Creating Meaningful Connections

- Develop capacity to be an ally and to foster cooperative learning that expands others' knowledge and affirmation
- Plan to embrace new, ambiguous situations & keep communication lines open when misunderstandings occur



Skills for Creating Meaningful Connections

- Encourage your colleagues/peers to see themselves in a multi-cultural perspective and encourage skills building in cross-cultural communications/interactions
- Accommodate a variety of learning and participation styles and build on existing strengths
- Invite all to share their diverse perspectives and utilize a culturally appropriate approach
- Be mindful of using appropriate tools/materials/models
- Believe that that all cultures have their own integrity, validity, deserve respect

Sustaining Meaningful Connections

- Initiate, maintain Transparency
- Provide safe and supportive environments for all
- Build on your current level of cultural competence and connectedness
- Ensure that any planning process is a cultural fit



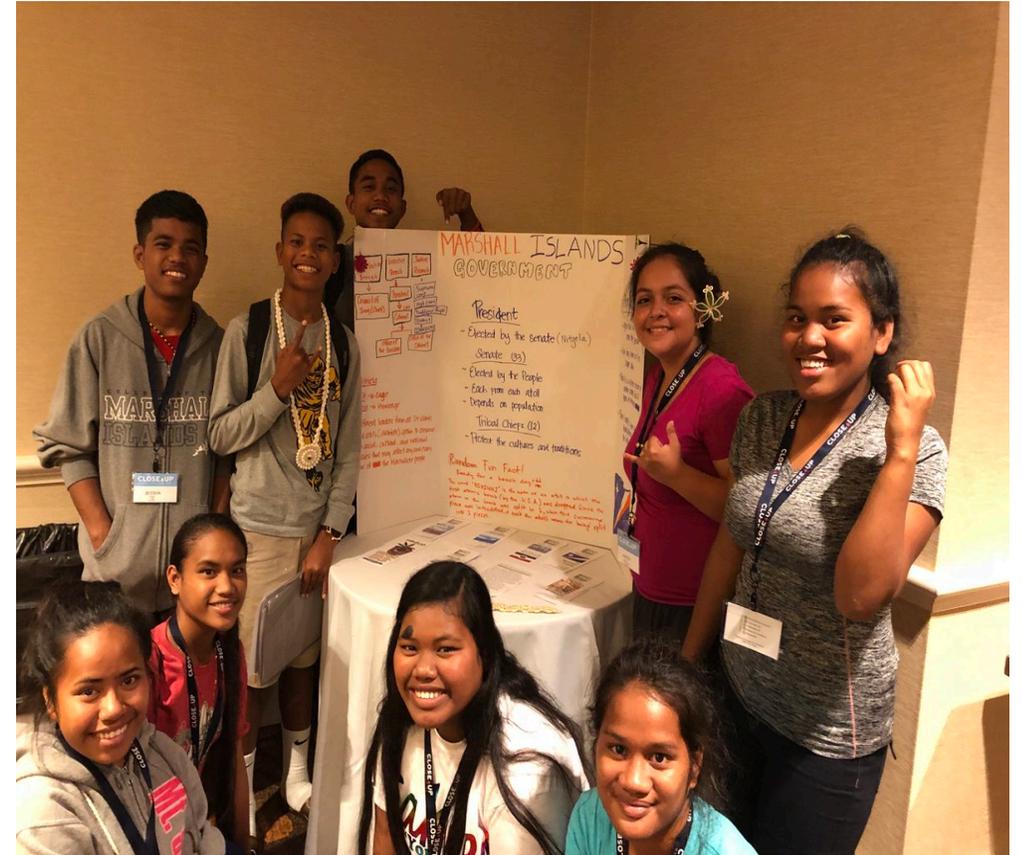
Sustaining Meaningful Connections

- Implement culturally responsive action plans & create feedback loops for communicating efforts & successes with stakeholders
- Ensure your evaluation/feedback efforts include culturally connected staff



Empowering Our Youth

- Initiate and Develop Trust
- Nothing about us without us!
- Safety First (I feel safe and secure)
- Sense of Belonging (I am part of the family/community)



Empowering Our Youth

- Sense of Identity (I know who I am and embrace my culture)
- Sense of Purpose (I know and understand why we are doing this)
- Sense of Competency (I am good at this! And proud of my of my progress and accomplishments)



Culture is Prevention



Please Provide Your Feedback!

- Please fill out the evaluation for today's webinar. The link is in the chat!



Pacific Southwest (HHS Region 9)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Thank You!

