

# Embracing Cultural Humility in Substance Use Prevention

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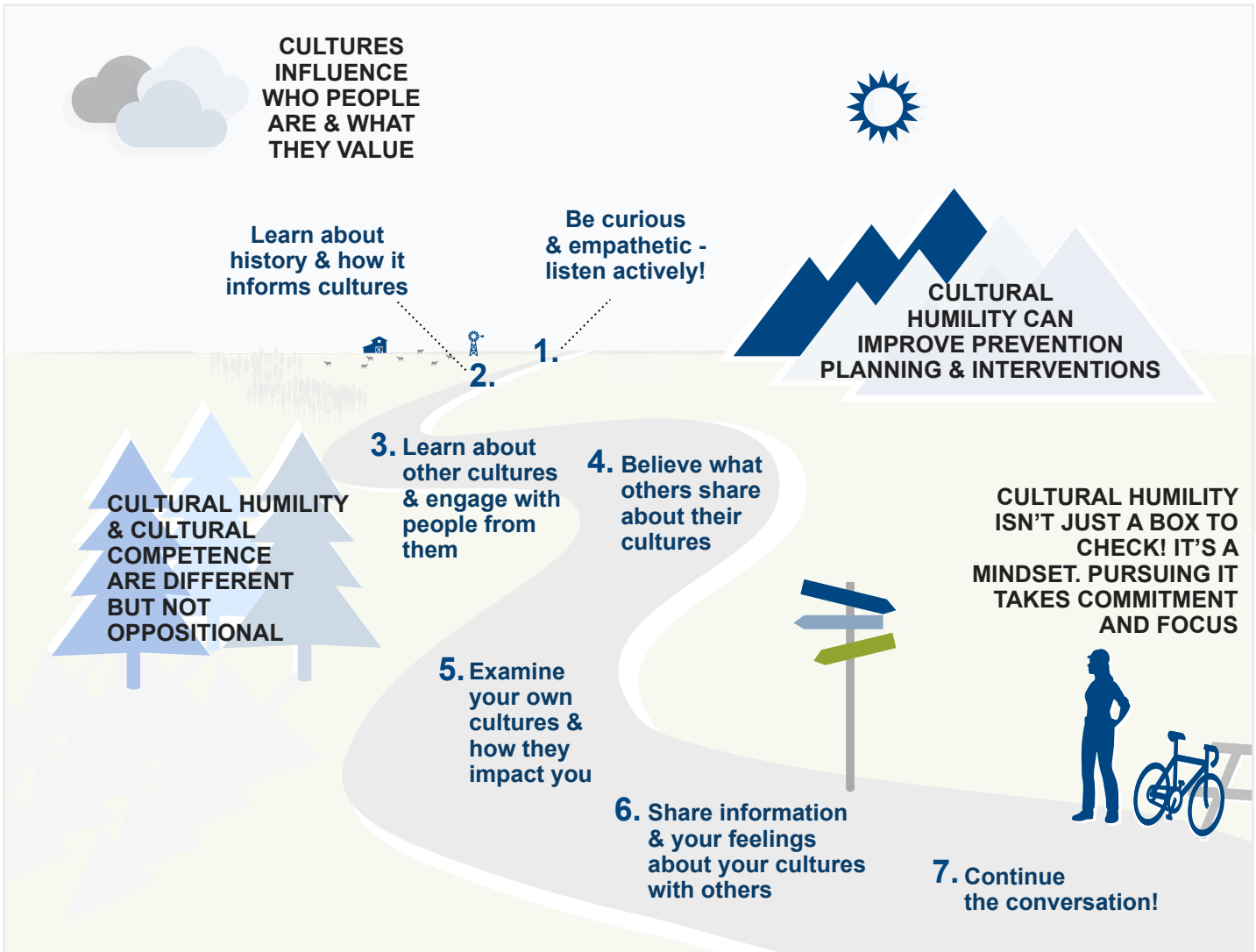


Central East (HHS Region 3)

# PTTC

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

## A JOURNEY, NOT A DESTINATION <sup>1,2,3,4</sup>




Cultural humility is a lifelong process of learning, self-evaluation, and seeking to better serve others. It means engaging in self-exploration and self-critique while trying to learn from others. Incorporating cultural humility into substance use prevention involves honoring the values, beliefs, and customs of people and seeking to address power imbalances in communities and societies. Following the principles of cultural humility can help prevention professionals better overcome biases and implement culturally responsive services. Self-reflection is the first step to cultural humility.<sup>5,6</sup>




## THE IMPORTANCE OF CULTURAL HUMILITY IN PREVENTION

Cultural humility is vital for providing effective prevention services and improving health and wellness in communities. It can:

 **Give voice** to people being served and make planning more inclusive


**Build** knowledge about the attitudes, values, and beliefs of people



 **Ensure** a greater focus on equity and addressing disparities

**Increase** empathy, engagement, and communication



 **Promote** difficult conversations about racism, sexism, and classism

Using a cultural humility mindset can help infuse all aspects of prevention with culturally responsive practices.<sup>7</sup> Examples from across SAMHSA's Strategic Prevention Framework include:

- 1. Assessment:** Collecting data through community-suggested methods
- 2. Capacity:** Raising awareness of substance misuse issues among community-serving organizations
- 3. Planning:** Conducting roundtable planning discussions with community members and organizations
- 4. Implementation:** Collaborating with community-serving organizations to adapt evidence-based programs
- 5. Evaluation:** Using accessible language to present evaluation findings and widely disseminating the findings

Cultural humility is often conflated with cultural competence.<sup>8</sup> But they are different concepts! Check out [this resource](#) to learn more.

### NOTES

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