

**Navigating *Cultural Dilemmas* in Early Intervention:  
Fostering Cultural *Empathy* and *Trust***

***What Matters Most***

**15<sup>th</sup> Annual Mental Health & Substance Use Recovery Training  
Conference**  
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Oscar Jimenez-Solomon, MPH, Lic.Soc.  
 Research Scientist, New York State Psychiatric Institute  
 Senior Research Staff Associate, Columbia Psychiatry  
 Columbia University Medical Center



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**Duration of Untreated Psychosis  
(DUP)**

- **DUP:** Time from onset of psychotic symptoms to initiation of treatment/ clinical presentation
- Longer DUP, poorer prognosis. Longer DUP is associated with:
  - ✓ Poorer response to treatment
  - ✓ Reduced likelihood of remission
  - ✓ Increased negative symptoms up to 8 years
  - ✓ More depression and anxiety
  - ✓ Poorer quality of life
  - ✓ Poorer long-term social functioning

Sources: Marshall et al, 2005; Boonstra et al, 2012; Farooq et al, 2009; Marshall et al, 2005; Perkins et al, 2005

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**Windows of Opportunity in  
Early Psychosis Engagement**



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**“Sliding Door” Moments \***



(\*) Gottman, J. & Silver, N. (2012). What Makes Love Last. New York, NY: Simon & Schuster

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**DSM-5 Cultural Formulation Interview**

16 items  
4 domains:

1. Cultural definition of the **problem**
2. Cultural perceptions of **cause, context and support**
3. Cultural factors affecting **self-coping and past help-seeking**
4. Cultural factors affecting **current help-seeking**



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**The Power of Cultural Formulation Narratives**

By eliciting the person's views about what is happening to them and why, what matters most to them in care and recovery, and how they want to be helped, we can:

- ✓ empower individuals to author their personal narratives
- ✓ empower to express one's cultural formulation
- ✓ foster meaningful shared decision-making
- ✓ shift power dynamics
- ✓ give voice to voiceless
- ✓ dismantle the effect of marginalization and exclusion
- ✓ promote equity in recovery outcomes

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### Empowering Youth to Talk about..



- What they think is happening and why
- What concerns them most about what's happening
- How their families see what is happening
- What matters most to them
- How they would like to be helped

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### CULTURAL EMPOWERMENT PROCESS



Source: Cruz, A.G., Jiménez-Solomon, O., Eitzen, H., Ramón, A., & Lewis-Fernández, R. (2018). Empowering Culturally Diverse Youth: A Participatory Process to Develop Audiovisual Narrative Tools. Poster Presentation. 5th World Congress of Cultural Psychiatry.

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<https://youtu.be/Y1ZZkr0TPgk>

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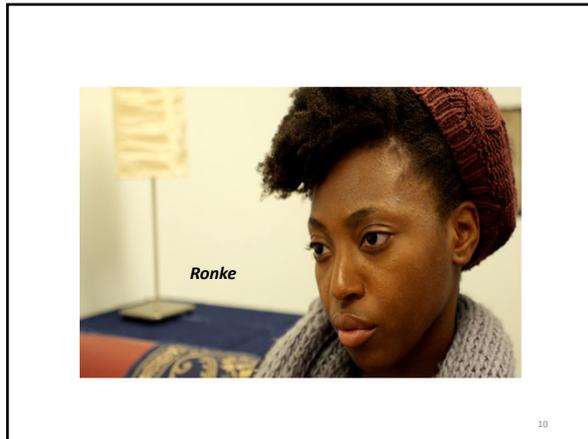
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**Slide 9**

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**BT9** Can you confirm if this video will be played?  
Brown, Tiara, 9/25/2019



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**CFI Domains in Ronke's Story**

**What concerns her most:**

- My faith in God and finding my purpose are what matters most to me.
- The medications I take make me too drowsy, and are making me lose my connection with God.

**Why she thinks this is happening:**

- I am not psychotic or mentally ill, I am having a spiritual experience.
- Last doctor I told about my spiritual experience, she said I was delusional and in denial.

**How her family sees what is happening:**

- They are confused. If we were in Africa they wouldn't doubt it is a spiritual experience.



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**Windows of Opportunity in Early Psychosis Care:**  
Navigating Cultural Dilemmas about Religion and Spirituality



**The cultural dilemma:**  
How do we honor Ronke's religious and spiritual views if / when they conflict with clinical recommendations, and still offer our expertise and fulfill our duty to care?



**How Ronke sees what's happening to her:**  
I am having a positive spiritual experience, not a psychotic episode.  
**What's most to Ronke:** My relationship with God, finding a purpose, & sewing

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Ronke:  
Lessons for Supporting Engagement and Recovery

*Ronke did not need to be convinced that she is "mentally ill" to become or remain engaged (or be confronted with her "denial")*

*Ronke and her provider found a point of engagement: her educational/career goals, which for Ronke is a way of pursuing her God-given purpose*

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David

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**CFI Domains in David's Story**



**What concerns him most:**

- I want to be man like my brothers.
- Sometimes the voices are bad and sometimes they are comforting. I don't want to get rid of the good voices.

**How his family sees what is happening:**

- My mother wants me to be a man like my brothers, go to school, get a good job, get married.
- My mother doesn't understand what I am going through. She thinks I am making up excuses.

**How he would like to be helped:**

- I want to get rid of the bad voices and make the good voices my own.
- I want my mom to understand that the voices are part of me, that it is ok to ask for help, and that I can still be a man, the man I want I to be.

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**Windows of Opportunity in Early Psychosis Care:**  
**Navigating Cultural Dilemmas about Masculinity and Gender Constructs**

**The cultural dilemma:**  
 How do we honor David's goal of keeping the voices that support his masculinity while addressing our clinical concern about him still hearing distressing voices?

**What Taina most to David:** To go to school, get a job, get married, support his family...be a man

**What Taina most to her father:** Not to be able to become a man like his brothers

**What David wants to be helped:** To keep the encouraging voices (that support his goals as a man) and overcome the voices that attack his gender identity

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Taina

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**CFI Domains in Taina's Story**

**What concerns her most:**

- Not being able to have a girlfriend, an intimate relationship, just like my friends do.
- The medications I take shut down my artistic creativity, my drawing and painting.

**How her family sees what is happening:**

- My mother doesn't think I had a psychotic episode. She thinks I am possessed by a demon. She took me to a priest to drink holy water, to be exorcised.

**How she would like to be helped:**

- Last time I told a therapist what my mother thought, she said to "cut ties" with them (become an independent young woman). I don't want that.
- I want help to have my mother understand that I like girls, and I am not possessed.

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**Taina:**  
Lessons For Supporting Engagement and Recovery



*Taina was afraid of sharing with her provider her family's religious views of what she is going through.*

*Asking about what she wanted (maintain family relationship), and listening to her family views without judgement, opened door for trust in provider.*

*This has cleared a path for Taina's creativity and freedom to pursue a relationship with a young woman she likes...*

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Mike

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**CFI Domains in Mike's Story**

What concerns him the most:

- I feel stuck in this job (delivering sandwiches).
- I fear my dream of being a chef will never be realized.

How his family sees what is happening:

- My dad says I had my chance when I went to culinary school and I blew it. That I should stay home and take over the family auto business.
- He thinks I am too vulnerable, I might get sick again. He thinks people with mental illness can't get better.

How he would like to be helped:

- I want support to talk to my dad: to tell my dad I understand he is concerned about me, but that he has to let me try again ("cooking is to me, what cars are to you, Dad").

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**Windows of Opportunity in Early Psychosis Care:**  
**Navigating Cultural Dilemmas about Family Relationships**

**The cultural dilemma:**  
 How do we help Mike and his father understand each other's cultural perspectives and find a common ground to make a shared decision in Mike's best interest?

**What concerns Mike the most:** Getting "stuck" delivering sandwiches will affect his recovery

**How Mike wants to be helped:** Going back to culinary school and helping his dad understand

**How his father sees what would be best for Mike:** Staying close to family, and continuing the family's automotive business and tradition

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**Resources:**  
 Navigating Cultural Dilemmas in Behavioral Health Care

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**Whatmattersmost.site**

**What Matters Most: Empowerment Videos for Young People in Early Care**

**Ronke (\*)**  
<https://youtu.be/9f0jTpiLIX8>

**Mike (\*)**  
<https://youtu.be/k-fy2XnuAkw>

**Taina**  
<https://youtu.be/wHv74WXF3gg>

**David**  
<https://youtu.be/AY2dHYm6nEo>

**What Matters Most: (Trailer):**  
<https://youtu.be/YIZZkr0TPgk>

**What Matters Most: Ronke**  
<https://youtu.be/MOioTpiLIX8>

**What Matters Most: Mike**  
<https://youtu.be/k-fy2XnuAkw>

**What Matters Most: David**  
<https://youtu.be/AY2dHYm6nEo>

**What Matters Most: Taina**  
<https://youtu.be/wHv74WXF3gg>

(\*) Developed in partnership with STAR Center and SAMHSA funding

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**Navigating Cultural Competence Dilemmas  
TRAINING TOOLKIT**

<https://www.nasmhpd.org/content/2018-1a-and-training-resources-first-episode-psychosis-now-available>

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**Delivering Culturally Competent Care:  
OnTrackNY Guide**

Developed by Center for Practice Innovations & New York State Center of Excellence for Cultural Competence at Columbia University Medical Center

Guide can be accessed [here](http://www.ontrackny.org/Portals/1/Files/Resources/OnTrackNY%20Cultural%20Competency%20Guide_%20Final%205.29.18.pdf?ver=2018-06-07-11044):

[http://www.ontrackny.org/Portals/1/Files/Resources/OnTrackNY%20Cultural%20Competency%20Guide\\_%20Final%205.29.18.pdf?ver=2018-06-07-11044](http://www.ontrackny.org/Portals/1/Files/Resources/OnTrackNY%20Cultural%20Competency%20Guide_%20Final%205.29.18.pdf?ver=2018-06-07-11044)

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**DSM-5 Cultural Formulation  
Interview**

The CFI can be accessed [here](https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA%20DSM5%20Cultural-Formulation-Interview.pdf):

<https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA%20DSM5%20Cultural-Formulation-Interview.pdf>

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### CFI Online Training Module



**Goal:** To foster **person-centered, culturally competent, recovery-oriented** treatment planning by offering practitioners cutting-edge interactive online training on effective use of CFI

**In partnership with:** Center for Practice Innovations (CPI) at NYSPI/Columbia University, experts in online training

**More information? Want to access it?**

Click [here](#), or visit:

<http://nyculturalcompetence.org/cfionlinemodule/>

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### Contact Information

**Oscar Jimenez-Solomon, MPH**  
Research Scientist, New York State Center  
of Excellence for Cultural Competence,  
New York State Psychiatric Institute,  
Senior Research Staff Associate,  
Columbia University Department of Psychiatry  
[Oscar.Solomon@nyspi.columbia.edu](mailto:Oscar.Solomon@nyspi.columbia.edu)

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