



Building Mental Health Resilience through Cultural Humility

Presenter:
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Introduction

- 1.5 Generation Filipino American
- Emigrated to United States at the age of 11
- Married to a Vietnamese American
- Education: BA in Sociology at UCR, M.A in Psychology at Pepperdine, and Doctor of Psychology in Clinical Psychology at The Chicago School of Professional Psychology.
- 18 years experience in the Behavioral Health Care Field
- Mental Health advocate
- Presented at 2 cultural competency and mental health summit in California
- Consultant, Forensic Psychology, Private Practice, and Adjunct Professor.

How resilient are you?

	Respond to each statement below by circling ONE answer per row.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	I tend to bounce back quickly after hard times.	1	2	3	4	5
2	I have a hard time making it through stressful events.	5	4	3	2	1
3	It does not take me long to recover from a stressful event.	1	2	3	4	5
4	It is hard for me to snap back when something bad happens.	5	4	3	2	1
5	I usually come through difficult times with little trouble.	1	2	3	4	5
6	I tend to take a long time to get over setbacks in my life.	5	4	3	2	1

Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P. and Bernard, J. (2008). The Brief Resilience Scale: Assessing the Ability to Bounce Back. *International Journal of Behavioral Medicine* , 15, 194-200.

- Add the value (1-5) of your responses for all six items, creating a range from 6-30.
- Divide the sum by the total number of questions answered (6) for your final score.
- Total Score: _____/6
- My Score: _____(average)
- *REMEMBER YOUR SCORE AND WE WILL COME BACK TO IT LATER.*

Mental Illness In United States

- 1 in 5 U.S. adults experience mental illness
- 1 in 20 U.S. adults experience serious mental illness.
- 17% of youth (6-17 years experience a mental health disorder).
- 40% of U.S. adults reported struggling with mental health or substance abuse.
- Half of all lifetime mental illness begins by age 14, and 75% by age 24.
- Depression alone cost the nation about \$210.5 billion annually.
- Most common mental illness in the U.S. are anxiety disorders, which affect 40 million adults (18.1% population).

Prevalence among adults by condition:

Psychiatric Conditions:

- Major Depressive Episode: 7.8% (19.4 million people)
- Schizophrenia: <1% (estimated 1.5 million people)
- Bipolar Disorder: 2.8% (estimated 7 million people)
- Anxiety Disorders: 19.1% (estimated 48 million people)
- Posttraumatic Stress Disorder: 3.6% (estimated 9 million people)
- Obsessive Compulsive Disorder: 1.2% (estimated 3 million people)
- Borderline Personality Disorder: 1.4% (estimated 3.5 million people)

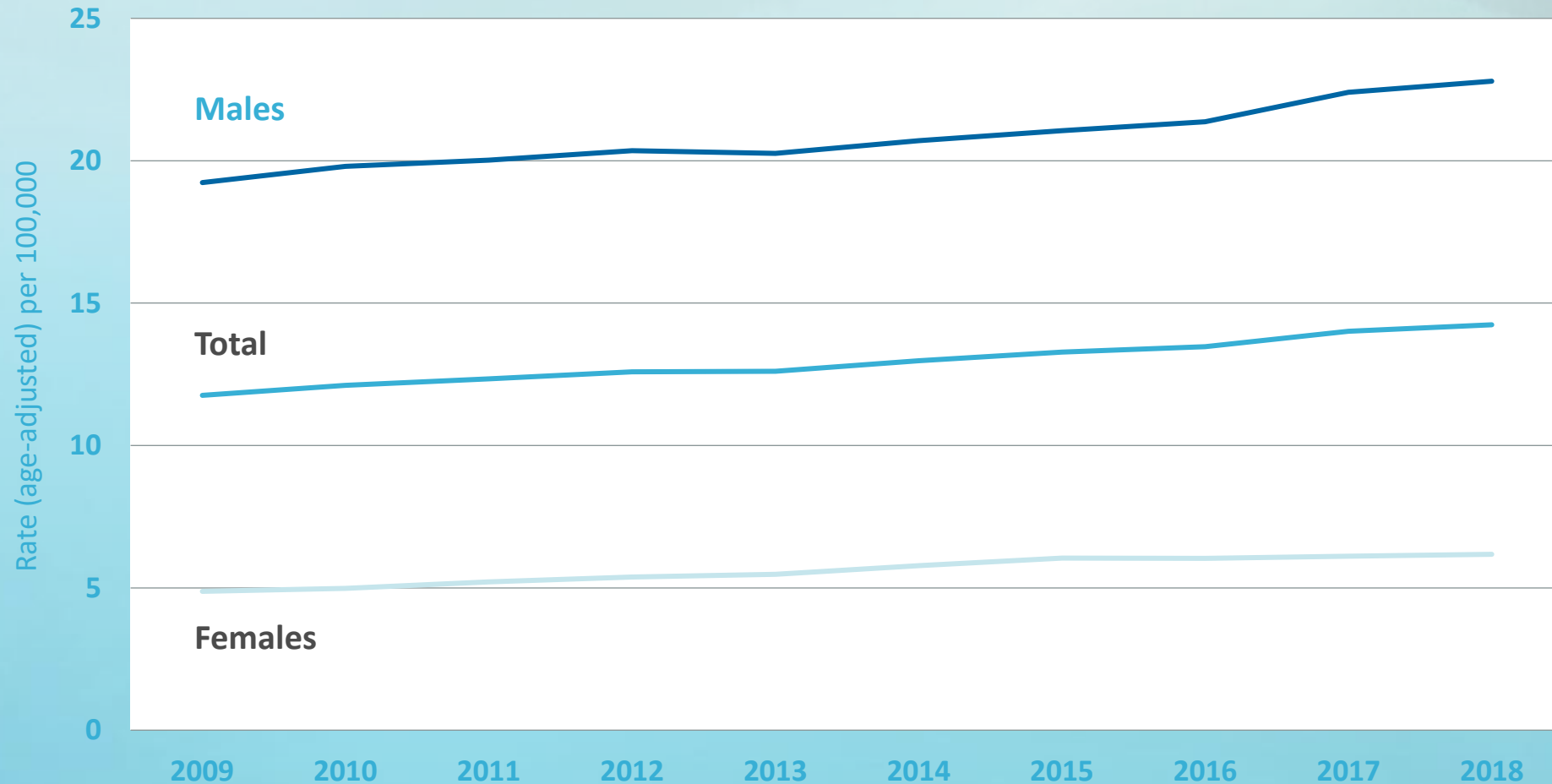
Prevalence of mental illness by demographic group

- Asian: 14%
- White: 22%
- Black or African-American: 17%
- American Indian or Alaska Native: 19%
- Mixed/Multiracial: 32%
- Native Hawaiian or Other Pacific Islander: 17%
- Hispanic or Latino: 18%
- Lesbian, Gay or Bisexual: 44%

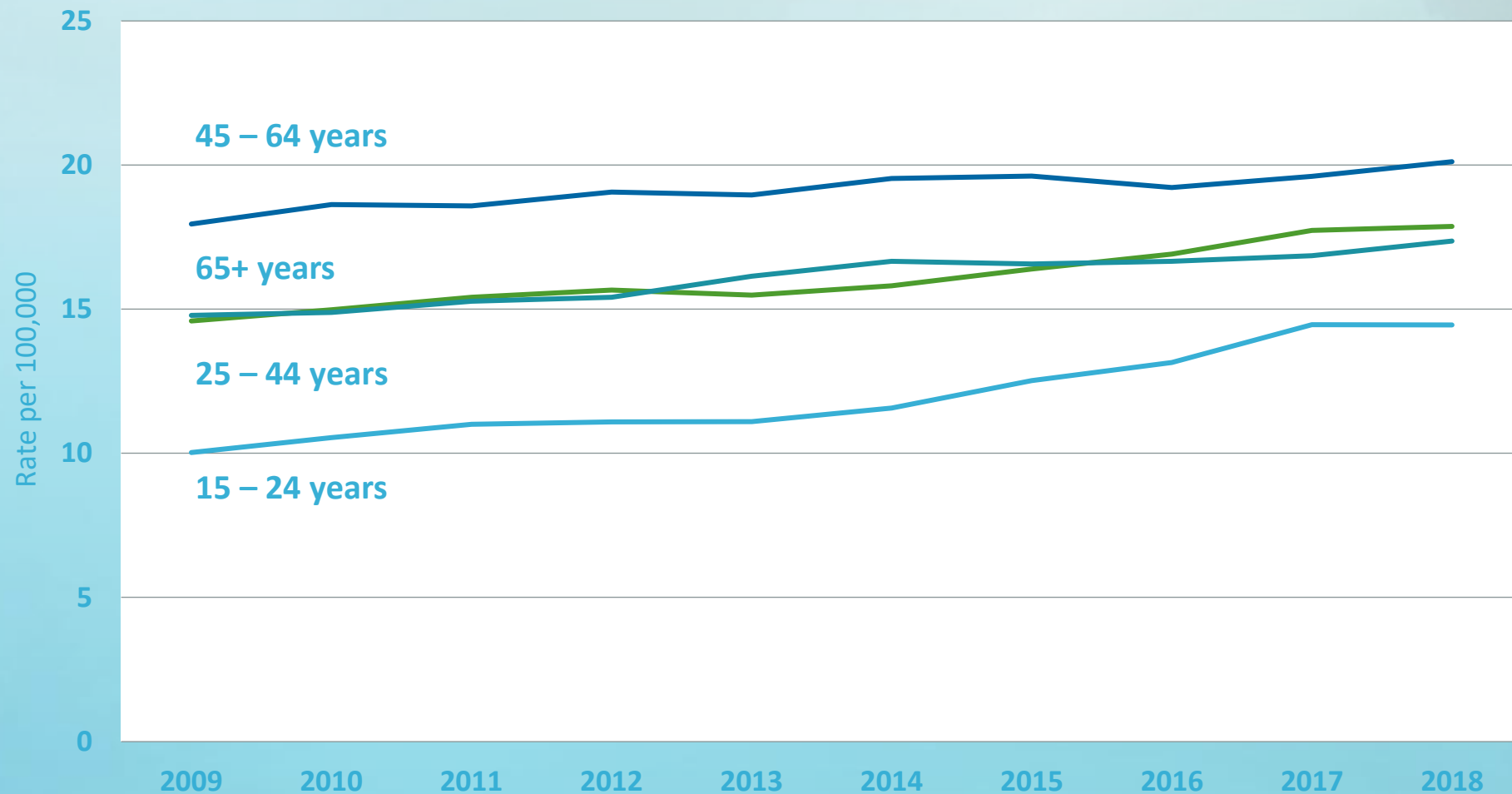
Suicide Rate

- Suicide is the 10th leading cause of death in the U.S.
- Suicide is the 2nd leading cause of death among people aged 10-34
- Transgender adults are nearly 12 times more likely to attempt suicide than the general population.
- 78% of all people who die by suicide are male.
- 90% of people who die by suicide have experienced symptoms of mental health condition, but not diagnosed.
- 46% of people who die by suicide have been diagnosed with mental health condition.
- Suicide rate has increased by 35% since 1999.

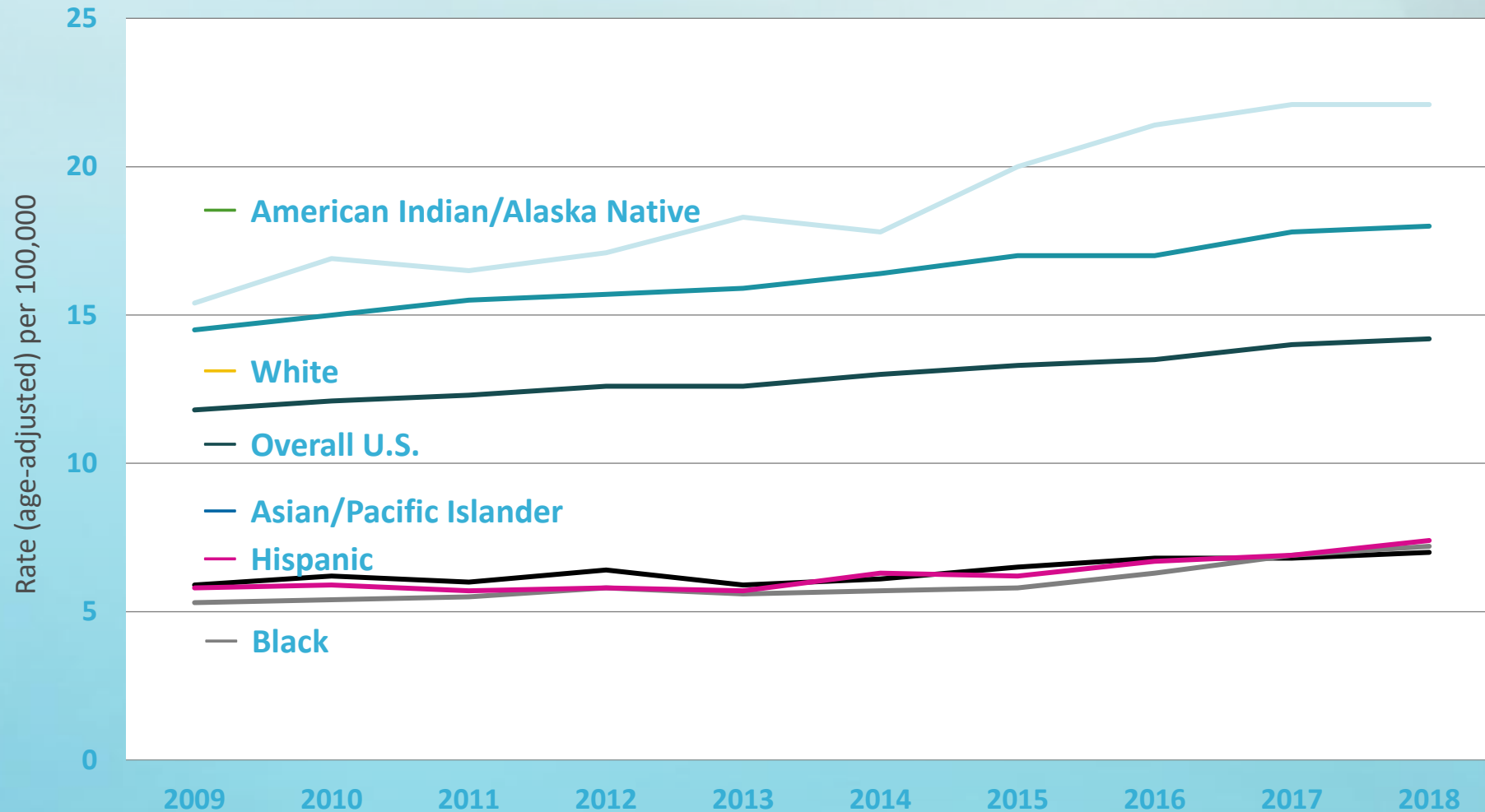
Suicide Rates by Gender, United States 2009-2018



Suicide Rates by Age, United States 2009-2018



Rate of Suicide by Race/Ethnicity, United States 2009-2018



Stigma and Barriers

- People with mental illness are dangerous, incompetent.
- It's all in your "head"
- I don't want people to think I am crazy.
- It's not a medical condition.
- I will get over it.
- ALL Homeless people have mental illness.
- We don't talk about mental illness in our family and outside of our family.
- Shame/Guilt

Barriers and Stigma

- 10.9% of U.S. adults with mental illness had no insurance coverage in 2019
- 11.9% of U.S. adults with serious mental illness had no insurance coverage in 2019
- 55% of U.S. counties do not have a single practicing psychiatrist
- \$193.2 Billion in lost earning each year across the U.S. economy.
- In the world, anxiety and depressive disorders cost the global economy \$1 Trillion in lost productivity each year.
- 20.5% of people experiencing homelessness in the U.S. have a serious mental health condition.

A serene landscape featuring a calm body of water in the foreground, reflecting the surrounding environment. In the background, there are misty, rolling mountains and a forested shoreline on the right. The overall atmosphere is peaceful and ethereal, with a soft, hazy light. The word "RESILIENCE" is centered in the middle of the image in a bold, dark green, serif font.

RESILIENCE

Resilient Scale:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I tend to bounce back quickly after hard times.	1	2	3	4	5
I have a hard time making it through stressful events.	5	4	3	2	1
It does not take me long to recover from a stressful event.	1	2	3	4	5
It is hard for me to snap back when something bad happens.	5	4	3	2	1
I usually come through difficult times with little trouble.	1	2	3	4	5
I tend to take a long time to get over setbacks in my life.	5	4	3	2	1

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How Resilient are you?

Score

Interpretation

1.00-2.99

Low resilience

3.00-4.30

Normal resilience

4.31-5.00

High Resilience

What is RESILIENCE?

Resilience is a process of adapting to various challenges, from facing adversity, tragedy, trauma, threats, family problems, relationship problems, serious health problems, financial, school, and workplace.

Being Resilient means you are able to “bounce back.”



Resilience

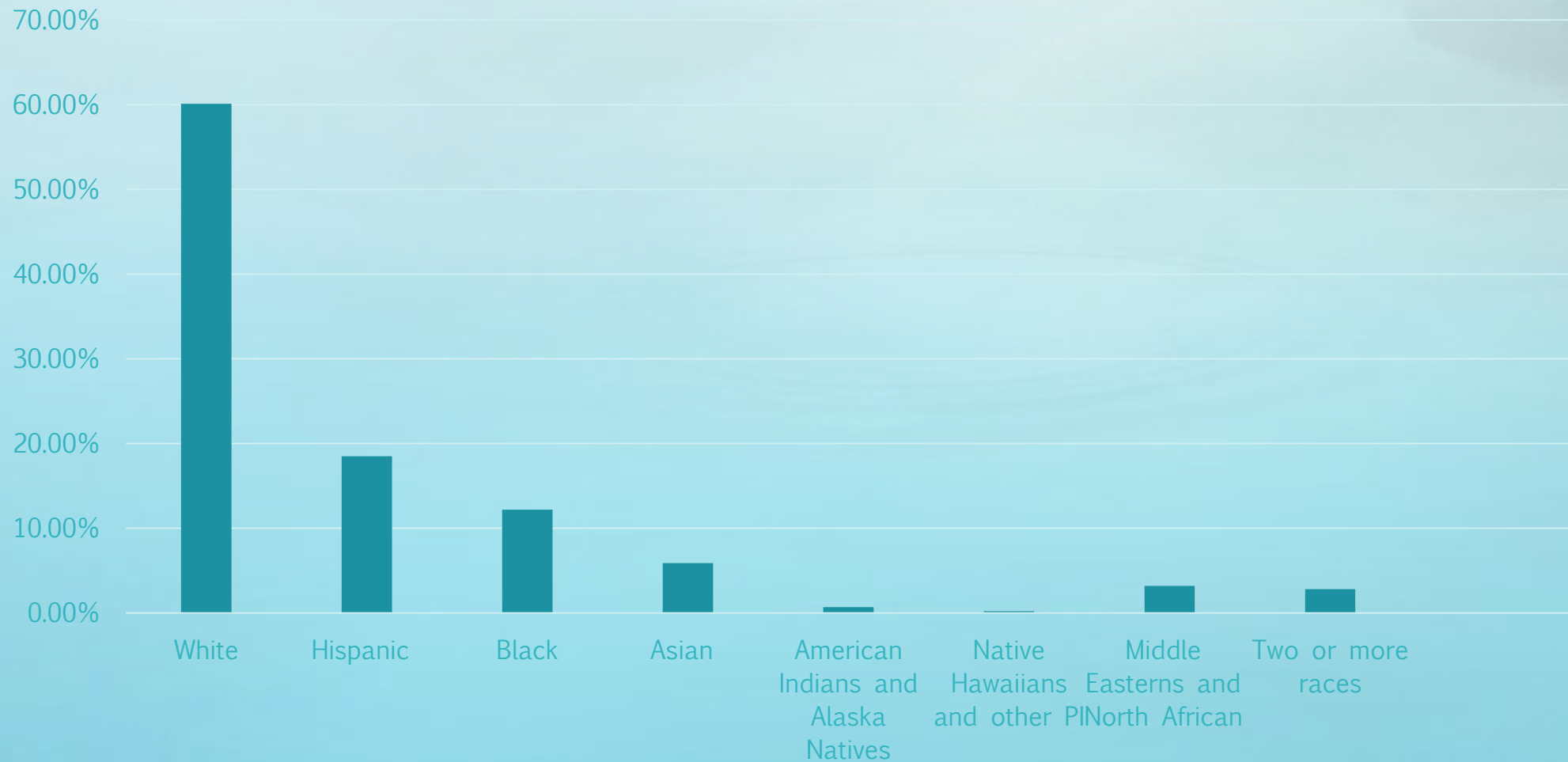


- They don't have to determine the outcome of your life.
- You can control, modify and grow with it.
- Helps you get through difficult challenges or circumstances.
- Empowers you to grow.
- Jump through barriers.

CULTURAL HUMILITY



Race and Ethnicity in United States



Cultural Humility

- United States is more diverse than ever.
- Given the complexity of multiculturalism, it is beneficial to understand other cultures.
- Gaining not only factual knowledge, but also gaining ongoing attitudes towards ourselves and others.



Cultural Humility, Competency, and Sensitivity

Shift in Attitudes and Mindset

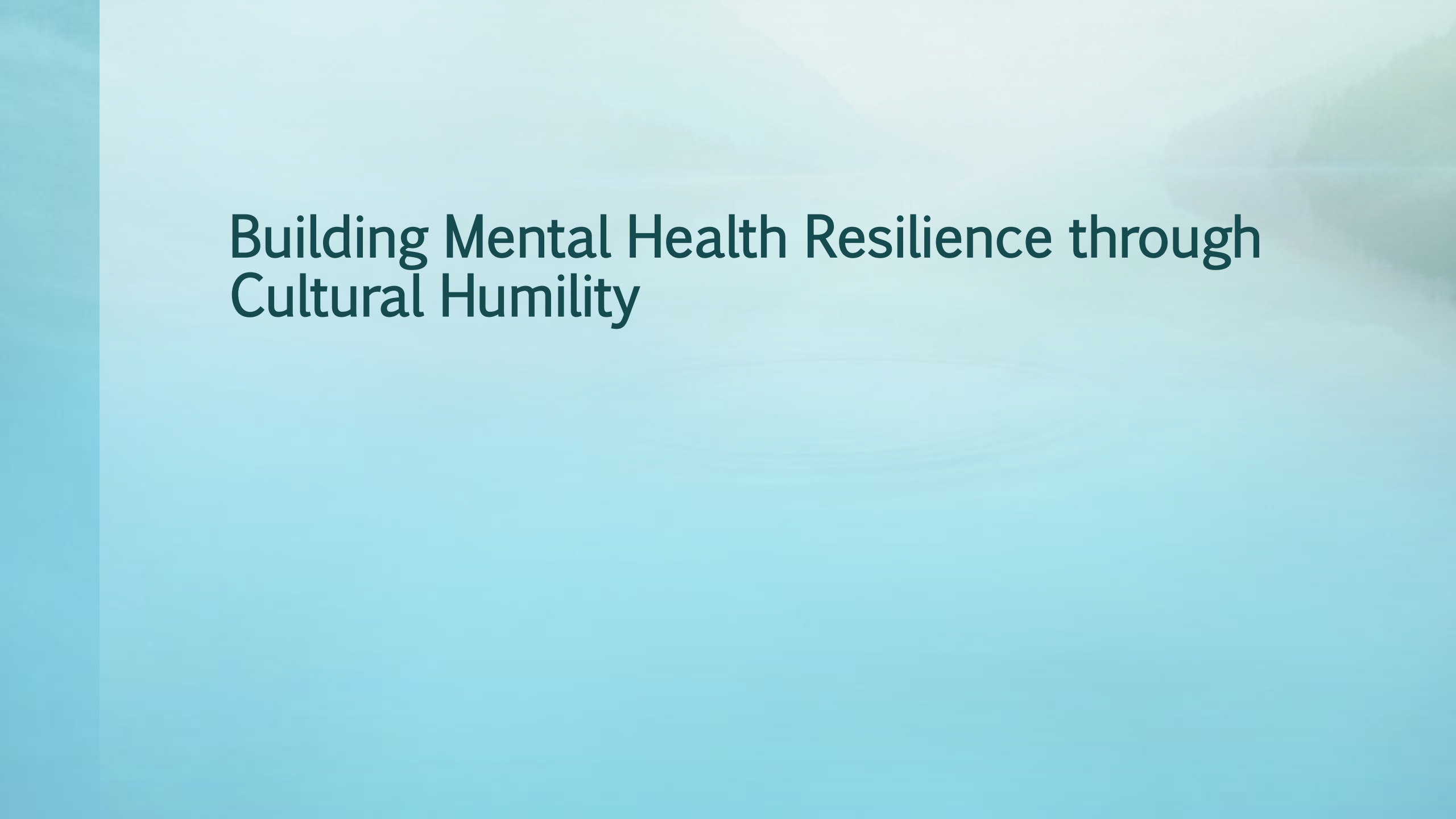
- Cultural Competency = Knowledge acquisition
- Cultural Sensitivity = Awareness of others
- **Cultural Humility** = Awareness of Self

What is Cultural Humility?

- It is a construct for understanding and developing process oriented approach to competency.
- “Ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relations to aspects of cultural identity that are most important to the person” (Hook, Davis, Owen and Utsey 2013).
- It is about accepting our limitations, increasing self-awareness of their own biases, perceptions, self-reflection, and most important of empathy.

Cultural Humility (3 factors)

- Lifelong commitment to self-evaluation and self critique.
 - Ongoing knowledge, it is never finished, we continue to learn.
 - Be flexible, humble, evaluate ourselves critically (why we think this way?)
 - Empathize
- Desire to fix power imbalances were none out to exists.
 - Recognizing that each person brings something different
 - Recognize their worth and value
 - Learn from each other for the best outcome.
- Develop partnerships with people and groups who advocate for others.
 - Come together as a group.
 - Advocate for others, educate others
 - Know more than just your own community

A serene landscape with a calm lake, misty mountains, and a forested shoreline. The scene is captured in a soft, ethereal light, with the water reflecting the surrounding environment. The mountains in the background are partially obscured by a light mist, creating a sense of depth and tranquility. The overall color palette is dominated by cool blues and greens, contributing to a peaceful and calming atmosphere.

Building Mental Health Resilience through Cultural Humility

What should we do?

- Make a goal- long term/short term, find a purpose in your life, be proactive move towards your goals, look for opportunities, do what benefits you (it is okay to be selfish).
- It is okay to “reset” and “decompress” this means you can cry, you can shout, you can feel pain, accept the bump on the road (it’s okay).
- Take care of yourself: self-care, mindfulness, avoid negative coping mechanism (alcohol, drugs, excessive spending, etc.) these are quick fixes that only bandages.
- Embrace healthy thoughts, accept change, maintain a hopeful outlook on your life, learn from your past,
- Get to know yourself (culture, race, family of origin).

Continued.

- Get to know other people, other culture, and explore your environment (GET OUT OF THE BUBBLE).
- Re-think your own biases.
- Don't carry all the weight on your shoulders.
- Build your social support and diversify them.
- If you don't know...ask? Don't make assumptions, do not generalize.
- Get help, seek professional help.
- "BE HUMAN"

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- Hook, J. N., Davis, D. E., Owen, J., Worthington Jr., E. L., & Utsey, S. O. (2013). Cultural humility: Measuring openness to culturally diverse clients. *Journal of Counseling Psychology*[®]. doi:10.1037/a0032595
- Tervalon, M., & Murray-Garcia, J. (1998). Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education. *Journal of Health Care for the Poor and Underserved*, 9, 117-125.
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- References: **The economic burden of adults with major depressive disorder in the United States (2005 and 2010)**
- [Paul E Greenberg¹](#), [Andree-Anne Fournier](#), [Tammy Sisitsky](#), [Crystal T Pike](#), [Ronald C Kessler](#)
- National Alliance on Mental Illness (NAMI)
- [SingleCare Team](#) | Updated on January 21, 2021
Medically reviewed by [Marissa Walsh, Pharm.D., BCPS-AQ ID](#)