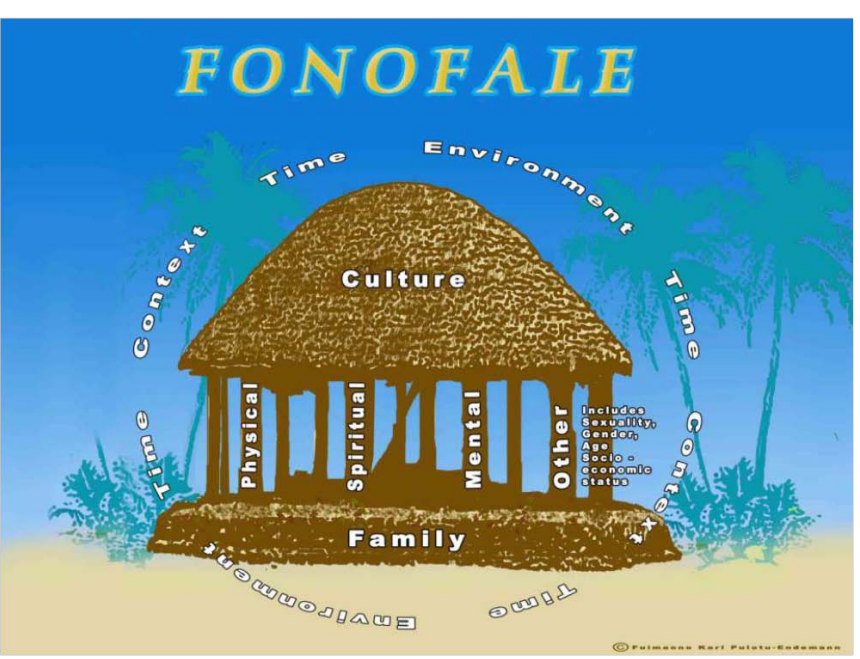




Terms of Engagement:  
increasing efficacy of preventative interventions in a multicultural society



P K Budzyna-Dawidowski  
Marinoto Youth West, Waitemata DHB, Auckland Aotearoa/New Zealand

The purpose of this poster

- Mental health needs of different cultural groups
- Severity is indicated by suicidal rates
- Cultural diversity issues in mental health
- Different models of health and wellbeing
- Barriers to engagement
- Therapeutic implications

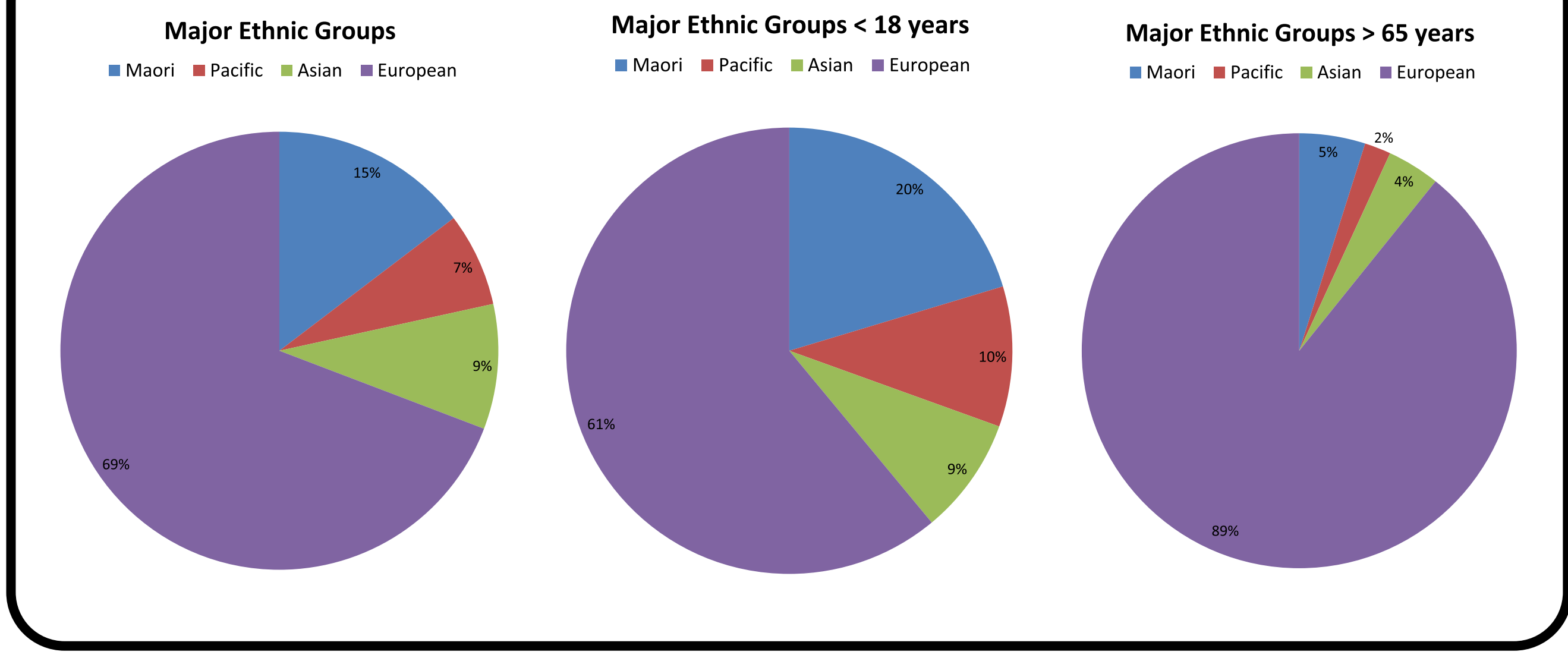
Principles for Engagement

- Connection and rapport
- Collaborative nature of work
- Agreement on goals
- Agreement on tasks

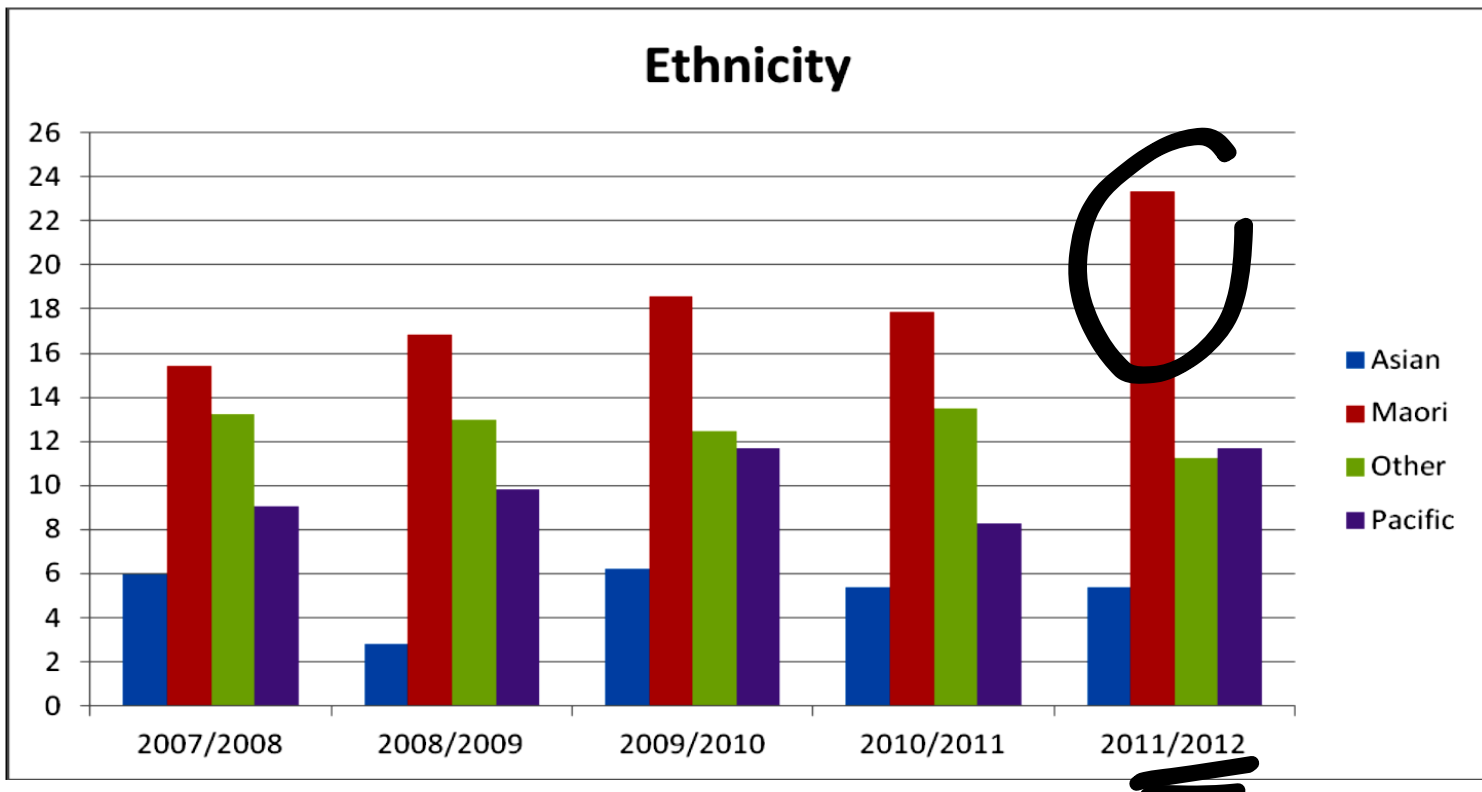
Aotearoa  
New Zealand



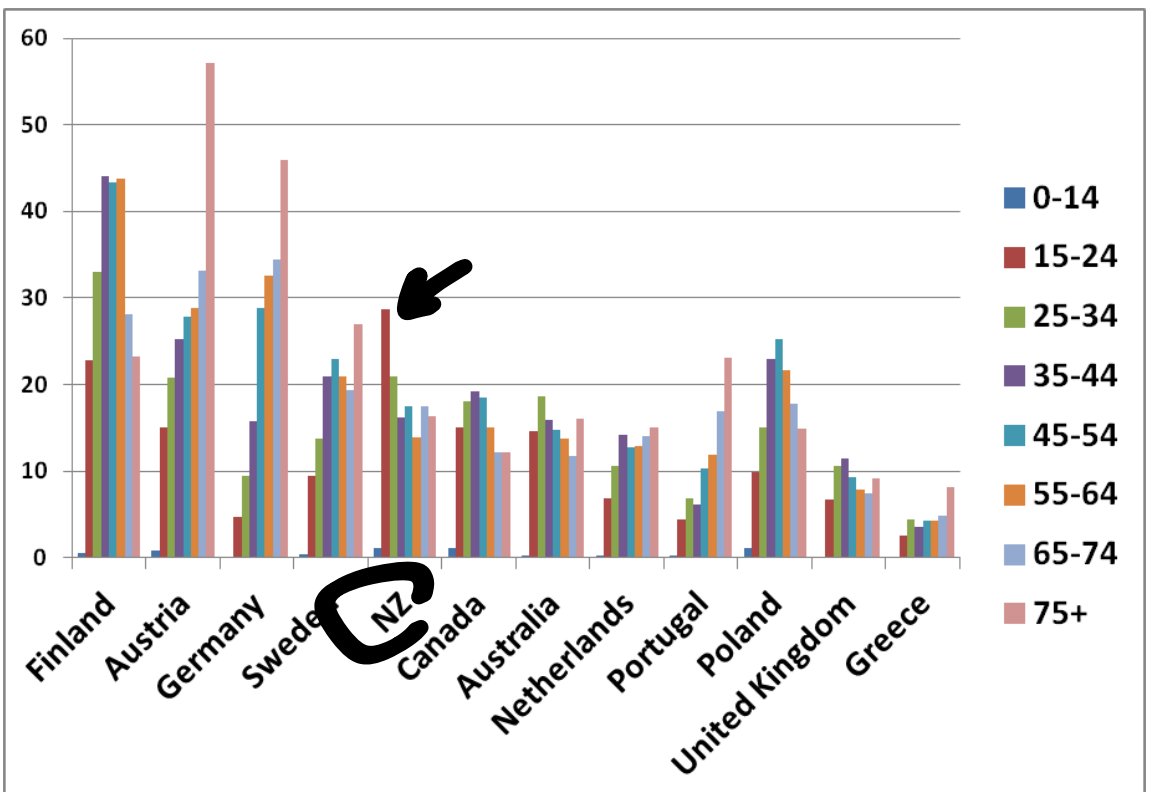
CULTURAL  
DIVERSITY



Provisional suicide rates by ethnicity per 100,000 population between July 2007 and June 2012 (n=2717)



Comparison of New Zealand's age-specific suicide rates with selected other OECD countries, 1995 Suicide rate (per 100,000 population)



Maori

Western  
European

Pasifika

Asian

Te Whare Tapa Wha

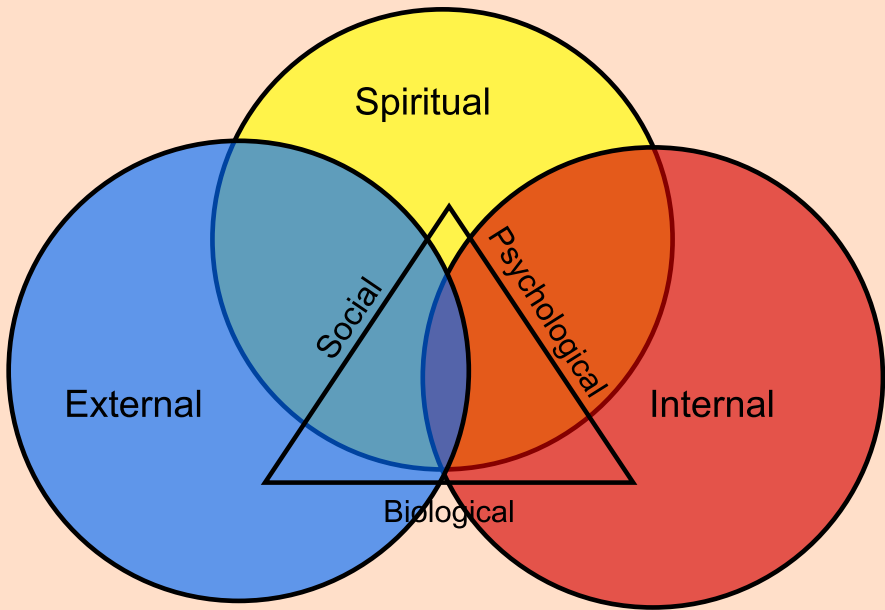
Taha Hinengaro - Importance of wide family interdependence



Key barriers for Māori

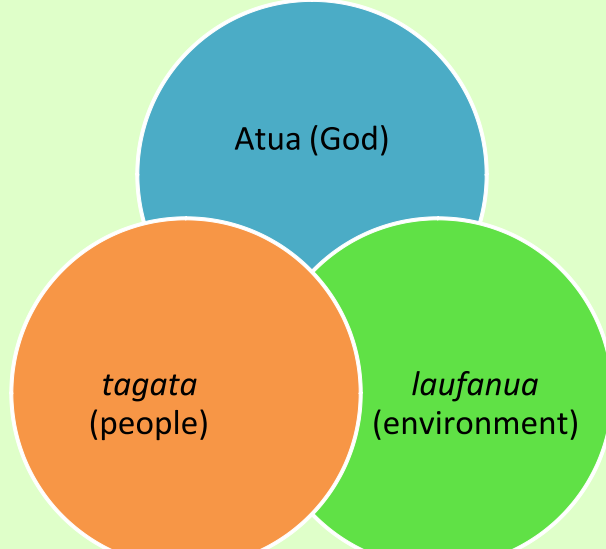
- Costs of care – for example ability to, and cost of, travel
- Communication – overly technical, superficial.
- Structural – for example, distance to travel, waiting time, time restricted appointments.
- Cultural issues – different Knowledge (kaupapa), stereotypes and assumptions, lack of respect and understanding of Māori values, discourage family (whānau) support in consultation.
- Independence versus interdependence construct.
- Lack of consideration for cultural identity.

Western Health Model



Western models have historically separated the areas of collective identity, spirituality and genealogy. Concepts of identity and health have tended to be based on individual autonomy. Recently the model has tended to acknowledge spirituality.

Pasifika view of health is a positive and balanced relationship between



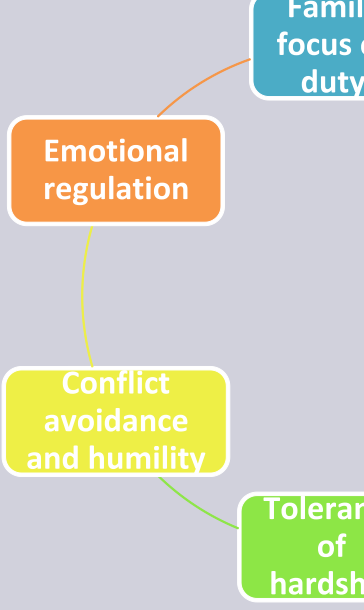
Pasifika view of health is based on core values of

- tapu (sacred bonds),
- alofa (love and compassion),
- tautua (reciprocal service),
- fa'aaloalo (respect and deference),
- fa'amauualalo (humility) and
- aiga (family)

Pasifika view of mental illness

- In may be viewed as spiritual or inherited, and thus treated by 'spiritual healers' or traditional methods of healing.
- The presence of mental illness may be shaming for Pasifika families due to traditional spiritual explanations (e.g. as punishment from God, or a curse due to a family wrong)
- Therefore, it is important to acknowledge traditional Pasifika beliefs and the possible stigma surrounding mental illness, particularly among the older Pasifika population.

Common values in Asian communities



Mental health issues for Asian communities

- Risk Factors for mental illness
- low socioeconomic status
- unemployment
- low English language skills
- limited social networks
- trauma or stress related to migration and pre-migration experiences
- discrimination, or lack of acceptance, by the general population or their own communities• May present with physical symptoms

Beliefs about health and mental health

- Imbalance of stated of energy or heat
- Result of negative behaviour or
- Not following religious practices
- Dishonouring the family
- Not being successful in gaining wealth, education or employment
- Result of being cursed for past behaviour
- Shameful to the family

Different interactive styles

Interdependent

Family/whanau oriented

Group goals

Non-directive

Individualistic

Goal setting

Directive

Cause and effect based

Group/family oriented

Church

Group goals

Non-directive

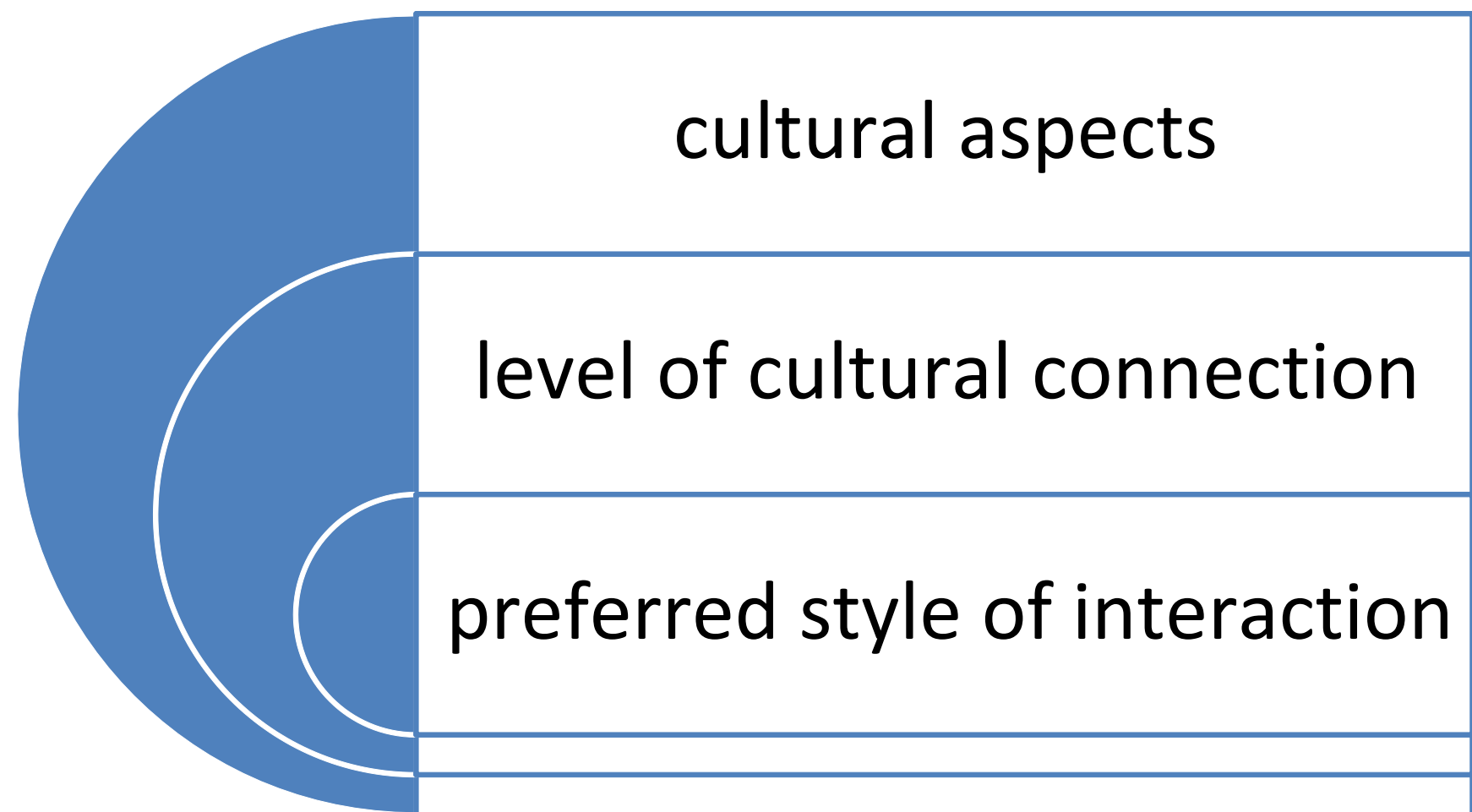
Family hierarchy important

Authority based

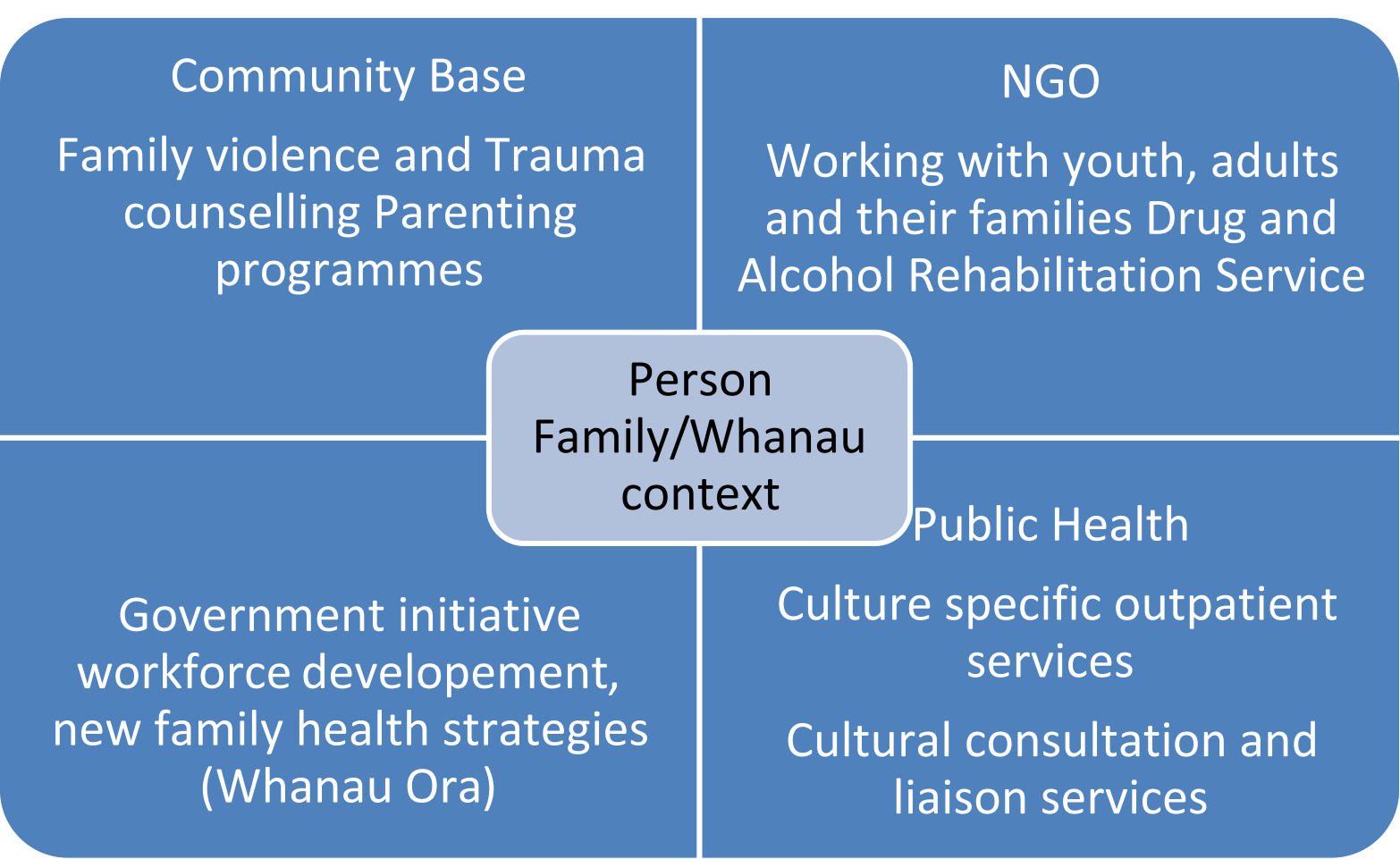
Goal/solution focused

Directive

Prevention programmes need to consider



Implications for engagement strategies



Resources

- Talking Therapies for Pasifika Peoples
- Talking Therapies for Asian People
- Talking Therapies for Māori
- Therapies for refugees, asylum seekers and new migrants: Best and promising practice guide for mental health and addiction services
- A guide to Talking Therapies in New Zealand