

## Person and Family-Centered Practices in Mental Health and Co-Occurring Disorders

### Co Creation Group Summary

**Date:** February 8, 2018, Session F

**Location:** Rochester, Minnesota (Canadian Honker Events)

**Number of Community Participants:** 9 participants

#### **Summary of Roles and Identities:**

One-third of the participants identified as a mental health professionals and one individual identified as family. Two-thirds identified as services users of adult mental health services and none as services users of children's mental health services. Most did not identify a heritage, one identified as speaking English as a second language. Participants accessed or delivered all of the identified professional and community roles, and in addition specifically identifying as volunteer at a women's shelter and a rural resident.

#### **Major themes of each area:**

Project Vision Statement:

The project vision statement at this session was: (1.11.18)

*Person and family-centered practices honor and support people's abilities, strengths, and personal power. Each individual, family, and community has the ability to co-create a path to health, wellness, recovery, and resilience. Person-centered practices are rooted in cultural humility. Professional supporters engage these practices to co-create unique paths with each person in the context of their current circumstances, preferred life choices, family/family of choice and/or other natural supporters. Professional supporters also engage them in their organizations and communities in order to create and sustain positive changes toward these practices.*

Below are some themes of conversations/response:

*Participants noticed:*

- Honor and support
- Mention of family
- Last sentence of the statement: "Professional supporters also engage them in their organizations and communities..."
- Wording of the statement is empowering

*Participants were excited about:*

- Person and family-centered practices are rooted in cultural humility

- More acceptance and more support from community and professionals
- First sentence: “Person and family-centered practices honor and support people’s abilities...”
- Positive and encouraging
- Finding a path to health
- Feeling accepted by the community
- Having personal power

*Participants wanted more clarity on:*

- This statement needs to be more publicly known as it affects so many people

*Participants wanted us to consider:*

- Need to help children more
- Cultural personalities, as people have different ways of being

Cultural Humility:

The project working draft definition of cultural humility at this session was: (draft 2.7.18)

*Cultural humility acknowledges that culture influences all things and exerts a powerful force on behaviors and beliefs. It acknowledges that all people, communities, organizations, and systems are cultural carriers whether they are conscious of this or not.*

*Cultural humility acknowledges that the current human service systems often inadvertently but powerfully perpetuates a historical and limited set of cultural norms and patterns of inequity that include a perspective of people and families in these systems as being separate, broken, and needing to be fixed.*

*Cultural humility makes a commitment to lifelong learning about self and others. It includes a commitment to equalize power imbalances in our work, systems, and communities. It commits to co-creation of communities where all are included, valued, and represented in power.*

Below are some themes of conversations/response:

*Participants noticed:*

- Commitment to co-creation of communities
- Culture’s influence on behavior
- Lifelong learning
- The power in the system
- Cultural humility brings out both good and bad
- All people should have a say
- Too many words in this definition

*Participants were excited about:*

- Commitment to lifelong learning
- Realized hadn't thought about how many cultures there are
- Acknowledges that the system has fallen short
- People humbling themselves
- Being able to acknowledge that culture influences all things and exerts a powerful force

*Participants wanted more clarity on:*

- Hard to understand, too many words and phrases
- Could be clearer all-around
- Humility seems challenging to many
- How culture change affects the community

*Participants wanted us to consider:*

- Consider making it simpler so everyone can understand
- Religion is a part of culture
- The term humility is confusing

Training Ranking: (top 3 with a \*)

Training Area 1: *Setting a Common Vision in Minnesota* a total of 12 votes distributed this way:

- 2- 1A Why is It Important to Understand & Apply Person & Family-Centered Practices?
- 3- 1B What Does It Mean to Be Person & Family-Centered? (Defining)
- 2- 1C Defining & Describing the Difference Between These Practices & What We are Doing Now
- \*5- 1D What Will Have to Happen to Achieve this Vision?

Training Area 2: *Meeting the Needs of Minnesota's Diverse Communities* a total of 18 votes distributed this way:

- 4 - 2A Who Makes Up Minnesota?
- 3- 2B Definitions & Approaches of Cultural Humility
- \*7- 2C Values, Beliefs, Needs & Strengths in Key Communities as Related to MH & COD
- 4- 2D How to Identify & Enhance Resources

Training Area 3: *Enhancing Professional & Organizational Practices* a total of 20 votes distributed this way:

- 3-3A Valuing & Supporting Professionals
- 4- 3B Working with the Resources Available Today
- \*5- 3C Approaching Rights and Choices
- 4- 3D Supporting Relationships & Social Roles
- 4- 3E Being Active in System Change

Quotes:

*“Permission to err or misspeak needs to be part of getting better concerning culture.”*

*“[Consider] how difficult it is to feel included, valued and like I have power due to past experiences.”*

*“Acknowledge that the system has fallen short. But it wasn’t all bad. Acknowledge that there’s a balance between good and bad. Acknowledge historical trauma because it helps us understand.”*

*“Doing things for people is taking the easy way.”*