

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

Co Creation Group Summary

Date: January 11th, 2018, Session D

Location: St Paul, Minnesota (Cultural Providers Network, Wilder Center)

Number of Community Participants: 10 participants

Summary of Roles and Identities:

Of the 10 participants, 8 of the participants identified as mental health professionals and two as family. One identified as being involved in special education. Two identified as services users of adult mental health services and none as services users of children's mental health services. 4 identified as primarily European-American heritage, 2 identified as primarily African, and 2 identified as blended heritage. 1 Identified as Latino, 1 identified as refugee/1st or 2nd generation immigrant. Two identified with other key identity groups, which are unspecified. Participants used or delivered all of the identified professional and community roles identified, as well as education.

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 that includes health, wellness, recovery, and resilience. Person and family-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:

- Families still not allowed much involvement in this statement
- Focus on professional support (too much so) and the term professional supporters is emphasizing that focus. Focus should be community-driven
- Absence of pain/trauma, we have to talk about pain and how to balance that

- Positivity of co-creation in recovery, it gives hope
- Co-creation is about community more than individuals
- Wondering how this can work for someone who is participating involuntarily and if their participation has to be voluntary for this vision

Participants were excited about:

- Resilience/recovery, less pathologizing
- Co-creating is a partnership, but this definition also shows ownership
- Family-centered is person-centered. Some cultures value family more than others.
- A system supporting unique paths, having the opportunity to choose what fits for them
- Possibilities of the vision: room for a variety of professionals/institutions, like public health
- Collaborative process between providers and the people they support

Participants wanted more clarity on:

- How much family involvement occurs in co-creation
- Humility is inadequate: is not enough and is open to interpretation
- People's preferred life choices and how to co-create unique paths a concern when life choices may not be reflecting wellness
- Best practices for cultural variations
- Publicly-funded organizations' ability to carry out this vision and what to do about limits

Participants wanted us to consider:

- Co-creation allows more active involvement from family
- Cultural variations get carried out in many different ways
- Family dynamics affect co-creation
- Systemic barriers that exist (focus on individual vs family for example)

Cultural Humility:

The project working draft definition of cultural humility at this session was: (draft 1.11.18)

Culture, cultural identity, and worldview are multidimensional. They are influenced by aspects such as language, ethnicity, and heritage; family and community norms; personal attributes such as gender, age, race, abilities, sexual orientation, and gender identity; and personal experiences such as others' responses to personal attributes, economic status, military service, education, trauma-experiences, and geography. Cultural humility acknowledges that culture influences all things, exerts a powerful force on behaviors and beliefs, and 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 perpetuate a limited, mostly Western European set of cultural norms and American patterns of inequity. Cultural humility acknowledges that the current systems emerged from and are still influenced by a

perspective of people and families in these systems as being separate, broken, and needing to be fixed.

Cultural humility rejects these views. It 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.

Participants noticed:

- It's difficult to find words to describe social problems
- "Cultural humility acknowledges that the current systems...are still influenced by...and needing to be fixed" sentence is confusing
- Naming that systems perpetuate Western European cultural norms
- Life-long learning about self and others is a long effort
- Culture influences
- Cultural humility stands for commitment
- Gaps in services and reality are a challenge for individuals who are working within a system
- All are included and represented

Participants were excited about:

- We can't be competent in someone else's life/culture
- Clearly stated Western American patterns of inequity
- Equalize power imbalances in work systems, communities
- All are included, valued
- Culture is ongoing learning
- Clear vision for gathering information

Participants wanted more clarity on/might be challenging:

- How can systems fix things for people?
- What is being rejected? Wish statement was stronger
- Which philosophies belong to which cultures? Being able to be culturally sensitive takes some knowledge of the person's culture.
- The extent of family involvement, as it varies among cultures (especially valued in some)

Participants wanted us to consider:

- Definitions of Cultural humility vs cultural competence vs cultural sensitivity
- Equalized power's relationship to outcomes
- Individuals providing support will struggle against systems that don't reflect this idea in a helpful way. It is difficult to do when the system doesn't support it.

Training Ranking: (top 6 with a * due to a tie)

Training Area 1: *Setting a Common Vision in Minnesota* a total of 11 votes distributed this way:

- *3- 1A Why is It Important to Understand & Apply Person & Family-Centered Practices?
- 2- 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
- *4- 1D What Will Have to Happen to Achieve this Vision?

Training Area 2: *Meeting the Needs of Minnesota's Diverse Communities* a total of 12 votes distributed this way:

- 0 - 2A Who Makes Up Minnesota?
- *4- 2B Definitions & Approaches of Cultural Humility
- *5- 2C Values, Beliefs, Needs & Strengths in Key Communities as Related to MH & COD
- *3- 2D How to Identify & Enhance Resources

Training Area 3: *Enhancing Professional & Organizational Practices* a total of 7 votes distributed this way:

- 1-3A Valuing & Supporting Professionals
- 1- 3B Working with the Resources Available Today
- 0- 3C Approaching Rights and Choices
- *3- 3D Supporting Relationships & Social Roles
- 2- 3E Being Active in System Change

Quotes:

“Gaps in services and reality are a challenge for individuals who are working within a system”

“Tension of trauma and resilience: pain and sunshine. This {vision} may be too positive when people are hurting.”

“Cultural humility means someone else is willing to listen”

“It’s exciting that this definition of cultural humility could be part of some official document possibly.”

“How do we navigate a system in a family-centered way that’s designed so [silo’d] and individualistic?”