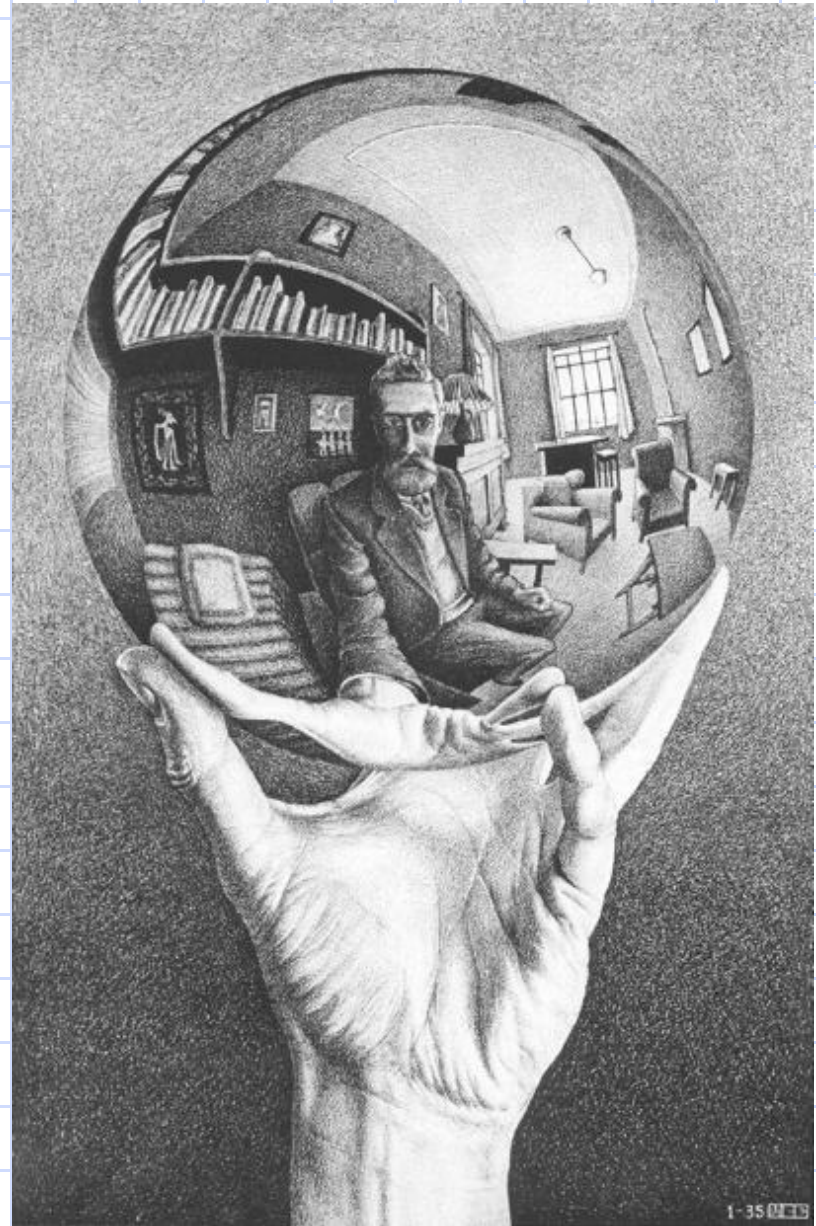
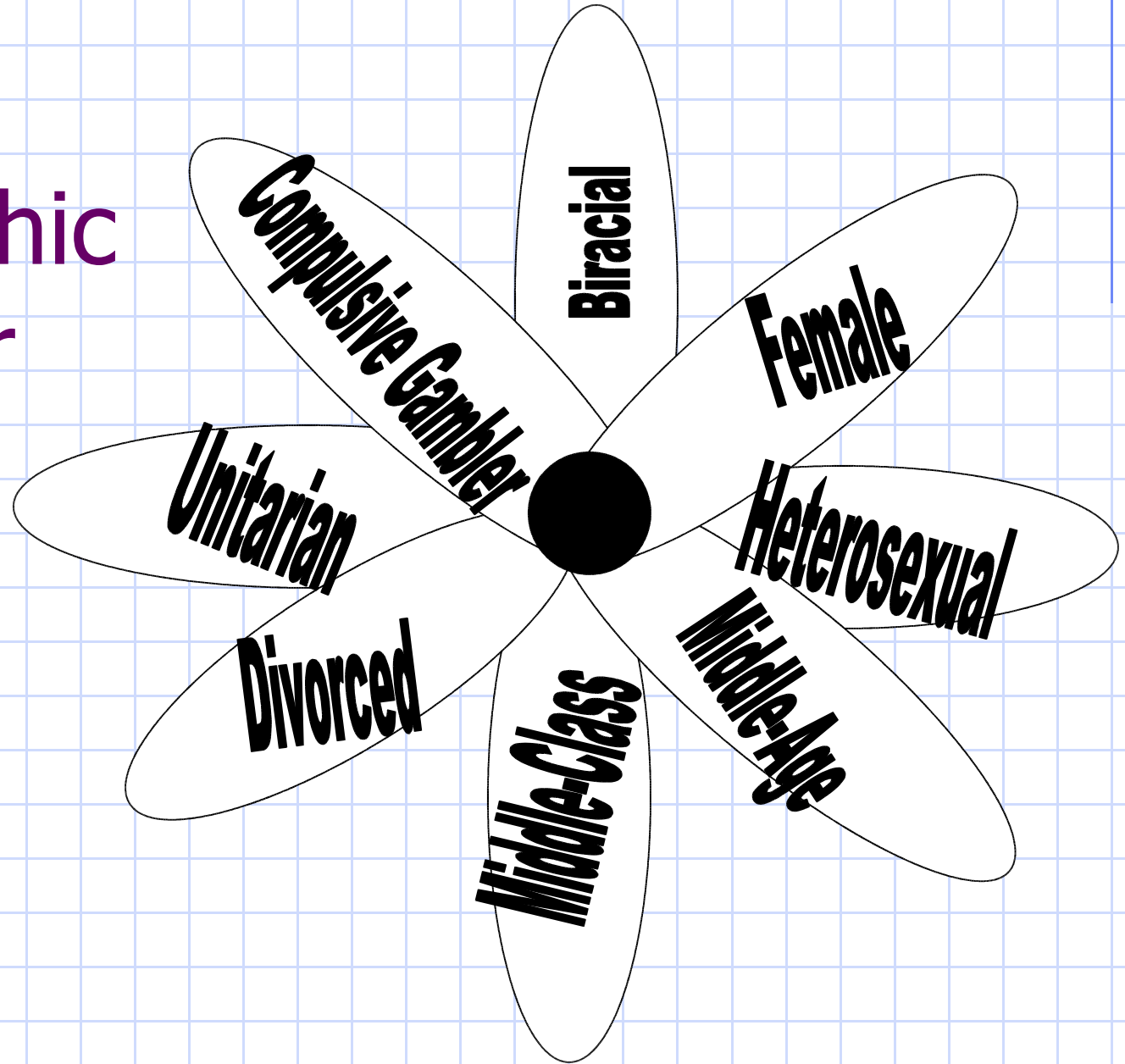


**Cultural
Diversity and
Addiction
Deborah G.
Haskins, Ph.D.**



The Idiographic Center



Socialization Forces That Influence Health Functions

- ◆ **Race/ Ethnicity**
- ◆ **Gender**
- ◆ **Sexual Orientation**
- ◆ **Age**
- ◆ **Socioeconomic Status**



Considerations When Working with Addictions within Cultural Contexts

- ◆ Psychological functioning involves an interaction of a persons multiple identities.
- ◆ Individuals must be evaluated within their sociocultural and sociopolitical contexts.
- ◆ People are holistic, consisting of a variety of assets.
- ◆ Trauma can have a debilitating influence on psychological functioning.
- ◆ Psychological symptoms result from a variety of sources.

Guidelines For Context Continued

6. Some identities are more salient than others.
7. The idiographic perspective is paramount when conducting a psychological assessment.
8. Psychological conditions may co-exist with other psychological symptoms.
9. Psychological testing is a valuable method of evaluating clinical hypotheses.
10. Bias can obscure clinical judgment.

Let's Examine One Racial Group

And Determine Key Cultural
Considerations: Case of Mary (Client
with Substance Abuse and Problem
Gambling

African Americans and Problem Gambling: What do we know (Knowledge)?

- ◆ **Research** on African Americans and problem gambling is limited
- ◆ Why?—many don't seek treatment and don't participate in research studies (Harvey, 1996)
- ◆ Why?—**sociopolitical history** (Sue & Sue, 1978; Helms & Cook, 1999)
- ◆ Many use **socio supports**: religious/spiritual networks (Boyd-Franklin, 1989; Helms & Cook, 1999)

African Americans: Types of Gambling (Knowledge)

- ◆ “Numbers running” (historical vocation)
- ◆ Lottery
- ◆ Scratch Offs
- ◆ Video Slot Machines located in community
- ◆ Casinos (women, older adults, nursing homes)
- ◆ Race Tracks (men)
- ◆ Sports Betting (especially among youth)

African Americans: Type of Gambling (Knowledge cont.)

- ◆ Street Dice games (and in school among youth)
- ◆ Card games: Pinochle, Baccarat (e.g., Gladys Knight)

Key: Is gambling within this community similar to what we understand about problem gambling? **and/or** Is gambling considered a problem within the **context** of this culture and community?

African Americans: What Counselor Awareness/Knowledge/Skills Are Needed from Clinicians/Counselors?

- ◆ Clinicians will need to move outside of traditional roles and meet client in their environment; integrate cultural influences
- ◆ Understand the **invisibility syndrome** that exists among African American males and how substance use and gambling may provide false sense of power
- ◆ **How has society contributed to this invisibility syndrome (Franklin, 2004).**

Invisibility Syndrome—Signs and Symptoms (Franklin, 2004)

- ◆ Frustration
- ◆ Increased awareness of perceived slights
- ◆ Chronic indignation
- ◆ Pervasive discontent & disgruntlement
- ◆ Anger
- ◆ Immobilization or increasing inability to get things done
- ◆ Questioning one's worthiness
- ◆ Disillusionment and confusion
- ◆ Feeling trapped
- ◆ Conflicted racial identity
- ◆ Internalized rage
- ◆ Depression
- ◆ Substance abuse
- ◆ Loss of hope

Why Don't African Americans Seek Treatment? (Knowledge)

- ◆ Mistrust of “White” institutions dating back to slavery
- ◆ Mistrust of agencies which have oppressed Blacks (e.g., police, foster care systems)
- ◆ Lack of Insurance and Finances to Pay
- ◆ Lack of Transportation (Sue & Sue, 1999)

African Americans: Culturally Relevant Treatment(Knowledge)

Community Mental Health Approaches:

Extend their interventions beyond “troubled individuals” to the community and to social systems that are important in socializing, supporting, and controlling people (e.g., school system, churches, prisons, judicial systems). Key Element:

Empowerment (Boyd-Franklin, 1989; 2003)

Case Illustrations: James

James is a 32 year old African American male. Works as a custodian at a public school. Purchases an average of \$100 of lottery tickets each week. James is young in his recovery from heroin addiction. He talks about his Higher Power and how blessed he is to be clean and working in a steady job.

Case Illustrations: Donald

Donald is a 64 year old African American. He works as a bus driver. Donald is single and has been an active gambler at the race tracks. He visits the race tracks several times a week; this has been his routine for the past 30 years. Donald is also a heavy drinker but does not acknowledge a drinking problem. Donald was married but divorced after 5 years of marriage—the marriage was in crisis often.

Problem Gambling Treatment Considerations

- ◆ Acknowledge relevancy of racial identity, racism, classism, and other “isms” in life of clients
- ◆ Consider your own cultural identity/ies and potential conflicts in treatment (+ and -) (Helms & Cook, 1999; Brooks, Kehe & Haskins, 2004)
- ◆ Question: Not “How can I help African American clients with problem gambling and substance problems but How can I help **This** African American client ...” (Sue & Sue, 2003)

African American: Treatment and Outreach (Knowledge & Skills)

- ◆ Emphasis on ecological validity—advocate and deliver treatment in the community
- ◆ Emphasis on multi problem approach—service deliverers are charged with recognizing and responding to a **range** of presenting needs: clinicians must assume many roles—teacher/therapist/advocate
- ◆ Use paraprofessionals—one of the best ways to use indigenous resources (June & Black, 2002)

Case

Illustrations: James/Donald/Gloria

- ◆ Consider case illustrations: SA and PG issues? Prioritize treatment concerns
- ◆ What will be obstacles?
- ◆ How can you integrate cultural values and beliefs into treatment?
- ◆ Any potential obstacles with GA/NA/SA and/or family support organizations?

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