

Building Providers' Capacity to Provide Culturally Appropriate Care Web Series

Part 3: African, African-American, and Caribbean Women



Zina M. Age, LMSW, MAC
CEO and Founder
Aniz, Incorporated



Carlos A. O. Pavao, MPA,
DrPH(c)
Research and Evaluation
Aniz, Incorporated





Mission

- Aniz, Inc. promotes emotional and physical wellness by providing mental health and substance abuse counseling, support services, and sexual health education.
- We do this work with the overarching objective of reducing risk behaviors in individuals and families affected by sexual health disparities including HIV/AIDS.

Programs

- LGBT T.R.U.S.T
- We Want to Know
- Holistic Harm Reduction
- Grandparents Hands
- Community-Based Research
- AFLASH

Webcast Objectives

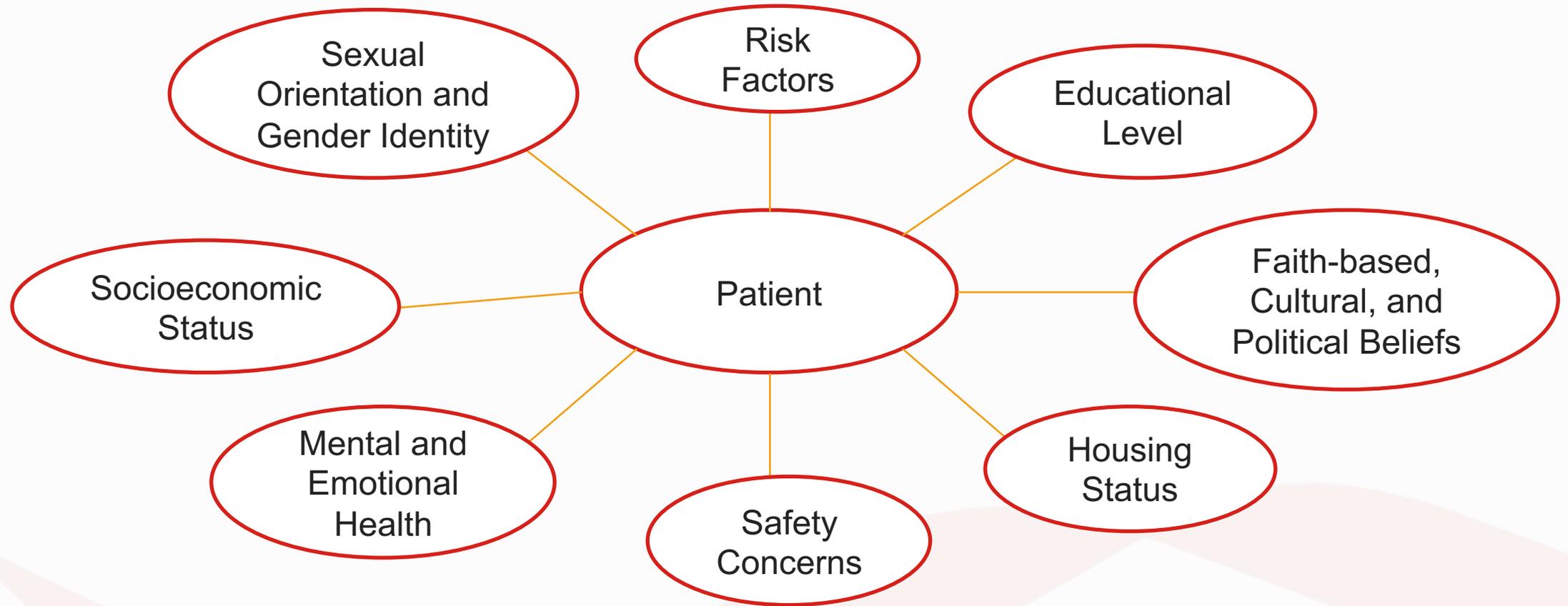
- 1. Describe how to provide culturally competent health services to African, African-American, and Caribbean women using a holistic harm reduction approach.
- 2. Identify resources for providing culturally competent care to African, African-American, and Caribbean women.
- 3. Describe effective communication strategies for providing culturally competent services to African, African-American, and Caribbean women.

Holistic Harm Reduction

- The desired outcome is to assist the individual in regaining health and wholeness by reducing or eliminating harm.
- A contemporary approach that aims to reduce the negative consequences of physical, economic, psychological, social, legal, and political conditions by utilizing a full spectrum of strategies.
- Holistic harm reduction works with the individual to develop practical and effective strategies that address issues impacting their overall quality of life.

**Harm reduction
is strengths-
based
and client-
centered.**

Culturally Competent Care



Culturally Competent Care (cont'd)

- As an agency providing culturally competent care it is important to know:
 - The impact of secrecy, shame, stigma, and guilt on a patient's physical, spiritual, and mental health.
 - How country of origin, cultural nuances, and social networks can impact a patient.
 - How to conduct 360° assessment – taking a picture of behaviors, social networks, country of origin, support networks, etc.
 - How to create an environment welcoming to women of color.



Culturally Competent Care (cont'd)

- As an providers delivering culturally competent care it is important to know:
 - How your patient is responding to the impacts of structural forces – racism, sexism, assimilation, acculturation, etc.
 - About the cultures, country of origin, and systems of beliefs of your patient.
 - Not all African, African-American, and Caribbean women are the same.
 - How to be sex positive and encourage women to enjoy their sexuality.



Spirituality and African, African-American, and Caribbean Women



Runnels, Doctoral Dissertation, 2012

How to Provide Culturally Competent Care to African-American Women Over 50

- Important issues to consider:
 - Worried well – “Why I am still here and my friends are all gone?”
 - Disclosure issues:
 - Why should I tell if I’ve stopped having sex?
 - I am too old and embarrassed to tell.
 - People will think I am a “slut or whore”.
 - Do I need to tell my grown children and grandchildren?
 - “My generation only used condoms to prevent pregnancy and pregnancy isn’t a concern for me”.
 - “I am never having sex again...”
 - Sex drives and matured/older women.

How to Provide Culturally Competent Care to African-American with Young Children

- Important issues to consider:
 - Disclosure
 - How do I tell my children?
 - Do I need to tell my children?
 - What happens if I tell?
 - Programs/interventions for families, children, and parents
 - Support groups
 - Skills-building groups (disclosure, medication adherence, etc.)
 - Supportive services
 - “I’m a bad mother...”

How to Provide Culturally Competent Care to Caribbean Women

- Important issues to consider:
 - “Constructivist lens”
 - Caribbean Basin & history of internal migrations
 - Control of their destiny
 - *Self medicate & exhaust all possible medical treatments*
 - *Illness is often believed to be a result of wrongdoing*
 - *Being in harmony with friends and relatives*
 - *Stigma*
 - Acculturation vs. assimilation vs. the “other”
 - Migration patterns to the US

Lincoln, 1985

How to Provide Culturally Competent Care to African Women

- Important issues to consider:
 - Awareness of “reflexive screens” (Patton, 2008)
 - Nation formation & history of internal migrations
 - Control of their destiny – decolonialization process
 - *Self medicate & exhaust all possible medical treatments*
 - *Illness is often believed to be a result of wrongdoing*
 - *Being in harmony with friends and relatives*
 - Stigma
 - Acculturation vs. assimilation vs. the “other”
 - Migration patterns to the US

Patton, 2008

Summary of Various Approaches: Cultural Competence

- Acknowledging different world views:
 - Linear vs. holistic frames
 - Community vs. individual
 - Sovereignty & national identity(ies)
 - Power dynamics and gender roles
 - Issues with lost in translation(s)
 - Etiquette



Ask the Professional?

Contact Information:

Zina Age, LMSW, MAC
President/CEO of Aniz, Inc
ceo@aniz.org
www.aniz.org

The Dots Are Connecting.....



References

Aziz, Mariam, and Kimberly Y. Smith. "Challenges and Success in Linking HIV-Infected Women to Care in the United States." *Clinical Infectious Diseases* 52.S2 (2011): 231-37.

Denning, Pat, and Jeannie Little. *Practicing Harm Reduction Psychotherapy: An Alternative Approach to Addictions*. New York: Guilford, 2012. Print.

Larry D.Purnell - Betty J.Paulanka - F.A. Davis – 2013

Lincoln, Y. S., & Guba, E. G. (1985). *Naturalistic inquiry* (Vol. 75). Sage.

Patton, M. Q. (2011). *Essentials of utilization-focused evaluation*. Sage Publications.

Runnels, R. C. (2012). Constructing spirit-level interventions for African American women living with HIV.

Scott, Karla D., Aisha Gilliam, and Karen Braxton. "Culturally Competent HIV Prevention Strategies for Women of Color in the United States." *Health Care for Women International* 26.1 (2005): 17-45. Web.

SenGupta, S., Hopson, R., & Thompson-Robinson, M. (2004). Cultural competence in evaluation: An overview. *New Directions for Evaluation*, 2004(102), 5-19.

Evaluation Completion Is Important. . .

. . . and required if you are
requesting CME/CEU



Building Provider's Capacity to Provide Culturally Appropriate Care Web Series

Thank you for joining us today! We look forward to seeing you at the next session!

