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

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The purpose of this poster

- Mental health needs of different cultural groups
- Cultural diversity issues in mental health
- Severity is indicated by suicidal rates
- Different models of health and well-being
- 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

Maori
Western European
Pasifika
Asian

Western Health Model

Pasifika view of health is a positive and balanced relationship between

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

Te Whare Tapa Wha

Key barriers for Māori
- Costs of care – for example, ability to, and cost of travel
- Communication – overly technical, specialised
- Stigma – for example, diagnosis, social, societal, family and community
- Cultural issues – different knowledge (kōrero), experiences and assumptions, lack of respect and understanding of Māori values, discourage families, support in consultation, refusal of consultation, refusal to talk
- Lack of consideration for culture identity

Pasifika view of health is based on core values of
- Local family (extended family)
- Local community (extended community)
- Local culture (local community)
- Local knowledge (local culture)
- Local language (local knowledge)

Pasifika view of mental illness
- May be viewed as spiritual or cultural, and thus treated by ‘takapu’ healers or traditional methods of healing
- This model of mental illness may be suffering from Pasifika families or individuals suffering from mental illness, due to social and cultural issues (e.g. as punishment from God, or coming from a family wrong)

Pasifika view of mental illness and the possible stigma surrounding mental illness, particularly among the older Pasifika population

Different interactive styles

Prevention programmes need to consider

Implications for engagement strategies

Cultural aspects
Level of cultural connection
Preferred style of interaction

Resources
- Talking Therapies for Pasifika People
- Talking Therapies for Asian People
- Therapies for Māori, Pacific and low-SES community groups
- A guide to Talking Therapies in New Zealand