

Integrating Culturally-Enhanced Tools into Brief Motivational Interventions



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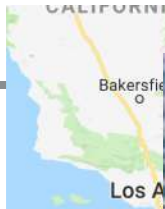
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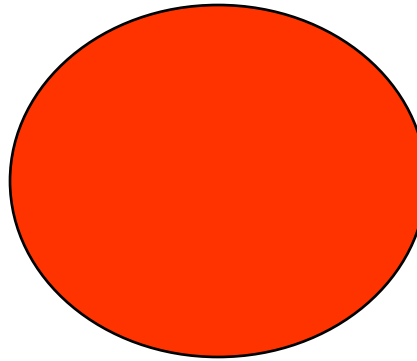
***Latino Alcohol and Health Disparities
Research (LAHDR) Center***

PSYCHOLOGY DEPARTMENT

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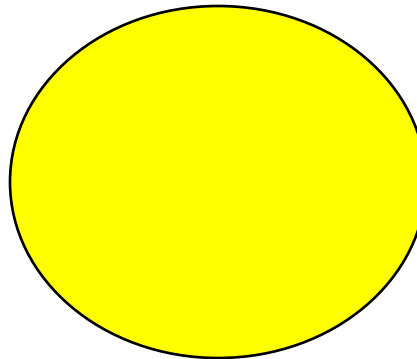


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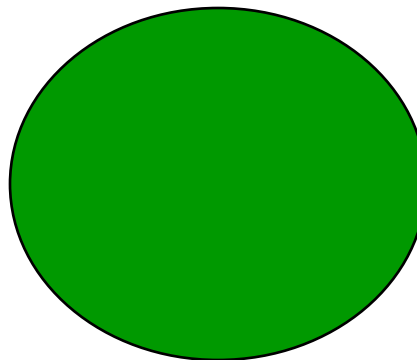
Severe
Alcohol Use
Disorder

25%



High-risk
Drinking

71%



Low or No Risk

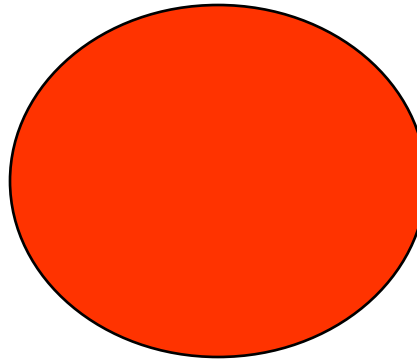
Correlates of high-risk drinking **SBIRT** PREVENTS

- 🔥 DUIs
- 🔥 Injuries (*intentional and/or unintentional*)
- 🔥 Emergency room visits
- 🔥 School/Job problems
- 🔥 Violence (including sexual abuse/attacks)
- 🔥 Arrests, incarceration
- 🔥 Unwanted pregnancy
- 🔥 STDs (*including HIV*)
- 🔥 Drug Use
- 🔥 Health Care Problems (*and complications of chronic diseases*)



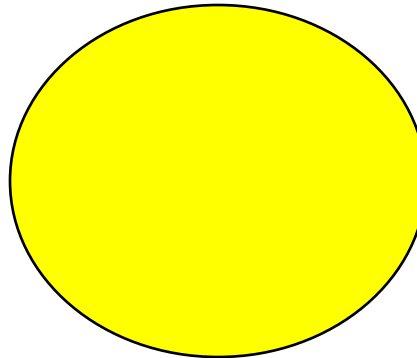
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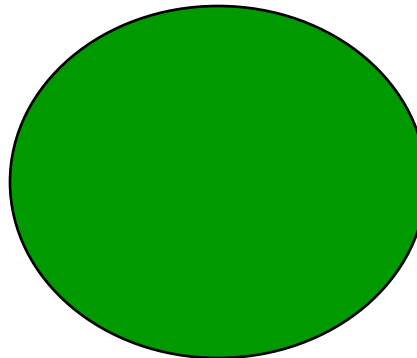
Treatment

25%



Identification &
Evidence-based
Intervention

71%



Prevention

Compared to the general U.S. population, Hispanics...

- 🔥 Are among the groups with highest **binge alcohol use**¹
- 🔥 Are more likely than white non-Hispanics to have recurrent or persistent **dependence**²
- 🔥 Are more likely to report **negative social and legal consequences** due to drinking³
- 🔥 Are **less** likely to receive **treatment**²



Ethnic differences in drinking outcomes following **Brief Alcohol Intervention** in the trauma care setting

NIH

National Institute
on Alcohol Abuse
and Alcoholism

Craig A. Field, Raul Caetano, T. R. Harris, Ralph Frankowski & Bahman Roudsari.
(2010). *Addiction*, 105, 62-73

- 🔥 **Hispanics** reduced their rates of high-risk drinking by **25%**
- 🔥 **Hispanics** reduced “% days of Heavy Drinking” by **20%** at 6 and 12 months
- 🔥 **Hispanics** reduced maximum amount consumed by **9 standard drinks** at 6 and 12 months



LAHDR

The case for Cultural Adaptations

- 🔥 Benefits of **Brief Motivational Interventions (BMI)** among Latinos tend to result from only minor **“surface structure”** changes to the BMI (*i.e. bilingual interventionists and materials*)¹
- 🔥 Cultural adaptations are strongly justified especially when they are **insufficient or unsuccessful** for a particular ethnic group²
- 🔥 Meta-analysis: Mental health treatments were **four times more effective** when culturally adapted (*i.e. ethnic groupings*)³

Cultural Enhancements in BMI

- All materials should go through a process of **cultural adaptation** as opposed to **translation only**, to better fit the needs and characteristics of the specific population.
- Materials must reflect an understanding of the **patient's way of life**.
- Should account for specific **risk** (i.e., **acculturative stress**) and **protective** factors (i.e., **familism**) to decrease **alcohol misuse** and increase **confidence to change**.
- Address **culturally-relevant barriers and facilitators** when negotiating a change plan in order to decrease alcohol problems, and increase **help seeking** and **treatment utilization**.
- Integrate **family and community** as reasons for change and as agents for behavior change and support.

Cultural Enhancements

Hypotheses for Mexican-American Men

- Will significantly decrease alcohol and/or substance misuse and related problems
- Will increase help seeking and treatment utilization



Screening and Brief Motivational Intervention (**SBMI**)

SCREENING is a range of evaluation procedures and techniques that DO NOT result in a clinical diagnosis, but rather indicate the **probability** that the condition of interest is present, and at what level of risk.

BRIEF MOTIVATIONAL INTERVENTION (BMI) is a short (15-30 min) conversation based on ***MOTIVATIONAL INTERVIEWING (MI)*** that improves the chances that a person involved in risky behaviors, such as **alcohol misuse**, will change his/her behavior, and therefore reduce related problems.

BRIEF MOTIVATIONAL INTERVENTION (BMI)

Orient & *ENGAGE*

Feedback & *FOCUS*

Listen and *EVOKE*

Options for Change
& *PLANNING*



Process	Standard BI	Culturally Enhanced BMI
O RIENT & ENGAGE	Introduce yourself, purpose, duration, permission to talk, open question(s)	Introduce yourself, purpose, duration, permission to talk, open question(s)
F EEDBACK & FOCUS	Personalized Normative Feedback Elicit-Provide-Elicit	Culturally-Relevant Personalized Feedback Explore-Offer-Explore (EOE) Role of alcohol in person's life AGENDA MAPPING
L ISTEN & EVOKE	Pros and Cons Importance and Confidence Rulers	Evoke and explore VALUES Build Discrepancy and Congruency Importance and Confidence Rulers
O PTIONS & PLANING	Summarize Menu of options Explore next steps Provide written materials Thank the person	Evoke and reinforce self-efficacy by clarifying PERSONAL STRENGTHS Explore Culturally-Relevant barriers, benefits of change, and sources of Social Support Summarize change plan and main commitments Provide written materials Thank the person

Engaging a **Community Advisory Board (CAB)** and Expert Consultants

- Present **rationale** for proposed **modifications**
- Conduct **group interviews** about alcohol problems in the community
- Facilitate **patient focus groups**
- Engage **external expert consultants** and **trainers**
- Provide **trainings** to stakeholders and project staff in **BMI** and **MI**



Focus Groups with Patients: **Purpose**

- 🔥 Inform the adaptations
- 🔥 Themes proposed from previous research:
 - 🔥 Acculturative stress
 - 🔥 Familism
 - 🔥 Family support
- 🔥 Identify additional **cultural factors** relevant to alcohol use



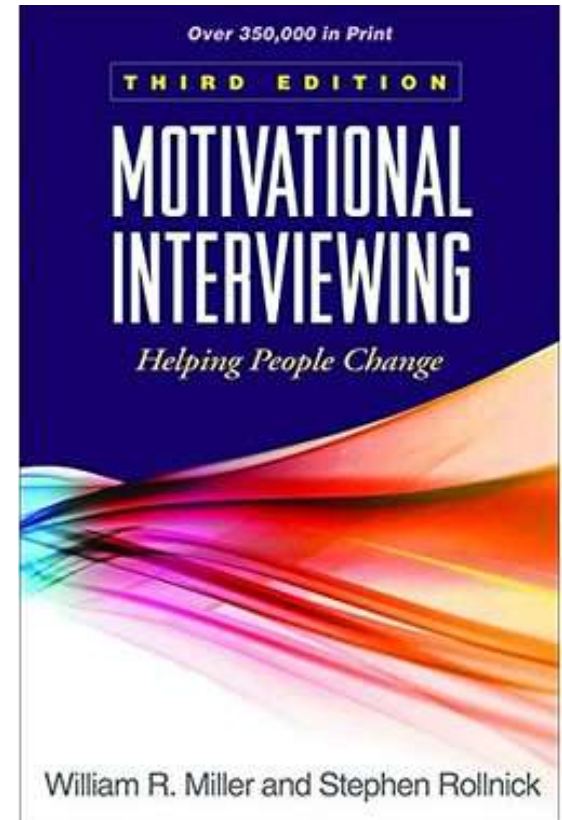
Focus Groups with Patients: Procedure

- 👤 Recruit participants in person (while in hospital) or through mail (after discharge)
- 👤 In-depth interviews (n=25)
 - 👤 1.5 hours, in person, one-on-one, \$40 compensation
- 👤 Interviews were transcribed and coded for **Thematic analysis** (Braun & Clarke, 2006)
 - 👤 Iterative process between two coders



Deep structure cultural adaptations derived from this process

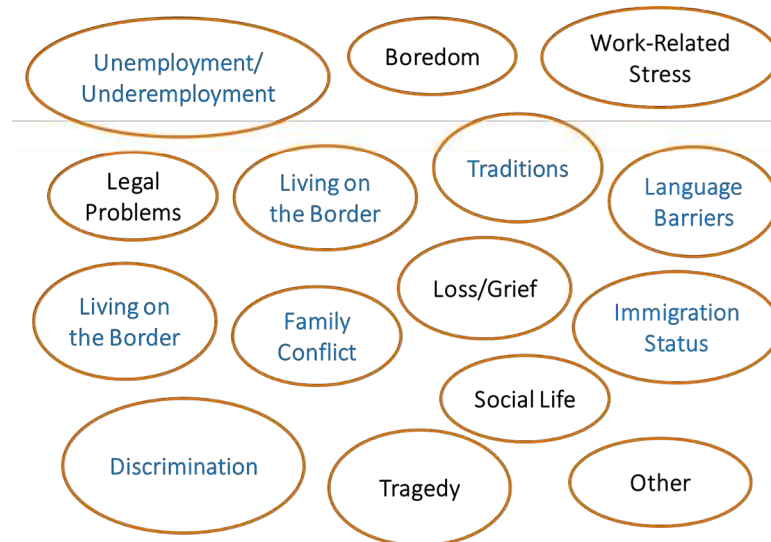
- 🔥 **AGENDA SETTING** to prompt discussion of any culturally relevant risk factors around the person's drinking
- 🔥 Culturally-relevant **VALUES CLARIFICATION** including familism, trust & autonomy
- 🔥 Focus on individual and cultural **STRENGTHS** (and less focus on problems and barriers)
- 🔥 Adhere to **MI 3rd Edition** (Miller & Rollnick, 2013)



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AGENDA MAPPING

Activity to introduce **culture-specific** stressors or risk factors that may influence drinking or changes in drinking behavior in a **non-stereotyping** manner



Making it your own



GENERAL risk factors



CULTURALLY-RELEVANT
risk factors for your target
population

Unemployment/
Underemployment

Boredom

Work-Related
Stress

Legal
Problems

Traditions

Language
Barriers

Living on
the Border

Loss/Grief

Immigration
Status

Family
Conflict

Social Life





Discrimination

Tragedy

Other



AGENDA MAPPING

-  This is a list of factors that could make some people drink more, or that could make it harder to change if they wanted
-  Please see if any of these apply to you
-  It is okay if none apply
-  Help me understand how these affect the way you drink



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VALUES

- 🔥 Trim from **80** to **24** personal values (from Miller & Rollnick, 2013)
- 🔥 Identify those most relevant to target population
- 🔥 Eliminate irrelevant values
- 🔥 Add culturally relevant values



Making it your own



GENERAL values



CULTURALLY-RELEVANT
values for your target
population

Personal Values

Family

Being Loved

Genuineness

Trustworthy

Justice

Tradition

Being Friendly

Comfort

Being a Gentleman

Romance

Rationality

Friendship

Responsibility

Spirituality

Health

Fulfill the role of a
Man/Woman

Knowledge

Self Respect

Be Loving

Being Respected

Being Accepted

Being Polite/
Respectful

Honesty

Wealth

Other

VALUES

- 👤 Take a look at this list of things people may find important in their lives
- 👤 Circle the ones that are **MOST** important to you.
- 👤 From the ones you circled, **choose your top THREE.**
- 👤 Help me understand why each is important to you
- 👤 How does / could (alcohol use) affect each?
- 👤 How would making a change in (alcohol use) help you be more congruent with each?

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STRENGTHS:

Personal Characteristics of Successful Changers

- 🔥 Trim from **100** to **28 Characteristics of Successful Changers** (Miller & Rollnick, 2013)
- 🔥 Identify those most relevant to target population
- 🔥 Eliminate irrelevant strengths
- 🔥 Add culturally relevant strengths



Making it your own



GENERAL strengths



CULTURALLY-RELEVANT
strengths for your target
population

Personal Strengths

Optimistic/
Positive

Adaptable/
Flexible

Considerate

Determined

Responsible

Forgiving

Healthy

Understanding

Perceptive

Assertive

Resourceful

Enthusiastic/
Lively

Empathic

Happy

Pro-active

Persistent

Committed

Willing

Patient

Tolerant

Confident

Focused

Loving

Honest

Receptive

Reasonable

Strong/ Tough

Other

STRENGTHS

- 👤 Take a look at this list of things people may identify as personal strengths and/or positive characteristics
- 👤 Circle the ones that are **MOST** relevant to you
- 👤 From the ones you circled, **choose your top THREE**
- 👤 Help me understand how each represents you
- 👤 How could each of your strengths help you be more successful at making a change in (alcohol use)?

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Discussion Points



- 🔗 BI vs. CE-BMI
- 🔗 Process of Adaptation / Enhancements
- 🔗 Duration?
- 🔗 Feasibility of training and willingness of Health Providers?
- 🔗 Patient and provider satisfaction?
- 🔗 Better outcomes?



GRACIAS!!!!

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