Thank you for joining us for this month's webinar hosted by the National Hispanic & Latino ATTC

Make Your Program Work: Cultural Adaptation Resources for Latino-serving Substance Use Treatment Organizations

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Webinar Goals

• Help providers become more knowledgeable about cultural adaptation of EBTs
• Describe an array of cultural adaptation models and frameworks
• Highlight the benefits and challenges of undertaking cultural adaptations
• Provide recommendations and resources

Background

• SAMHSA National Registry of Evidence-based Programs and Practices
  https://knowledge.samhsa.gov/groups/national-registry-evidence-based-program-practices
• Existing EBTs may not generalize to specific Latino groups
Prevalence of SUD Treatment among Latinos in the U.S.

Need for and Receipt of Substance Use Treatment among Hispanics

- Caucasians: 3.5% vs. 3.0%
- Hispanics who needed substance use treatment were less likely than non-Hispanics to have received treatment in the past year (2.6% vs. 3.8%)
- Among Hispanics needing but not receiving treatment, only 1.6% percent popula of the culture or group become part of the treatment protocol.

What is Cultural Adaptation

- Cultural adaptation refers to the systematic changes made to an existing treatment process or protocol so that values, beliefs, assumptions, and language of the culture or group become part of the treatment protocol.

Cultural Adaptations

- Cultural adaptations can be systematic, rigorous, and based on scientific findings
- Important to maintain the integrity of the original EBT
- Process should be:
  - Transparent
  - Well documented
  - Replicable
Models and Frameworks

- Models – provide a design of a system to be replicated
- Frameworks – provide a conceptual structure or frame of reference

Cultural Accommodation Model
Leong, 1996; Leong & Lee, 2006

- Three-step process:
  1. Cultural gaps in EBT are identified
  2. Identify solutions in relevant literature
  3. Test the new intervention and check for improved validity

Hybrid Prevention Program Model
Castro, Barrera, & Martinez, 2004

- Assess similarities between original and target group
  - Group characteristics; program staff; community factors
- Highlights congruity between the two cultures
- Goal becomes to increase congruity through 3 aspects:
  - Cognitive information processing
  - Affective motivational characteristics
  - Environmental characteristics
- Achieve balance between fidelity and fit
The Ecological Validity Framework
Bernal, Bano, & Bano, 1995; Bernal & Bano, 2006; Bernal & Domenech Rodriguez, 2012

- Based on ecological validity theory
- 8 areas of culture are considered:
  - Language
  - Metaphors
  - Goals
  - Concepts
  - Persons
  - Content
  - Context
  - Methods

- Goal is to align the target population and EBT along these 8 areas to achieve optimal engagement and outcomes.

Benefits of Cultural Adaptations

- Save resources
- Improve service quality
- Enhance engagement in treatment by the target clientele
- Provide data for further EBT development
- Reduce disparities in treatment availability.

Challenges to Cultural Adaptation

- Cultural contexts are dynamic
- Require significant resources:
  - Funding
  - Staff
  - Research knowledge
- Changes to original could compromise fidelity
- The adapted intervention could be less effective than original
- Sustainability
Practical Considerations

- Determine your agency’s capacity to do adaptation
  - Resources?
  - Basic knowledge of research practices?
    • If no, get help from trained evaluator/researcher
- Conduct a pilot study or evaluation of newly adapted intervention
- Funding? Cost/Benefit analysis
  - Incentives, childcare, food, transportation, staff time

What if EBTs are Required for My Organization?

- Start by selecting a well known, published EBT
- Seek funding and time for a cultural adaptation
- Make a strong justification for why cultural adaptation is needed in your funding proposal
  - info on target population to be served
  - Unique challenges, risks, adversities of population
- Build a team
  - Administrative and clinical staff; community partners, researchers (e.g., University)

Be Latino-centered

- Avoid stereotyping and overgeneralizing
- Identify specific stressors (e.g., discrimination, immigration stress)
- Determine prominence of specific values (e.g., familism, or collectivism)
  Could change with level of acculturation.
Resources and References

- Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality (October 24, 2013). The NSDUH Report: Hispanic Subgroups Differ in Rates of Substance Use Treatment Need and Receipt. Rockville, MD.
- Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (October 25, 2012). The NSDUH Report: Need for and Receipt of Substance Use Treatment Among Hispanics. Rockville, MD.

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Questions?