Do what you can: Initiatives from middle management leadership & frontline psychiatry

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Cross Cultural Clinic

- **Mandate**
  - **to provide culturally sensitive & language specific comprehensive psychiatric assessment for psychotic & non-psychotic individuals**

Services provided:

- Ethnically matched psychiatrists provide:
  - **diagnosis**
  - **medication recommendations**
  - **treatment**
  - **referrals of other resources in both hospital & community**

Cross Cultural Clinic

- Located at Vancouver General Hospital
- Established 1988
- 5000+ patient per year
- 7 Psychiatrists speak 22 languages & dialects
- Medical legal services
- Research, education, & training
- Support & training for immigrant & settlement counselors
- Interpreter services available
- Elective Rotation
  - MSI
  - Senior residents in psychiatry & psychology

Cross Cultural Clinic

- Provide consultation & ongoing therapy if required
- Majority of referrals come from GPs
- Focus on language or culture as barrier to accessing mental health services
- Consultation with Vancouver Association for Survivors of Torture (VAST)

Research Initiatives

- Barriers to mental health service access in Indo-Canadians
- Efficacy of Mindfulness Based Cognitive Behavioural Therapy
- Perception of Mental Illness among ethnic Chinese

Clinical Initiatives

Mindfulness Cognitive Behavioural Therapy for treatment of PTSD & depression

Collaborative care between CCP & Native Health Clinics, Immigrant Service Society, SUCCESS

Expansion of “Here to Help” website

Other Languages

Understanding mental health and substance use issues and how to get help can be hard for anyone, but it can sometimes be even more difficult to talk about in some cultural communities. That's why in the past few years, we've translated several of our fact sheets for the benefit of people whose primary language isn't English. In the next year, we'll add more sheets as well as introductions in those languages. Right now, family and friends and community services providers will be able to easily download these PDFs, organized by language below. These fact sheets were developed through an intensive community process to make sure the translations are accurate as well as sensitive.

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Available languages:

- Arabic
- Simplified Chinese
- Traditional Chinese
- English
- Farsi (Persian)/ Dari
- French
- Korean
- Punjabi
- Russian
- Spanish

Training Curriculum – Cross-Cultural Psychiatry & Spirituality

- Doctor – Patient relation
- Biannual spirituality seminar series
- Spirituality journal club every quarter
- Annual cross cultural day & conference workshop
- Interpreter training in mental health in partnership with provincial language services

Training Curriculum Components

- PGY 1 – Introduction
  - Religion, spirituality & psychiatry
  - Cultural psychiatry
  - First nations psychiatry
- PGY 3/4
  - Cultural Psychiatry

High Light:
PGY 1 – Religion, Spirituality & Psychiatry

- **Session 1** – Definitions of religion & spirituality & the historical relationship between these areas and psychiatry
- **Session 2** – Review of scientific evidence for associations between spirituality, religion & mental health
- **Session 3** – Review of clinical assessment process with a focus on spiritual history taking & formulation
- **Session 4** – Case based discussion of spiritually related phenomenology
- **Session 5** – Focus on transference & counter-transference issues in assessment
- **Session 6** – Case based discussion with panel of faculty

Annual Conference

- Began in 1995 as cross cultural day at the beginning of the academic year for the UBC Department of Psychiatry

- Expanded to a full training workshop and conference for service providers and immigrant settlement workers in BC

Topics

- 2011 – Families
- 2010 – Spirituality & healing practices
- 2009 – Spirituality & well-being
- 2008 – Social Cohesion: Building Capacity for Culturally Responsible Communities
- 2007 – Building capacity for culturally responsible communities
- 2006 – Mental health & systemic stressors
- 2005 – Families in transition: Strengths & challenges
- 2004 – Voices of immigrant & refugee women: Learning from their stories
- 2003 – Strengthening & building support for children & youth
- 2002 – Working together to take action
- 2001 – Refugee mental health: moving ahead
- 2000 – Cross cultural interpreters
- 1999 – Canadian multicultural policy: How does it work
- 1998 – Mental health law & cultural diversity
- 1997 – Culturally specific factors & its challenge to psychiatric diagnosis
- 1996 – Cultural adaptation & its effects on mental health

Current Outreach

- Satellite clinic at BC Immigrant Services Society & other Immigrant settlement agencies
- Native health clinic
- Sheway (Aboriginal Women & Children)
- Primary care clinic in core downtown areas