The Recovery Model(s)

- Professional model that is used in the United States, Canada, Great Britain, Ireland, Australia, New Zealand, Netherlands, etc. Notice these are primarily White Ethnic societies for the most part.
- Lay model originating in consumer/survivor movements
- A number of obstacles and concerns have been raised from both models
- Models arose from substance misuse/addiction

A Word about Culture and Mental Health

- Mental health issues and addiction carry somewhat of a stigma in all cultures, but especially among Asian and Pacific island cultures.
- Self-care and organized support groups are usually accessed by European American, primarily White ethnic/cultural groups.
- Other ethnicities who access support groups are well acculturated into the dominant European American culture.
“Minority” or Vulnerable Populations

- Any individual can be seen as a minority or vulnerable given the right circumstances
- In the US, it is usually people of color and the lesbian, gay, bisexual, transgendered population that have undergone and still undergo bias, prejudice, discrimination, and/or racism. Some have double discrimination. Middle Easterners are the new groups for discrimination.
- Immigrant populations for whom English is a second language or any person who does not speak the standard “American English”

Healthcare Provider Mismatch

- USA population: 74% White
- Psychologists: 94% White
- Social Workers: 88% White
- Psychiatric Nurses: 92% White
- Marriage and Family Therapists: 93% White
- School Psychologists: 95% White

Elements of Recovery Models

Very Brief for Those Unfamiliar

- Hope
- Secure Base
- Self
- Supportive Relationships
- Empowerment and Inclusion
- Coping Strategies
- Meaning
Hope

- Includes optimism, a sustainable belief in oneself, and a willingness to persevere through uncertainty and setbacks. Involves trust.
- Trust may be especially difficult for Bosnians, refugees, anyone with prior discrimination, and anyone with an undocumented status.

Secure Base

- Freedom from violence and adequate access to health care. Includes safe housing. What does this say for groups with high poverty rates.
- The continuum of care begins at home with family.
- The concept of familism is extremely high among collectivist cultures and most African American cultures.

Self

- Includes personal psychological space that allows room for interests and spirituality.
- For most Hispanics, African Americans, and many other Black populations, spirituality (religion especially) ranks very high for meaningful relationships.
Supportive Relationships

- Presence of others who believe in the person's potential to recover and be there for them.
- This means family, friends, and the community and include those who have had similar difficulties.
- Important to have reciprocal relationships that share the same values and outlooks – especially among collectivist cultures.

Empowerment and Inclusion

- Having control and self-determination and develop “independent” assertive decision making skills. Assertiveness is contrary to cultural standards among most collectivist cultures. Each person is a member of a collective and does not stand alone as an independent “person”.
- Social inclusion, usually among insiders, is important.

Coping Strategies

- Includes making use of medication and/or psychotherapy and must fit the person's life and worldview.
- Cultural beliefs about taking medication may hinder “compliance”.
- More about cultural attitudes towards taking medications later.
Meaning

- Recovering or developing a social or work role
- Can include developing a guiding philosophy, spirituality/religion, or politics.
- Especially important among collectivist cultures who have a strong belief in Confucian principles.

Mind, Body, Spirit

- The entire field of Complementary / alternative medicine
- What is complementary for one group/person is alternative to another individual/group
- Traditional healers, yoga, acupuncture, acupressure, Zen, religious leaders, ayurvedic medicine, powwows, herbal medicine, traditional Korean and Vietnamese medicine.
- Integration is important. Work with healers.

Variations in Drug Metabolism

- Remember: What may be true for the group, may not be true for the individual.
- Smoking accelerates drug metabolism
- High-fat diet increases the absorption of a drug while a low-fat diet renders a drug less effective
- Stress which affects the catecholamine and cortisol levels
- Mixed Heritage makes it more "dicey". E.G. MExican and Mayan, African American and Korean, etc.
Differences in USA, Asian, and Great Britain Prescribing

- USA usually begins with maximum dosages and titrates down. For some, this means side effects occur quickly and clients discontinue their medications prematurely.
- Asian and British usually start with minimum dosage and work upward. For some, this means that if they believe the drug is not working immediately, they stop it prematurely.

African American/Black Populations
Drug Metabolism

- Respond better to diuretic therapy
- Twice as likely to develop tardive dyskinesia when placed on neuroleptics
- Experience higher rates of extrapyramidal effects with haloperidol deconate
- More susceptible to tricyclic antidepressants: higher blood levels and more rapid therapeutic response

African American/Black Populations
Drug Metabolism

- Multiple groups with complex genetic backgrounds.
- “African American”, any of the black populations from Africa, black populations from the Caribbean, and black populations from elsewhere in the world.
African American/Black Populations

Drug Metabolism

- Higher risk of lithium toxicity and side effects related to less efficient lithium-sodium transport and increased lithium red blood cell to plasma ratio – same pathway as for hypertension.
- Increased risk for agranulocytosis with clozapine
- Do not respond as readily to beta blockers
- Response to hydrochlorothiazide with or without calcium channel blockers is increased

Arab Heritage

- Any of the Middle Eastern countries, many of the Mediterranean countries that had Arab immigration centuries ago, and Arab population from the Caribbean and Mexico.
- Again, very diverse genetic backgrounds

Antiviral treatment may be less effective.
- Studies are inconclusive.
Arab Heritage

- May have increased difficulty metabolizing debrisoquine, anti-arrythmics, beta-blockers, neuroleptics, and opioids resulting in increased blood levels. (less than 2%)
- Typical codeine dosages may prove inadequate because some individuals may not metabolize codeine to morphine ~30%

Asian/Pacific Islander Drug Metabolism

- Korean, Japanese, Chinese, Filipino, Thai, Taiwan, Macau, etc.
- In the US, 30 Asian groups and 21 Pacific Islander groups
- Nevertheless, there are some commonalities: lactose intolerance and difficulty metabolizing alcohol.

- Are more sensitive to the cardiovascular effects of propranolol (beta-blockers).
- Increased absorption of anti-psychotics and antihypertensives = increased effect.
- 15 to 20% are poor metabolizers of diazepan
- Atropine sensitivity with exaggerated heart rate.
- Thai require lower does of antiretrovirals
**Hispanic/Latino Drug Metabolism**

- Latino versus Hispanic
- Can be Latino or Hispanic
- Brazilians are Latino but not Hispanic
- Most Brazilians are Portuguese background although there are groups of Indigenous Indians, some Hispanics, and many other heritages.

**Hispanic/Latino Drug Metabolism**

- Increased risks for developing peripheral neuropathy with isoniazid.
- Require lower dosage of antidepressants and experience more side effects.
- High incidence of lactose intolerance and difficulty metabolizing alcohol.

**Jewish Drug Metabolism**

- Jewish: a heritage/ancestry or a religion
- Can convert to Judaism and have not genetic Jewish ancestry
- Can be of Jewish ancestry and not adhere to the Jewish religion
- Ashkenazi versus Sephardic Jews
- 20% of Ashkenazi heritage have agranulocytosis with clozapine
Native American/Alaskan Indian?

- Federal government recognizes 562 different tribes
- Currently, up to 20% who claim tribal blood do not have it.
- Most have some degree of lactose intolerance and difficulty metabolizing alcohol.

Native American/Alaskan Indian?

- Victims of extreme poverty, generations of cultural genocide, and poor health conditions
- Death rate for alcoholism: 630% higher than it is for the rest of the population
- Death by accidents: 280%
- Suicide: 190%
- Homicide: 210%

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