

## Cultural Factors in Assessment and Person-Centered Recovery Planning

The DSM-IV-TR provides a simple and useful outline of what should be included in considering cultural factors and how they influence both assessment and PCRP, as follows:

### **Cultural Identity:**

Cultural reference groups; language(s); cultural factors in development; involvement with culture of origin; involvement with host culture.

### **Cultural Explanations of Illness:**

Idioms of distress; meaning and severity of symptoms in relation to cultural norms; perceived causes; help-seeking experience and plans

### **Cultural Factors Related to Psychosocial Environment and Levels of Functioning:**

Social stressors; social supports; level of functioning and disability

### **Cultural Elements of the Provider-Person Relationship:**

Provider's ethno-cultural background; language; knowledge of person's culture

## **Sample questions for culturally appropriate assessments include (APA, 2000):**

- What do you call your situation? What brings you here, to services, and how did you find yourself in this situation?
- Who do you include as family? Who do you trust?
- Have you ever been a member of a faith community?
- Are you a member of a faith community now? If so, would you like the rabbi, priest, pastor, imam, etc., involved in your support network?
- Are you now going, or have you ever gone, to an indigenous healer for help with your problem? Would you like that person involved as part of your recovery support network?
- With whom do you have intimate relations and relationships?
- Have you ever experienced racism, police brutality, discrimination, and/or other forms of oppression?
- How do you identify yourself culturally/racially/ethnically?
- What do you know about your culture? What holidays do you observe? Are they related to your culture?
- What is your family's heritage and background?
- What messages did you receive about your culture while growing up?
- What messages did you receive about the cultures of others?