

The Native Center for Alcohol Research and Education and The Native-Controlling Hypertension And Risk Through Technology Webinar Series Presents

Cultural Humility in Practice: Promoting an Inclusive Environment for Those We Serve

As we work to address health equity, many of us strive to be culturally competent. Framing our efforts through the lens of cultural humility enriches our mission to be as inclusive as possible. The National Institutes of Health (NIH) defines cultural humility as "a life-long process of self-reflection and self-critique whereby the individual not only learns about another's culture, but one starts with an examination of their own beliefs and cultural identities." In this talk, we will explore how to apply this perspective to the work we do in promoting healthy communities.



Dr. Gary Ferguson, ND (Unangax/Aleut) serves as Faculty and Director of Outreach & Engagement at Washington State University's Institute for Research and Education to Advance Community Health (IREACH) located in the Elson S. Floyd College of Medicine.

Wednesday
June 9th
12pm-1pm PDT

To learn more visit:
<https://ireach.wsu.edu/>



Elson S. Floyd
College of Medicine
WASHINGTON STATE UNIVERSITY



This webinar series is supported by National Institute of Alcohol Abuse and Alcoholism (P60AA026112) and National Institute Of Minority Health And Health Disparities (U54MD011240)

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Raise Hand



Q&A

Submit questions here



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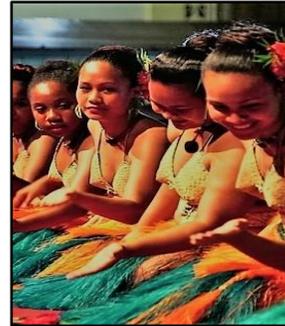
Agenda

- Institute for Research and Education to Advance Community Health (IREACH) and introduction to NCARE and Native-CHART (5 minutes)
- Webinar Presentation (45 minutes)
- Question and Answer, Closing (10 minutes)

IREACH

Institute for Research and Education to Advance Community Health

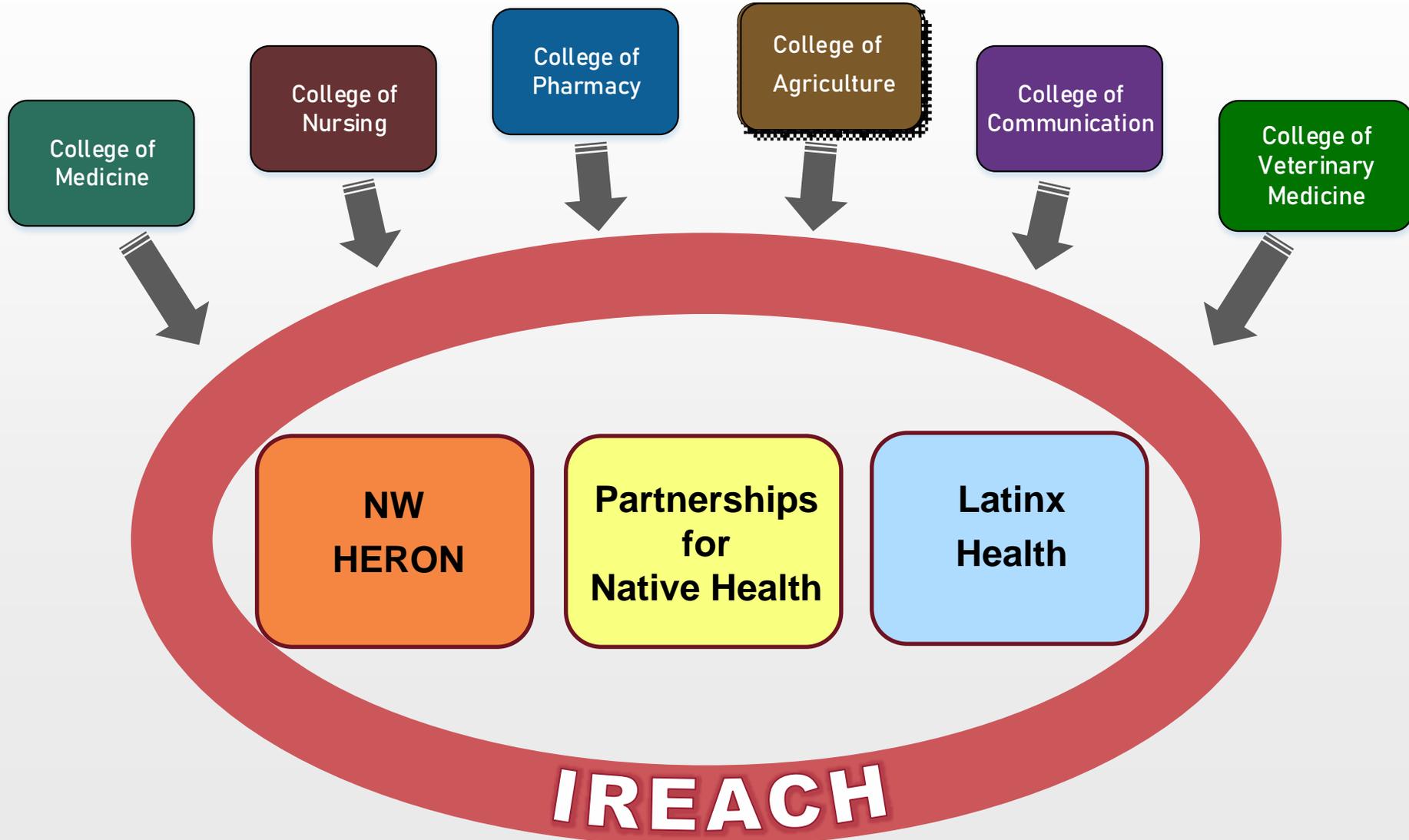
We challenge the status quo and advance community health through partnerships and collaboration.





IREACH

WASHINGTON STATE UNIVERSITY





IREACH Cores

- **P4NH: Partnerships for Native Health**

- Community-centered research, training, education & outreach to improve the health & quality of life of American Indian, Alaska Native, Native Hawaiian and Pacific Islander populations.



- **NW HERON: NW Health Education & Research Outcomes Network**

- Improving the quality of clinical care & ameliorating health disparities in communities across WA & bordering states.



- **Latinx Health**

- Advancing Latinx health through the formation of community partnerships and focused academic research.

Native Controlling Hypertension and Risk Through Technology

- The Center aims to improve control of blood pressure and other risk factors for CVD in American Indians, Alaska Natives, Native Hawaiians, and Pacific Islanders
- Comprises three community-based intervention projects and four supporting Cores



Native Center for Alcohol Research and Education

- The center aims to optimize alcohol intervention research
- Collaboratively engage with Research Project teams and Pilot Projects
- Conduct research that yields high-quality data while simultaneously meeting the unique needs of our partners



IREACH.WSU.EDU/NCARE



Native CHOICES

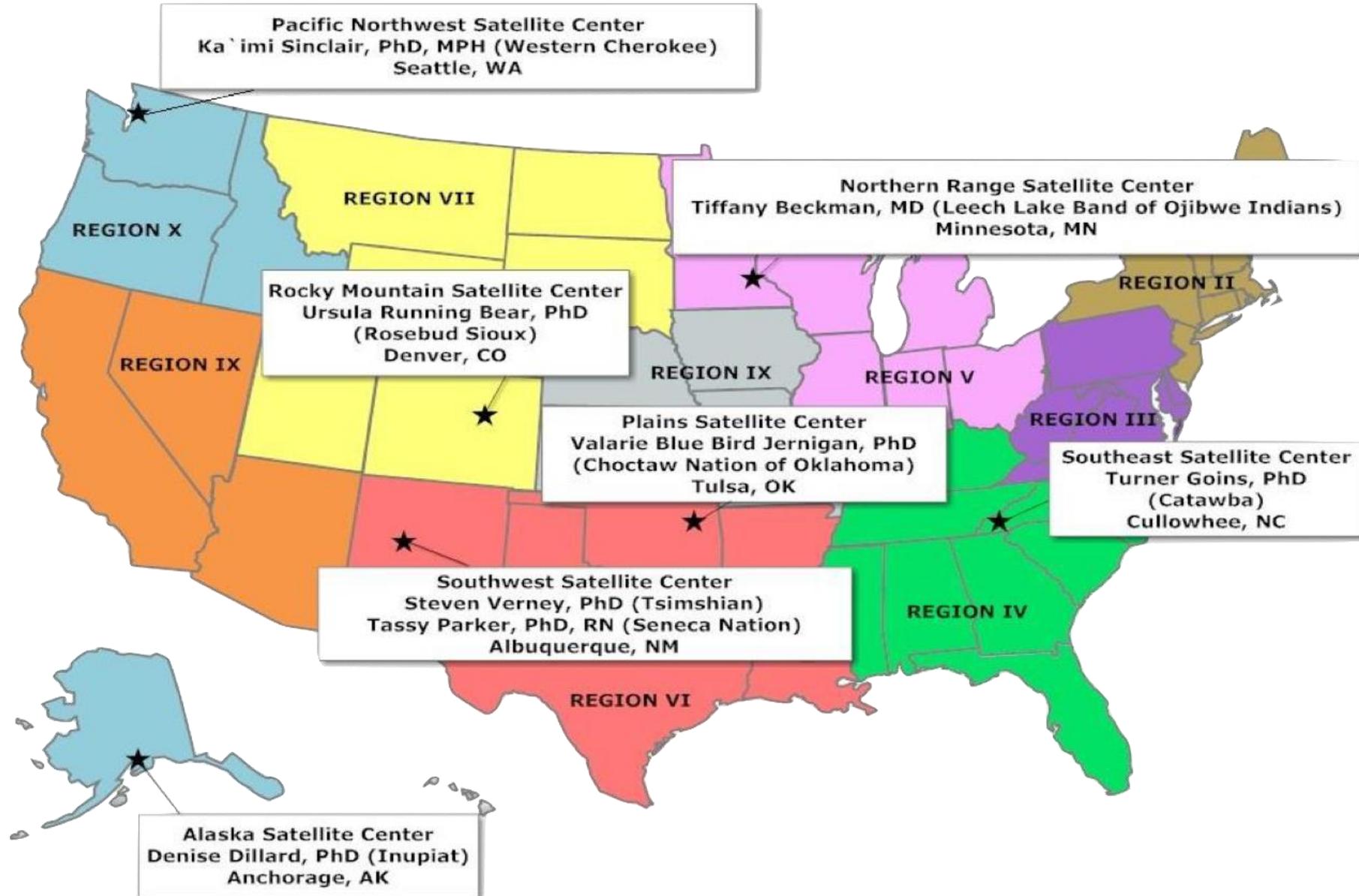


HaRTC



TTR

Satellite Centers



Native Controlling Hypertension and Risk Through Technology (Native-CHART)

Native Center for Alcohol Research and Education (NCARE)

Cultural Humility in Practice: Promoting an Inclusive Environment for Those We Serve

Cultural Humility



Cultural Humility

- The National Institutes of Health (NIH) defines cultural humility as “**a lifelong process** of self-reflection and self-critique whereby the individual not only learns about another’s culture, but one starts with an examination of her/his own beliefs and cultural identities.”
- The term was first coined in 1998 by healthcare professionals Melanie Tervalon and Jann Murray-García, who originally described cultural humility as a tool to educate physicians to work with culturally, ethnically, and racially diverse populations in the United States.

Cultural Humility

- *“ability to maintain an interpersonal stance that is other-oriented (or **open** to the other) in relation to aspects of cultural identity that are most important to the [person].”*
- *Cultural humility is different from other culturally-based training ideals because it **focuses on self-humility rather than achieving a state of knowledge or awareness.***

Hook, J.N. (2013). *Cultural Humility: Measuring openness to culturally diverse clients*. *Journal of Counseling Psychology*.



Ray of light story

Father Michael Oleksa



Cultural Humility

- **We move between several different cultures – often without even thinking about it.**
 - *A person cannot begin to understand the makeup and context of another person's life without being aware and reflective of their own background and situation first.*
- **Cultural humility is distinct from cultural competency.**
 - *The goal of cultural competency is to learn about the other person's culture rather than reflect on one's own background and relationship to other cultures.*

Cultural Humility

- **Cultural humility requires historical awareness.**
 - *In order to practice true cultural humility, a person must also be aware of and sensitive to **historic realities** like legacies of violence and oppression against certain groups of people.*
 - *In order to build trust, the historic, systemic reasons for mistrust must be excavated and made visible.*



"I WOULD NOT HAVE EXPECTED THAT I, WHO AM BARELY OUT OF SAVAGERY, WOULD HAVE TO REMIND GENTLEMEN WITH 5,000 YEARS OF RECORDED CIVILIZATION BEHIND THEM, OF OUR BILL OF RIGHTS." *-Elizabeth Peratrovich*



Qunyarag:
The Way of the Human Being

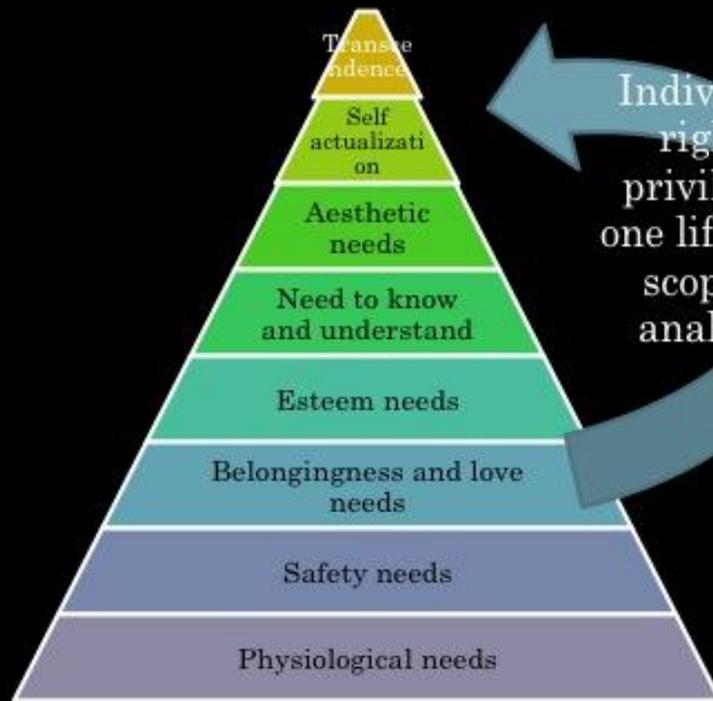


Harold Napoleon
with commentary

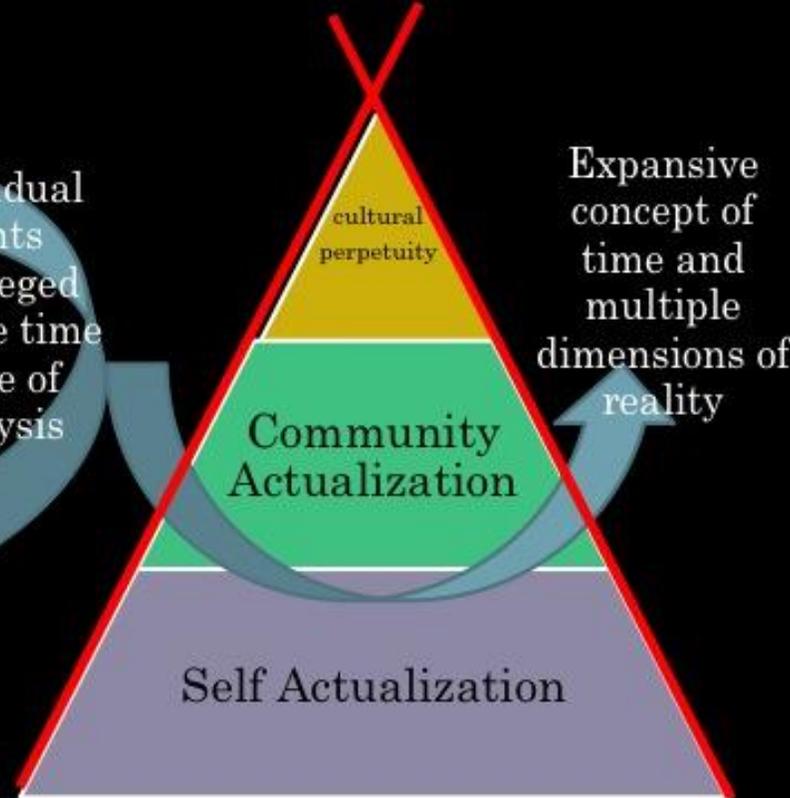
edited by Eric Madsen

MASLOW'S HIERARCHY OF NEEDS (INFORMED BY BLACKFOOT NATION (ALTA))

Western Perspective



First Nations Perspective



Individual rights privileged one life time scope of analysis

Expansive concept of time and multiple dimensions of reality

TRADITIONAL VALUES OF ALASKA

SAINT LAWRENCE ISLAND YUPIK VALUES

- Listen with your heart and mind
- Honor Family
- Give Service to others
- Never give up
- Respect all living things
- Remember advice of elders
- Plan for the future
- Be independent
- Avoid laziness
- Gather knowledge and wisdom

Approved by: Inupiat, Agoodigak, J. Gammal, 1998

CUPIK VALUES

- Help other people
- Help with family chores and needs
- Early to bed and early to rise
- Provide time to see how your life is going
- There's always time to play AFTER your work is done
- *Proverbs* learn to do things yourself
- Respect and honor your elders
- Always show good behavior
- Listen to all advice given to you
- Remember what you are taught and told
- Respect other people's belongings
- Respect the animals you catch for food
- Gather knowledge and wisdom from the elders
- Never give up in trying to do what you set your mind on

Approved by: Inupiat, Agoodigak, J. Gammal, 1998

BRISTOL BAY YUPIK VALUES

- Have respect for our land and its resources at all times
- Be helpful to one another
- Share with others whenever possible
- Respect and care for other's property
- Respect spiritual values
- Learn hunting and outdoor survival skills
- Provide for and take good care of your family
- Through love, respect your children
- Respect your elderly
- Work hard and don't be lazy
- Refrain from alcohol and drug use
- Learn, preserve, and be proud of the Native way of life

Approved by: Inupiat, Agoodigak, J. Gammal, 1998

UNANGAX (ALEUT) VALUES

- *Unangax* / *Unangax* / *Share*
- *Unangax* / *Unangax* / *Listen*

ATHABASCAN VALUES

- Self sufficiency
- Hard Work
- Care and provision for the family

NORTHWEST ARCTIC INUPIAT/NUYUP

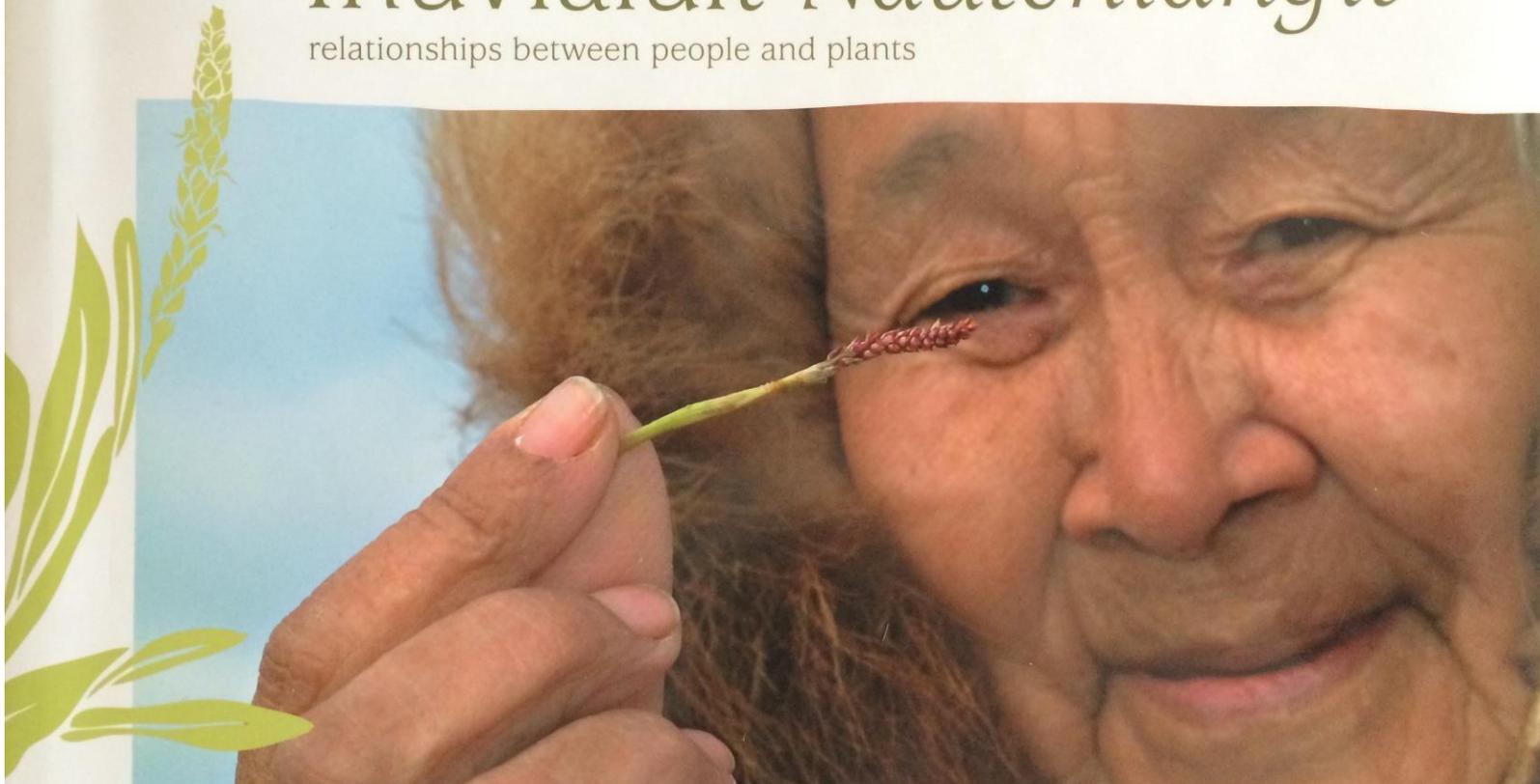
- Knowledge of Language
- Knowledge of Family Tree
- Sharing



Inuvialuit elders with Robert W. Bandringa

Inuvialuit *Nautchiangit*

relationships between people and plants





A LACK of cultural humility includes:

- Making assumptions about others
- Being a know-it-all
- Acting superior
- Thinking one understands more than one actually does

https://www.researchgate.net/profile/Joshua-Hook/publication/236641214_Cultural_Humility_Measuring_Openness_to_Culturally_Diverse_Clients/links/0deec518d47285bf34000000/Cultural-Humility-Measuring-Openness-to-Culturally-Diverse-Clients.pdf

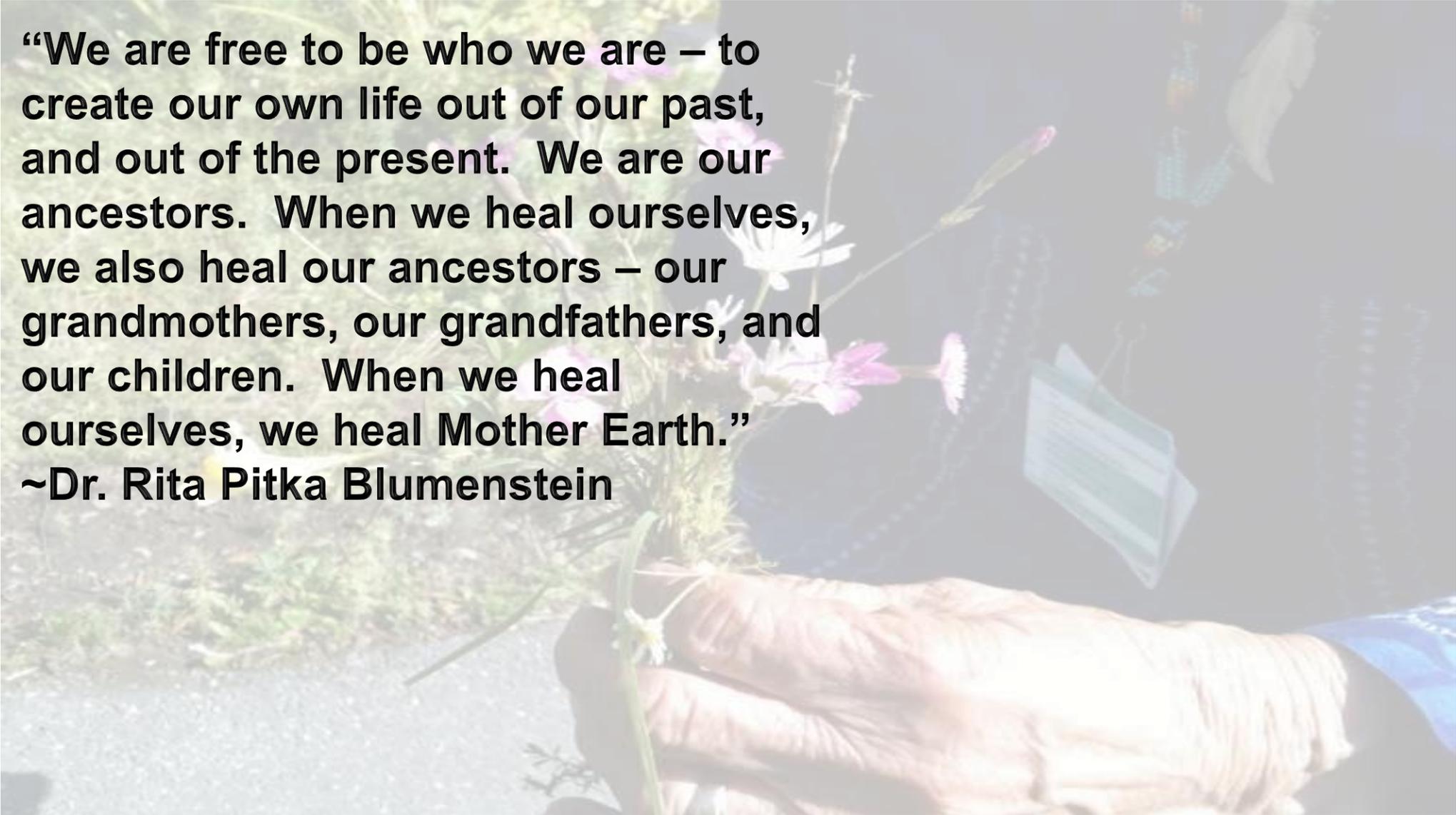
Cultural Humility

- Respectful
- Considerate
- Interested in learning more
- Open-minded
- Being **CURIOUS**

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“We are free to be who we are – to create our own life out of our past, and out of the present. We are our ancestors. When we heal ourselves, we also heal our ancestors – our grandmothers, our grandfathers, and our children. When we heal ourselves, we heal Mother Earth.”
~Dr. Rita Pitka Blumenstein



MAASEE DA AASAKUNG
QUYANA TSIN MAHSI GUNALCH ESHQA AASAKUNG TSINAEN MAASEE
BAASEE MAHSI QUYANA QUYANA
HAWAA QUYANA QUYANA
DOGEDINH GUNALCHÉESH
HAWAA qaâaasakung BAASEE mahsi waydankoo baasee DA AASAKUNG WAA WAYDANKOO
DOGEDINH gunalchéesh TSINEE
DOGEDINH DOGEDINH MAHSI MAHSI maasee GUNALCHÉESH QUYANA HAWAA tsinaeh
tsinaeh QA AASAKUNG
chihah QUYANA QWAYDANKOO
H WAA maasee baasee QAâAASAKUNG CHINAN
WAYDANKOO QUYANA TSINEE QUYANA

Native Controlling Hypertension and Risk Through Technology (Native-CHART)

Native Center for Alcohol Research and Education (NCARE)

Webinar Series

Thank you for your participation!

Which topics around Indigenous health would you like to learn more about?

Please send your ideas to native.chart@wsu.edu

Visit our website: ireach.wsu.edu