

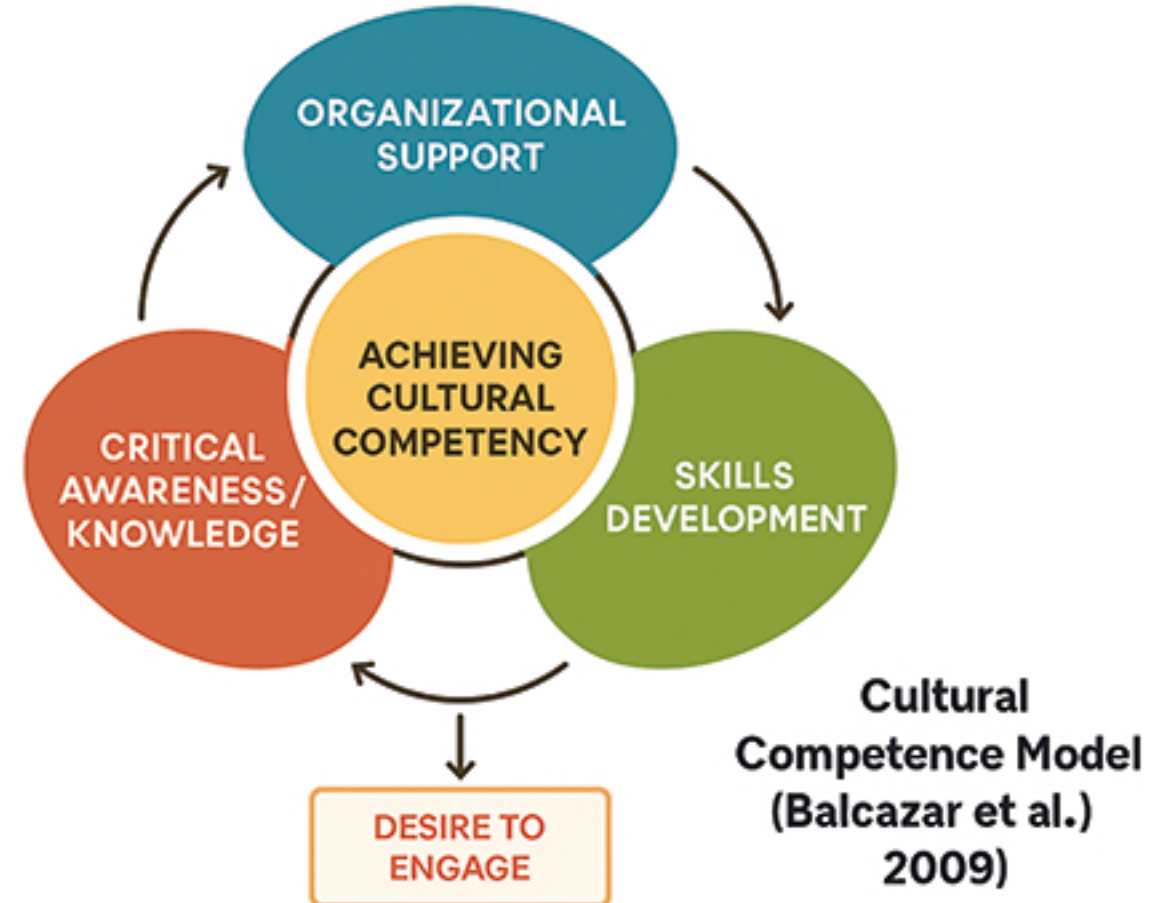
# CULTURAL COMPETENCE IN MENTAL HEALTH SERVICES



## 1 What is Cultural Competence?

The ability to:

- understand** the influences of culture on individuals (e.g. values, beliefs, traditions)
- consider and respond** appropriately to these diverse backgrounds (Stubbe, 2020)



## 2 Why is Cultural Competence Important in Hong Kong's Mental Health Services?

### Mental Health Services

#### Clinical Services



#### Crisis Intervention



#### Community-based services



#### Preventative & Educational Services



### Understanding Unique Stressors of EMs

(The Zubin Foundation, 2023)

#### Forced Marriages



#### Generational Conflicts



#### Patriarchal Families

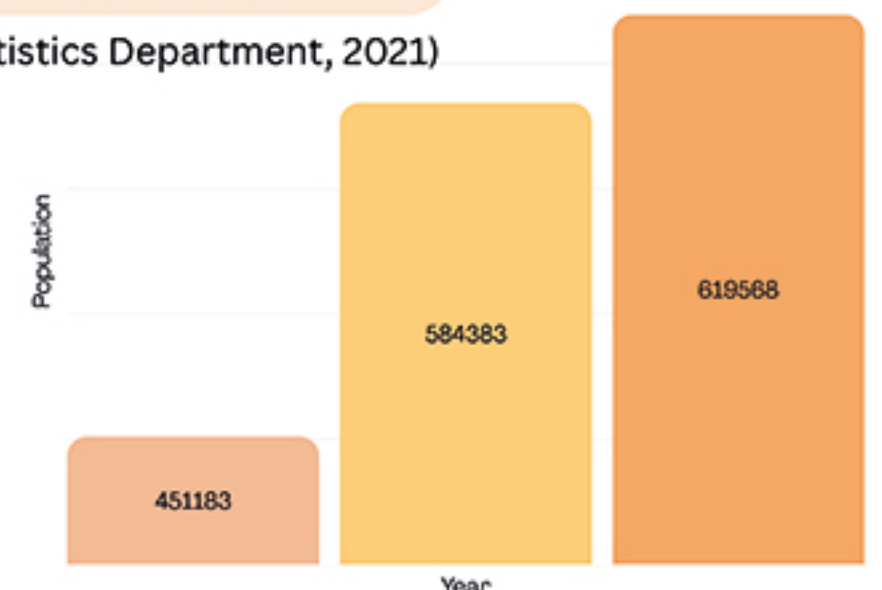


### Multiculturalism in HK

(Census and Statistics Department, 2021)



EMs in the Hong Kong Population



Growth of the EM population by 37% in the last decade

**“EMs suffer more from mental health problems than the local population”**  
(Suen et al., 2022)

- Acculturation difficulties, lack of social support,

### Navigating Unique Barriers in Accessing Mental Health Services

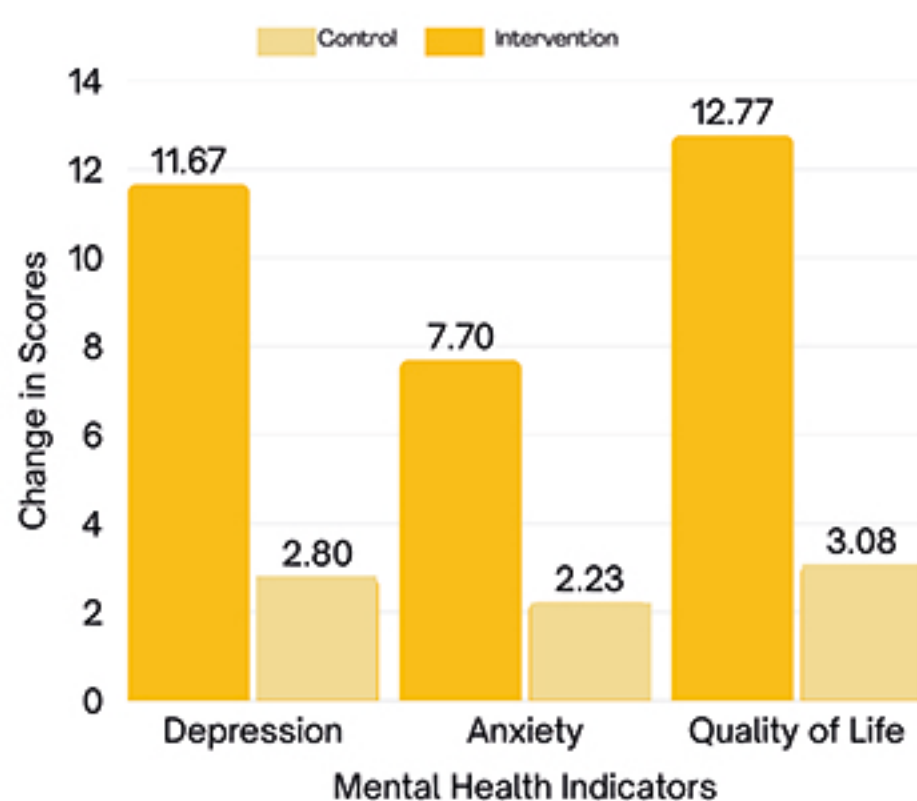


Trying our best to understand others despite language barriers



Understanding that different cultures have different views on seeking help

## 3 How Effective are Culturally Competent Mental Health Services?



Culturally competent care in 120 clients led to significant reductions in **Depression and Anxiety**, as well as improvements in **Quality of Life** (Suen et al., 2023).

## 4 How Can we Improve Cultural Competence in Mental Health Services?

- Trainings for mental health professionals
- Structural change in service delivery
- Maintaining openness and curiosity to diverse cultures e.g. Filipino, Indonesian diaspora

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