

Public Hospitals Authority
Sandilands Rehabilitation Centre



The Impact of Culture on Mental Health

People are probably more tied to their cultural and ethnic beliefs when ill than when feeling well. Illness is stressful and may lead individuals to revert to what is known and comfortable.

*Foundations of Nursing
"Transcultural Healthcare"*

Cultural Day Committee

*Public Relations Unit
Sandilands Rehabilitation Centre*

364-9618

SANDILANDS REHABILITATION CENTRE LOCATED IN A CULTURALLY DIVERSED COUNTRY-THE BAHAMAS

Sandilands Rehabilitation Centre is the Bahamas' only residential Mental Health Facility. The Bahamas is increasingly being known as a culturally diverse society by the mere fact that our main industry is Tourism. Consequently people from a wide range of cultural backgrounds seek services at our health care settings. It is now incumbent upon the staff that they become "Culturally competent" so that they can provide "culturally appropriate mental health care" to all clients regardless of their race and ethnicity.

CULTURAL COMPETENCE AN ESSENTIAL MENTAL HEALTH SKILL

Cultural competency refers to "a set of academic and personal skills that allow us to increase our understanding and appreciation of cultural differences between groups." Culturally competent health care providers appreciate family ties and realize that they are defined differently for each culture.

The Benefits Of Cultural Competence To Mental Health Care

Assist the Health Care worker to appreciate and respect that;

- 1. Each individual culture has its unique way of communicating, they are not being rude or disrespectful.*
- 2. Every Culture has symbols with special meanings.*
- 3. The Individual's culture prohibits the eat-*

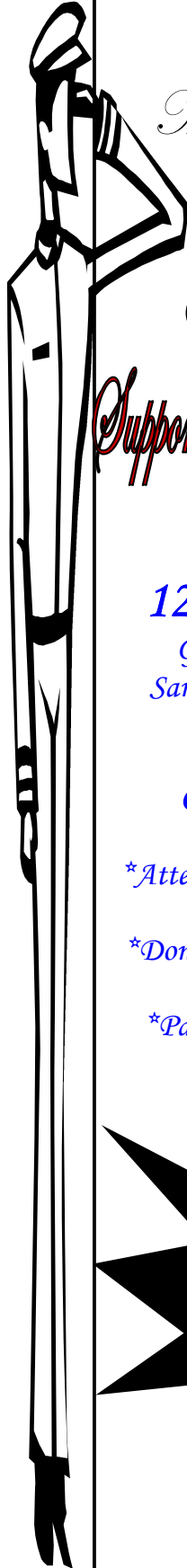
4. *An individual is dressed in their cultural dress and is not inappropriately dressed.*
5. *An individual may be observing their religious practices and is not religiously deluded.*
6. *An individual's culture may require some alone time with the higher power, it is not a sign of withdrawal behaviour.*

WORLD MENTAL HEALTH ORGANIZATION SUPPORT CULTURAL _____

In 2007 World Mental Health Day theme was, "The impact of Culture on Mental Health". This theme addressed the fact that, "We live in a culturally interconnected world where one person in every 35 is an international migrant. Dramatically different languages, religions and cultures coexist in a single country. This cultural diversity may influence many aspects of mental health, including how individuals from a given culture communicate and manifest their symptoms, their style of coping, their family and community supports, and their willingness to seek treatment." World Health Organization; World Mental Health Day, 2007)

HOW CAN THE INTERNATIONAL CULTURAL FESTIVAL ASSIST

1. *Each Cultural group is invited to a Continuing Education Session to talk about their culture to the staff.*
2. *Groups are invited to host a Pearls and Gems Restaurant held on Tuesdays at 5:30PM -need to say what is P and G*
3. *Groups /Members can Adopt a Ward or Grandparent.—more info re: this*
4. *Support the annual Cultural Day Project.*



*Help
Mental Health Care
Workers
respect your*

CULTURE

Support Sandilands Cultural Day

*Friday,
12th November, 2010*

*Geriatric Hospital Driveway
Sandilands Rehabilitation Centre
Fox Hill Road*

Opening Ceremony: 8:45am

**Attend the event dressed in National
Dress*

**Donate a National Dish that can be
displayed and sold.*

**Participate in the Entertainment
Segment*

**Culturally Yours
Sandilands**