

Activity: Comparing Contexts and Cultural Fit

Students work in groups to review a patient scenario and design an office-based and a community-based intervention. See the example scenario linked below. The Cultural Factors for Behavioral Health in LO-8 Resources can assist with this activity.

Patient Scenario:

A 17-year-old youth from a marginalized cultural community has been referred for anxiety and school avoidance. The youth's family prefers community-based support rooted in cultural traditions, but the referring institution is accustomed to office-based, protocol-driven services.

1. Design an Office Based Intervention

Groups will outline a brief office-based intervention plan including:

- The formal structure and setting (clinic, hospital, counseling center)
- Standardized techniques or protocols used
- Potential accessibility barriers (transportation, language, cost, trust)
- Strategies to build trust and cultural safety within a formal setting
- Methods for adapting the intervention to increase cultural appropriateness and contextual fit

2. Design a Community Based Intervention

Groups will outline a community-based version of the intervention including:

- The setting (home visits, school, community center, outreach)
- Flexible engagement strategies that honor cultural norms
- Opportunities for incorporating family, peers, or cultural mentors
- Ways to integrate decolonizing practice or local knowledge
- Systems navigation support to help the youth access school and health resources
- Elements that naturally strengthen trust and relational connection

3. Compare and Reflect

Each group creates a brief chart or discussion summary comparing the two models:

- Which intervention has the stronger contextual fit? Why?
- How does cultural safety differ between the two?
- What engagement strategies would be most effective in each context?
- Where might power imbalances show up, and how can they be addressed?
- How can each model reduce barriers to accessibility?