



THE IMPORTANCE OF CULTURALLY RESPONSIVE THERAPY for Palo Alto High School Teens



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INTRODUCTION

RESEARCH QUESTION Would having culturally responsive therapists in Palo Alto High School be effective for minority students who are dealing with mental health issues?

LITERATURE REVIEW

According to McGuire and Miranda, many students coming from “racial and ethnic minorities are significantly more likely than whites to delay or forego necessary mental health care, and, if they do seek treatment, they are more likely than whites to drop out” (2008, p. 396).

Students from minority backgrounds are less likely to utilize or approach mental health facilities. This is not because the facilities are not available to them, but rather the student’s approach or reaction to mental health as a result of how they are culturally raised (Wong, Collins, Cerully, Seelam, & Roth, 2016, p. 2).

METHODOLOGIES



STUDENT SURVEY (30)

gather qualitative and quantitative data from a large sample of students to gain student input on comfort with culturally responsive therapy

INQUIRY APPROACH

action research



DATA TYPE ▶ hybrid (through survey)

ACKNOWLEDGEMENTS/REFERENCES

Special thanks to Ms. Gloner and Ms. Angell for helping to make this project possible.

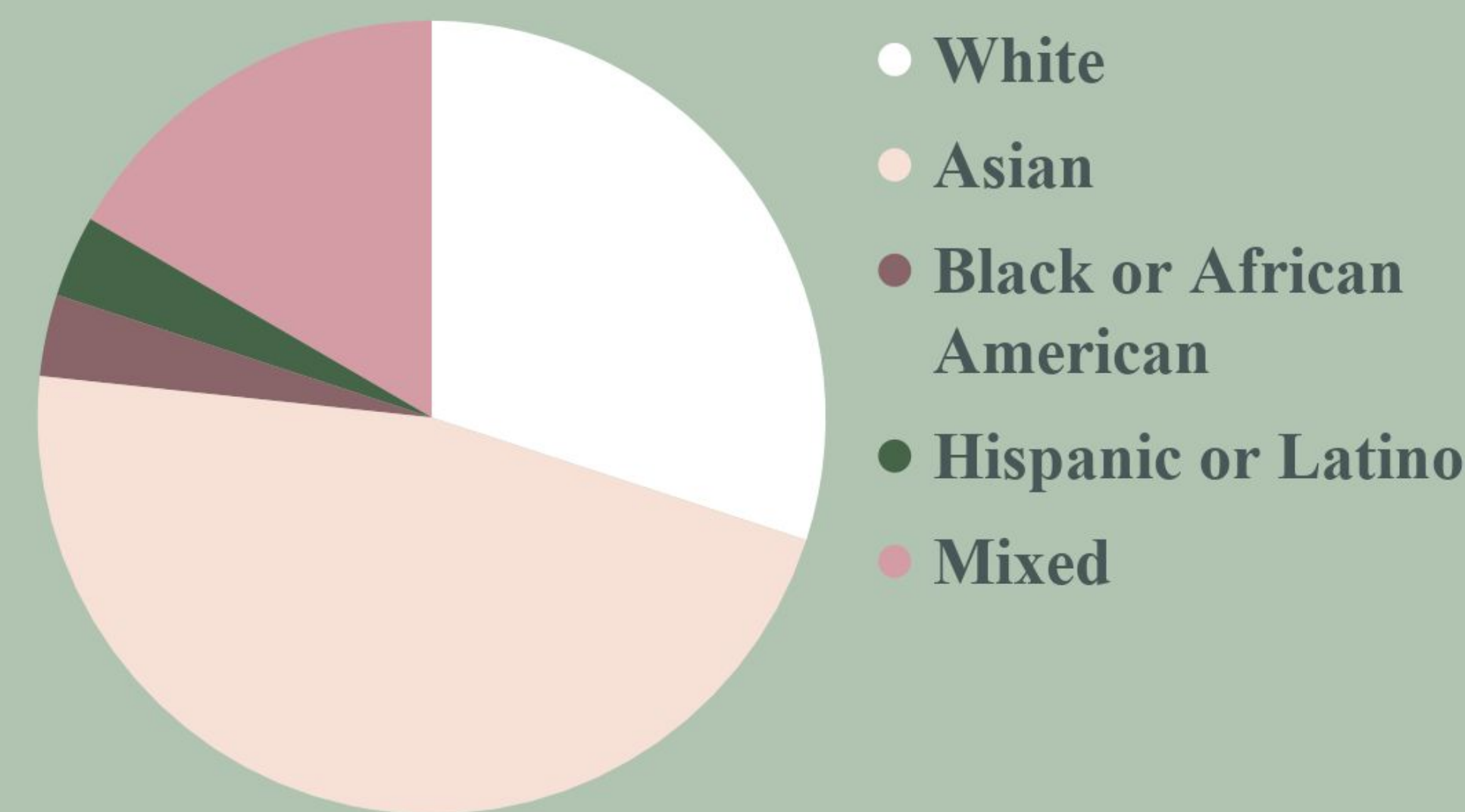
References:

McGuire, T. G., & Miranda, J. (2008). New evidence regarding racial and ethnic disparities in mental health: Policy implications. *Health Affairs*, 27(2), 393-403. Retrieved from <https://www.healthaffairs.org/doi/pdf/10.1377/hlthaff.27.2.393>

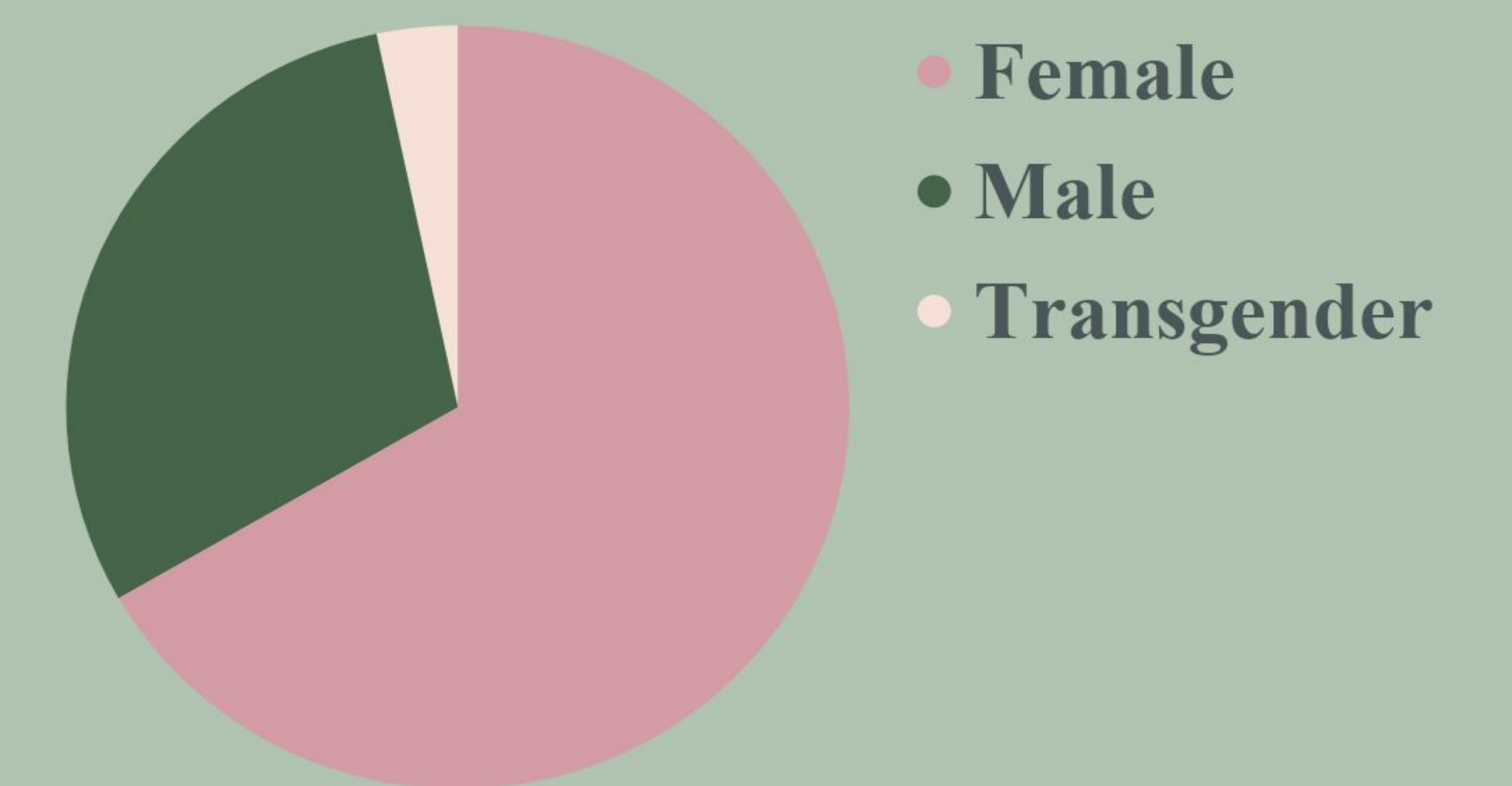
Wong, E., Collins, R., Cerully, J., Seelam, R., & Roth, E. (2016). Racial and ethnic differences in mental illness stigma and discrimination among Californians experiencing mental health challenges. In *Racial and ethnic differences in mental illness stigma and discrimination among Californians experiencing mental health challenges* (pp. 1-12). RAND Corporation. Retrieved from <http://www.jstor.org/stable/10.7249/j.ctt1d41d4g.1>

DATA

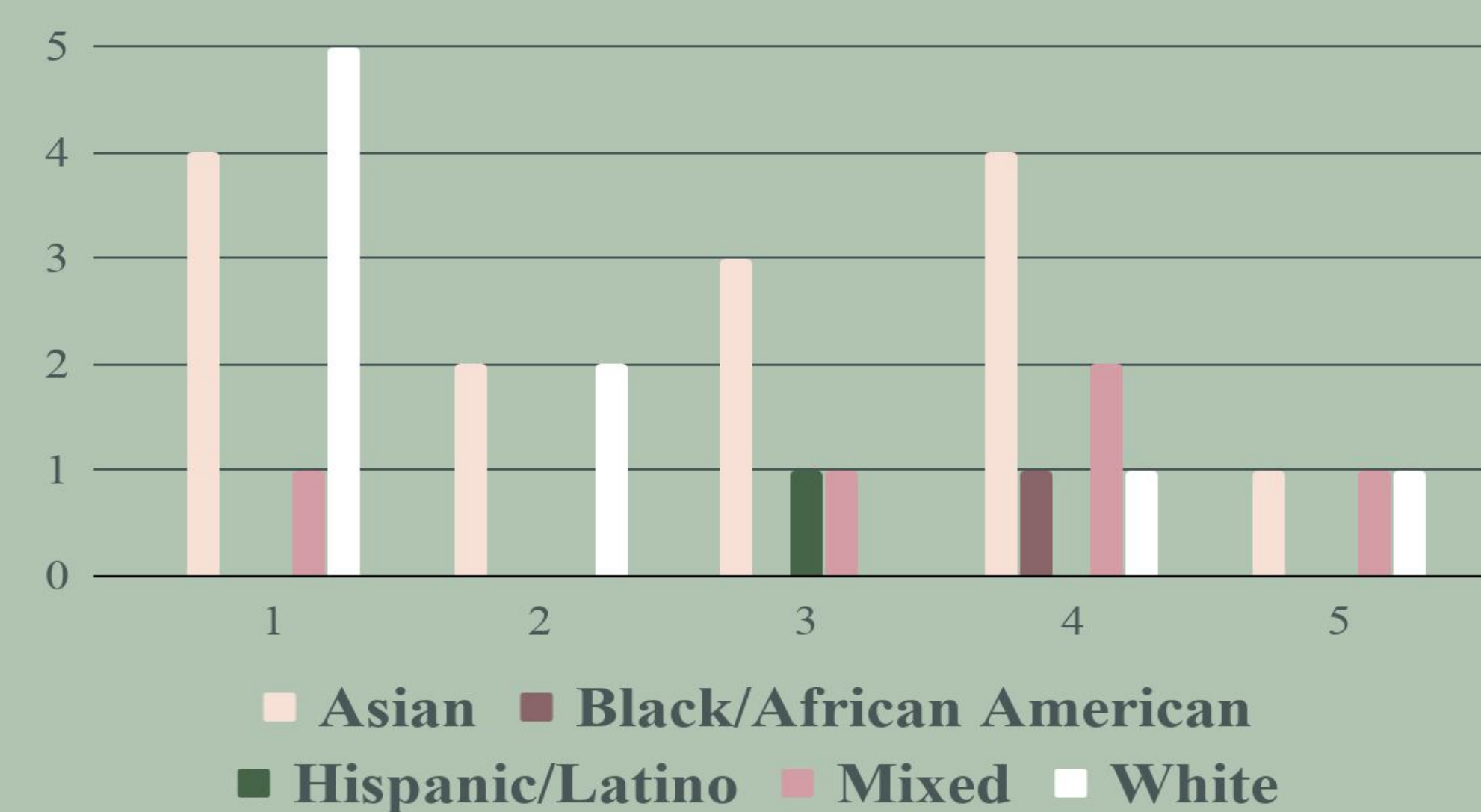
ETHNICITY OF PARTICIPANTS



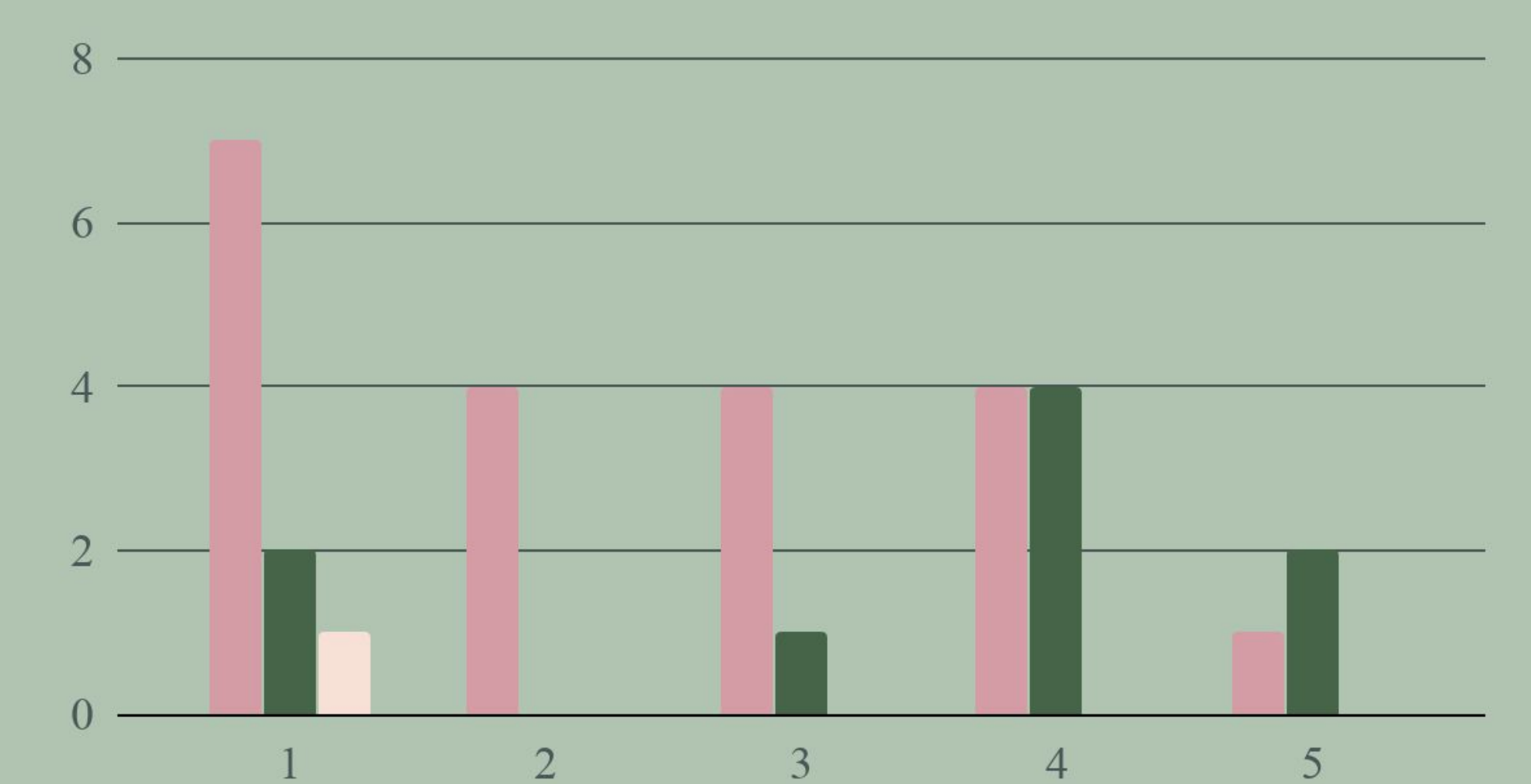
GENDER OF PARTICIPANTS



“It would be important to me if a therapist shared my cultural background”



Responses by Ethnicity



Responses by Gender

ANALYSIS

The most notable connections were between gender and ethnicity. Most importantly, the connection found between minority male identifying participants answers and their interest in receiving culturally responsive therapy. Male students were more likely to have answers within the 3-5 range when asked if they prefer to be around or receive therapy from someone sharing their culture.

However, as can be seen amongst the Asian and Mixed female groups, there is still a significant amount of minority female participants who are within the range of agreement with question #6.

CONCLUSION & NEXT STEPS

After sorting through the data, it appears that minority students in Palo Alto High School are in fact interested in culturally responsive therapy. The group that seemed to require this resource more than others were male minority students.

Next Steps

- Share the survey with more participants
- Include more subcategories in Asian ethnicity option
- Focus more on male minority group
- Branch out to other schools within the district
- Find methods to integrate culturally responsive therapy in the Palo Alto School District