



Increasing Cultural Awareness and Building Community Support for Young People with Mental Health Conditions

Module 3 Glossary Terms

Bias: A negative or disparaging attitude against an individual or group based on a prejudgment, not direct evidence about the specific individuals.

Culture: The way of life of a society, consisting of ways of behaving or norms of conduct, beliefs and values. In another definition, Duran (2006, cited by Palmer et al. 2011) defines culture as “the wisdom, healing traditions, and transmitted values that bind people together from one generation to another.”

Disparities: Differences between population groups in the presence of any form of incidence or outcomes, including access to services (Curry-Stevens, Cross-Hemmer, & Coalition of Communities of Color, 2011).

Enculturation: The degree of integration within a culture, which has three components: traditional activities, cultural identification, and traditional spirituality (Fleming & Ledogar, 2008).

Ethnic identity: Involvement in the cultural practices of a particular ethnic group and positive attitudes toward, attachment to, and feelings of belonging to that group (Phinney, 1989).

Ethnicity: Sense of commonality transmitted over generations by the family, and reinforced by the surrounding community. Related to psychological needs for identity and continuity.

Historic trauma: “Cumulative emotional and psychological wounding across generations, including the lifespan, which emanates from massive group trauma” (Brave Heart 2003, 1998, p. 283).

Institutional racism: Intentional or unintentional acts by a social system or institution that perpetuate racial inequality and result in negative outcomes for members of certain groups.

Microaggressions: “Brief and commonplace verbal, behavioral, or environmental indignities, whether intentional or not, that communicate hostile, derogatory, or negative racial slights and insults toward people of color”

(Sue et al., 2007) and members of other socially devalued groups. Individual acts of microaggression are rooted in the structural foundation of unjust social systems of oppression, dehumanization, and exploitation provide (Dover, 2016).

Oppression: The systematic exploitation of one social group by another for its benefit.

Prejudice: A preconceived negative belief, opinion or feeling formed without adequate knowledge of experience.

Privilege: Unearned advantage and dominance derived chiefly from social and economic class, race, religion, gender, or ethnic identity. An invisible system conferring dominance on certain groups (McIntosh, 1998).

Protective factors: Protective factors contribute to resilience and reduce developmental risks either by promoting healthy processes, reducing unhealthy processes, or both.

Racism: Domination of one racial/cultural group over another. Racism involves excluding a group from access to resources and power and blaming them for their failures which result from their lack of access.

Resilience: “The capacity of individuals to access resources that enhance their well-being and the capacity of their physical and social ecologies to make those resources available in meaningful ways” (Ungar, 2010, p.6).

Stereotype: A conventional and usually simplified concept or belief that imposes generalizations about all the members of a specific group.

Trauma: An event or events that are so extreme, severe, powerful, harmful, or threatening to the individual that they demand extraordinary coping efforts.