

Cultural Adaptation of Programs in Addiction Treatment and Prevention

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Background.

The main challenge in culturally adapting an evidence-based program (EBP) lies in the delicate balance that exists between maintaining the key components ensuring the program's effectiveness and the introduction, modification, or removal of elements to adapt the program to the targeted culture or sub-culture (Kumpfer et al., 2008). Two objectives are therefore opposed: (a) ensuring fidelity in the implementation of a program that is recognized as effective, and (b) ensuring that the prevention program fits the specific needs of the population that it serves (Castro et al., 2004). Different authors have developed procedures to resolve this tension between fidelity and fit.

What are the main models in cultural adaptation of programs?

Kumpfer et al. (2008)

Model in 9 steps

McKleroy et al. (2006)

Model in 5 steps

Wingwood & DiClemente (2008)

Model in 8 steps

Backer (2001)

Model in 12 steps

Barrera & Castro (2006) suggest 4 adaptation stages:

- 1- Information Gathering
- 2- Preliminary Adaptation Design
- 3- Preliminary Adaptation Tests
- 4- Adaptation Refinement

Drawing from significant experience in adapting addiction prevention programs to the indigenous communities of Quebec, this presentation offers a reflection on the cultural adaptation process in attempt to answer **four essential questions** identified by Barrera & Castro (2010).

The Cultural Adaptation Process of *Wise Choices*.

1. Is the cultural adaptation of an EBP justified?

The main justification for the adaptation of an EBP for the indigenous communities of Quebec is the **absence of efficient intervention for this population**. To our knowledge, *Wise Choices Program* will be the first program aiming at controlled drinking culturally adapted for Indigenous Peoples.

"If we focus on abstinence, it does not cater to their needs"

2. Which procedures should be followed?

The model elaborated by Kumpfer et al. (2008) has been selected by Plourde et al. (2017) to adapt the *Wise Choices Program* to First Nations and Inuit of Quebec. This model was chosen for its exhaustivity and its sequential nature that facilitate the operationalisation of the different steps. It also plans the selection, training and supervision of staff. **The 9 steps** of the model have been adapted by Plourde et al. (2017) with the participation of the indigenous communities that showed interest in controlled drinking as an intervention goal.

WISE CHOICES PROGRAM

Adapted by Plourde, Laventure, Tremblay et Beauregard, 2019

- Designed for the First Nations and Inuit of Quebec.
- Aims at controlled drinking.
- Is a culturally adapted version of a validated EBP.
- Based on the social-learning theory, the cognitive-behavioural model, the motivational approach, and inspired by the indigenous values and traditions.
- Targets adults wishing to engage in a reflection on their alcohol use or to modify it to gain balance in their life.
- Contains 6 phases that can be followed autonomously, with the support of a clinician or in a group setting.
- Main objectives: to help the person review his alcohol use, its functions and consequences; to assist the person in setting personal goals and developing strategies to reach them.

3. Given the heterogeneity of the various cultural groups, how can the cultural adaptation of a program accommodate all participants involved?

There are over 50 different indigenous communities in Quebec, and there is a wide variety of habits and customs amongst them. The program is seeking to reach all the communities and to adapt to their cultural diversity.

Adapted elements targeting common needs	Adapted elements targeting specific needs
<ul style="list-style-type: none"> • References to nature • Centrality of community • Importance of the motivational approach • Reservations about the harm reduction approach (versus abstinence) 	<ul style="list-style-type: none"> • Urban versus rural reality • Different references to the land (plants, animal, climate) • Variety of cultural references (habitations, tools, etc.) • Dry communities versus communities where alcohol is available



4. Is cultural adaptation effective?

The **evaluation protocol** will be developed in 2020 and the impact of the program will be assessed within 5 years.

The authors declare that they have no conflict of interest.

