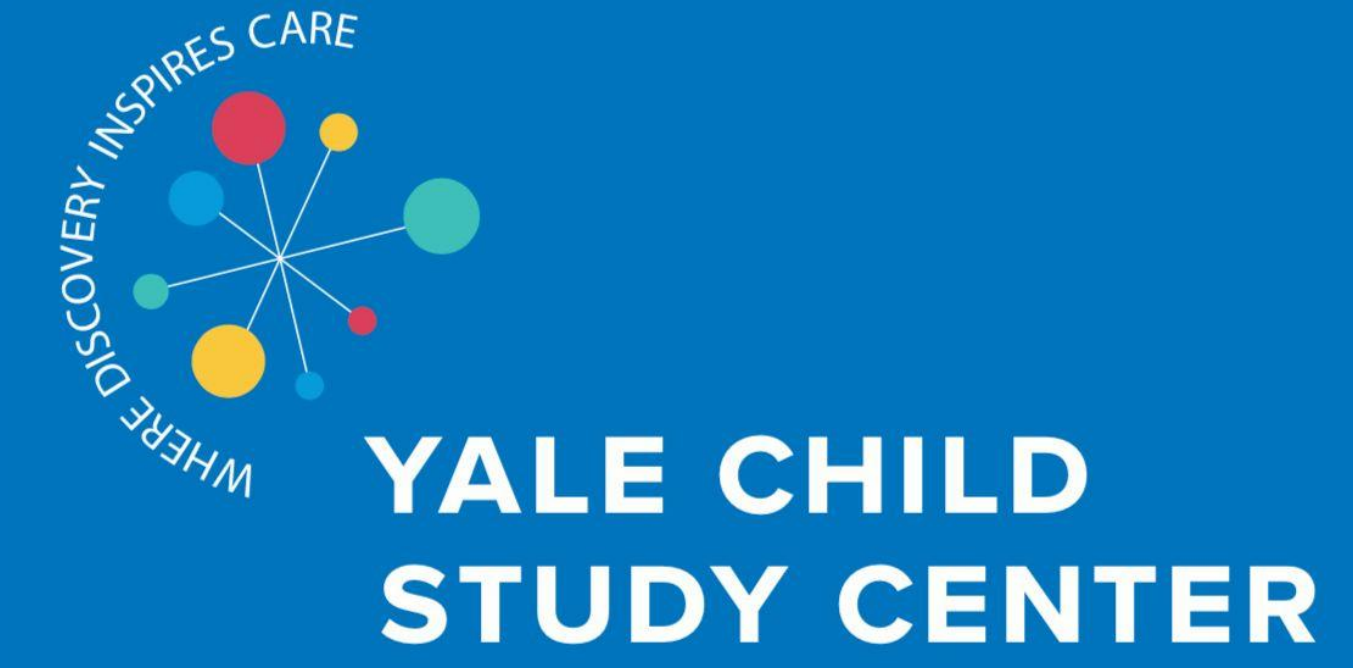




Yale Child Study Center Racially Informed Clinical Formulation (RICF): Integrating Race and Culture into Mental Health Care and Medical Training



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Background

- Racism is a determinant of mental and physical health (Williams & Mohammed, 2009)
- Historical and ongoing systemic racism contributes to disparities in access to and quality of care, particularly in mental health (Snowden, 2001)
- There are few clinical tools that assess and address the impact of race and discrimination in treatment (Carter, 2007)

There is a need for innovative approaches like the RICEF, which integrates racial and cultural considerations into clinical practice.

Objectives

The Racially Informed Clinical Formulation (RICF) aims to:

- Bridge the gap in clinical care by assessing the role of race, racism, and discrimination in mental health treatment planning
- Enhance clinical outcomes by incorporating patients' racial experiences into care
- Equip clinicians with tools and training to deliver culturally responsive care

Methods

- Developed and piloted at the Yale Child Study Center
- Trained clinical fellows and supervisors in psychiatry, psychology, and social work
 - To date, 42 fellows and 8 supervisors trained

Methods

- The training curriculum (Fig 3.)
 - Offered to both fellows and clinical supervisors
 - Systematic approach to incorporating racial and cultural considerations into clinical work
 - Exploration of personal and systemic biases
 - Encourage meaningful conversations about race and culture in supervision
 - Multi-session curriculum
 - Centered around the RICEF interview tool
- Pilot study measured the tool's impact on participants' clinical practices
 - Qualitative feedback pre- and post-training
- Ongoing iterative refinements based on participant feedback and evolving research

Historical and Sociopolitical Context of Racism in Clinical Practice

Impact of Racism and Intersectionality on Mental Health

Integrating Discussions of Race and Culture into Supervision

Frameworks for Assessing Racial and Cultural Factors in Clinical Care

Introduction to the Racially Informed Clinical Formulation (RICF)

Instructor-led RICEF Case Presentation

RICF Case Presentations and Written Formulations by Fellows and Supervisors

Ongoing Consultation and Support for RICEF Application

Fig 3. Core elements of RICEF curriculum

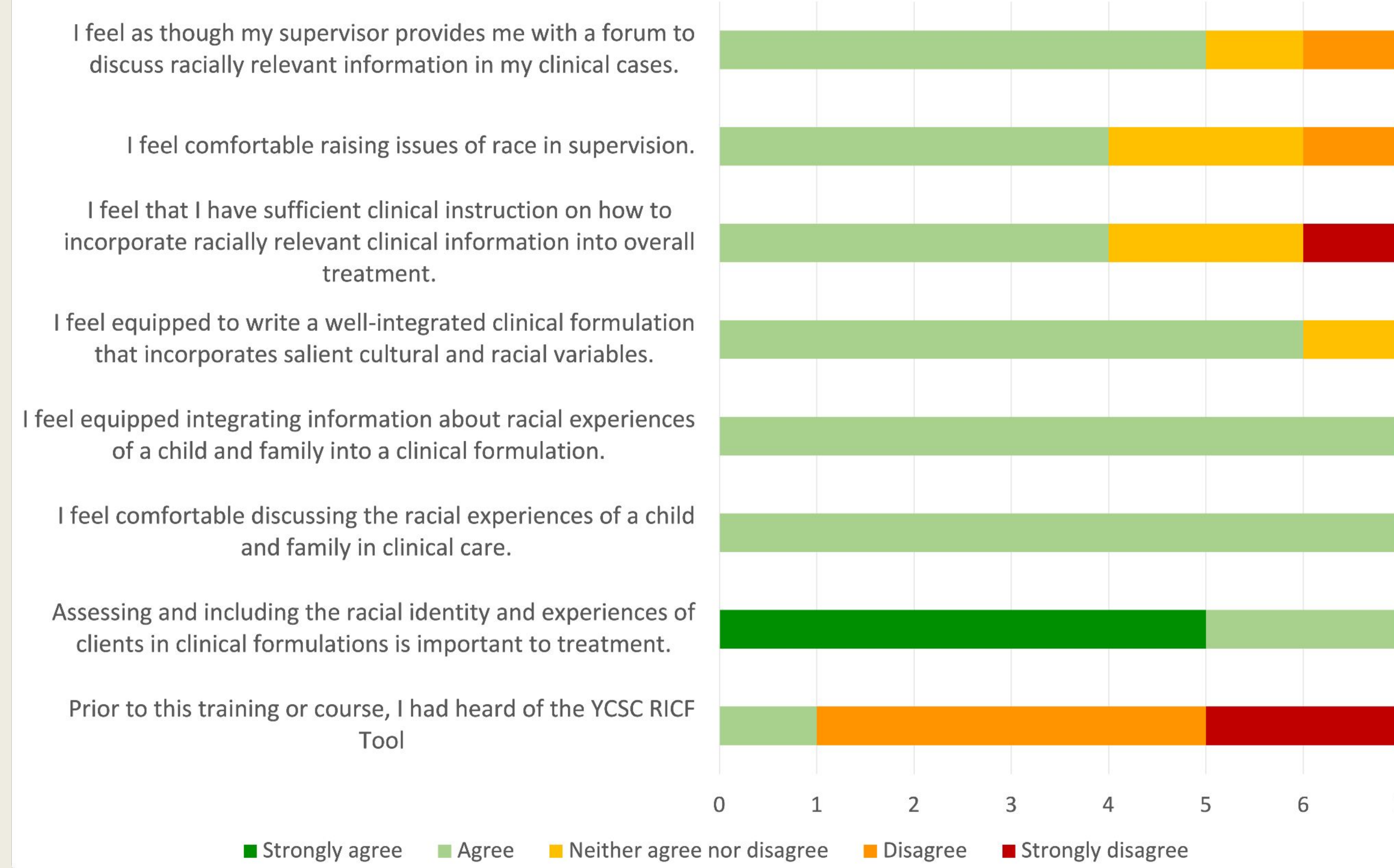


Fig 1. Trainee's post-training survey responses

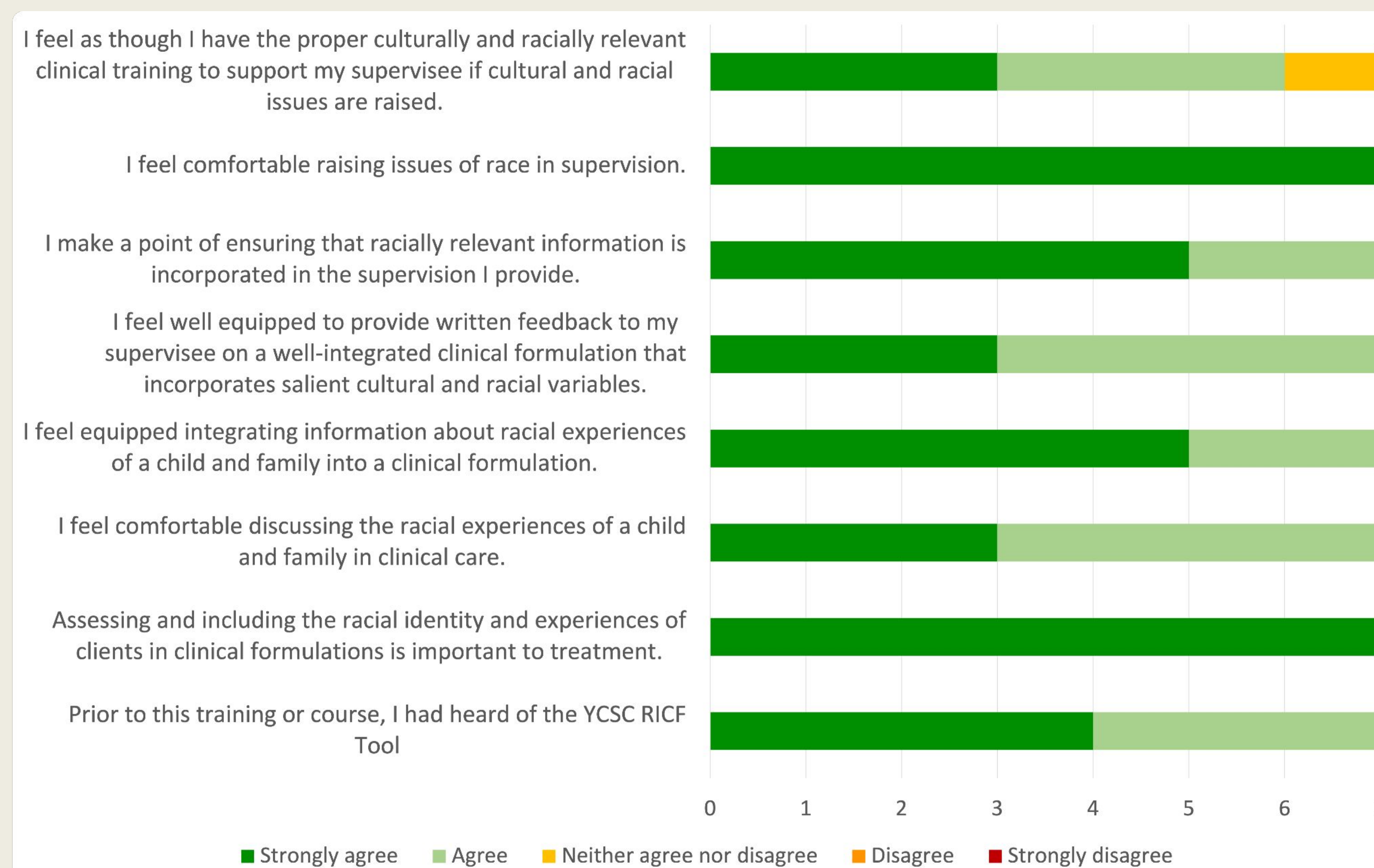


Fig 2. Supervisor's post-training survey responses

Results and Conclusions

- RICEF framework provides deeper understanding and discussions about race and culture
- Initial feedback suggests training supports comfort and preparedness with implementing the RICEF tool
- Anticipated outcomes include clinicians' increased knowledge and comfort with implementing racial and cultural factors in mental health care

Future directions include:

- Expanding the scope and adaptability of the RICEF for learners and organizations
- Tailoring the framework to fit program needs

We aim to scale the impact of RICEF and advance equitable, culturally responsive mental health care

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