

Cultural Formulation and Character Strength in *A Million Miles Away*

Christopher Carlos Jaime, D.O., PGY3
Francis G. Lu, M.D.
Pegah Yakhchalian, M.D., PGY1
Bahar Mahmoudi



Disclosure and Contact Information

- Christopher Jaime and his team have no financial relationship with products and organizations mentioned in this presentation
- cjaime727@gmail.com

Cultural Formulation and Character Strength in *A Million Miles Away* (2023)
Moderator: Christopher Carlos Jaime, D.O., PGY3

A) Introduction

- 1) Movie made in 2023 that takes place in the second half of the 1900s based on the autobiography of José Hernandez: *Reaching for the Stars*. The star-studded-cast and crew headlined by actor Michael Peña portray Hernandez and his family during his journey from migrant farm worker in California to NASA astronaut and STS-128 Mission Specialist.
- 2) ACGME definition of CME: continuing medical education consists of educational activities which serve to maintain, develop, or increase the knowledge, skills, and professional performance and relationships that a physician uses to provide services for patients, the public, or the profession.
- 3) Educational Activity: For this movie, we will provide a note sheet and pen for those watching to observe the cultural identity of the film's characters (with a focus on the main character/hero and his family), the stressors characters face in the story, the cultural strengths and supports for the hero/main character and his family, and which VIA Character Strengths are demonstrated by the main character. Please provide brief comments (<2 minutes) about your observations.

B) Breaking the film into 3 parts - just under 80 minutes of movie time, full film available on *Amazon Prime*

- 1) 00:00 - 33:40 - childhood and early adulthood, discuss cultural identity and stressors
- 2) 33:40-01:14:05 - character strengths demonstrated in film in journey from agriculture to outer space
- 3) 01:48:31 - 01:52:17 - the reappearance of the monarch butterfly, and the real life footage and epilogue





A. Cultural Formulation

01 Cultural Identity

02 Sociocultural Stressors

03 Sociocultural Strengths

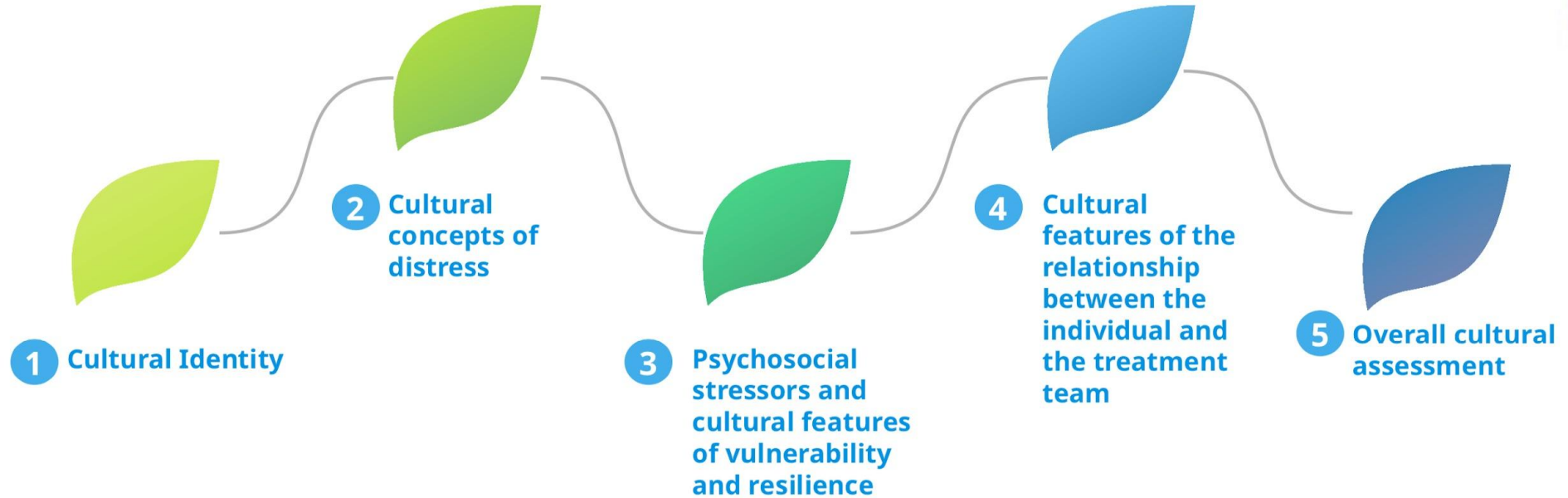
B. Character Strengths



Cultural Formulation:

assessing cultural factors that may influence an individual's mental health and overall well-being

DSM-5-TR Outline for Cultural Formulation



Cultural identity variables of the individual in DSM-5-TR

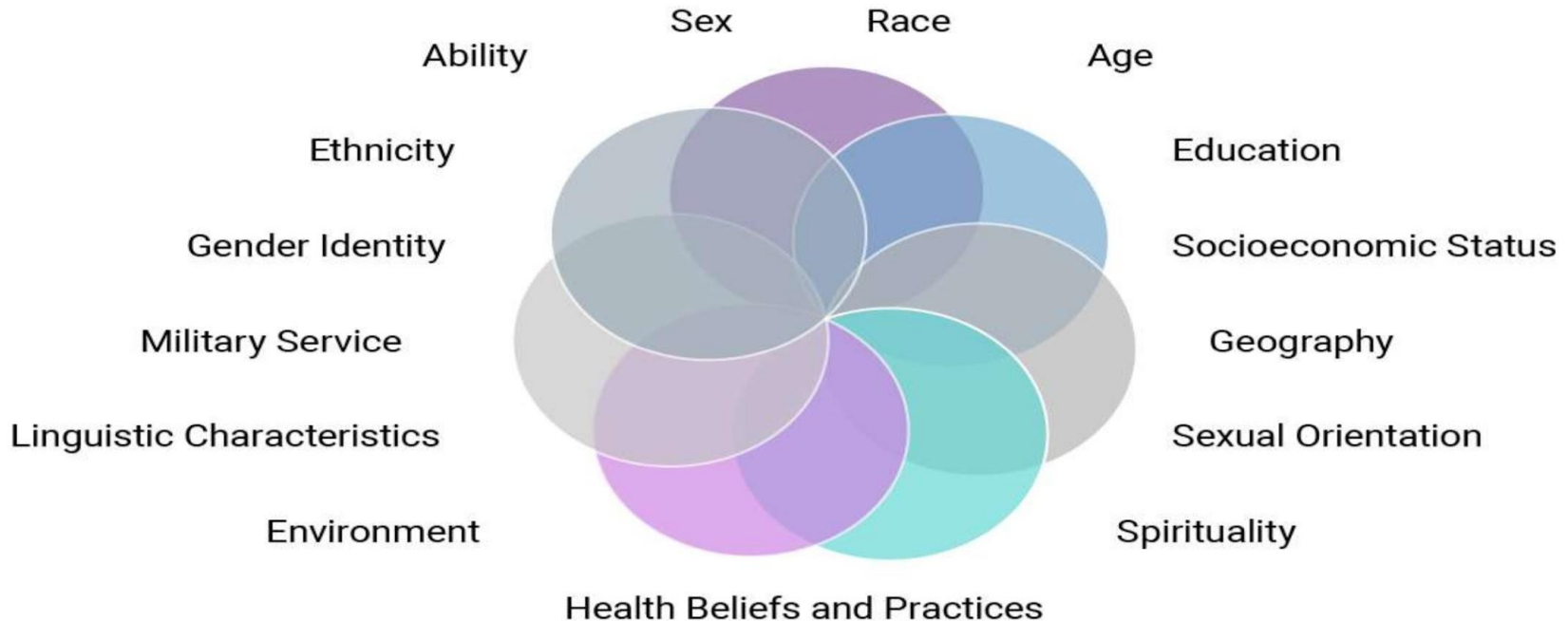
- “Describe the individual’s demographic (e.g., age, gender, ethnoracial background) or other socially and culturally defined characteristics that may influence interpersonal relationships, access to resources, and developmental and current challenges, conflicts, or predicaments. Other clinically relevant aspects of identity may include religious affiliation and spirituality, socioeconomic class, caste, personal and family places of birth and growing up, migrant status, occupation, and sexual orientation, among others. Note which aspects of identity are prioritized by the individual and how they interact (intersectionality), which may reflect the influence of clinical setting and health concerns.

Cultural identity of the individual in DSM-5-TR

- “For migrants, the degree and kinds of involvement with both the cultural contexts of origin and the new cultural contexts should be noted. Similarly, for individuals who identify with racialized and ethnic groups, the degree of interaction and identification with their own group and other segments of society should be noted. Language abilities, preferences, and patterns of use are relevant for identifying difficulties with access to care, social integration, and clinical communication or the need for an interpreter.”

Intersectionality of Cultural Identity Variables with Health Beliefs and Environment

(www.thinkculturalhealth.hhs.gov)

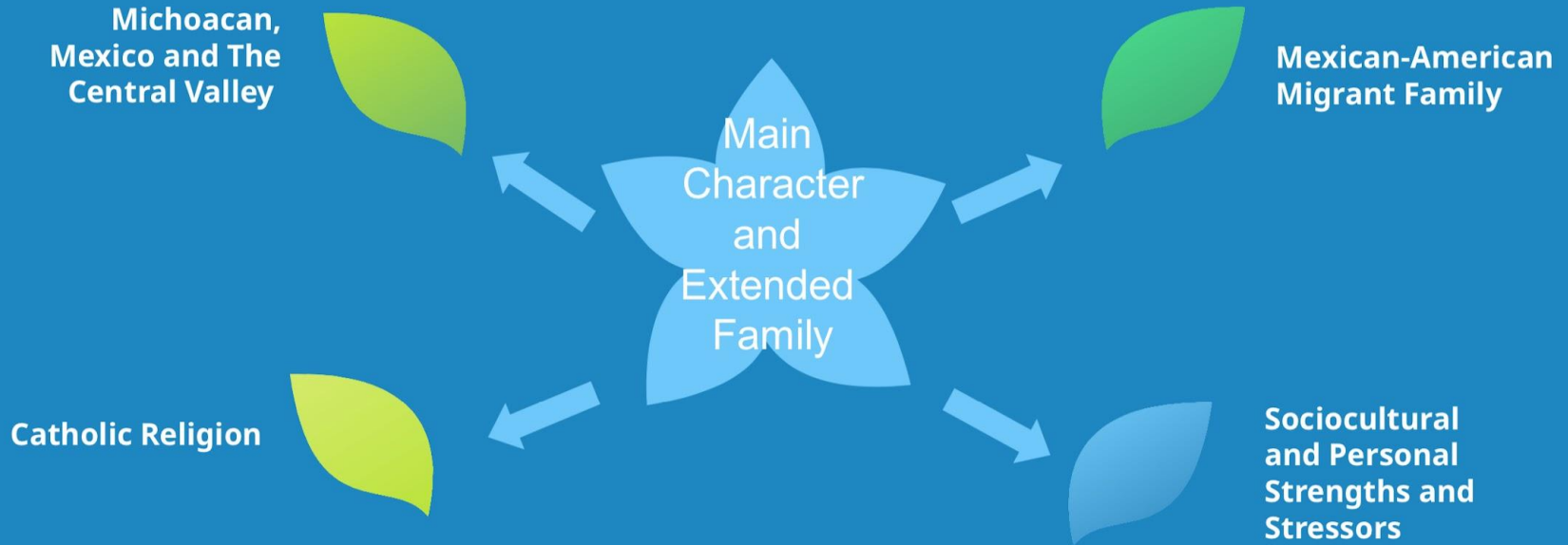


Cultural identity: Why is it important to understand for clinical care?

Cultural identity is related to:

- Cultural concepts of distress including health beliefs and practices
- Psychosocial stressors and supports in the person's life
- Cultural features of the relationship between the individual and the healthcare provider, treatment team, and institution

A Million Miles Away – Cultural Identity



Psychosocial Stressors and Cultural Features of Vulnerability and Resilience in the DSM-5-TR



**Key
Stressors,
Challenges,
and
Supports**



**Social
Determinants
of Health**



**Family
Characteristics**



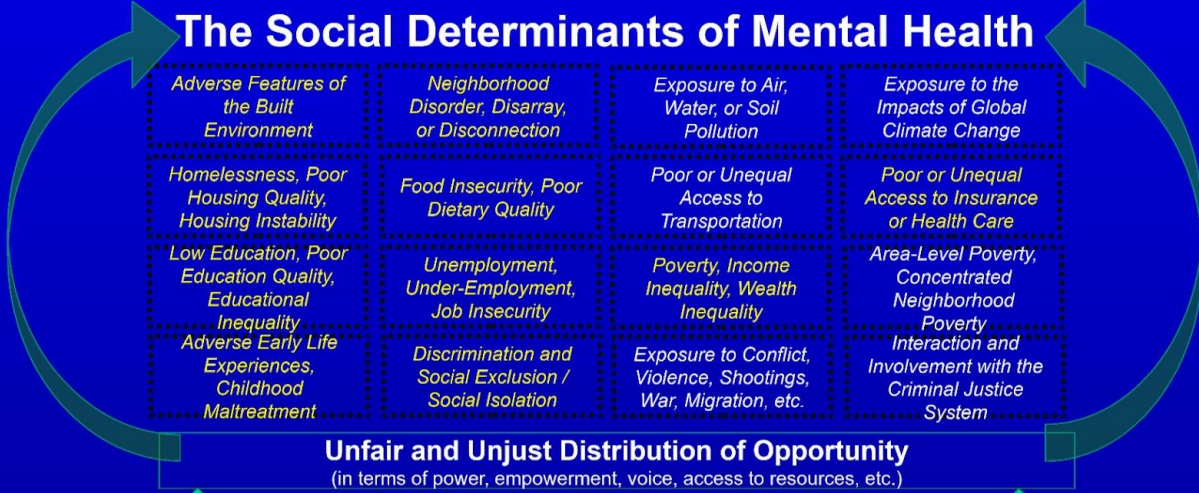
**Interpersonal
Relationships**



**Religious,
Spiritual, and
Moral
Identity**

Adverse Health Outcomes
 Poor Mental Health, Mental Illnesses, Substance Use Disorders, Morbidity, Disability, Early Mortality

Reduced Options, "Poor Choices" → Behavioral Risk Factors → Physiologic Stress Responses ← Psychological Stress



Public Policies (laws, ordinances, rules, regulations, court decisions, etc.)whom ↔ Social Norms (attitudes, biases, opinions of one group toward another)

Compton M and Shim R (eds.). **The Social Determinants of Mental Health.** Washington, DC: American Psychiatric Press, 2015, 2019

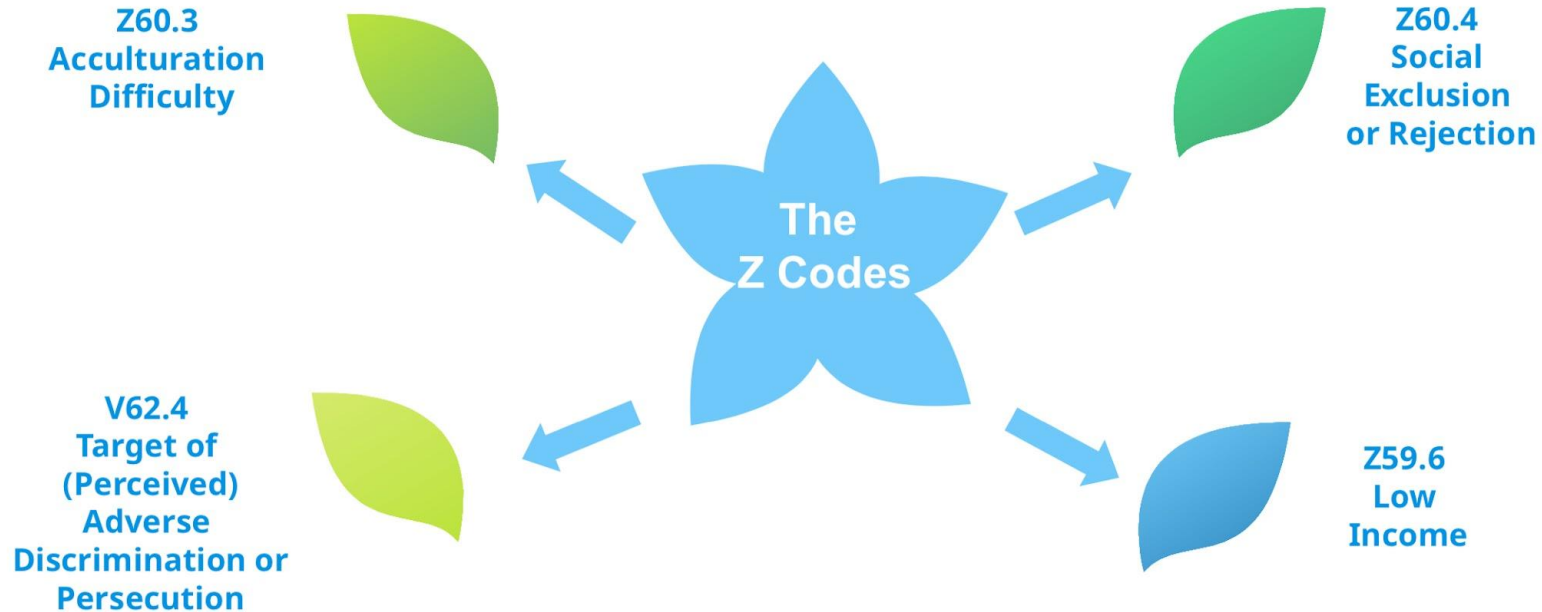
DSM-5-TR: Other Conditions That May Be a Focus of Clinical Attention (Z codes)

- “This chapter includes conditions and psychosocial or environmental problems that may be a focus of clinical attention or otherwise affect the diagnosis, course, prognosis, or treatment of an individual’s mental disorder. These conditions are presented with their corresponding codes from ICD-10-CM (usually Z codes). A condition or problem in this chapter may be coded 1) if it is a reason for the current visit; 2) if it helps to explain the need for a test, procedure, or treatment; 3) if it plays a role in the initiation or exacerbation of a mental disorder; or 4) if it constitutes a problem that should be considered in the overall management plan.”

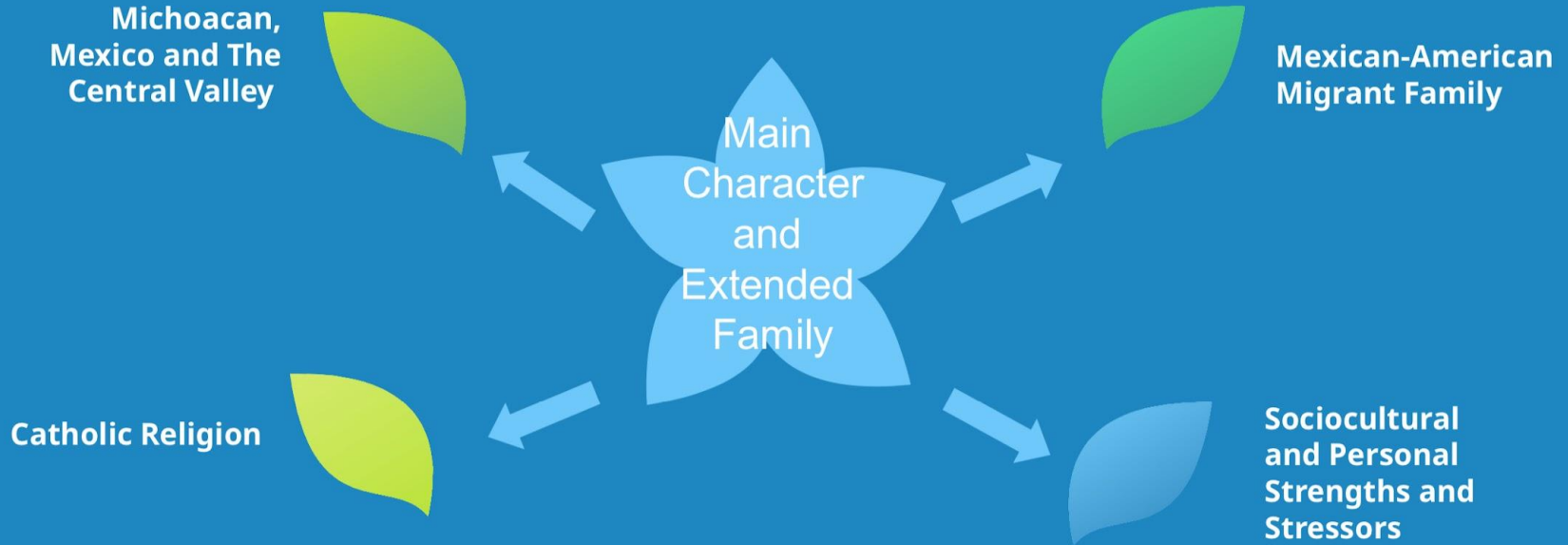
DSM-5-TR: Other Conditions That May Be a Focus of Clinical Attention (Z codes)

- “The conditions and problems listed in this chapter are not mental disorders. Their inclusion in DSM-5-TR is meant to draw attention to the scope of additional issues that may be encountered in routine clinical practice and to provide a systematic listing that may be useful to clinicians in documenting these issues.”

Psychosocial Stressors in DSM-5-TR

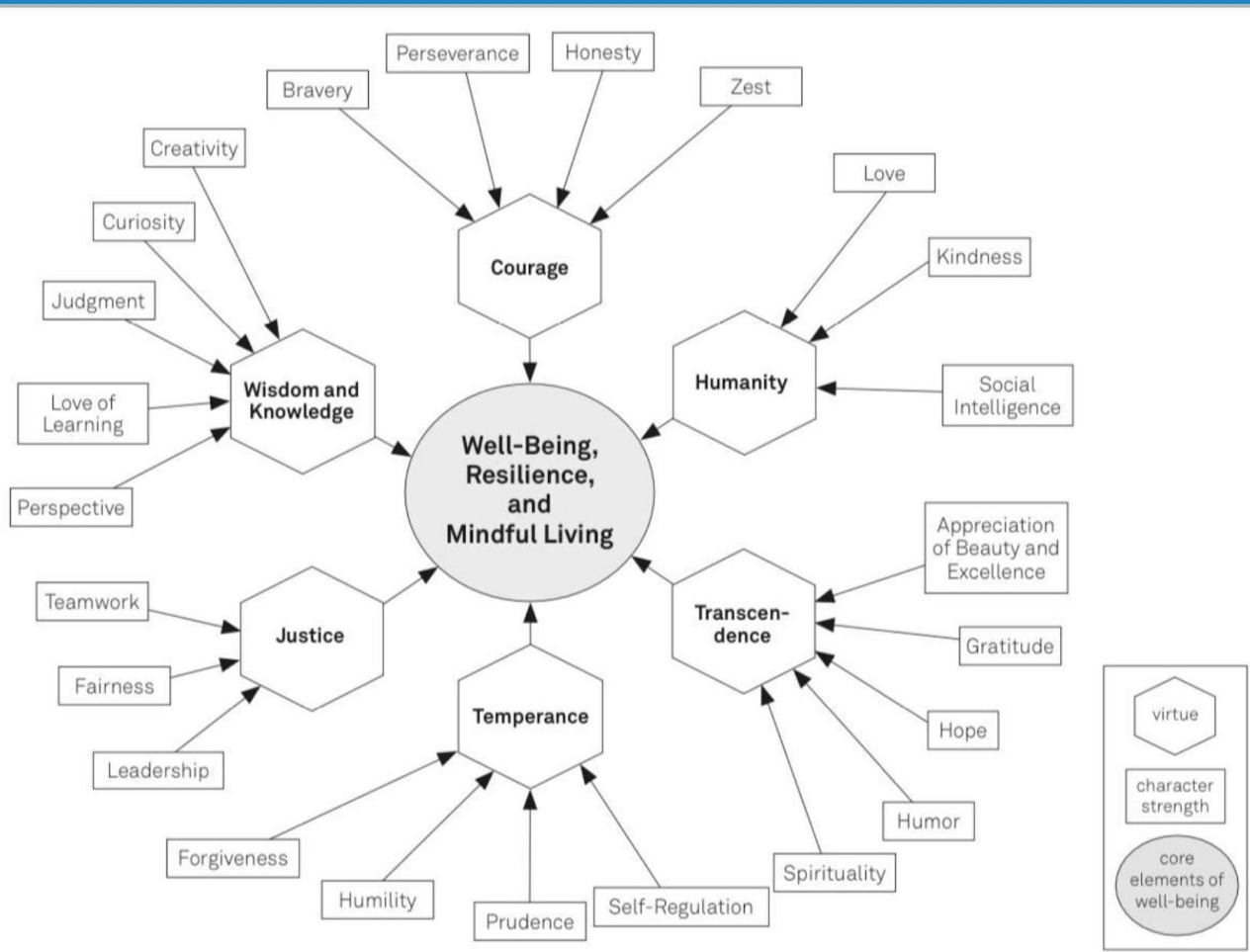


A Million Miles Away – Cultural Identity



Character Strengths (Niemiec, 2023)

- “Character strengths are positive personality traits that: 1. reflect core identity (who we are); 2. produce positive outcomes relating to boosting well-being (e.g., positive relationships) and managing adversity (e.g., handling stress); and 3. contribute to the greater and collective good (Niemiec, 2018)
- The ICD-10 and DSM-5-TR exist to study what is wrong with people, perhaps we ought to have something comparable for human strengths (Niemiec, 2023)



Hernandez and Character Strengths



Perseverance

Finishing what one starts
in a course of action in
spite of obstacles



Love of Learning

Mastering new skills,
topics, and bodies of
knowledge



Zest

Approaching life with
excitement and energy



Spirituality

Having coherent beliefs
about the higher
purpose and meaning of
the universe



Humor

Liking to laugh, bringing
smiles to other people



Humility

Letting one's
accomplishments speak
for themselves

What about your patient's
character strengths or
yours?

<https://www.viacharacter.org>



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VIA Institute on Character (2023)

Thank you!