

How To Use a Multicultural Intake Checklist

Some clients do not see their presenting physical, psychological, and/or behavioral difficulties as problems. Instead, they may view their presenting difficulties as the result of stress or another issue, thus defining or labeling the presenting problem as something other than a physical or mental disorder. In such cases, word questions about the following topics using the client's terminology, rather than using the word "problem." Asking questions about the following topics can help you explore how a client may view his or her behavioral health concerns:

- Immigration history
- Relocations (current migration patterns)
- Losses associated with immigration and relocation history
- English language fluency
- Bilingual or multilingual fluency
- Individualistic/collectivistic orientation
- Racial, ethnic, and cultural identities
- Tribal affiliation, if appropriate
- Geographic location
- Family and extended family concerns (including nonblood kinships)
- Acculturation level (e.g., traditional, bicultural)
- Acculturation stress
- History of discrimination/racism
- Trauma history
- Historical trauma
- Intergenerational family history and concerns
- Gender roles and expectations
- Birth order roles and expectations
- Relationship and dating concerns
- Sexual and gender orientation
- Health concerns
- Traditional healing practices
- Help-seeking patterns
- Beliefs about wellness
- Beliefs about mental illness and mental health treatment
- Beliefs about substance use, abuse, and dependence
- Beliefs about substance abuse treatment
- Family views on substance use and substance abuse treatment
- Treatment concerns related to cultural differences
- Cultural approaches to healing or treatment of substance use and mental disorders
- Education history and concerns
- Work history and concerns
- SES and financial concerns
- Cultural group affiliation
- Current network of support
- Community concerns
- Review of confidentiality parameters and concerns
- Cultural concepts of distress (DSM-5*)
- DSM-5 culturally related V-codes

**Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition* (American Psychiatric Association [APA] 2013).

Sources: Comas-Diaz 2012; Constantine and Sue 2005; Sussman 2004.