

Table: Cultural Activation Prompts (CAPs) for Consumers
 Prompts to start a cultural conversation with your care givers. Tell them:

1. What you would like to be called
2. The kind of person you would like to receive care from. <i>Even though the person you may be seeing for your care is not your first choice, it is still good to talk about this.</i>
3. The different cultural groups you identify with because you share some of their important values and world views... <i>this is your cultural identity</i>
4. Any negative or traumatic experiences you have had related to your cultural identity
5. The names given by persons in the groups you culturally identify with for why you are seeking care, <i>even the ones that may be hurtful</i>
6. What persons from the groups you culturally identify with think may be the cause(s) of your seeking care
7. Why you think you need care
8. What attitudes persons from the groups you culturally identify with have about your seeking care
9. What supports might be given to you from persons from the groups you culturally identify with while you are receiving care
10. What stresses might be placed on you by persons from the groups you culturally identify with when you are receiving care
11. Who from the groups you culturally identify with might help you while you are in care
12. Kinds of different care or alternative practices that you have had that have been helpful
13. Care that you have had that was not helpful
14. Things you like to do with groups you culturally identify with where you live, worship, shop, socialize, etc.
15. What indicates to persons from the groups you culturally identify with that you are in recovery