

## Presenting Issues:

An enrolled PCP emailed a consultation request into [WICPCP@mcw.edu](mailto:WICPCP@mcw.edu), stating that they were working with an adolescent girl who recently moved to a significantly less diverse community. There are very few kids who share her cultural background, and she is struggling to feel comfortable in her new high school. Are there recommended strategies to pass along to her and her family?

## WI CPCP Clinician Recommendations:

- First, it can be helpful to have honest conversations with youth that respect the realities of their experience and generate ideas to maintain previous connections while navigating their new school experience. From there, talk about aspects of their new school they can take on as “their own.”
  - Are there specific subjects they like or a particular activity they can focus on?
  - It might also be helpful to identify a school-based extracurricular activity that is known for having a supportive leader/coach and a more inclusive group of students.
- It is generally recommended that youth and families emphasize positive aspects of their cultural history and identity, and this can be especially meaningful during adolescence.
- In addition to family-generated conversations, it might be helpful in this case for the family to talk with the school guidance counselor about any school or district clubs that facilitate positive connections, particularly regarding cultural identity.
- It can also be helpful to identify classmates from all backgrounds who might be considered “allies” who are supportive of cultural diversity and look for opportunities to build interactions with them. This also goes for teachers, as often the development of even one trusted relationship with a teacher can make all the difference.
- School personnel should be contacted if anyone receives, or is exposed to, put-downs related to cultural heritage. [Stopbullying.gov](http://Stopbullying.gov) has good resources to help kids in the moment, as well as strategies for advocacy.
- Finally, in addition to talking with family and friends, there are many programs throughout Wisconsin affiliated with colleges and community organizations that provide guidance and support for culturally diverse youth.
  - Examples include local university cultural student centers or agencies that promote culturally empowering activities or mentorship.
  - An online search within your general area will likely identify some meaningful options.
- In addition to state and national resource support, contact [WICPCP@mcw.edu](mailto:WICPCP@mcw.edu) for case-specific community-based resources in your area.