



## *Cultural and Linguistic Competency Trainings*

### **California Brief Multicultural Competence Scale (CBMCS) (full or abridged version)**

The CBMCS measure is composed of 21 items to assess the four self-reported areas of multicultural competence. This training is applicable across mental health settings and providers with different professional backgrounds, providing historic, contemporary, and demographic information on the four main ethnic/racial/cultural groups in the U.S, to examine sources of bias that have resulted in inadequate services and curtailed use of services available to these groups, to provide awareness of empirical knowledge concerning the mental health status of ethnic, racial, and cultural groups, to recognize deficiencies in related research, and to explore implications for practice.

### **Cultural Formation Interview**

The American Psychiatric Association (APA) and the DSM-5 Cross-Cultural Issues Subgroup (DCCIS) came together to produce this evidence-based tool, composed of a series of questionnaires that assist clinicians in making person-centered cultural assessments to inform diagnosis and treatment planning.

### **Advancing Health Equity in Texas Through Culturally Responsive Care, CLAS Module (1.5 hours Online)**

This online training is designed for health care providers, such as physicians, nurses, social workers, community health workers, Promotoras, and other professionals. The goal of this module is to improve cultural proficiency among physicians and other health-care professionals with practical guidance about how to advance health equity by adopting and implementing the National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care.

<http://www.txhealthsteps.com/cms/?q=office-of-minority-health-and-health-equity>

### **Advancing Health Equity: A Blueprint for Implementation of the National CLAS Standards (2 hours Training)**

The National CLAS Standards are intended to advance health equity, improve quality, and help to eliminate health care disparities for individuals, organizations, and communities. The presentation offers concise, practical information on how to infuse CLAS throughout your agency/organization or program. In this presentation, participants will gain knowledge on the key components of the 15 Standards as well as explore strategies for implementation. Participants will gain understanding of how to advance and sustain CLAS-related principles through policies and practices for improvement in agency's/program's planning and operation. Key areas of focus include the workforce, language assistance, and community engagement. Interactive exercises are incorporated in the presentation to enhance participants' knowledge, awareness, and sensitivity to improve cross-cultural interactions in health, healthcare, and other service organizations.

**Health Equity 101 (2 hours Training)**

In this introductory presentation, participants will establish a common language to explain equity and increase knowledge about disparities in their service area. The presentation provides a conceptual framework to help participants understand the multiple factors that influence health disparities. The presentation provides a guided discussion for examining root causes of disparities to assist participants in identifying the social, economic, and environmental conditions that shape health outcomes. Participants will learn how to define, recognize and identify the Social Determinants of Health and examine their impact on individuals, families and communities. Interactive exercises are incorporated in the presentation to increase participants' knowledge and awareness of key factors.

**Life-Course Workshop: A Path Toward Equity (4 hours; Minimum 15 – Maximum 30 participants)** Using the Life Course Game, created and developed by CityMatCH, as a framework for health equity this workshop is designed to lead participants through an interactive experience on the influence of systemic racial inequities on health and disease patterns across the life span. Participants will examine the impact of health disparities across populations overtime and will be guided in developing strategies applicable to their communities and systems to transform policies and practices to improve overall outcomes for racial and ethnic minorities.

**Evolution of Minority Health, Part I (2 hours Presentation)**

In this interactive timeline presentation, early attempts by government and civil rights groups to improve health outcomes for minority groups are reviewed. The presentation, covering a time period from the Declaration of Independence (1776) through the Heckler Report (1985), looks at health disparities and where we are today as a nation in advancing health equity.

**EQUITY: Together We Can Achieve It (8 hours Training; Minimum 12 – Maximum 24 participants)**

The Equity Curriculum is designed to define and understand race and ethnicity, systemic racial inequities, share data, and examine the impact of historical and current policies and laws that impact disproportionate and disparate outcomes for individuals served in our systems. This interactive workshop presents an opportunity for professionals, community members, and anyone else interested in improving service delivery to collaborate and learn more about these issues in a nonthreatening, productive environment, and to identify ways of working differently to address them. The curriculum gives you concrete tools that can be used in your programs. Continuing education hours available for multiple disciplines.

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