

# Improving Cultural Competency for Behavioral Health Professionals Serving Public Housing Residents



## About This Learning Collaborative:

Behavioral health services form a crucial part in providing quality health care services, particularly to populations of diverse cultural backgrounds. Behavioral health services that adhere to cultural competency have shown to engender more positive health outcomes such as better adherence to medications and treatments, building trust between healthcare providers and their patients, and has contributed to the creation of more sustainable ways of providing care to patients overall. To assist Public Housing Primary Care grantee health centers in increasing the capacity to provide quality behavioral health services to patients from diverse cultural backgrounds, NCHPH will be conducting a 4-part learning collaborative. This learning collaborative will focus in helping behavioral health professionals increase cultural and linguistic competency.

## Learning Objectives:

1. Describe how culture, cultural identity, and intersectionality are related to behavioral health and behavioral health care.
2. Describe the principles of cultural competency and cultural humility.
3. Discuss how our bias, power, and privilege can affect the therapeutic relationship.
4. Discuss ways to learn more about a client's cultural identity.
5. Describe how stereotypes and microaggressions can affect the therapeutic relationship.
6. Explain how culture and stigma can influence help-seeking behaviors.
7. Describe how communication styles can differ across cultures.
8. Identify strategies to reduce bias during assessment and diagnosis.
9. Explain how to elicit a client's explanatory model.

## Panelists

**Saqi Maleque Cho, Dr PH, MSPH.**

Director of Research, Policy, and Promotion, National Center for Health in Public Housing

**Fide Pineda Sandoval, CHES**

Health Research Assistant, National Center for Health in Public Housing

## Target Audience

Direct service providers for behavioral health.

## Dates:

### Session 1:

*Learning Collaborative Introduction*

October 7, 2021 12:00-1:00 PM EDT

### Session 2:

*An Introduction to Cultural and Linguistic Competency*

April 28, 2021 12:00-1:30 PM EDT

### Session 3:

*Know thyself - Increasing self-awareness*

November 18, 2021  
12:00 - 1:30 PM EDT

### Session 4:

*Knowing others - Increasing awareness of your client's cultural identity*

December 9, 2021  
12:00 - 1:30 PM EDT

### Session 5:

*Culturally and linguistically appropriate interventions and services*

January 6, 2020  
12:00 - 1:30 PM EDT

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