

## **21<sup>st</sup> Century Culturally Responsive Mental Health Care**

Trainer: Cecilia Singh, Ph.D.

Trainer Title: Licensed Psychologist  
Trainer Agency: Yale Child Study Center

Trainer Title: Consultant  
Trainer Agency: Child Health and Development Institute of Connecticut, Inc.

### Description

This day long day training will increase participant's understanding of the impact of a person's cultural and ethnic background on the delivery and receipt of emergency mobile psychiatric services. Through the use of interactive exercises, small and large group discussions, video clips, didactic presentations and the discussion of person vignettes, participants will examine the ways in which a person's cultural values and worldview impacts how children and families participate in, and respond to behavioral health services. Participants will additionally explore the ways in which their own cultural values, worldview, and assumptions inevitably affects their day to day work. Key treatment and assessment approaches contributing to the delivery of culturally competent emergency mobile psychiatric services will be discussed.

### Learning Objectives

1. Participants will learn about principles of cultural competence and their impact on conducting emergency mobile psychiatric services and day to day encounters.
2. Participants will begin to explore how their own worldview, values, biases and assumptions impact their work and their day to day encounters.
3. Participants will be provided with a variety of tools and resources that will assist in enhancing cultural competence in emergency mobile psychiatric services.

### Training Outline

- Introductions
- Review of Agenda, Logistics, Conversation Guidelines
- What Is Cultural Competence?
- Cultural Tenets
- Cultural Identity and Worldview
- Break
- Stereotyping and Automatic Thinking
- Lunch
- Dynamics of Difference
- Break
- Practical Application Activities
- Closing and Evaluation