



## CULTURAL/LINGUISTIC COMPETENCE TRAININGS

### IMPLEMENTATION OF THE NATIONAL CULTURALLY AND LINGUISTICALLY APPROPRIATE SERVICES (CLAS) STANDARDS

**3 hours, 15-50 participants**

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.

### CALIFORNIA BRIEF MULTICULTURAL COMPETENCE SCALE (CBMCS) TRAINING

**16 hours, 20-50 participants**

This training is an abridged version of the 32-hour CBMCS training, developed through collaboration among the University of La Verne, the California Department of Mental Health, the California Institute of Mental Health, and the California Mental Health Directors Association. The CBMCS Scale is a 21-question self-assessment developed to measure the cultural proficiency of mental health providers, and the companion training works to improve competency within four domain areas: multicultural knowledge, awareness of cultural barriers, sensitivity and responsiveness to persons with lived experience, and sociocultural diversities. This intensive program is intended for mental health practitioners to explore a deeper understanding of how to ensure culturally appropriate service delivery from diagnosis to termination of the professional relationship.

### THE LIFECOURSE THEORY WORKSHOP

**4 hours, 15-40 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.

## HEALTH EQUITY 101

### 3 hours, 15-50 participants

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.

## THE EVOLUTION OF MINORITY HEALTH

### 3 hours, 15-100 participants

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.

## ADULT OR YOUTH\* MENTAL HEALTH FIRST AID

### 8 hours, 15-30 participants

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia. The training can be made available in both English and Spanish. \*The Youth Mental Health First Aid curriculum is intended for adults (ages 18+) who work with youth.

## TAILORED POPULATION SPECIFIC TRAININGS

### Length of training and participant minimum/maximum range may vary

Both online and in-person trainings on working with specific populations may be offered according to the needs of the requestor. The requestor must be able to communicate: population(s) of focus for the training; estimated number of participants; professional role of participants; desired length of training; online versus in-person preference; current level of knowledge of participants in working with population(s) of focus; desired outcome of training; previous training participant exposure to cultural competence trainings; any specific details pertinent to training participants working with the population(s) of focus. Examples of populations of focus include racial/ethnic minorities, persons who identify as LGBTQ+, persons living in rural areas, persons living in poverty, persons with disabilities, and persons of specific faith groups.