

Think Cultural Health Behavioral Health E-Learning Curriculum: Improving Cultural Competency for Behavioral Health Professionals

FREQUENTLY ASKED QUESTIONS (FAQs)

What is the Improving Cultural Competency for Behavioral Health Professionals Program?

It is the HHS Office of Minority Health's new, free and accredited e-learning program for behavioral health professionals designed to help build behavioral health providers' knowledge and skills related to cultural and linguistic competency.

Who should take the e-learning program?

The program is geared towards behavioral health professionals such as certified counselors, nurses, psychiatrists, psychologists and social workers.

Why should I take this e-learning program?

By completing this online program, you can learn how to better respect and respond to your client's unique cultural and communication needs while earning free continuing education credits (CMEs and CEUs).

What does the e-learning program cover?

The e-learning program covers:

- How culture impacts behavioral health
- How your own cultural identity can affect your interactions with clients
- How to better understand your clients' cultural identities
- How to better engage, assess and treat clients from diverse backgrounds

What is the content of the e-learning program?

The e-learning program consists of four courses.

- **Course 1: An introduction to cultural and linguistic competency**
Course 1 consists of four modules that will introduce you to cultural and linguistic competency and explain how it helps you better understand your client's needs and provide higher quality care.
- **Course 2: Know thyself – Increasing self-awareness**
Course 2 consists of three modules that will help you become more aware of your cultural identity and the way it influences how you engage and interact with clients.
- **Course 3: Knowing others – Increasing awareness of your client's cultural identity**
Course 3 consists of four modules that will give you tools to better understand your clients. Learning about your clients' cultural identities – including how they experience discrimination, view behavioral health services, express distress, and seek help – can help you build better therapeutic relationships.
- **Course 4: Culturally and linguistically appropriate interventions and services**
Course 4 consists of three modules that will provide you with strategies on how to better engage, assess, and treat clients from diverse backgrounds. The order of the modules reflects the therapeutic process: engagement, assessment and diagnosis, and treatment.



How long does it take to complete the program?

The e-learning program, which takes about five hours, can be completed at your own pace and on your own time.

How much does the e-learning program cost?

The e-learning program is available at no cost to participants.

Are continuing education credits available?

Yes. Behavioral health professionals (licensed alcohol and drug counselors, nurses, psychiatrists, psychologists, and social workers) can earn up to five continuing education.

How can I access the e-learning program?

Visit ThinkCulturalHealth.hhs.gov/education/behavioral-health

Where can I find other free cultural competency e-learning programs?

Visit the suite of Think Cultural Health e-learning programs at ThinkCulturalHealth.hhs.gov/education.

What is Think Cultural Health?

Think Cultural Health is a website of the HHS OMH that provides health and health care professionals with continuing education opportunities, resources, and information about culturally and linguistically appropriate services, or CLAS.

Are there standards for culturally and linguistically appropriate services?

Yes, the National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care (The National CLAS Standards) aim to improve health care quality and advance health equity by establishing a framework for organizations to serve the nation's increasingly diverse communities.

To learn more, visit ThinkCulturalHealth.hhs.gov/clas.



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