

## ***Solihten Update - Lite***

**A Solihten Institute Publication New in 2022**

### **Improving Cultural Competency for Behavioral Health Professionals (HHS) A Center Program's Experience**

The Equity & Inclusion Taskforce of the Solihten Institute National Board of Directors welcomed **Jen Parsons, Wellness Screen Program Director** for the *Samaritan Counseling Center of the Fox Valley in Menasha, Wisconsin* to the **Solihten Institute Equity and Inclusion Monthly Resource Hour** in April to facilitate a conversation around the formation and application of the program's Cultural Competency Committee. The establishment of this group was driven by both identified needs, but also the utilization of the US Department of Health and Human Services, "Improving Cultural Competency for Behavioral Health Professionals" program.

*Jen Parsons has 10+ years' experience working with youth and adults in various roles within the mental health setting. Jen is proud of the Connected Community Wellness Screen program mission, as the main focus is on early identification, intervention, and connection to supportive community resources for any mental health concern that a student may be struggling with. Jen's role consists of being a resource for community partners, school districts as well as parents.*

#### **Resources:**

- [Session Recording](#)
- [PowerPoint Presentation](#)
- [Improving Cultural Competency for Behavioral Health Professionals](#),  
US Department of Health and Human Services

Cultural and linguistic competency is recognized as an important strategy for improving the quality of care provided to clients from diverse backgrounds. The goal of this e-learning program is to help behavioral health professionals increase their cultural and linguistic competency.

- In Course 1, **An introduction to cultural and linguistic competency**, you'll learn what culture has to do with behavioral health care.
- In Course 2, **Know thyself – Increasing self-awareness**, you'll learn how to get to know your cultural identity and how it affects your work with clients.
- In Course 3, **Knowing others – Increasing awareness of your client's cultural identity**, you'll learn how to get to know your client's cultural identity.
- In Course 4, **Culturally and linguistically appropriate interventions and services**, you'll learn how to build stronger therapeutic relationships with clients from diverse backgrounds.

The estimated time to complete all 4 Courses is between 4 – 5.5 hours.