

Alameda County Behavioral Health and Office of Ethnic Services presents:

# Using Cultural Humility as an Anti-Racist Framework for Asian American and Pacific Islander (AAPI) Client Care

May 11, 2021 10:30 am—12:30 pm

**Description:** Asian American and Pacific Islander (AAPI) communities have long been silenced in conversations of equity and social justice. However, the rise of anti-AAPI hate crimes in the last year show that our community needs greater care, safety, and cross-racial understanding. To do this, we must look to cultural humility as a framework to engage in anti-racist client care for AAPI and other communities of color. This workshop will engage the theories and praxes of cultural humility, including its 3 main principles: (1) Lifelong learning and critical self-reflection; (2) Institutional accountability; and (3) Recognizing and challenging inequities. On the topic of inequity, this workshop will discuss the origins of race and its enduring legacies in order to bring greater context and urgency to contemporary issues of institutional racism and health disparities. Lastly, this workshop will conclude with strategies for continuously practicing cultural humility as both service providers and life-long learners. The course addresses The National Standards for Culturally and Linguistically Appropriate Services (CLAS).



**Educational Goals:** Mental health/ behavioral health specialists can gain better insight about how to best treat their Asian American and Pacific Islander (AAPI) clients by understanding the foundational principles of cultural humility and the ongoing impacts and challenges of racism.

## Learning Objectives:

- Identify 3 principles of cultural humility and how it differs from cultural competency.
- Identify 3 categories of focus embedded in the National CLAS Standards, which aim to advance health equity through institutional/ organizational accountability.
- Describe the 2 main types of racism that service providers should seek to identify and challenge in order to mitigate bias, disparity, and discrimination against clients of color.

Kat Alvarado, MA (she/her), is the CLAS ACT Project Coordinator at NICOS Chinese Health Coalition, a public-private-community partnership of more than 30 health and human service organizations. She specializes in facilitating workshops on cultural humility, anti-racism, the National CLAS Standards, and Asian American and Pacific Islander (AAPI) health and wellbeing. Kat earned her B.A. from California State University, Los Angeles and her M.A from San Francisco State University with a concentration in Equity and Social Justice.

[CLICK HERE TO REGISTER:](#)

**“A POST-TEST WITH A 70% PASSING SCORE IS REQUIRED TO COMPLETE AN ONLINE TRAINING FOR ALL PARTICIPANTS.”**

“The required Pre-reading can be found [HERE](#).”

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To request reasonable accommodations or to file a grievance about a training go to: <http://www.acbhcs.org/training>

*Continuing Education (CE) credit is only provided for County and ACBH contracted Provider staff. This course meets the qualifications for 3 hours of CE credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services (ACBHCS) is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0622; for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; and for Psychologists as an approved provider by the California Psychological Assoc., Provider No. ALA006. ACBHCS maintains responsibility for this program/course and its content. Please note: to receive CE credit, it is the participant's responsibility to attend the full training, sign in and out, achieve a score of at least 70% on the post-test(s), and complete the evaluation. No partial credit can be given. CE Certificates will be emailed to qualifying participants within 30 days of the training. To complete an ACBH sponsored virtual training, attendees must achieve a score of at least 70% on the post-test(s).*

