

The Chinese Health Initiative
presents Cultural Humility in
Behavioral Health:

Cultural Considerations for Chinese & Chinese Americans

Course Description:

Training for BHRS Staff & Providers to increase their understanding of and ability to communicate effectively with parents about their children's mental health concerns.

Course Objectives:

1. To be familiar with Chinese/Chinese American history, cultural beliefs, values, and stigma as they relate to health, mental illness, substance use, and help-seeking behaviors.
2. To identify potential barriers and challenges when working with Chinese parents and youth who are struggling with mental, emotional health, and/or substance use issues.
3. To learn strategies to help better engage and maintain effective relationships with Chinese & Chinese American parents.

Tuesday, September 17, 2019

Course: 1:00p-5:00p

(Registration starts at 12:30)

Location: Red Morton Community Center

1120 Roosevelt Avenue
Redwood City, CA 94061

If you require accommodation for a disability or have any questions or concerns, please contact Workforce Education & Training at BHRS-WorkforceDev@smcgov.org

If you are a county worker, please register through LMS: www.smcgov.org/LMS

If you **do not** have an LMS account, please register here: <https://chi-chinese-cultural-considerations.eventbrite.com>

Streamed on Facebook Live here: shorturl.at/htKY0
Note: CEs not available for viewing livestream. Must be physically present at the training



Cultural and Linguistic Competency

The planners and speakers of this CME activity have been encouraged to address cultural issues relevant to their topic area. San Mateo County provides services through the Health Care Interpreter Network (HCIN). The San Mateo

County Language Assistance intranet site is at:

<http://intranet.co.sanmateo.ca.us/healthsystem/interpretation-translation>.

For more information on Cultural Competence resources San Mateo County Health System offers, visit the San Mateo County Office of Diversity and Equity website at: www.smchealth.org/ode.

Disclosure of Relevant Financial Relationships

The speaker(s) and planner(s) declare that neither they, nor any member of their immediate families, have had a financial relationship in the past 12 months that is relevant to this training activity.

Important Continuing Education Information

This course is provided free of charge. Unless otherwise noted, all activities included within the course are eligible for CEU/CEH credit. For those attendees that successfully complete the course, a completion certificate will be provided at the conclusion of the course or within 30 days via mail/email.

San Mateo County Behavioral Health & Recovery Services is approved to provide the following:

- This course meets the qualifications for 2.5 hours of continuing Education credits for LMFTs, LCSWs, and LPCCs as required by the California Board of Behavioral Sciences. CAMFT CE Provider # 128414
- Provider approved by the California Board of Registered Nursing, Provider Number CEP1405, for 2.5 contact hours.
- Provider approved by CCAPP-EI, Provider Number 4C-06-400-1119 for 6 CEH's.

Note: CEs will not be available for viewing livestream or recording, only physical attendance at training.

Course Agenda:

(Registration begins at 12:30p)

1:00 pm	Cultural considerations with the Chinese/Chinese American community
2:30 pm	BREAK (Light refreshments provided)
2:45 pm	Overview of clinical practice with Chinese/Chinese Americans
3:30 pm	Working with Children and their families
4:30 pm	Question & Answer Wrap Up & Evaluations

About the Trainer

Helen H. Hsu, Psy.D., is a staff psychologist, Asian American specialist, and lecturer at Stanford University, current president of the Asian American Psychological Association (AAPA), and Training Advisory Committee Member of the American Psychological Association (APA) Minority Fellowship Program. Helen also served on the APA Committee on Sexual Orientation and Gender Expression and was a Union City Human Relations Commissioner for 10 years.

As a bi-cultural, bi-lingual clinician, Helen has worked within the Alameda County Behavioral Healthcare system in roles ranging from intern, school based clinician, to clinical supervisor within Asian Community Mental Health Services, Juvenile Community Probation, and the City of Fremont Youth and Family Services.

Her work has focused primarily on intersectional diverse communities, culturally responsive treatment, parenting education, school-based clinical services, grief and loss, and the mentoring and leadership development of psychology students. She has worked extensively in private practice and is a consultant for the Netflix series 13 Reasons Why and author of several clinical book chapters.