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What is Cultural Competence?

Cultural competence involves understanding and appropriately responding to the unique combination of cultural variables that effect a person or situation- including ability, age, ethnicity, beliefs, experience, gender, linguistic background, national origin, race, religion, sexual orientation and socioeconomic status.

Developing cultural competence is a process requiring ongoing self-assessment and expansion of one's cultural knowledge. It begins with an understanding of one's own culture, continuing through interactions with individuals from various cultures.

According to NAMI: "When mental health professionals take cultural needs into account, outcomes can be greatly improved for the person receiving services".

Cultural competence in our service delivery is increasingly important to respond to demographic changes in our state.

"Never doubt that a small group of thoughtful committed people can change the world. Indeed, it is the only thing that ever has" Margaret Mead

Did You Know?

The Foundation of Hope for Research and Treatment of Mental Illness will host the annual "Walk for Hope "on Sunday October 9th in Raleigh.

The walk raises funds for mental health research here in North Carolina. More information on the walk can be found at: www.walkforhope.com

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