

# Cultural Competency Academy Day 1: What Does This Have to Do with Me?

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## Learning Objectives

- Recognize the benefit of self-assessment
- Discuss the importance of person-first and recovery language
- Describe the role of person-first and recovery language in the delivery of Behavioral Health Services
- Define Bias
- Define cultural competency, humility and responsiveness

## Time

## Activity

9:00am – 10:15am

Introduction for the day/Setting the Table

Self-Assessment

10:15am – 10:30am

Break

10:30am- 12:00pm

Self-Assessment (Continued)

Basics of Culture

12:00pm- 1:00pm

Lunch

1:00pm – 2:00pm

Intersectionality

2:00pm- 2:15pm

Break

2:15pm – 4:00pm

Bias

Wrap – Up: Questions, Comments.