

# APS Supervisor Core Virtual Workshop

## Building Cultural Humility and Cultural Responsiveness (Module 2B)



### Description

APS supervisors will be introduced to the concepts of cultural humility and cultural responsiveness. Through self-reflection and group discussion activities, participants will explore ways to promote and practice these concepts individually, with staff, and within their organizations. Utilizing information and tools presented, participants will be encouraged to continue the learning and application of these concepts throughout their work.

### Dates and Time

DATE: May 6, 2021  
TIME: 9:00AM-11:00AM

LOCATION: ZOOM

DATE: May 12, 2021  
TIME: 9:00AM-11:00AM

LOCATION: ZOOM

### Registration

REGISTRATION PROCESS: Please register through your county training coordinator.

If you have any questions, please contact:  
[apstraining@sdsu.edu](mailto:apstraining@sdsu.edu)

REGISTRATION DEADLINE: **April 19, 2021**

### Learning Objectives

Upon completion of this training, the participant will be able to:

1. Discuss the definitions of cultural humility and cultural responsiveness.
2. Identify ways to promote cultural humility and responsiveness within their organization.
3. Describe the importance of systemically committing to ongoing learning, assessment, and adjustment.

### Intended Audience

This workshop is intended for APS Supervisors both new and experienced.

### Additional Information – Please Read

*It is highly recommended that this training be completed AFTER the completion Understanding Implicit Bias and Structural Racism (Module 2A). The trainings are complementary and build upon each other.*

**Note:** a **pre-work assignment** will be sent one-week prior to the training date. Please allow approximately 15 minutes to complete. This must be completed prior to attending the training.

### Presenter

**Deana Helmy, MS, LMFT** is a Licensed Marriage and Family Therapist, and works as a Clinical Training Coordinator for the Orange County Health Care Agency – Behavior Health Training Services. Deana has worked in community mental health for over 10 years, and has facilitated training around mental health awareness and suicide prevention, including Applied Suicide Intervention and Techniques (ASIST), Mental Health First Aid (MHFA), and Youth Mental Health First Aid (YMHA). She also sits on the Behavior Health Equity Committee and has supported with the creation and implementation of the annual Cultural Competency Training. Deana has a strong passion for promoting cultural humility in both the workplace and across communities, and is currently working on collaborative projects to incorporate diversity, equity and inclusion training throughout the agency. She holds a Bachelor's of Arts in Psychology and Social Behavior and a Teaching Credential from University of California, Irvine, and a Master's of Science in Counseling from California State University, Fullerton.

