

Asian Pacific Islander Desi American (APIDA) Cultures and Behavioral Health (BH0316)



CHILDREN, YOUTH AND FAMILIES
SYSTEM OF CARE
TRAINING ACADEMY

Asian Pacific Islander Desi Americans (APIDA) have been the fastest growing racial group in the United States for much of the past decade. While representation grows, utilization of behavioral health services has not risen proportionately. A number of reasons have been identified as contributing to APIDA families and youth not accessing these services. Exploration of these factors as well as other concepts related to APIDA cultures and behavioral health will be addressed in this full-day training.

See page 3 for training outline.

Prerequisite: Introduction to APIDA Communities eLearning (BHE0116)

Learning Objectives

Upon completion of this training, participants will be able to:

- Describe how Asian Pacific Islander Desi American (APIDA) bias manifests and identify the impact of these biases on behavioral health.
- Discuss strategies for increasing engagement of APIDA families by responding to specific needs with the intention of minimizing implicit bias.
- Demonstrate how to create physical and emotional space to actively listen and learn from Asian Pacific Islander Desi Americans.
- Recognize and act on concepts of multidimensionality in APIDA cultures.
- Demonstrate strategies to provide compassionate and empathetic services to APIDA families and youth.



Registration Information

If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email RIHS@sdsu.edu if you have any questions.

This training is **FREE** of charge to BHS County employees and contractors.

LIVE-VIRTUAL TRAINING



Date: April 7, 2022

Time: 8:30 AM – 3:30 PM

This course will be conducted remotely through [Zoom](#). A link will be sent to participants a week before training.

REGISTRATION

[Click here](#) to log into the Learning Management System (LMS) and Register.

Course Code: BH0136



AUDIENCE

CYF-BHS counselors, case managers, therapists, supervisors, and other direct services providers.



THE TRAINERS

[Michelle Ly, LMFT](#)

[Michael Juan, Ph.D.](#)

Thank you for your continued understanding about our need to put the safety of our staff, facilitators, and customers first.

Please review the COVID protocol for in-person trainings.
<https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/>

**COVID Message and
In-person Training Protocol**

ADA

Please submit all requests for accommodations two weeks prior to the start of the training. The Academy for Professional Excellence is committed to creating an inclusive and welcoming environment that appreciates and builds on diversity. In accordance with the Americans with Disabilities Act (ADA) of 1990, and California Administrative Code Title 24, The Academy for Professional Excellence prohibits discrimination on the basis of a disability in employment, public services, transportation, public accommodations, and telecommunication services.

Continuing Education

This course meets the qualifications for **6** hour of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-398-0822, and CAADE Provider # CP40 906 CH 0323 for **6** contact hour/CEH. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).

Responsive Integrated Health Solutions (RIHS) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.



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Course Outline



Asian Pacific Islander Desi American (APIDA) Cultures and Behavioral Health

Course Code: BH0316

Michael Juan, Ph.D. and Michelle Ly, LMFT

Educational Goal:

To gain a deeper understanding of Asian Pacific Islander Desi American (APIDA) cultures and biases to improve the delivery of behavioral health services with APIDA children, youth and families.

Time	Activity
8:30 – 9:30 am	Welcome, Introduction, Objectives Review of eLearning prerequisite
9:30 – 10:15 am	Bias - Asian American IAT
10:15 – 10:30 am	Break
10:30 – 11:00 am	Internalized Oppression/Colonial Mentality
10:45 – 11:30 am	Racism and Microaggressions; Model Minority Myth
11:30 am – 12:00 pm	Diversity, Intersectionality, and Privilege
12:00 – 1:00 pm	Lunch
1:00 – 1:30 pm	Cultural Perceptions of Mental Health
1:30 – 2:15 pm	Behavioral Health Issues Impacting the APIDA Communities
2:15 – 2:30 pm	Break
2:30 – 3:15 pm	Treatment considerations
3:15 – 3:30 pm	Wrap Up: Questions & Comments

***Please note: In order to receive completion and credit/CEs, you must have your video camera on for the duration of training.**