

Cultural and Structural Competency Training & Application

Part 1: Contextualizing and Updating Cultural Competency

Introduction: Defining Cultural and Structural Competency/Humility

Objective 1: To understand how structural factors determine beliefs, attitudes, values, and behaviors

- Why/how do structural factors affect the care encounter between patients and providers
 - Describe the social and structural determinants of health as they relate to barriers to care

Objective 2: Increase awareness and knowledge of Cultural and Structural Competency/Humility

- Videos and narratives of patients/peers discussing barriers to care, experiences with providers/mental healthcare facilities, information providers should know about structural barriers

Objective 3: Improving Quality of Care

- Reframing role of providers in patient-provider interactions
- What can I (provider) do?
- Debunking/demystifying myths and stereotypes

Part 2: Cultural and Structural Competency in Practice – Health Habitus

Objective 1: Determine/identify how the care encounter is affected by cultural and structural factors

- Description and review of:
 - *Health Lifestyle Model* – what is health habitus and how it shapes our health
 - *Patient-centered care* – how the health habitus is addressed when practicing patient-centered care

Objective 2: Integrating Health Habitus into patient-centered care

- Health Habitus: definition, significance and examples
- Health Habitus: writing and sharing our own Health Habitus
- Health Habitus Interviewing: the *method* to get Health Habitus
- Health Habitus Interview Guide: the *tool*
- Health Habitus Note: the *form* to write a patients' Health Habitus
- Health Habitus Interviewing and Health Habitus Note writing
- Health Habitus Integration: using the information from the Health Habitus Note to provide *patient-centered care*