

Cultural Considerations for Mental Health and Addictions Services

Review the historical literature regarding mainstream clinical treatment of mental health and substance abuse for diverse client populations. Examine cultural norms and values of African Americans, Latinos, Women and LGBT client populations. Explore typical barriers and biases which may impact treatment. Discuss strategies for best practice approaches.

Date: Friday, October 18 / \$69 (\$79 after October 11)

Time: 8:30 a.m. – 12 noon (one 15-minute break)

Earn: 3.8 Social Work CEUs / 3.25 MFT CEUs

Objectives:

- Identify potential cultural barriers which may impede treatment
- Describe specific concerns of the following: African Americans, Latinos, Women and LGBT client populations
- Discuss strategies for culturally sensitive practice

Teaching Methods: Lecture, small group activity, case scenarios and Q&A

Presenter:

William "Tony" Mathis, LCSW, CADC, is a Veterans Justice Outreach Specialist at the Veteran's Administration, a Therapist at the Morton Center and founder of T. Mathis, LLC. He is a Licensed Clinical Social Worker, a Certified Alcohol Drug Counselor, a Certified DUI Assessor and Instructor, an Autonomous Batterers Independent Provider and a Board Certified Diplomat. William has over 20 years' experience working with individuals in various phases of recovery across various treatment settings, from detox to inpatient to corrections to community-based education and intervention.

Content Outline:

- I. Welcome and Introductions
- II. Cultural Norms and Values for African American, Latino, Women, and LGBT populations (Mini Lecture)
- III. Stereotypes of minority groups (Small Group Activity)
- IV. Clinician related barriers to effective mental health services: Myths, misconceptions, prejudice, discrimination (Mini Lecture)
- V. Client related barriers to effective (Mini Lecture)

VI. Best Practice approaches for culturally aware and respectful practitioners (Case Scenarios)

VII. Question and Answer

VIII. Evaluations