

# Cross-Cultural Care in Mental Health and Depression

**Audience:** Psychiatrists, Psychologists, Psychiatric Nurses, Staff Clinicians, and Social Workers

**Accreditation:** 1 CME, CEU, CCM or Social Work CE Contact Hour

## About This Course

Research shows that social and cultural factors affect people's presentation of mental health conditions, and can significantly influence their perspectives about treatment and care management.

This interactive course helps mental health care professionals develop a skill set that is critical to ensuring quality interactions with diverse individuals across all stages of care, including diagnosis, treatment, and ongoing management of individuals with mental health conditions, especially depression.

## Learning Outcomes

- Identify how depression impacts the health of diverse populations
- Describe the key social, cultural, and external factors that are particularly important in the care of diverse populations and racial and ethnic minorities with depression.
- Apply a framework to better understand and manage mental health conditions, especially depression, across cultures.

The image displays three overlapping screenshots of the course interface. The top screenshot shows a lesson titled "Deepen the Connection" with a video of a man and text explaining that once a connection is made, the true work begins. The middle screenshot shows "Question 1" with the text: "Racial and ethnic minorities are less likely than whites to receive treatment for depression and more likely to experience poor mental health outcomes due to: Select an answer, then click 'Submit.'" and four options (A, B, C, D). The bottom screenshot shows the "Correct Answer: Stigma" with text explaining that it is likely Ms. Nguyen wants to avoid having these discussions in the presence of her family, and that her initial presentation seemed to be consistent with the expression of emotional distress through physical (somatic) symptoms. The interface includes a "QUALITY INTERACTIONS" logo and navigation buttons for "PREV" and "NEXT".

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