Webinar: Cultural Competency in Antidepressant Management

Date: Tuesday, July 14, 2015
Time: 12:00 – 1:00 pm

Topic: Understanding cultural perceptions of mental health issues can help practitioners more effectively treat patients with depression.

Space is limited. To register, email CJ at Carroll.J.Helm@HealthPartners.Com

This webinar will be recorded and available for viewing later at http://www.stratishealth.org/pip/antidepressant.html

Presented by:
Cynthia Fashaw, Director of Children’s Programs and Multicultural Outreach, NAMI, MN
Mary Beth Dahl, RN, CPC, CPHQ, Program Manager, Stratis Health
Chelsey Doepner, UCare

Who should participate: Health care providers, nurses, clinic administration, public health, health educators, social workers, therapists, Community Health Workers and anyone who interacts with individuals from other cultures.

Cultural Competency in Antidepressant Medication Management

Culture Basics
In her role at Stratis Health, Mary Beth Dahl works to educate providers and communities on culturally competent care to their diverse patient populations. Mary Beth will provide information on how to provide cultural competent care that relates to the Culturally and Linguistically Appropriate Services (CLAS) Standards.

Lessons from those who live it....
In her role at NAMI, Cynthia Fashaw regularly works with and learns from individuals from diverse communities who are living with a mental illness. Recently, she completed a series of statewide focus groups where participants discussed perceptions of and experience with mental health care. Learnings from the focus groups revealed ways in which providers can improve communication and foster trust with patients from diverse cultures.

Antidepressant Medication Management Toolkit - This portion of the webinar will introduce you to a new Anti-depressant Medication Management Toolkit with relevant resources and tools for providers working with patients experiencing depression, with an emphasis on racial and cultural perspectives.

Objectives:
- Understand the influence of culture in all areas of life
- Recognize cultural differences in verbal AND non-verbal communications.
- Identify strategies, tools, and resources to become more culturally responsive.
- Understand the relationship of culture to help seeking and mental health adherence practices.
- Understand patient-identified strategies to improve patient/provider trust and relationship, increase care plan and medication adherence, and increase hope for recovery.
- Understand how to effectively utilize the Antidepressant Medication Management Toolkit to identify and address gaps in culturally responsive care.

This program has been designed to meet the Minnesota Board of Nursing’s criteria for 1.2 contact hours of required continuing education. It is the responsibility of each nurse to determine whether a continuing education activity meets the criteria established by the Minnesota Board of Nursing.

This webinar is presented by a collaboration of Minnesota health plans working to improve antidepressant medication management in Minnesota. Thank you to Blue Plus, HealthPartners, Hennepin Health, Metropolitan Health Plan, Medica and UCare for their commitment to this issue.