



## Resource Guide: Cultural Humility and Responsiveness

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the School Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a NYS law requiring mental health instruction as part of the K-12 curriculum.

### Helpful Resources

<p><a href="#">Mental Health America</a> Infographic: BIPOC and LGBTQ+ Mental Health</p>	
<p><a href="#">SAMHSA: Behavioral Health Equity</a> Behavioral health equity is the right to access high-quality and affordable health care services and supports for all populations, including Black, Latino, and Indigenous and Native American persons, Asian Americans and Pacific Islanders and other persons of color; members of religious minorities; lesbian, gay, bisexual, transgender, and queer (LGBTQ+) persons; persons with disabilities; persons who live in rural areas; and persons otherwise adversely affected by persistent poverty or inequality.</p>	
<p><a href="#">National Alliance on Mental Illness (NAMI)</a> Identity and Cultural Dimensions</p>	
<p><a href="#">Human Rights Campaign (HRC)</a> Compiled information and advice on a range of topics, including resources from the HRC foundation.</p>	
<p><a href="#">UMass Medical School - Transitions to Adult Center for Research</a> The UMass Chan Medical School, in Worcester MA, has a strong commitment to promoting research, knowledge translation, and dissemination at the institution. Youth and young adults (ages 14 to 30) with serious mental health conditions are a very large population with</p>	

<p>strikingly poor outcomes. For both students and young workers, a serious mental health condition is a major barrier to success. Research has documented that these young adults have serious struggles in both school and work, often even more so than other disability groups. The transition to adulthood is a critical life stage when the learning that occurs, both in school and in the larger world, lays an important foundation for individuals' future work life.</p>	
<p><a href="#">American Psychological Association</a> Addressing the mental health needs of racial and ethnic minority youth (a guide for practitioners)</p>	
<p><a href="#">American Psychological Association</a> Promoting positive mental health among racial/ethnic minority children: ensuring and enhancing services, programs, and resources</p>	
<p><a href="#">Adolescent Health Initiative</a> The Adolescent Health Initiative (AHI), a program of Community Health Services at Michigan Medicine, works to transform the health care landscape to optimize adolescent health and well-being through practice improvement, education, research, and youth and community engagement.</p>	
<p><a href="#">The National Child Traumatic Stress Network</a> Enhancing cultural competence and encouraging cultural humility are essential to increasing access and improving the standard of care for traumatized children, families, and communities across the nation. Cultural awareness, responsiveness, and understanding need to be infused throughout every level of an organization to be most effective in addressing the needs of children who have experienced trauma.</p>	
<p><a href="#">Center for Disease Control and Prevention (CDC)</a></p>	

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