



Nebraska Department of Health & Human Services

Office of Health Disparities & Health Equity

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People are People are People: Increasing your CQ



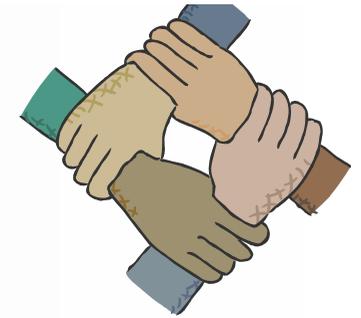
Improving health outcomes for culturally

diverse populations in Nebraska





This training offers participants an opportunity to learn about cultural intelligence and the various aspects of culture including concepts, components, and effects of culture that impact individuals and their behavior, either consciously or subconsciously. The training is interactive and leads participants through cultural issues in a manner that encourages self-reflection and discussion.



This training...

- ◆ Focuses on culture's "big picture."
- ◆ Includes face-to-face trainings. The majority of the learning results from with interaction with other participants and the trainers.
- ◆ Covers pre-selected topics which can be personalized for the host organization.
- ◆ Can be tailored to meet your agency's needs, up to two full days of training.
- ◆ All materials - workbook, quizzes, case studies, and supplemental materials - are provided.
- ◆ Trainers are Office of Health Disparities and Health Equity Staff. OHDHE has staff across the state, so we can provide trainings *anywhere* in Nebraska.
- ◆ Is FREE, though we ask you to provide lunch for our trainers.

Chapter overviews...

Opportunities and Overalls (Chapter 1)

- ◇ An introductory discussion of the components and skills related to Cultural Intelligence.

Again & Again & Again...(Chapter 2)

- ◇ A historical timeline depicting key events that have affected the world, the United States, and Nebraska.

A Picture = 1,000 numbers (Chapter 3)

- ◇ A focus on the numbers of minority populations in Nebraska. Dialogue includes definitions over time, the social determinants of health, and health disparities.

Thin Slicing (Chapter 4)

- ◇ A reflection on stereotypes and a closer examination of the different forms of racism.

Blind Men & Elephants (Chapter 5)

- ◇ Disparities of mere covert or hidden aspects of culture such as time and obligation.

Loose Labels (Chapter 6)

- ◇ A discussion of more observable aspects of culture including beliefs and values, socioeconomic status, CLAS standards, literacy, language, and generational perspectives.

Bows & Ribbons (Chapter 7)

- ◇ A discussion of how to incorporate the Cultural Intelligence training into your work and personal life.

