

Ventura County California
CIT Course Outline
Cultural Information

- I. Cultural Information (1 hour)
 - A. Introduces Self and Background
 - B. Overview
 - i. “Culture” described
 - 1. The shared values, practices, goals, and attitudes of an identified group
 - 2. Personal story
 - ii. “Acculturation” described
 - 1. Exchanged elements of culture between two or more cultures interacting with each other
 - 2. Class involvement
 - iii. Police Culture
 - iv. Personal Culture
 - C. Caucasian Culture
 - i. Common Characteristics
 - ii. How mental illness may manifest in this culture
 - D. African-American Culture
 - i. Common Characteristics
 - ii. How mental illness may manifest in this culture
 - E. Latino Culture
 - i. Latino Cultures Represented in Ventura County
 - ii. Common Characteristics
 - iii. How mental illness may manifest in this culture
 - iv. Traditional Causes of Mental Health Problems
 - v. Traditional Treatments for Mental Health Problems
 - vi. Latino Culture-Bound Syndromes
 - vii. Encountering a Person from a Latino Culture
 - F. Asian Culture
 - i. Asian Cultures Represented in Ventura County
 - ii. Common Characteristics
 - iii. How mental illness may manifest in this culture
 - iv. Traditional Causes of Mental Health Problems
 - v. Traditional Treatments for Mental Health Problems
 - vi. Encountering a Person from an Asian Culture
 - G. Cultural barriers to accessing mental health services offered through Ventura County Behavioral Health etc.
 - i. How to engage them
 - ii. How to support them
 - iii. How to encourage them to participate in culturally sensitive mental health services
 - H. Q&A