

May 2010

Women's Recovery Association Shares a Day of Cultural Competency Training

For over 40 years, Women's Recovery Association (WRA) in Burlingame has been providing gender-specific substance abuse treatment and "restoring lives... one woman at a time." In order to provide the most effective treatment, WRA is constantly assessing its services and how they are provided to the clients. As a result of recent completions of the COMPASS and Gender-Responsive Program Assessment by WRA staff, the need and desire for further training in the area of Cultural Competency was highlighted.

With funding from the BHRS Mental Health Services Act Training Grant, staff members from across all departments at WRA (counselors, interns, residential staff, and administrative staff) shared a half-day training workshop in March. The workshop was held off-

site and facilitated by nationally-acclaimed diversity trainer Lee Mun Wah, founder of Stir-Fry Seminars and Consulting and author of *The Art of Mindful Facilitation*. Lee Mun Wah led the staff members through a half-day customized workshop that focused on how cultural competency requires not only an awareness of cultural differences, but also cross-cultural communications skills, community development expertise, and an awareness of social issues and contexts.

The impact the workshop had on many staff members was profound. Not only did they learn how to more effectively and sensitively engage with the increasingly diverse client population, but also how to better engage and work with one another. After the workshop, one staff member re-

marked, "I appreciated that everyone's differences were recognized and honored without anyone having to defend themselves or justify their actions. I felt like there was space for all of our differences and that we all had permission to be who we are." Another staff member commented on how engaging the workshop was and how "the exercises were enlightening, sensitively conducted and very powerful in their demonstration of technique and results." Staff members have incorporated this valuable experience into their work with clients and with each other and have expressed interest in continuing to develop a dialogue around cultural competency throughout the agency.

To learn more about the Women's Recovery Association and its programs, please go to www.womensrecovery.org or call (650) 348-6603. ☺

Submitted by:
Linda Carlson



Staff at Women's Recovery Association



Trainer Lee Mun Wah



TELECARE
CORPORATION

Mental Health Program seeking services for clients transitioning from a locked setting to the community. We want clinicians to come to our facility to provide community resource info and/or offer groups that help clients explore transition anxiety, substance abuse concerns and learn relapse prevention strategies.

Cordilleras may be able to provide your program with:

Staff or client education about psychiatric meds and symptom management, diagnostic consultations, licensed clinical supervision, health education, nursing consultation (including infection control), partnering to use WRAP plans, assistance to implement the Illness Management Recovery (IMR) Module.

Cordilleras is a Recovery Based Treatment Program that strives to empower clients to take responsibility for realizing their full potential. Contact: Carolyn Rapier: 650.367.1890

Second Annual Trauma Conference - May 12th

Practice is Progress: Expanding Skills in Trauma Work

This conference is designed to provide a fresh perspective and innovative approaches to working with the effects of trauma in children, adolescents, adults and organizations.

Keynote presentations:

- *Understanding the Pro-*

longed Effects of Childhood Neglect and Trauma

Janina Fisher, Ph.D., Instructor, Consultant, Senior Supervisor, The Trauma Center.

- *A Guided Tour Through the Halls of Shame*
Steve Frankel, Ph.D., JD, Clinical Psychologist & Attorney, University of Southern California. ☺

Second Annual Trauma Conference Wednesday, May 12th

9:00 am - 5:30 pm
South San Francisco
Conference Center
255 South Airport Blvd.
South San Francisco

Agency and program representatives can register designated staff at:

<http://trauma2010.eventbrite.com/>