

## Module 6: Understanding the Fundamentals of Cultural and Linguistic Competence: The Keys to Successful Relationships and Recovery-Oriented Systems of Care

### Post test Answers

1. The United States is not considered a multi-culturally diverse nation. False.
2. English should be the only language spoken in the U. S. according to cultural and linguistic competency. False
3. "Culture" is deeply embedded in every individual and comes from our family, community and society. "Culture" affects everything we do. True
4. Cultural and Linguistic Competence is (Check all that apply):
  - a. Being capable and qualified to effectively function in the context of cultural and language (linguistic) differences.
  - b. Requires in-depth knowledge of all major cultures and their natural languages
  - c. Understanding why people demonstrate different cultural beliefs so you can change these to the mainstream beliefs.
5. Five essential elements define culturally competent professionals. These include (check all that apply)
  - a. An awareness and acceptance of differences
  - b. An awareness of one's own cultural values
  - c. An understanding of the "dynamics of difference" in the helping process
  - d. Basic knowledge of the client's culture
  - e. An ability to practice skills to fit the client's cultural context.
6. Cultural and linguistic competencies are important in mental health settings because: (check all that apply)
  - a. Ethnic minorities are less likely to have access to available mental health services
  - b. Ethnic minorities are less likely to receive needed mental health services
  - c. Ethnic minorities often receive poorer quality care
  - d. Ethnic minorities are always represented in mental health research

7. Mental health staff members that are culturally and linguistically competent understand that while it is impossible to know everyone's culture at least they need to be respectful about it. True
8. It is not important for mental health staff members that are culturally and linguistically competent to understand their own personal cultures and biases. False.
9. Mental health professionals that demonstrate competence also own, recognize, and are able to articulate their personal feeling towards people who are different. True
10. Mental health professionals should NEVER apologize to patients, no matter what happens. False.