

# Cultural Competence

## MULTILINGUAL MATERIALS

### Behavioral Health Screening Tools

- PHQ in multiple languages (Pfizer) <http://www.phqscreeners.com/>
- Refugee Mental Health Screening Tool: RHS-15 (Arabic, Burmese, Farsi, Karen, Nepali, Russian, Somali, Clinic Intro and Referral Scripts) <http://www.lcsnw.org/pathways/>

### Behavioral Health Patient Education

- Depression, Panic, Stress and Worry CBT Workbooks: Arabic, Bengali, Farsi, French, Hindi, Punjabi, Somali, Turkish, Urdu. <http://www.londonhp.nhs.uk/services/mental-health/improving-access-to-psychological-therapies-iapt/translated-self-help-iapt-materials/>
- CBT Depression Workbook – Chinese, English, French & Punjabi <http://www.comh.ca/antidepressant-skills/adult/resources/index-asw.cfm>
- Mental Health in Multicultural Australia: Arabic, Chinese, Farsi, Khmer, Korean, Polish, Russian, Serbian, Spanish, Swahili, Turkish, Vietnamese & others <http://www.mhima.org.au/resources-and-information/Translated-information/translated-mental-health-information-resources>
- Beyond Blue: Arabic, Bosnian, Chinese, Croatian, Farsi, Lao, Russian, Somali, Vietnamese, English & others [http://www.beyondblue.org.au/index.aspx?link\\_id=102](http://www.beyondblue.org.au/index.aspx?link_id=102)

### Medical Patient Education and Language Tools

- Patient Health Literacy [Questions](#)
- Medline Plus – English / Spanish Patient Education <http://www.nlm.nih.gov/medlineplus/medlineplus.html>
- Family Doctor.Org - Spanish <http://familydoctor.org/online/famdoces/home.html>
- Refugee Health Information Network <http://rhin.org/default.aspx>
- SPIRAL- Asian language patient education <http://www.library.tufts.edu/hsl/spiral/index.html>
- Healthy Roads Media – translated patient education materials <https://www.store.healthyroadsmedia.org/>
- Krames Patient Education <https://www.kramesondemand.com/Browse.aspx> - need password
- King County Public Health <http://www.kingcounty.gov/healthservices/health/languages.aspx>

## LOCAL RESOURCES

- Pathways to Wellness (Refugee Mental Health) SeaTac Office, 206.816.3253 <http://www.lcsnw.org/seattle/iccs.html>
- Molina Accepting Behavioral Health Providers – conduct search by service / language <http://www.molinahealthcare.com/members/wa/en-US/Pages/home.aspx>
- NAVOS Mental Health Solutions 206.248.8226 <http://www.navos.org/services/outpatient-programs>
- VMC: Spiritual Care Services x-5859
- Asian Counseling Services: 206.695.7600 <http://www.acrs.org/services/>

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### LOCAL RESOURCES (*continued*)

- Consejo Counseling and Referral Service: 206.461.4880 <http://consejocounseling.org/>
- Elcentro dela Raza: 206.957.4634 <http://www.elcentrodelaraza.com/>
- Horn of Africa Services (HOAS) 206.760.0550 <http://www.hoas.org/>
- Hispanic Neuropsychological Society <http://hnps.org/>

### CULTURAL TOPICS

- Ethno Med <http://ethnomed.org/>
- Culture Clues <http://depts.washington.edu/pfes/CultureClues.htm>
- Countries and Their Cultures <http://www.everyculture.com/index.html>
- Deaf Community Resources <http://www.jabfm.org/content/18/3/218.full>
- Gay, Lesbian and Transgender Health Issues <http://glma.org/index.cfm?fuseaction=Page.viewPage&pageId=938&parentID=534>
- Half the sky: Turning oppression into opportunity for women worldwide by Kristof, N and WuDunn, S. Random House, 2009
- Ethnicity and Family Therapy by McGoldrick, M. Giordano, J. and Pearce, J. Guilford Press; New York, 1996

### REFUGEE INFORMATION

- World Relief - Seattle/Kent 253.277.1121 <http://worldreliefseattle.org/>
- Cultural Orientation Resource Center: <http://www.culturalorientation.net>
- International Rescue Committee (IRC) – Seattle Office 206.623.2105 <http://www.rescue.org/about>
- Toolkit for Primary Care Providers Treating Refugees <http://ethnomed.org/clinical/refugee-health/toolkit-for-primary-care-providers-treating-refugees>
- Torture survivors and PTSD <http://gulfoastjewishfamilyandcommunityservices.org/refugee/refugee-programs/national-partnership-for-community-training>