

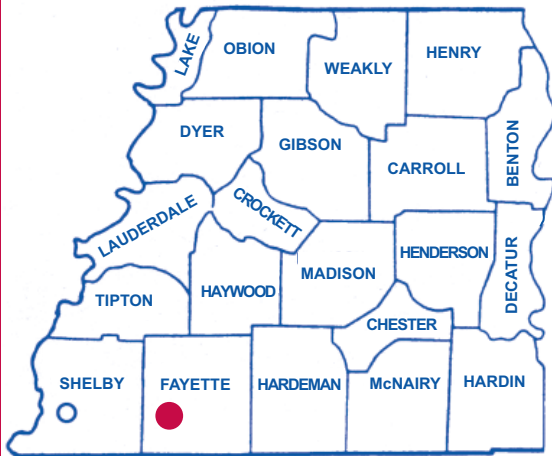
## West Tennessee Area

### Health Education Center

West Tennessee AHEC is a non-profit community-based health education and training program serving the 21 counties west of the Tennessee River since 1987.

#### Program Goals

- To provide a link between community organizations and educational institutions in the health professions.
- To coordinate continuing education programs for health care professionals.
- To promote training experiences in medically underserved areas through community based training experiences.
- To enhance consumer awareness of health wellness and preventive care through creative means.
- To recruit students for health professions programs and promote their return to their communities to deliver health care.



● WTAHEC Central Office

## Additional Information

For additional information please contact:

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# AHEC

## West Tennessee Area Health Education Center, Inc.

*Affiliate of Meharry Medical College,  
Area Health Education Centers  
Program of Tennessee*

## Cultural Competency Training Program

### MISSION STATEMENT

To improve access to quality health care in underserved communities through the provision of community health education, continuing professional education and recruitment of health professionals for underserved areas in West Tennessee.

## *Cultural Competency Training Program*

### Goal:

To increase cultural competency of healthcare providers practicing in medically underserved areas of rural and urban West Tennessee.

### *What is Cultural Competency?*

According to the National Office of Minority Health, which was established in 1986 by the U.S. Department of Health and Human Services, cultural and linguistic competence is a set of congruent behaviors, attitudes and policies that come together in a system, agency or among professionals that enables effective work in cross-cultural situations. 'Culture' refers to integrated patterns of human behavior that include the language, thoughts, communications, actions, customs, beliefs, values and institutions of racial, ethnic, religious or social groups. 'Competence' implies having the capacity to function effectively as an individual and an organization within the context of the cultural beliefs, behaviors and needs presented by consumers and their communities. (Adapted from Cross, 1989).

### *The Importance of Cultural Competency*

Cultural competency is one avenue used to close the disparities gap in healthcare. It sets the stage for consumers and healthcare providers to communicate and provide services without cultural differences hindering the conversation. Healthcare services that are respectful of and responsive to the health beliefs, practices and cultural/linguistic needs of diverse individuals help to improve the likelihood of positive health outcomes.



## *WTAHEC's Role in Cultural Competency Training*

West Tennessee Area Health Education Center, Inc. partners with colleges and universities in West Tennessee to provide cultural competency education and training opportunities to students enrolled in health professions training programs. The agency also provides cultural competency continuing education training and workshops to health care professionals/providers.

### *Education Sessions Include:*

- Pre/Post Knowledge, Attitude and Beliefs (KAB) Assessments
- An Outline of the National Standards on Culturally and Linguistically Appropriate Services (CLAS)
- Workshop Activities
- Listing of Cultural Resources and Self-Assessment Tools

### *Student Training Includes:*

- Community and school-based learning experiences in underserved areas of West Tennessee
- Access to Mentors, Advisors and Preceptors



*Additional Programs and Services provided by WTAHEC include but are not limited to:*

### *Consumer Health Education in the following areas:*

- Diabetes, Heart Disease, Stroke and Cancer Prevention
- Rape, Sexual Assault and Personal Safety
- Violence Prevention
- Tobacco Use Prevention
- Teen Pregnancy/Parenting
- HIV/AIDS and Other Sexually Transmitted Infections
- Establishment of Healthy Lifestyles
- Breast Cancer Education and Mammography Screenings
- Youth Alcohol and Drug Prevention Education
- Highway Safety
- Holistic Youth Initiatives
- Educational Resources
- Referrals

### *Continuing Education for Health Care Professionals/Providers*

#### *Train the Trainer Workshops*

#### *Community Health Fairs and Screenings*