



## Culturally responsive practice strategies for children's mental health

### online course

Explore skills to effectively and confidently engage with children and families from cultural communities different to your own.

#### About this course

This course focuses on practice strategies to support your work with culturally diverse families and promote the mental health of children aged 4–12 years. It introduces five key skills and fundamental practice approaches for working with families from diverse cultural backgrounds:

1. Responding to experiences of racism
2. Navigating family cultural tensions: Exploring cultural tensions
3. Navigating family cultural tensions: Connecting with what's valued
4. Navigating family cultural tensions: Protecting family relationships
5. Correcting cultural mistakes

Coupled with a curious and collaborative approach, these skills can help practitioners to develop a respectful, culturally responsive practice and confidently engage with families from cultures different to their own.

#### Why was this course developed?

One-third of Australians were born overseas, 6% of whom come from culturally and linguistically diverse backgrounds.<sup>1</sup> Yet migrant communities often face significant challenges when accessing mental health support, including cross-cultural communication difficulties, different understandings of health, trouble navigating health systems and marginalisation.

Practitioners within these systems might unintentionally uphold dominant cultural norms, sidelining diverse parenting practices. This can make families feel disregarded, leading to disengagement with services.

As a practitioner, you have a real opportunity to improve the experience of children and families from diverse cultural backgrounds, by developing your culturally responsive practice skills, understanding the barriers families face, and helping them to overcome them.

#### How was this course developed?

This course draws on the latest research, clinical insights from health and social service practitioners, and the lived experience of child and family partners (parents) from culturally and linguistically diverse communities.

#### Who is this course for?

This course is for any practitioner who wants to develop their confidence, cultural humility and curiosity, to collaboratively work with culturally diverse children, parents, families and communities. It builds on the foundational knowledge presented in the [Understanding children's mental health in culturally diverse communities](https://learning.emergingminds.com.au/course/culturally-responsive-practice-strategies-for-childrens-mental-health) online course.

**Recommended APA course citation:** Emerging Minds. (2024). *Supporting children's resilience in general practice* [Online course]. Emerging Minds Learning. <https://learning.emergingminds.com.au/course/culturally-responsive-practice-strategies-for-childrens-mental-health>