

Health Equity and Cultural Competency Trainings

At BCBSRI, we believe that high quality care is equitable care, and we are committed to providing the best care to our members regardless of their race, gender identity, sexual orientation, and socioeconomic status. Delivering this high-level care starts with ensuring our providers have access to trainings on the topics of health equity, including cultural competence, bias, diversity, and inclusion.

The below links will lead you to free trainings on the topics of health equity, including cultural competence, bias, diversity, and inclusion. Some links will take you to an external site.

Think Cultural Health Education

The below free e-learning programs from Think Cultural Health, a website sponsored by the Office of Minority Health, seeks to improve the quality of services provided to all individuals, which will ultimately help reduce health disparities and achieve health equity.

Improving Cultural Competency for Behavioral Health Professionals – [Behavioral Health - Think Cultural Health \(hhs.gov\)](#) :

Cultural and linguistic competency is recognized as an important strategy for improving the quality of care provided to clients from diverse backgrounds. The goal of this e-learning program is to help behavioral health professionals increase their cultural and linguistic competency.

The Guide to Providing Effective Communication and Language Assistance Services – [Communication Guide - Think Cultural Health \(hhs.gov\)](#) :

The Guide will help your organization communicate in a way that considers the cultural, health literacy, and language needs of your patients.

Culturally and Linguistically Appropriate Services (CLAS) in Maternal Health Care – [Maternal Health Care - Think Cultural Health \(hhs.gov\)](#) :

This free, 2-hour e-learning program is designed for providers and students seeking knowledge and skills related to cultural competency, cultural humility, person-centered care, and combating implicit bias across the continuum of maternal health care.

Culturally Competent Nursing Care: A Cornerstone of Caring – [Nurses - Think Cultural Health \(hhs.gov\)](#) :

As healthcare disparities among cultural minority groups persist in our country, culturally and linguistically appropriate services (CLAS) are increasingly recognized as an important strategy for improving quality of care to diverse populations. This e-learning program will equip you with the knowledge, skills, and awareness to provide the best care for all patients, regardless of cultural or linguistic background.

Cultural Competency Program for Oral Health Providers – [Oral Health Providers - Think Cultural Health \(hhs.gov\)](#) :

As oral health disparities among cultural minority groups persist in our country, culturally and linguistically appropriate services (CLAS) are increasingly recognized as an important strategy for improving quality of care to diverse populations. This e-learning program will equip you with the knowledge, skills, and awareness to best deliver oral health services to all patients, regardless of cultural or linguistic background.

A Physician’s Practical Guide to Culturally Competent Care ([Physicians - Think Cultural Health \(hhs.gov\)](#))

As healthcare disparities among cultural minority groups persist in our country, culturally and linguistically appropriate services (CLAS) are increasingly recognized as an important strategy for improving quality of care to diverse populations. This e-learning program will equip you with the knowledge, skills, and awareness to best serve all patients, regardless of cultural or linguistic background.

Think Cultural Health How-to-Guides

Below are resources meant to enhance learning outcomes and complement the above Think Cultural Health e-learning programs.

[How to better understand different social identities](#)

[Developing culturally CAPABLE materials](#)

[Communication styles](#)

[Combatting implicit bias and stereotypes](#)

[CLAS, cultural competency, and cultural humility](#)

[Behavioral health implementation guide](#)

Find more guides and checklists here. ([Resource Library - Think Cultural Health \(hhs.gov\)](#))

More Trainings and Resources

National LGBTQIA+ Health Education Center – [Achieving Health Equity for LGBTQIA People](#) :
Provides important LGTBQIA+ concepts and terminology, highlights the relationship between stigma and LGBTQIA+ health disparities and describes best practices in LGBTQIA+ health related to effective communication, data collection, and creating an inclusive environment.

National LGBTQIA+ Health Education Center – [Addressing Unconscious and Implicit Bias](#) :
This training focuses particularly on provider bias and power dynamics and how bias shows up for transgender and gender-diverse clients.

American Medical Association – [What Are Social Determinants of Health?](#) :
This module helps build a foundation for recognizing and addressing the structural drivers and social determinants of health during a clinical encounter in order to improve outcomes and health equity

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