

# TITLE IV-E COLLABORATIVE Presents

## Promoting Bicultural Competence

*Dana Hudson, MFT*

Wednesday, November 14, 2018

9:30 AM to 12:30 PM, Registration 9:00 AM

West Valley Campbell Community Center

One West Campbell Avenue, Rm J-69

Campbell, CA

***Dana Hudson, MFT, is currently the Clinical Program Manager for the Short-Term Residential Treatment Program at Unity Care Group. Dana has practiced clinical services throughout the Bay Area for the last 19 years. She has served in multiple environments such as group homes, day treatment, school-based services, outpatient and community-based services. Dana received her Bachelor's Degree from Southern University in Sociology and her master's degree in Counseling from Cal State Hayward. Dana has a passion for working with children of color, crocheting, and clinical supervision.***

Youth often struggle with balancing the demands of their indigenous culture and the expectations of the surrounding dominant culture. This is especially true for youth of color in out-of-home placement. This struggle can manifest itself in various behavioral health and health disorders which places them at further risk of failing to succeed as participants in their community or pursuing their own dreams and goals.

This workshop will explore the elements of resilience at a micro-, mezzo-, and macro-level through focus on the 40 developmental assets, and achievement of bicultural competence. Grounded in extensive research in youth development, resiliency, and prevention, the Developmental Assets represent the relationships, opportunities, and personal qualities that young people need to avoid risks and to thrive. Studies of more than 2.2 million young people in the United States consistently show that the more assets young people have, the less likely they are to engage in a wide range of high-risk behaviors and the more likely they are to thrive.

Strategies and interventions with youth and families in a variety of settings aimed at promoting cultural and spiritual pathways towards health and wellness will be discussed.

This course qualifies for 3 hours of continuing education. Continuing education (CE) hours are available to maintain the following licenses with the Board of Behavioral Sciences (BBS): Marriage and Family Therapists, Licensed Clinical Social Workers, and Licensed Professional Clinical Counselors.

West Valley College is an accredited post-secondary institution and is recognized by the BBS as an approved continuing education provider. The college is accredited by the Accrediting Commission for Community and Junior Colleges of the Western Association of schools and colleges pursuant to Section 1887.4.3.

### Eligible County Employees



For questions contact Staff Development & Training at [Rianna.Garcia01@ssa.sccgov.org](mailto:Rianna.Garcia01@ssa.sccgov.org)

*\*Must obtain Supervisor approval prior to registering\**

### Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/ClassDetail.aspx?pk=1280385>

If you have questions please email us at:

[T4e.collaborative@gmail.com](mailto:T4e.collaborative@gmail.com)