

# PROVIDER QUICK POINTS

## PROVIDER INFORMATION



November 8, 2023

### **Cultural Considerations in Trauma-Informed Care Webinar | Thursday, November 30, 5-6:30 pm**

Blue Cross is hosting a series of training courses on trauma-informed care for healthcare providers led by Dr. Tolulope Monisola Ola, MPH.

It is through and within a cultural frame that people construct their realities, meanings, and identities. Trauma is not experienced independently of cultural context, and cultural and societal configurations influence and sometimes cause trauma. In this webinar, we will explore how trauma intersects in many different ways with culture, history, race, gender, location, and language, explain the concept of culture and its complexities, define cultural competence and cultural humility, and give examples of these concepts in action, describe why cultural competence and cultural humility are important to creating equitable and inclusive Trauma Informed Care, and the need to move from cultural competence to cultural humility.

**Title: Session 4 - Cultural Considerations in Trauma-Informed Care**

**Date/Time: November 30, 2023, from 5:00 to 6:30 PM Central Standard Time**

**Registration Link: [https://availity.zoom.us/webinar/register/WN\\_f1bBkDCxTMyFFaXENmyA\\_A](https://availity.zoom.us/webinar/register/WN_f1bBkDCxTMyFFaXENmyA_A)**

*Dr. Ola is the Founder and Executive Director of Restoration for All Inc; a nonprofit organization with the mission to nurture and empower individuals, organizations, and communities to renew, discover and restore their culture of well-being. She is the CEO of Cultural Health Education & Research, LLC. She is a Mental Health Practitioner, African Storyteller, and an advocate for cultural healing through mind, body, and spirit practices. She is a Co-chair for the Mental Health and Wellness Action Team of Ramsey County Public Health. She is an entrepreneur and a social researcher with several journal articles, book chapters, and two books to her credit and has presented extensively on the role of culture in improving mental health and well-being at local, state, national, and international conferences. She has expertise in public health and rights-based responses to chronic diseases and their psychosocial impacts on immigrants and refugees from Africa. She is a public health expert with experience in empowering and mobilizing communities to bring about social change through health education, sensitization, and advocacy to create an environment that is physically, socially, and culturally inclusive.*

*These training sessions are focused on helping providers learn to acknowledge and address systemic bias in health care that impacts member care and health outcomes. This training is designed as a practical overview and will cover a basic understanding of what is trauma and adversity, how it is experienced culturally, the connection to poverty, and how to dive past the normal question of "what is wrong with you" to explore other necessary questions, like "what happened to you" and the impact of our words and how to provide trauma-informed care in the real world.*

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