

## Resources for Cultural Awareness Training

### **A More Perfect Union, National Public Radio**

<http://www.pbs.org/ampu/index.html>

Explore this interesting site that delves into our country's diversity through community conversations about cultural identity and pluralism. Look specifically at "Working on Common Cross-cultural Communication Challenges" at <http://www.pbs.org/ampu/crosscult.html#WORKING> .

### **Adverse Childhood Experiences (ACEs),** research from the Centers for Disease Control.

<https://www.cdc.gov/violenceprevention/acestudy>

Adverse Childhood Experiences have been linked to risky health behaviors, chronic health conditions, low life potential, and early death. Learn how to build resilience in children of poverty.

### **Bridges Out of Poverty: Strategies for Professionals and Communities,** Ruby K. Payne, PhD (2006).

Relevant website: <http://www.ahaprocess.com>

The Bridges Out of Poverty concept delves into how people in poverty manage without resources, not only financial but also emotional, spiritual, physical and in terms of support systems. It explores the 'hidden rules' of each social class stratum which are crucial to understanding the mind set and behavior of those CCS serves.

### **Building Cultural Competence: Innovative Activities and Models,** Kate Berardo and Darla Deardorff, (2012).

Inventive tool kit for building cultural competence including ready to use activities

### **Figuring Foreigners Out,** by Craig Storti. (2011 ).

A series of structured activities that enable you first to identify your own cultural norms and worldview, and then compare your culture to the "target" culture you need to understand. Designed for foreign travel, yet applicable to any intercultural experience.

### **The Four Skills of Cultural Diversity Competence,** Mikel Hogan, (2013).

A step-by-step format for entering into and developing cultural competence: understanding culture as multidimensional; understanding cultural barriers; practicing culturally centered communication skills; and implementing organizational cultural competence

**NASW Standards for Cultural Competence in Social Work Practice, National Association of Social Workers, (2001)**

<https://www.socialworkers.org/practice/standards/NASWCulturalStandards.pdf>

The standards manual for social workers in relation to cultural competency which implies a heightened consciousness of how clients experience their uniqueness and deal with their differences and similarities within a larger social context.

**Our Kids: The American Dream in Crisis, Robert D. Putnam (2015).**

This book details the growing income gap in America between our poor and our rich children through multi-generational anecdotes and citing much pertinent research. Putnam starts with stories of members of his 1959 Ohio high school class and progresses to present day, demonstrating how today's poor children have diminished opportunities relative to past generations in poverty. The book sets forth some suggestions for how best to make an impact on today's under-resourced children and most are related to education and enrichment, especially through tutoring, mentoring and classroom or after-school activities.

**Poverty: A Framework for Understanding and Working with Students and Adults from Poverty, Ruby Payne, PhD (1995).**

This book provides insights into the hidden rules of economic classes. It is designed for those working in educational settings and is the predecessor to *Bridges Out of Poverty*.

**The Raising of America, <http://raisingofamerica.org> (2016)**

Great background information and rationale for starting an educational program and new insights into the cycle of poverty. Six episodes were created for PBS; Transcripts are available on the website.