The following resources have been compiled to support attaining greater cultural awareness. This list is not exhaustive or complete, but a starting place!

**APA/HHS/SAMHSA Resources:**

APA resource for working with adolescents: <https://www.apa.org/pi/families/resources/mental-health-needs.pdf>

When therapists face discrimination: <https://www.apa.org/monitor/2018/04/therapists-discrimination>

National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care Training: <https://cccm.thinkculturalhealth.hhs.gov/default.asp>

SAMHSA: Publications and Digital Products for Cultural Competency: [https://store.samhsa.gov/?f[0]=professional\_and\_research\_topics:5359](https://store.samhsa.gov/?f%5b0%5d=professional_and_research_topics:5359)

National Association of School Psychologists Social Justice Page: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/diversity/social-justice/understanding-race-and-privilege>

**Information on language:** Why Words Matter (Information on language): <https://www.nata.org/sites/default/files/cultural-competence-why-words-matter.pdf>

Memorial University Aboriginal Language: <http://www.mun.ca/aro/Offensivelanuage.php>

The Trouble with Tribe: How a common word masks complex African realities: <https://www.tolerance.org/magazine/spring-2001/the-trouble-with-tribe>

**List of Books:**

Understanding and Dismantling Racism: List of Books <https://www.charisbooksandmore.com/understanding-and-dismantling-racism-booklist-white-readers>

An Antiracist Reading List: Ibram X. Kendi on books to help America transcend its racist heritage <https://www.nytimes.com/2019/05/29/books/review/antiracist-reading-list-ibram-x-kendi.html?smid=fb-share&fbclid=IwAR09Fy3L71a_y1Dl2o6zPxuwa97gw2mNbb9BOncMknqMxk54ngb-EBPOf0M>

Anti-Racism book list: <https://www.denverlibrary.org/blog/books/jallen/privilege-learning-about-racism-antiracism-resources>

**Videos and Movie list:**

List of movies that address issues of racism, injustice, discrimination and privilege: <https://www.docplay.com/articles/10-documentaries-to-watch-about-race-instead-of-asking-a-person-of-colour-to-explain-things-for-you/>

The DNA Journey: <https://youtu.be/Fw7FhU-G1_Q>

"TEDxHampshireCollege - Jay Smooth - How I Learned to Stop Worrying and Love Discussing Race" on YouTube: <https://youtu.be/MbdxeFcQtaU>

Cultural appropriation: <https://www.youtube.com/watch?v=PO0tUpVNvMo>

**Opinion/experiential information:**

Whiteness Matters: Exploring White Privilege, Color Blindness and Racism in Psychotherapy: <https://www.psychotherapy.net/article/racism-white-privilege-psychotherapy>

Blog about professionalism during this time: <https://medium.com/@shenequagolding/maintaining-professionalism-in-the-age-of-black-death-is-a-lot-5eaec5e17585>

White Privilege in a White Coat: How Racism Shaped my Medical Education: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5951257/>