

# Cultural Elements in Community Defined Evidence-Based Mental Health Programs

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<http://ssrdqst.rfmh.org/cecc/index.php?q=node/82> [1]

This report outlines the results of a research project intended to document the cultural features of three well-established mental health programs developed by community members, or adapted by providers, to work for the cultural groups they serve. It was identified that all of the programs' services are delivered flexibly based on the cultural group and it was this feature more than any others that made the services more acceptable to cultural groups, and is key to the replication of the success of these programs. Therefore, this guide provides generic suggestions on how other programs can work more effectively with cultural groups by fluidly delivering services. As a follow-up to this report, the Center of Excellence in Culturally Competent Mental Health created a training video. To view the video visit: <http://ssrdqst.rfmh.org/cecc/index.php?q=node/261> [2].

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