

Cultural Competency Checklist

WHEN WORKING WITH BLACK BIRTHING PEOPLE, ASK YOURSELF:

- ☐ Am I assuming resilience instead of assessing mental health?
- ☐ Have I invited discussion of systemic stressors (racism, mistrust)?
- ☐ Do I reflect the patient's language and values?
- ☐ Am I clear about what needs to happen if they screen positive?
- ☐ Have I explored what fears or concerns they may have about opening up?
- ☐ Do I know where to refer for culturally affirming care?

DO:

- ☒ Use validating phrases like "You are not alone. These feelings are real and deserve care."
- ☒ Name racialized stress when appropriate
- ☒ Offer care options (telehealth, in-person, group)

AVOID:

- ☒ Minimizing ("That's just new parent anxiety")
- ☒ Over-pathologizing resilience or self-protection

