

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

