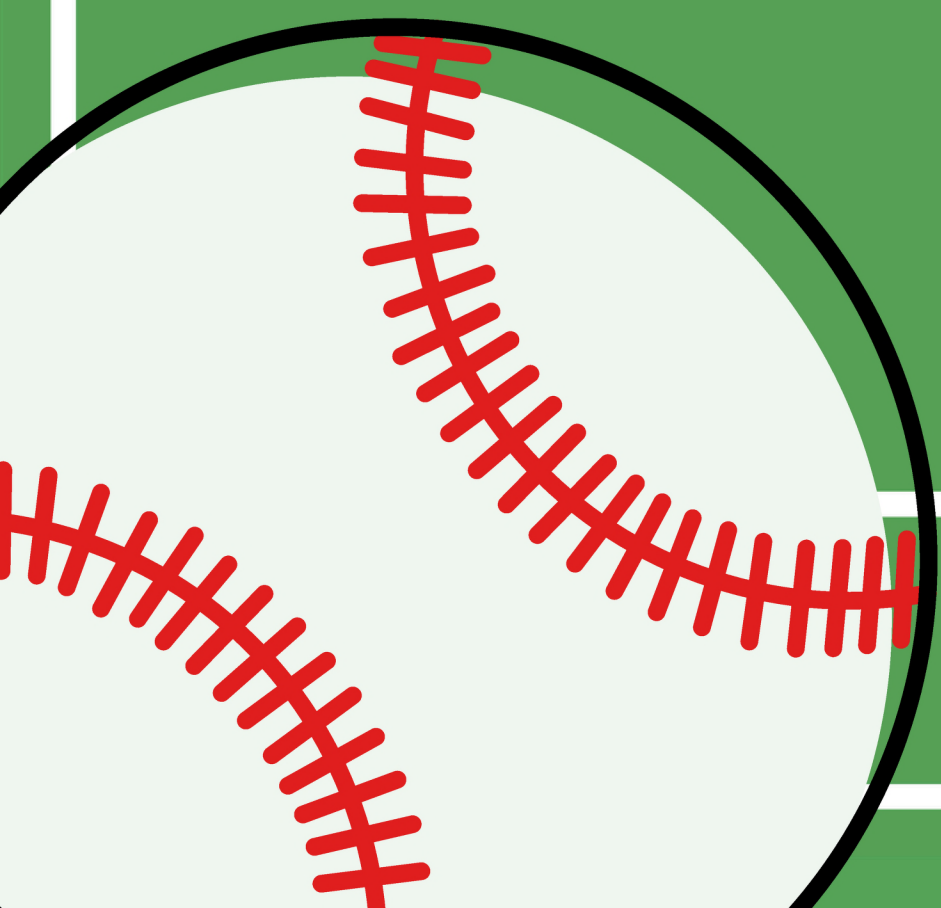


**CULTURAL
HUMILITY:
BEYOND COMPETENCE
TO TRUE
UNDERSTANDING**



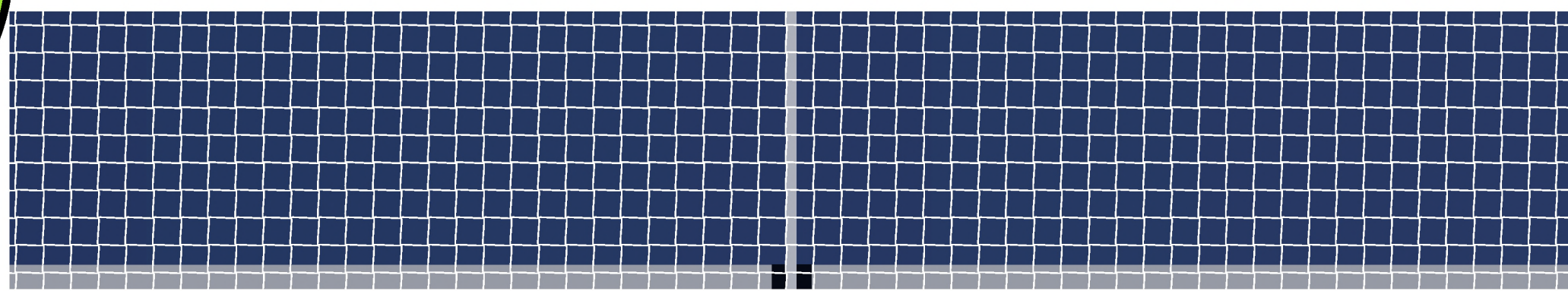
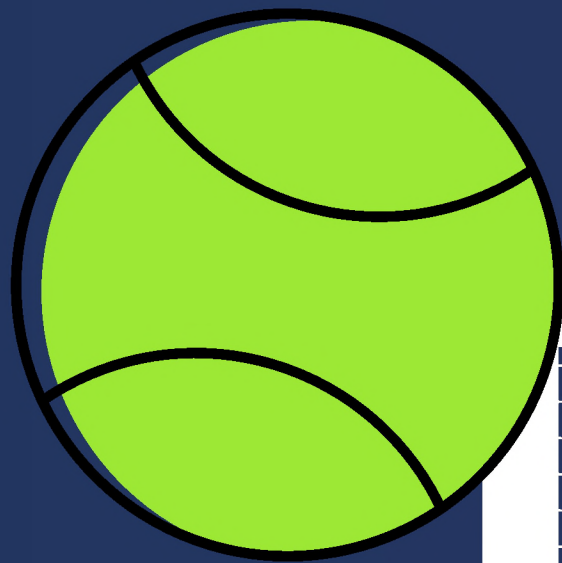
A pool cue with a black grip and a light-colored shaft is positioned diagonally across the left side of the image. A black 8-ball with a yellow center and the number '8' is located in the bottom right corner. The background is a stylized pool table with a red felt and white lines, including a pocket opening. The text 'ICE BREAKER' is written in a bold, white, blocky font with a black outline, centered horizontally across the middle of the image.

ICE BREAKER

**What is your
favorite thing
about sports
culture?**

NAVIGATING THE SESSION

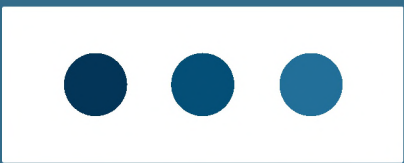
- Active participation - use the chat, Zoom reactions, raise hand
- Be present - stay on camera if at all possible, we want to see you all here!
- Stay open and curious and respect confidentiality - let's keep this a safe space to learn and grow together
- Use technology respectfully- please mute yourself when not speaking
- Have fun- let's keep this a supportive environment, while we stay focused on goals for the session



WHAT DOES CULTURE MEAN?

- Our “ways of living,” including everything from how we dress and speak to what we eat, where and how we live, our beliefs and values, and our customs for celebrations of major life events
- Family units, organizations, and schools as well as communities and countries can have distinct cultures
- Cultural competency: Being aware of our own culture and humble/open about our clients’ cultures

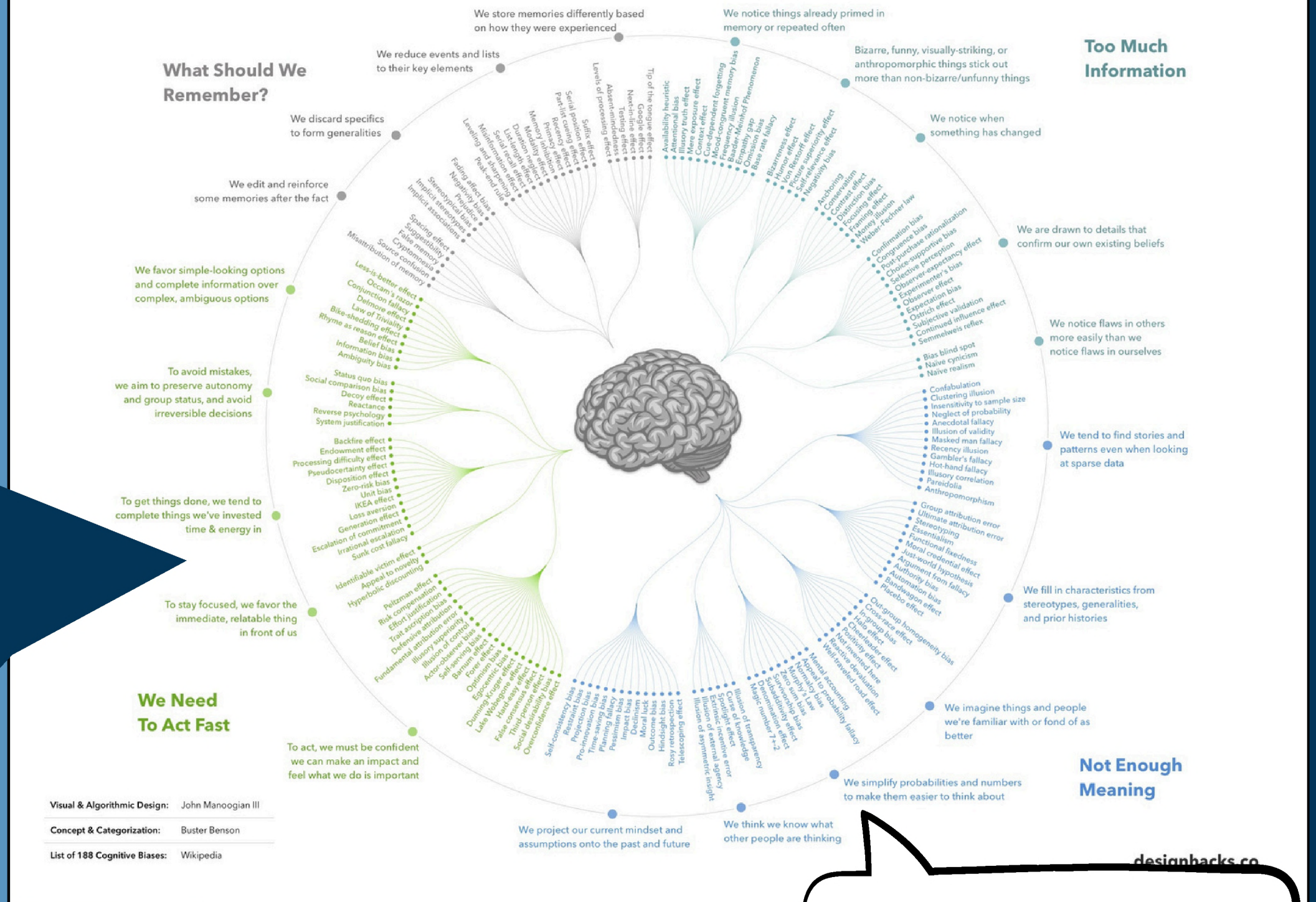




CULTURE AND COGNITIVE BIAS

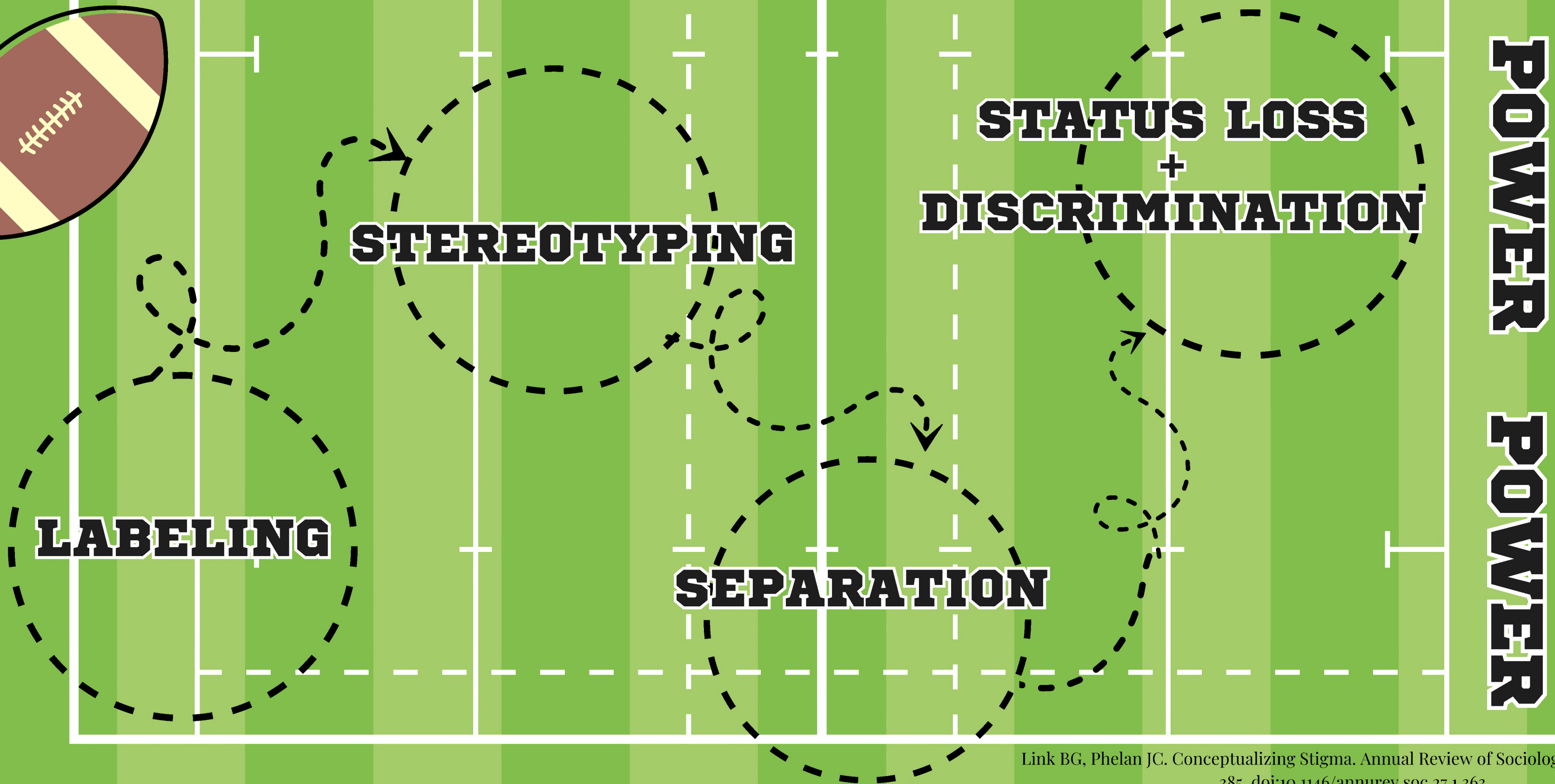


COGNITIVE BIAS CODEX



What kinds of bias on the wheel are surprising or new for you?

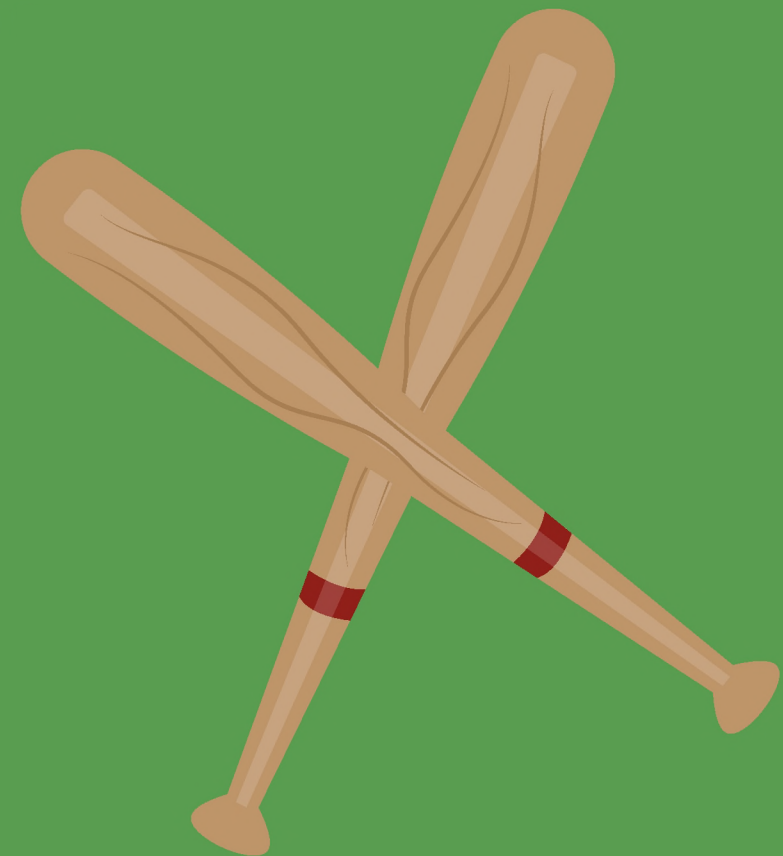
WHAT IS STIGMA?



MENTI POLL



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WHY CULTURAL HUMILITY MATTERS



- **Humility = recognizing power dynamics, ongoing learning**
- **Avoiding assumptions & stereotypes**
- **Being trauma-informed and aware of social needs (housing stability, safety, food access)**
- **Real-life examples (e.g., avoiding assumptions about assistance status, family structure, language needs)**

BREAKOUT GROUPS

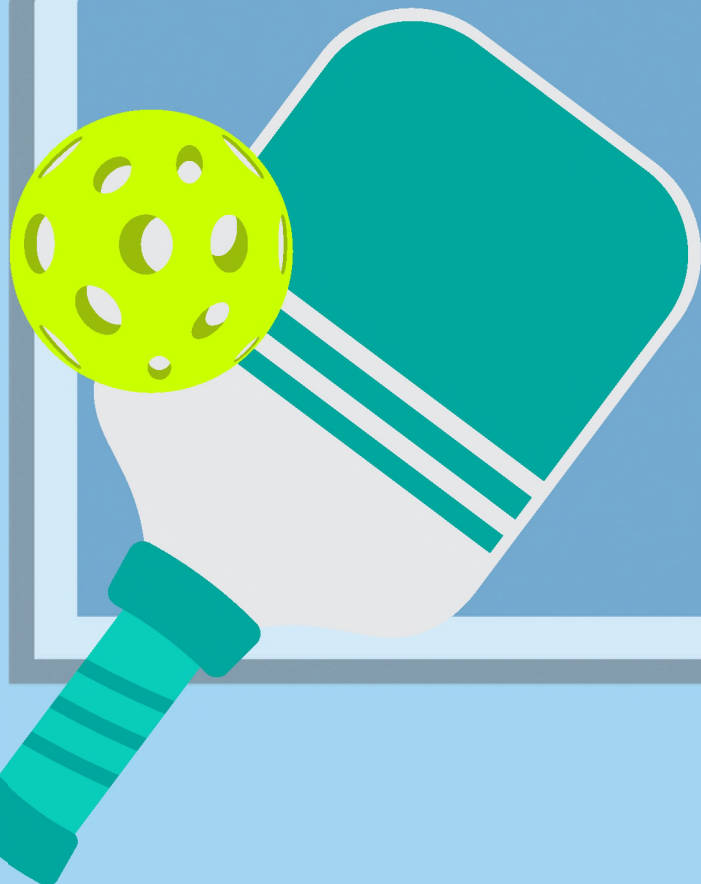
Think of a time when assumptions about culture or identity affected your interaction with a client or colleague.

- **What assumptions were made?**
- **How did that affect the person's feeling of safety or trust?**
- **What would you do differently now?**



DISCRIMINATION FACING HELP SEEKERS AND STRUCTURAL BARRIERS

- **Examples of microaggressions in service delivery**
- **How language and documentation can reinforce stigma**
- **Impact on help seeker trust and engagement**
- **Structural barriers: legal status, poverty, language access, discrimination**



PRACTICAL RESPONSES: CULTURAL HUMILITY IN ACTION

Strategies:

- **Ask open questions without assumptions (“Tell me what’s important for me to know about your experience.”)**
- **Use person-centered language, avoid labels**
- **Avoid making identity-based assumptions (e.g., family structure, support systems)**
- **Create psychological safety by normalizing questions about preferences and needs**
- **Be transparent about documentation and how info is used**



CHALLENGING POWER & PRIVILEGE IN CARE

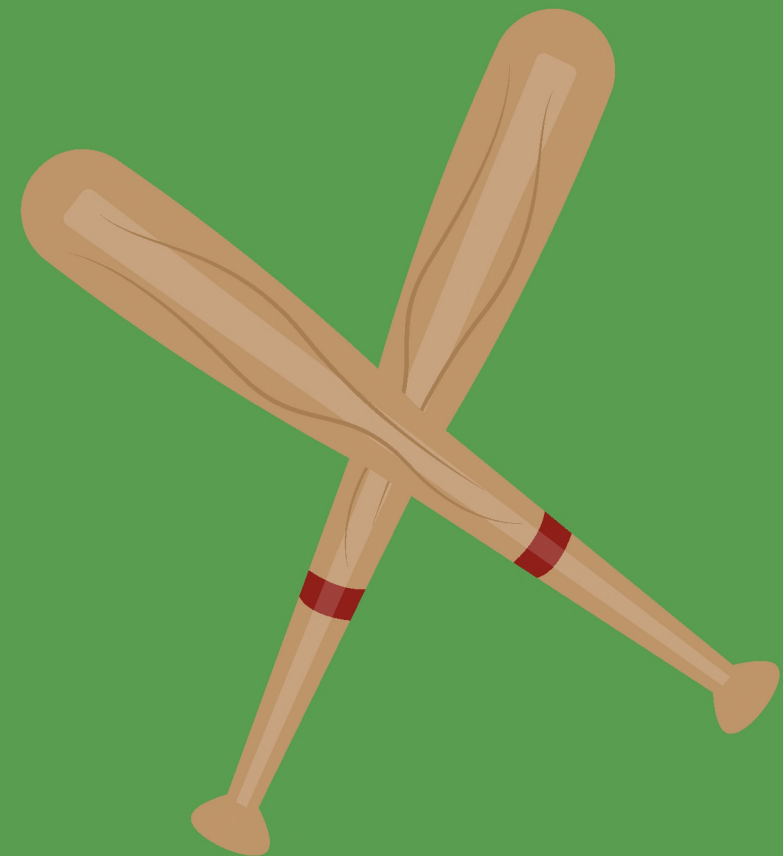
- Discussion of power dynamics in helping settings
- The importance of helping professional self-awareness: how biases and privilege shape care
- Encouraging reflection on one's own positionality and assumptions
- Structural vulnerability/intersectional visibility & equitable care



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FINAL TAKEAWAYS



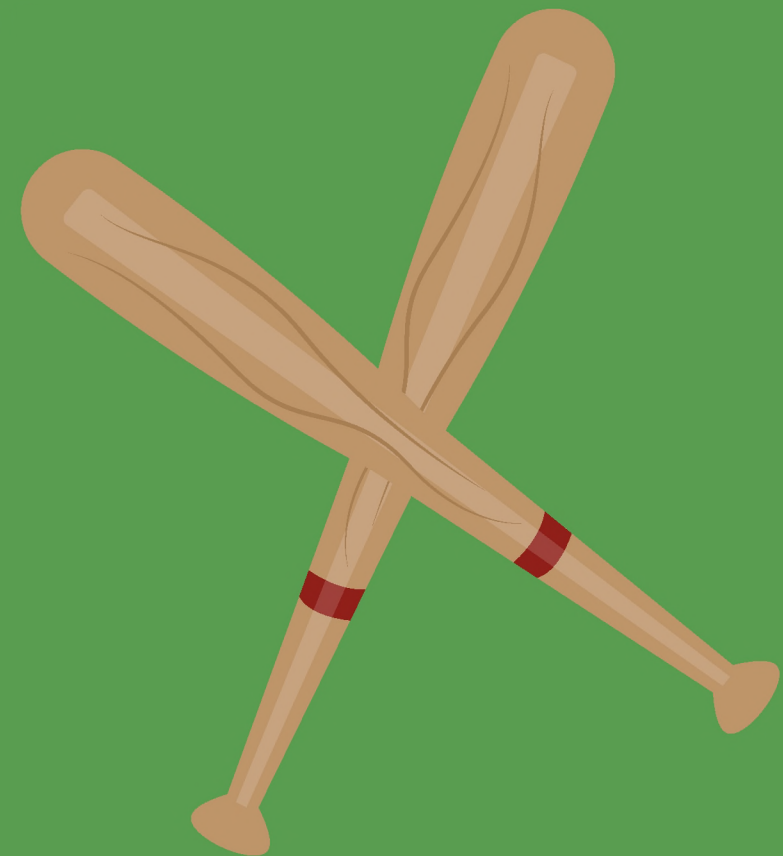
- **Shift in language:**
 - **From “difficult” or “non-compliant” → “activated by structural challenges”**
 - **From “assuming” → “inquiring with respect and humility”**
- **Cultural humility is a lifelong practice, not a checklist**
- **Creating safe, inclusive spaces increases trust and outcomes**
- **Everyone has a role in interrupting bias and fostering belonging**



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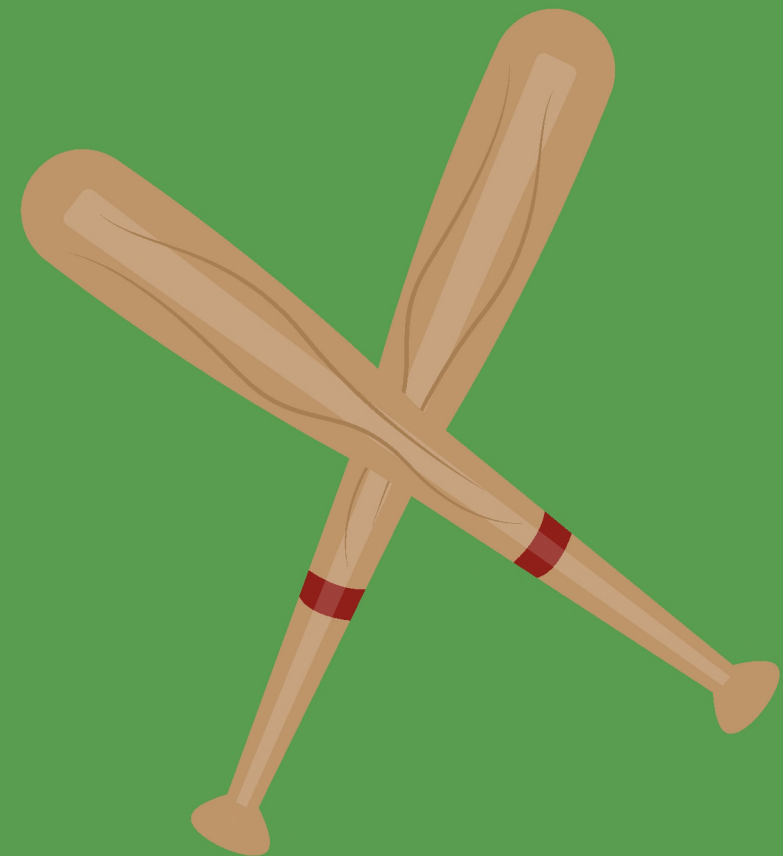
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PEER REENTRY GROUP

Interested in joining our reentry specific workgroup?

Scan and complete the survey below!



QUESTIONS?



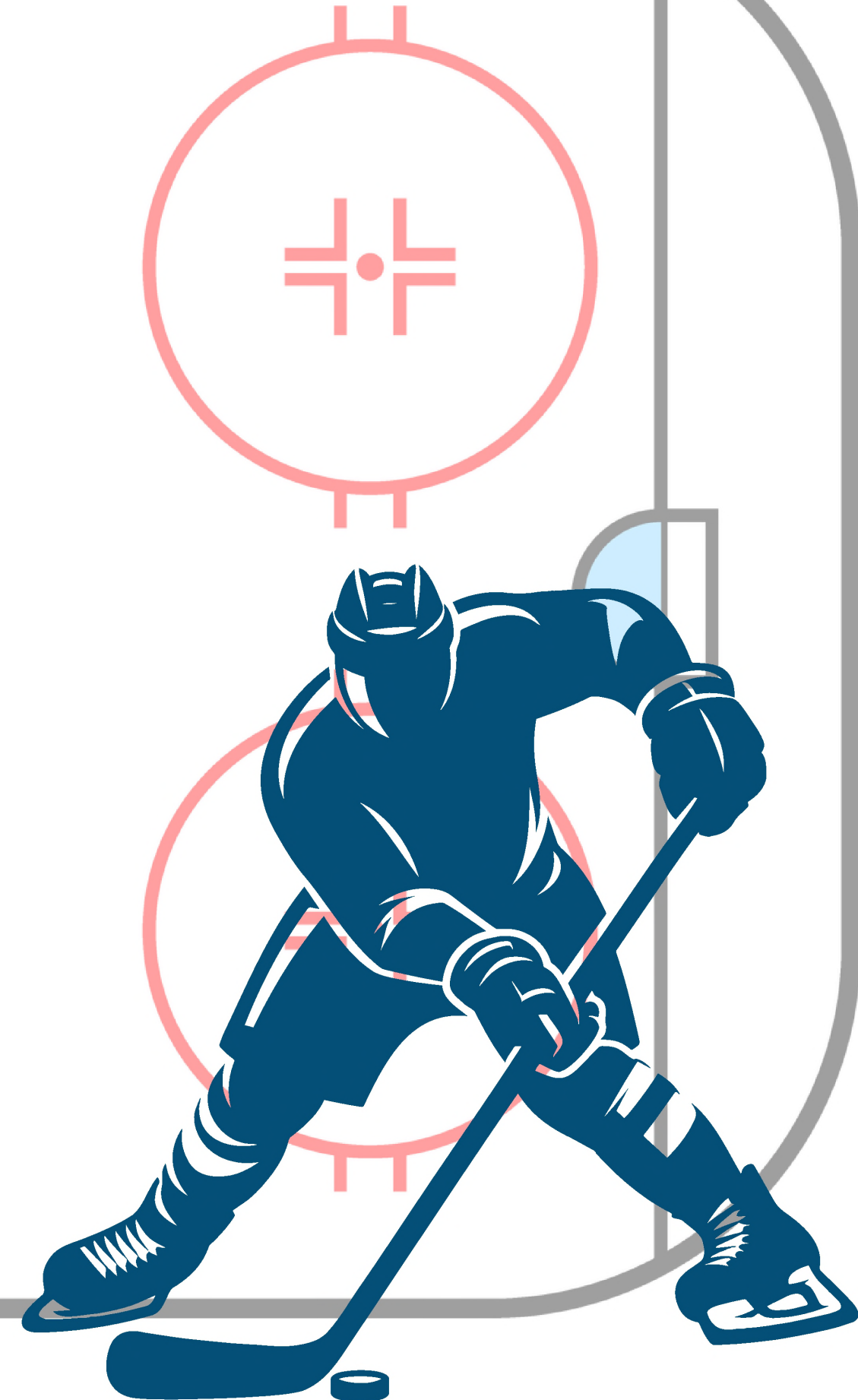
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**THANK
YOU!**

