

Finding a Culturally Competent Provider

Who Is the Right Fit for You

To best evaluate whether a mental health provider can provide culturally competent care, Dr. Yavar Moghimi, a behavioral health medical officer for AmeriHealth Caritas, recommends patients consider several questions.



Does the provider ask...

- about your problems in the context of your social network, such as family, friends, or others in your community?
- what you think the causes of your problems are?
- about the most important aspects of your background or identity and whether they make a difference to your problem (for example, discrimination)?
- about barriers that have prevented you from getting the help you need, including any stigmas or social determinants of health?
- about your concerns around these differences and what your expectations are, if there are differences in your backgrounds?

