

# Leveraging Tech to Enhance Culturally Responsive Care for Rural Youth

This panel will explore the utilization of technology in providing mental health services to historically under-resourced communities. The panelists will address the challenges and opportunities of delivering virtual care in rural settings. Specifically, they will discuss strategies and best practices for implementing diversity, equity, and inclusion (DEI) initiatives in rural communities.

## Speakers



**Ebonie Barnes, LMHC**  
Mental Health Program Director,  
Hazel Health



**Brittany Zamora, LPC**  
Clinical Supervisor,  
Hazel Health



**Laura McArthur, PhD**  
Founder,  
Resilient Futures

## Panel Objectives

- Understand the challenges faced by rural communities in accessing mental health resources and first-language care
- Gain knowledge of the benefits and drawbacks of using virtual care and teletherapy in rural communities
- Learn strategies for bringing DEI initiatives to rural communities through virtual care, including building trust and rapport, tailoring services to meet unique needs, and addressing cultural competence and sensitivity
- Gain insights from case studies and examples of successful virtual initiatives in rural communities
- Engage in dialogue and feedback with the panelists and other attendees to deepen understanding of the challenges and opportunities of using virtual care in rural areas

## Notes & Questions

---

---

---

---

---