

WHAT'S GOING ON?! AND HOW TO HELP: BLACK RACIAL STRESS, TRAUMA AND HEALING

THURSDAY, June 8th, 2023, from 10:30AM – 12:30PM

This two-hour interactive training workshop introduces participants to racial stress, trauma and healing with a lens focused on the Black experience. Participants will learn about the impact of institutional and systemic racism, as well as implicit bias on the experience of Black identified community members. Attendees consider their own identity and how it interacts with the provision of effective services to Black individuals, families, and communities. In addition, they will identify strategies to engage this population and enhance their cross-cultural communication skills. Finally, participants will gain an understanding of the specific mental health needs of and resources for people of African ancestry, including an introduction to African centered psychology. Videoclips, music, self-reflection, real life scenarios and group discussions help bring this learning to life.

3 Continuing Education Units (CEU's), include one-hour of preparatory reading and 2-hours of workshop time.



Facilitator
KRISTEE HAGGINS, PH.D.

Dr. Kristee Haggins is a community healer, African centered psychologist, professor, and consultant with expertise in Black racial stress, trauma, and healing. She has a B.A. in Psychology (Honors) from the University of Southern California and a M.A. and Ph.D. in Counseling Psychology from The Ohio State University. Dr. Haggins is licensed in California as a Psychologist (Inactive Status) and she is the Founder and Executive Director of Safe Black Space (SBS), a non-profit focused on helping Black people heal and thrive in the face of anti-Blackness and racism. Dr. Haggins is an Associate Professor in the College of Psychology at California Northstate University and is a consultant, trainer, and speaker. She also serves on the Board of Directors for the California Black Health Network and is the President of the Greater Sacramento Chapter of the Association of Black Psychologists. For nearly 20 years, Dr. Haggins was the Associate Director of Training and Community Outreach at Student Health and Counseling Services at UC Davis, where she was also an Adjunct Professor in African and African American Studies. In addition, she worked for 5 years as a member of the Health Equity Team for the California Institute for Behavioral Health Solutions (CIBHS) before starting Safe Black Space.

Learning Objectives:

- Participants will be able to identify at least three of the signs, symptoms and cumulative impact of racial stress and trauma on Black people
- Participants will be able to explain 3 ways how their own identity interacts with the provision of effective services with Black community members
- Participants will be able to name three strategies for engaging and communicating with Black clients, families, and community members through cultural humility

Registration Information Contact: Paul Y. Moore, ONTRACK Program

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•Programing Information Contact: Erin Holland, Administrative Assistant:

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•To request a reasonable accommodation or to file a grievance about an ACBH training, go to: <http://www.acbhcs.org/training>

Continuing Education (CE) credit is only provided for County and ACBH contracted Provider staff. This course meets the qualifications for 3 hours of CE credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services (ACBHCS) is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP_EI), Provider No. 4C-04-604-0622; for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; and for Psychologists as an approved provider by the California Psychological Assoc, Provider No. ALA006. AC- BHCS maintains responsibility for this program/course and its content. Please note: to receive CE credit, it is the participant's responsibility to attend the full training, achieve a score of at least 70% on the post-test and complete the evaluation. No partial credit can be given. CE Certificates will be emailed to qualifying participants within 30 days (about 4 and a half weeks) after the training.

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