



AFRICAN AMERICAN TECHNICAL ASSISTANCE & TRAINING PROGRAM



Self-Care: Perimenopause and Menopause among Black Women

COURSE DESCRIPTION:

This course will address some basic biological changes that are part of the normal life cycle for women and will explore some of the mental health challenges that are part of this process for Black women.

TARGET AUDIENCE:

ACBH Staff, Contracted Community Based Organizations, and Mental Health and SUD Providers.

MEASURABLE LEARNING OBJECTIVES:

- Identify four (4) self-care techniques that may bring relief for perimenopause symptoms.
- List two (2) ways clinical staff can listen for and validate perimenopausal symptoms that Black women are experiencing.
- List three (3) ways perimenopausal symptoms may impact trans and non-binary persons.
- Identify five (5) signs of perimenopause.
- List two (2) ways implicit bias can impact the likelihood that black women will be offered hormone replacement therapy.
- List four (4) medications that are used to treat the symptoms of perimenopause.
- Learn four (4) ways structural racism negatively affects the perimenopause experiences of Black women.

ABOUT THE PRESENTER

Karinn Glover, MD, MPH, Assistant Professor of Psychiatry and Behavioral Sciences at Albert Einstein College of Medicine and Attending, Adult Outpatient Psychiatry Division, Montefiore Hospital, Bronx NY. Currently Assistant Professor of Psychiatry at the Albert Einstein College of Medicine, Dr. Glover teaches psychopharmacology and aspects of psychotherapy to Psychiatry and Family Medicine residents. Her decade-plus experience as a psychiatrist and leader in the primary care division at Montefiore Health System has informed her approach to health equity, Diversity, Equity, Inclusion and Belonging (DEI+B), and the styles of leadership that produce organizational success.



KARINN GLOVER, MD, MPH

**FRIDAY,
JANUARY 26, 2024**

**9:00AM - 1:30PM
3.5 HOURS CE CREDIT**

(One 10-min break & 30-min lunch will not be counted toward CE time awarded)

To complete an ACBH sponsored virtual training, attendees must achieve a score of at least 70% on the post-test

Register FREE via Eventbrite

REGISTER HERE

(Zoom Link will be sent after registration)

If you have a reasonable accommodation request, or grievance regarding an AATA training, please email at: customerservice@pathwaystowellness.net

For assistance with registration & other inquiries: aata@pathwaystowellness.net
<https://aata.pathwaystowellness.net/>

This course meets the qualifications for 3.5 hours of continuing education credit for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals_Education Institute (CCAAP_EI), Provider No. 4C-04-604-0624; 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 Association of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; and for Psychologists as an approved provider by the California Psychological Association, Provider No. ALA006. ACBHCS maintains responsibility for this program/course and its content.