



AFRICAN AMERICAN TECHNICAL ASSISTANCE & TRAINING PROGRAM



Addressing Mental Health Challenges of African American Women

COURSE DESCRIPTION:

The focus of 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:

- List four ways to treat insomnia, depression, and anxiety during pregnancy
- Identify 2 or 3 tools to assess mental well-being among pregnant patients using screening tools.
- List two mental health telephonic and internet resources for clinicians, patients, and families.
- Identify 5 signs of perimenopause.
- List 4 medications that are used to treat the symptoms of perimenopause
- Identify 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 community engagement approach to health equity, and the styles of leadership that produce organizational success.



KARINN GLOVER, MD, MPH

VIRTUAL REGISTRATION

**FRIDAY,
JUNE 20, 2025**

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/>

Continuing Education (CE) credit is only provided for Alameda County and ACBH contracted Provider staff. This course meets the qualifications for 3.5 hours of CE credit for LCSWs, LMFTs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care (ACBH) 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; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP_EI), Provider No. 4C-04-604-0626; for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; 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. Please note: to receive CE credit, it is the participant's responsibility to attend the full training, sign in and out, achieve a score of at least 70% on the post-test(s), and complete the evaluation. No partial credit can be given. CE Certificates will be emailed to qualifying participants within 30 days of the training.