



AFRICAN AMERICAN TECHNICAL ASSISTANCE & TRAINING PROGRAM



Behavioral Health
Department
Alameda County Health

PATHWAYS TO WELLNESS
MEDICATION CLINICS
IMPROVING THE QUALITY OF LIFE

Supporting African American Communities while Navigating Burnout and Compassion Fatigue

COURSE DESCRIPTION:

This training equips mental health professionals with tools to recognize, prevent, and address burnout and compassion fatigue. Using a culturally responsive lens, participants will explore systemic and personal factors that contribute to provider fatigue, with a focus on African American communities. The workshop integrates clinical strategies, self-care practices, and community-based approaches to foster resilience and sustainable professional wellbeing.

TARGET AUDIENCE:

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

MEASURABLE LEARNING OBJECTIVES:

- **List** at least four key signs of burnout and three signs of compassion fatigue in themselves and colleagues.
- **Explain** three ways systemic racism and historical trauma exacerbate provider burnout when serving African American communities.
- **List** three evidence-based strategies for preventing and addressing compassion fatigue in clinical practice.
- **Identify** four culturally congruent interventions that support provider resilience and client care.



ABOUT THE PRESENTER

Kimberli Porter, LMFT, M.Ed., PhD.,

is a Licensed Marriage and Family Therapist with advanced degrees in Education and Metaphysics.

She specializes in culturally responsive mental health care and has over 10 years of experience providing therapy, training, and consultation for professionals serving African American communities.

Her expertise bridges evidence-based clinical practice, cultural humility, and holistic wellness approaches.

Click: **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/>

**FRIDAY
OCTOBER 24, 2025
10:00AM to 12:00PM**

2 HOURS CE CREDIT

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

Continuing Education (CE) credit is only provided for Alameda County and ACBH contracted Provider staff. This course meets the qualifications for **2 hours** of CE credit for LCSWs, LMFTs, LPCs, and/or LEPs as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care (ACBH) 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-04-604-0626; for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; and for Psychologists as an approved provider by the California Psychological Assoc., 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.