

Who We Are: An Introduction to African American Communities

(BH0322)



CHILDREN, YOUTH AND FAMILIES
SYSTEM OF CARE
TRAINING ACADEMY

This full-day training will focus exclusively on the experiences of African Americans—people of African descent who have made up the fabric of the United States for generations. Participants will gain insight to vital elements of African American cultures and world views with a goal of co-creating healing spaces. The vision for this collective practice is that we begin to take steps toward rebuilding trust, restoring relationships, and enhancing mutuality in service delivery to improve outcomes for Black families and communities. Participants will discuss how events throughout American history have had an ongoing impact on African American people and how this historical and generational trauma and racial socialization are related to health disparities. Participants will also be reminded of key cultural elements that fortify Black communities despite centuries of cumulative trauma, injury and systemic barriers. Participants will develop a plan of action, which amplifies culturally relevant liberatory practices.

Learning Objectives

Upon completion of this training, participants will be able to:

- Identify key concepts/characteristics of diverse multidimensional African American cultures
- Describe how trauma, bias and systemic racism have shaped today's African American experiences
- Define the four levels of racism and uncover examples operating in your practice
- Identify connections between anti-Black racism, bias and misinformation and behavioral health disparities in African American communities
- Develop a plan to improve health equity using recovery model concepts



Registration Information

If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email RIHS@sdsu.edu if you have any questions.

This training is **FREE** of charge to BHS County employees and contractors.

LIVE-VIRTUAL TRAINING



Date: June 10, 2022

Time: 9:00 AM – 3:00 PM

This course will be conducted remotely through [Zoom](#). A link will be sent to participants a week before training.

REGISTRATION

[Click here](#) to log into the Learning Management System (LMS) and Register.

Course Code: BH0322



AUDIENCE

Counselors, peer support partners, therapists, educators, caregivers and other individuals working with children, youth and families.



THE TRAINER

Janice Boafo is a Licensed Clinical Social Worker (LCSW), Coach, and Facilitator whose professional life is shaped by her lived experience. [Learn more about Ms. Boafo here.](#)

Thank you for your continued understanding about our need to put the safety of our staff, facilitators, and customers first.

Please review the COVID protocol for in-person trainings.
<https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/>

**COVID Message and
In-person Training Protocol**

ADA

Please submit all requests for accommodations two weeks prior to the start of the training. The Academy for Professional Excellence is committed to creating an inclusive and welcoming environment that appreciates and builds on diversity. In accordance with the Americans with Disabilities Act (ADA) of 1990, and California Administrative Code Title 24, The Academy for Professional Excellence prohibits discrimination on the basis of a disability in employment, public services, transportation, public accommodations, and telecommunication services.

Continuing Education

This course meets the qualifications for **5** hour of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-398-0822, and CAADE Provider # CP40 906 CH 0323 for **5** contact hour/CEH. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).

Responsive Integrated Health Solutions (RIHS) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.



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Who We Are: An Introduction to African American Communities

Course Code: BH0316

[Janice Boafo, LCWS](#)

Educational Goal:

To gain a deeper understanding of African American culture, including trauma, bias and systemic racism to improve the delivery of behavioral health services with African American children, youth and families.

Time	Activity
9:00 – 9:20 am	Welcome, Introduction, Objectives
9:20 – 9:40 am	Cultural Humility Lens, Multicultural Guidelines for Communication
9:40 – 10:15 am	Self-Reflection Activity & Community Guidelines
10:15 – 10:30 am	Break
10:30 – 11:10 am	Are We Speaking the Same Language? Defining Terms and Codeswitching
11:10 – 11:50 am	Things We Carried – African American Cultural Gifts and Worldview
11:50 am – 12:50 pm	Lunch
12:50 – 1:30 pm	What American History Has Taught Us – Echoes and impacts of Historical and Intergenerational Trauma, Systemic Racism and Implicit Bias
1:30 – 1:50 pm	Responding with Resiliency and Resistance
1:50 – 2:30 pm	Moving Towards the Future: Liberatory Practices and Healing Spaces
2:30 – 2:50 pm	Reflecting on Your Role and Developing Your Plan
2:50 – 3:00 pm	Plus/Delta

***Please note: In order to receive completion and credit/CEs, you must have your video camera on for the duration of training.**