



AFRICAN AMERICAN TECHNICAL ASSISTANCE & TRAINING PROGRAM



## Between a Rock and a Hard Place: Intersectional Experiences, Stigma-Related Stress, and Behavioral Health Among African American LGBTQ+ Individuals

### COURSE DESCRIPTION:

This course will provide an overview of (1) the mental health disparities that shape the lives of African American LGBTQ+ individuals, (2) the role of stigma (e.g., racism, heterosexism, intersectional stigma) in shaping the mental health outcomes of African American LGBTQ+ people, and (3) best practices in intervening to support stigma coping, mental health, and resilience among African American LGBTQ+ people.

### TARGET AUDIENCE:

Community-Based Organizations and ACBH contracted Mental Health and Substance Use Disorder Provider staff.

### MEASURABLE LEARNING OBJECTIVES:

- Identify the dominant theory of why we see persistent mental health disparities between LGBTQ+ people and their cisgender/heterosexual counterparts
- List two measures of how the mental health of African American Black LGBTQ+ individuals compares to their African American cisgender and heterosexual counterparts
- List two ways to distinguish between distal LGBTQ+ minority stressors and proximal LGBTQ+ minority stressors
- Identify the two dominant forms of intra-community stigma that shape the lives of African American LGBTQ+ people
- Provide one example of how intersectionality can be applied to an evidence-based treatment to address the unique needs of African American LGBTQ+ people
- Identify three studies that incorporate intersectional theory to study the behavioral health of African American LGBTQ+ people

### ABOUT THE PRESENTER

Dr. Skyler Jackson is an award-winning stigma researcher, inclusive mental health clinician, and experienced organizational consultant. He received his BA in Psychology from Stanford University and his PhD in Counseling Psychology from the University of Maryland, College Park. Currently, Dr. Jackson is an Assistant Professor within the Social and Behavioral Sciences at Yale School of Public Health. He is one of two faculty members working within the Yale LGBTQ Mental Health Initiative and is an affiliate of Yale University's Center for Interdisciplinary Research on AIDS (CIRA).



**SKYLER JACKSON, PHD.**

**FRIDAY,  
DECEMBER 1, 2023**

**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](mailto:customerservice@pathwaystowellness.net)

For assistance with registration & other inquiries: [aata@pathwaystowellness.net](mailto:aata@pathwaystowellness.net)  
<https://aata.pathwaystowellness.net/>

Continuing Education (CE) credit is only provided for County and ACBH contracted Provider staff. This course meets the qualifications for 3.5 hours of CE credit for LMFTs, LCSWs, LPCs, 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-04-604-0624; for RNs by the California Board of Registered Nurses, BRN Provider No. 12040. 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.