



## **Navigating Anxiety: Mental Health Challenges and Resilience in African American Communities**

### **COURSE DESCRIPTION:**

This course will examine historical and contemporary sociocultural contexts of anxiety disorders in African American communities, challenges in diagnosis and treatment among African American youth and adults, and strategies to promote resilience and address systemic factors that contribute to health inequities among African Americans with anxiety disorders.

### **TARGET AUDIENCE:**

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

### **MEASURABLE LEARNING OBJECTIVES:**

- Compare three differences in rates of anxiety disorders among African Americans, Caribbean Blacks, and Whites.
- Name four types of racism that have been associated with anxiety disorders in African Americans.
- Identify two gender-specific associations between discrimination and anxiety disorders in some African American men and women.
- Evaluate two ways that family and friendship support networks can be related to social anxiety disorder in some African Americans.
- Explain the difference between provider level and health care system level strategies to address disparities in youth mental health service utilization.



**DARIUS CAMPINHA-BACOTE, PsyD, HSP**

**FRIDAY,  
NOVEMBER 22, 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](mailto:customerservice@pathwaystowellness.net)

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

### **ABOUT THE PRESENTER**

Darius Campinha-Bacote, PsyD, HSP - is a licensed clinical psychologist at the Dallas County Juvenile Detention Center, where he is a functional family therapist and program supervisor for the Functional Family Therapy program. In this role, he works with youth and their families who come from underprivileged backgrounds. Dr. Darius Campinha-Bacote, received his BA in Psychology, double minoring in Social Work and Women's Studies from the University of Dayton, and both his master's and doctorate from Wright State University School of Professional Psychology (SOPP). He is credentialed as a Health Service Psychologist (HSP), as well as a certified trauma therapist in Trauma Focused Cognitive Behavioral Therapy (TF-CBT). Dr. Darius Campinha-Bacote has served as the Cultural and Linguistic Competency Coordinator for a Substance Abuse and Mental Health Services Administration (SAMHSA) grant in which he partnered with youth and adults to coordinate culturally competent policies designed to ensure culturally specific interventions for transitional-aged youth from diverse ethnic and cultural background.