



Palm Beach County  
Board of County Commissioners



Palm Beach County  
Youth Services Department  
Residential Treatment and Family Counseling Division  
Education and Training Center



# Allyship: What does it mean to be a Safe Space? Defining Your Role in Promoting an Inclusive Community

Presented by Essence O. Rivers, Psy.D.

Wednesday, June 21, 2023

9:30 am - 11:30 am

**\*Location: Zoom Remote Video Conference\***

Once registration is confirmed, link to access the training will be provided

## Registration Fee:

There is no cost associated with this presentation

## Continuing Education:

2 CE credits will be offered

## Registration Link:

<https://www.surveymonkey.com/r/C57L87W>

*If you have trouble accessing the survey, please copy the link and paste it directly into your browser.*

Registration closes at 3:00 pm on June 20, 2023



This training is an equity, diversity, and inclusion topic

## Description:

Allies are individuals who belong to dominant social groups and through their support of non-dominant groups actively work toward the eradication of prejudicial practices they witness in both their personal and professional lives (Hildebrand, 2020). In this presentation, the history of marginalization of socially disadvantaged groups will be reviewed and the theoretical underpinnings to allyship will be discussed. The presenter will provide an overview of key terms related to allyship, explain the need for allyship, provide practical steps to being an ally and identify strategies to navigate and confront personal bias.

## Learning Objectives:

- 1) Provide an overview of the historical and theoretical underpinnings and rationale for allyship and related concepts.
- 2) Review and discuss the need for allies and their role in systemic change.
- 3) Identify practical strategies for engaging in allyship and navigating barriers to allyship.

## Presenter:



**Dr. Essence Rivers** is a Licensed Clinical Psychologist and the Director of Psychological Services at Customized Behavioral Healthcare. Dr. Rivers earned her Master's and Doctoral degrees in Clinical Psychology at Xavier University, and completed her doctoral and postdoctoral training with the Palm Beach County Youth Services Department. Dr. Rivers takes a systemic approach to mental health and is passionate about promoting the mental health and wellbeing of individuals and families both directly and through her work with other professionals. Dr. Rivers strives to facilitate healing and resilience by sharing knowledge, encouraging connection, aiding in self-reflection and providing new skills.

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**Disclaimer:** The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

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### **Continuing Education Information:**

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2025).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 31, 2024).

**In order to receive Continuing Education credits, you must complete an electronic evaluation form. A link to the form will be provided to you at the conclusion of the training. You must include your name and license number. Certificates will be emailed once receipt of your evaluation form has been confirmed.**

**All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

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**Space is Limited:** Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

**What to Bring:** A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

**Accommodations for the differently abled:** Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

**Registration contact person:** Cristal Montepeque at (561) 233-4460 or [CMontepeque@pbcgov.org](mailto:CMontepeque@pbcgov.org)

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[www.pbcgov.com/youthservices/EducationCenter](http://www.pbcgov.com/youthservices/EducationCenter)

or call (561) 233-4460

## Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

### How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
  - **Everyone** – All participants will see the message in their Chat pane.
  - **Organizer(s) only** – All organizers will see the message in their Chat pane.
  - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>