

# Equity as an Expectation

Magellan Healthcare, Inc., a subsidiary of Magellan Health, Inc. (Magellan), invites you to view the recording for this webinar, and find information below on how to obtain CE credit.

## Webinar details

**Type of Activity:** Instructor-led recorded webinar (home study)

**Cost:** Free of charge

**Duration/time:** 1.5 CE hours (90 minutes)

**Speaker:**



Dr. Tonicia Freeman-Foster, CDP, CHES®, PMP  
Co-Founder and Principal Consultant, Kusudi Consulting Group

**Target audience:** This webinar is intended for all behavioral health practitioners and support staff, policymakers, agency administrators, funders, community leaders, and mental wellness advocates.

**Goal:** When we enter our favorite restaurant or venue, we enter with expectations of how we will be treated and what the experience will be like for ourselves and our loved ones, and most likely without much thought we anticipate good outcomes. How can mental health practitioners, leaders and mental wellness advocates foster these same expectations within our organizations and services? What actions can we implement to ensure that ALL persons and communities expect positive experiences and equitable outcomes?

The first goal of the *Equity as an Expectation* webinar is to explore behavioral health inequities that exist among racial, ethnic, gender, religious and other minorities in the United States. The second goal is to identify strategies for fostering and sustaining equitable mental health outcomes for diverse populations in behavioral health and mental wellness services.

**Learning objectives:** Upon completion of this webinar, participants will be able to:

1. Describe the relationship between health inequities (historical and present-day) and client

engagement.

2. Identify the ways in which biases and beliefs impact actions, both positively and negatively.
3. Describe how to engage in authentic self-reflection using the PAUSE model, in an effort to lead/facilitate/implement equitable behavioral health services for all persons.
4. Explain the CHIME Framework for Recovery and identify actions that mental health practitioners and mental wellness advocates can implement to promote and sustain positive and equitable outcomes for clients, families, and communities.

**Course outline:** In this webinar, the presenter will cover:

- Behavioral health inequities among diverse populations, and underlying causes
- Ways in which our own biases and prejudices exacerbate inequities
- The importance of self-reflection and self-awareness when entering helping spaces
- Strategies for fostering hope and hopefulness in the work and workplace
- Criticalness of client, participant, customer and family voices in policy/decision-making processes
- Fostering diverse and innovative community (formal and informal) partnerships
- Q&A/Discussion

## About the speaker

**Dr. Tonicia Freeman-Foster** has over 20 years of experience in cultivating hope, resiliency and wellness through her work with underserved persons and marginalized communities. She is passionate about her work in assisting organizations and leaders in understanding how their beliefs and actions impact diversity, equity, inclusion, belonging, and justice for staff, clients, and communities. Dr. Freeman-Foster possesses extensive experience in matters related to mental health, substance use, child welfare, HIV/AIDS, and LGBTQ+, youth and young adult, women, Black, Indigenous, and People of color (BIPOC) populations.

Dr. Freeman-Foster is the co-founder and principal consultant at Kusudi Consulting Group, and she also currently serves as a change specialist at Change Matrix. In these roles, she provides training, technical assistance, and coaching to individuals, communities, and organizations throughout the nation. In her previous role, Dr. Freeman-Foster served as project director of the Florida Healthy Transitions program, and led the development of an innovative peer-to-peer behavioral health model for youth and young adults. Dr. Freeman-Foster possesses a Bachelor's degree in Health Science Education (Community Health) from the University of Florida, a Master's degree in Human Services (Organizational Management and Leadership) from Springfield College, and a Doctorate degree in Education (Organizational Leadership) from Argosy University. Dr. Freeman-Foster is a Certified Diversity Professional, Certified Health Education Specialist, Certified Courageous Conversations About Race™ Practitioner, and Certified Project Management Professional.

**Disclosures:** Dr. Tonicia Freeman-Foster has no relevant financial relationship commercial interest that could be reasonably construed as a conflict of interest.

## CE credit eligibility

**Eligible CE hours:** 1.5 CE hours (90 minutes)

Upon request, all other health care professionals completing this event will be issued a certificate of participation. For information on applicability and acceptance of CE hours for this activity, please contact your professional licensing board.

**How to obtain CE hours:** To obtain CE clock hours you must view the course in its entirety and complete the course post-test (80% passing score required) and evaluation via a web link to be displayed after the conclusion of the course. Upon completing the course requirements, you will be issued a certificate. Partial attendance is not accepted.

If you have questions about the course requirements or CE hours, contact:

Magellan/CE Administrator  
Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Approval statements:** Magellan has been approved by FCB as an Approved Continuing Education Provider, FCB No. 5376-A.

Magellan Health, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6233. Programs that do not qualify for NBCC credit are clearly identified. Magellan Health is solely responsible for all aspects of the program.

## Additional information

**Commercial support:** Magellan did not receive any commercial support for this continuing education program.

If you have questions or would like additional information regarding the content or level of this activity, the speaker's potential or known conflicts of interest, activities not offered for CE credit and/or technical assistance, contact:

Magellan/CE Administrator  
Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Requesting special accommodations:** Magellan will make reasonable accommodations for participants with physical, visual or hearing impairments.

To arrange appropriate access accommodations, contact:

Magellan/CE Administrator  
Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Complaints and grievances:** To express a complaint or grievance, contact:

Magellan/CE Administrator

Phone: 410-953-4707

Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)

**Continuing education policy and FAQs:** To request a copy of the [Continuing Education Policy and FAQs](#) contact:

Magellan/CE Administrator

Email: [ce@magellanhealth.com](mailto:ce@magellanhealth.com)