Lunch & Learn:

A Deeper Understanding of the Black/African American Patient

Join us for lunch and meaningful conversation!



Date: **Thursday, March 12, 2026**
Time: 11:30 a.m.–1:30 p.m.

Overview

CalOptima Health's Equity and Community Health department is excited to host a special Lunch & Learn featuring Second Baptist Church (SBC) Family, a respected community organization committed to promoting health and wellness among African American and other immigrant/refugee populations.

In this presentation, we will examine the historical roots of medical mistrust within the Black community, review the social determinants of health that disproportionately affect this population and explore effective strategies to rebuild trust in the health care system. Participants will also learn practical approaches to codesign care plans with Black patients to improve outcomes related to lifestyle-related illnesses such as high blood pressure, diabetes, high cholesterol and more.

Don't miss this opportunity to learn, connect and grow over a shared Culture meal!

At the end of the program, attendees should be able to:

- Describe the historical factors that have contributed to the deterioration of trust in the health care system
- Identify key social determinants of health impacts on Black communities in Orange County
- Apply linguistic competencies to build trust with Black patients
- Identify core cultural values and practices relevant to Black patients
- Codesign culturally responsive approaches that support sustainable lifestyle changes

CalOptima Health

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SBC FAMILY

EVENT INFORMATION

Date:
Thursday,
March 12, 2026

Time:
11:30 a.m.–1:30 p.m.

Location:
CalOptima Health
Room 109N (First floor)
505 City Parkway West
Orange, CA 92868

Lunch will be provided at 11:30 a.m.

For questions, please email: continuingeducation@caloptima.org.

Space is limited! Please RSVP by ***Thursday, March 5, 2026*** through the link or QR code below:

https://bit.ly/4rk1tlu

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please email continuingeducation@caloptima.org two weeks before the training date.

Agenda:

11:30 a.m.: Lunch Served

Noon: Welcome/Introduction — Rocio Valencia, LCSW, Senior Director, Equity and Community Health, CalOptima Health

12:05 p.m.: Guest Speaker — Kelita Gardner, MBA, Executive Director, Second Baptist Church of Santa Ana CDC

1:15 p.m.: Q&A Session

1:30 p.m.: Closing

1.5 CE Credits Offered

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

CE Accreditation Statements:

BRN — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.

CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. The course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350.

NCHEC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0.

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