



Summit Schedule

Samford University ● July 12, 2018
Brock School of Business – Cooney Hall
800 Lakeshore Drive, Birmingham, AL 35229

7:30 am – 8:30 am: **Registration and Continental Breakfast**

8:30 am – 8:45 am: **Welcome**

- Regions Community Resource Room -

Lanada Williams, MA, NCC, LPC
Founder, Alliance Family Solutions, PLLC
Founder, Host and Creator of “The Lanada Williams Show”
Director of Community Outreach, No More Martyrs

Nadia M. Richardson, PhD
Founder, No More Martyrs

8:45 am – 9:45 am: **Opening Keynote Speaker**

- Regions Community Resource Room --

Title: When Talk isn't Enough: Counseling for Empowerment

Dr. Carlos P. Hipolito-Delgado, Associate Professor
University of Colorado Denver

Given the cultural divide in the United States, the reemergence of hate groups, and the open discrimination against marginalized communities, there is a need for therapists to understand how experiences of oppression and sociopolitical barriers negatively impact communities of color. This presentation will argue that the future of culturally relevant services for communities of color must lie in the empowerment of clients and communities of color.

9:45 am – 10:00 am: **Networking Break**

10:00 am – 11:00 am: **Concurrent Session I**

- Room: 200 -

Title: Destigmatizing Mental Health Challenges in Minority Communities

Ahmad Abojaradeh,
Founder and Executive Director
Life in My Days, Inc.

Everyday, the most marginalized communities are seeing, hearing, and are being affected by Police Brutality, Deportation, Mass State Violence, Discrimination, Sexual Harassment, FBI entrapment, Domestic Violence, Suicide, and many others. Although not all these forms of violence are exclusive to Black, Muslim, Latinx, LGBTQ+, and individuals with Disabilities, they impact these communities very differently. This session will dive into the layers of stigma that are built specifically by oppression, and an alternative way to raise awareness about Mental Health and Resilience, and ways for our communities to take charge of our own lives, both in a Mental Health and a community empowerment and self-actualization sense. By the end of the presentation individuals will hopefully have a better understanding of these issues, and ways to start difficult conversations in their own communities. Some of the main systems discussed will be White Supremacy, Ableism, and Patriarchy.

- Room: 229 -

Title: Strategies for Using Poetry, Art, Performance & Storytelling to Showcase the Relationship Between Social Justice and Mental Health

Traniesa “TC” Caldwell
Poet and Community Advocate
Coffeehouse Poets

Quentin “Que” Bell
Executive Director
The Knights & Orchids Society

Using spoken word and storytelling as a vehicle to help start conversations about mental health and mental health needs in the marginalized and oppressed communities. Our objective is to show the participants that spoken word and storytelling can be an effective tool to engage the community and create dialogue. By the end of the presentation, our hope is that the participants will take back the skills they learned and create and build with people in their communities.

- Room: 239 -

Title: Sharing Hope: An African American Guide to Mental Health

Lois Herndon
Mental Health Advocate and Educator
NAMI – Alabama

The African American community experiences mental health conditions at comparable rates to the general population, but receives significantly less treatment. One of the reasons is because of the stigma and lack of acceptance that permeates within the community. In order to improve this problem, NAMI developed Sharing Hope, an hour-long program to increase mental health awareness in African American communities by sharing the presenters' journeys to recovery and exploring signs and symptoms of mental health conditions. The program also highlights how and where to find help.

11:00 am – 11:15 am: **Networking Break**

11:15 am – 12:15 pm: **Concurrent Session II**

- Room: 200 -

Title: Survivance: Understanding & Surviving Suicide in Indian Country.

Johnnie Jae
Founder and Mental Health Advocate
A Tribe Called Geek

This presentation will discuss the crisis in Indian country as suicide reaches epidemic proportions. This epidemic comes from historical trauma that led to despair created by the loss of our identity. Stemming from a breakdown of culture during the boarding school era, ancestral values were lost. There was also a destruction of the native family system, a system that is highly dependent on generational connections. The government's motto was "Kill the native, save the man", not realizing this would result in mental destruction of native people. By reclaiming our cultural identity and embracing the practice of survivance, Indigenous people believe this is where the hope is found to battle the suicide crisis among our people.

- Room: 229 -

Title: Self-Care of the Mental Health Provider:
Silencing Your Inner Critic

Andrea Rodgers, LLP
Clinical Manager of Early Childhood Behavioral Health
The Children's Center

This session is for the therapist who may or may not know that his or her biggest adversary in the therapeutic process can be the inner critic in themselves. The inner critic can be detrimental to the therapeutic process and to the therapist's perception of him or herself. This presentation has been put together to address and speak to the emotional capacities of the therapist or counselor and those servicing families. It is true that each of us has a personal journey. Brené Brown, once stated, "If we can share our story with someone who responds with empathy and understanding, shame can't survive." This workshop is designed as a safe place for us to do just that. It takes work, this workshop will lay the foundation, but the inner critic can and will be silenced!

- Room: 239 -

Title: The Trauma of the Communion Table: The Black Church, Communal Trauma and the Individualized Christian Experience.

Margaret L. Conley, LCSW, MDiv
Founder and CEO
MLC Consulting, LLC

Presentation seeks to engage participants in a look at traumatic current events i.e. co-occurring disorders, comorbidities, policing and rioting; individualized relationships with God/Jesus the Christ/Higher Being and the communal call to face on going recall of trauma as we embrace the ritual of communion in the African American Church. At the conclusion of this presentation, Participants will be able recognize the similarities of emotional and physical responses to communal trauma and the recall of biblical trauma during the story of "Passover" and "Communion" and how the church/organized religion responds to the stress community during a traumatic event. The overall goal of this presentation is to increase awareness of communal trauma to establish ongoing thought of how organized religion could become more active in community care during traumatic events.

12:15 pm – 1:30 pm: **Lunch Panel Discussion**

- *Regions Community Resource Room* -

Title: Black Women's Mental Health

Stephanie Y. Evans, PhD
Co-Editor of Black Women's Mental Health
Professor and Chair
Department of African American Studies
Clark Atlanta University

Kanika Bell, PhD
Co-Editor of Black Women's Mental Health
Licensed Psychologist and Associate Professor
Department of Psychology
Clark Atlanta University

Nsenga Burton, PhD
Co-Editor of Black Women's Mental Health
Professor and Chair
Department of Film and New Media Production
Clark Atlanta University

Lauren Carson
Founder and Executive Director
Black Girls Smile

During this special lunch panel discussion, Dr. Stephanie Evans, Dr. Kanika Bell and Dr. Nsenga Burton will share their inspiration for writing the book 'Black Women's Mental Health'. This book offers a unique, interdisciplinary and thoughtful look at the challenges and potency of Black women's struggle for inner peace and mental stability. It brings together contributors from psychology, sociology, law and medicine as well as the humanities to discuss issues ranging from stress, sexual assault, health and self-care. Lauren Carson and Shannon Hart will share their insight as Black women who live with mental health concerns and serve as powerful mental health advocates and educators.

1:30 pm – 2:30 pm: **Concurrent Session III**

- *Room: 200* -

Title: Bridge Builders: Establishing a Comprehensive Community Based System of Support

Sh'nai Simmons, PhD, LMHC

Owner

Inside Reach/Community Victory Family Services

Community-Based Systems of Support are incomplete if they fail to actively engage and collaborate with local faith communities. While the mental health benefits of one's spirituality has been well established, collaborative efforts between mental health professionals and spiritual leaders continue to be underdeveloped. Participants will learn about three separate initiatives addressing the issue of faith integrated mental health care. The intertwining variables of demographics, resources, and culture will be explored. Participants will be encouraged to identify these variables in their own communities, recognize strengths, while also delineating opportunities for growth.

- *Room: 229* -

Title: Fostering Well-Being in Minority Youth

Christopher Cheung, PhD

Staff Therapist

Samaritan Counseling Center

The current presentation focuses on the relationship between bicultural identity and minority youth well-being and places a particular focus on the experiences of Asian American youth. Research shows that youth, experiencing difficulty in navigating between the different cultures, leads to negative mental health outcomes (Schwartz et al., 2016). However, children of immigrant families who develop a competence in both their heritage and mainstream cultures, will demonstrate the best outcome in well-being and social adjustment. Promoting biculturalism, then, appears to be beneficial for children of immigrant families, and can foster resilience and other coping skills. Participants will learn about the concept of biculturalism, acculturation, and cultural identity and their link to well-being. Furthermore, participants will learn about the activities that relates to bicultural skill building.

- Room: 239 -

Title: Brother Let's Talk

Jacques L. Austin, LPC-S, NCC
Licensed Professional Counselor - Supervisor
JL Austin Counseling and Consulting

Our brothers are struggling daily with a barrage of stressors, such as racism, demeaning stereotypes, police brutality and economic disparities, all of which hit black men and other fellow men of color the hardest in our society. Brother Let's Talk has developed a discussion series to provide an outlet for black men to sit among mental health providers, community leaders and peers, to share their feelings of anger, stress, grief and suicide. Brother Let's Talk consists of an area Psychiatrist, Psychologist, Licensed Therapist and Social Worker, all are men of color. They facilitate an open discussion bimonthly in public venues and male only sessions held at area barbershops. Their mission is to Stop the Stigma and Address the Stress.

2:30 pm – 2:45 pm: **Networking Break**

2:45 pm – 3:45 pm: **Community Conversation**

- *Regions Community Resource Room* -

Participants are invited to engage in a community conversation on the development of working groups. The focus will be incorporating information from the summit into action steps toward culturally responsive mental health care and advocacy.

3:45 pm – 4:45 pm: **Closing Keynote Speaker**

- *Regions Community Resource Room* -

Title: Hacking the DSM to Save Our Lives

Mimi Khúc, PhD,
Managing Editor
The Asian American Literary Review

What does it look like to “hack” how we approach mental health? What does a mental health intervention look like through the lenses of race, gender, and community? Dr. Mimi Khúc will present on the project Open in Emergency, exploring mental health in the hands of Asian American artists, writers, humanists, community members—thinkers and creators producing knowledge and resources often illegible to the psychological establishment. This presentation offers new approaches that locate mental health in the context of social structures.

4:45pm – 5:00 pm: **Closing Remarks and Adjourn**

#NoMoreMartyrs

#MMHAS

#MinorityMentalHealth