
TUESDAY, FEBRUARY 26th, 10:30 AM – 12:00 PM WORKSHOPS

Trauma vs. Drama: Trauma-Informed Interventions for Faith-Based Leaders, Educators, and Parents, *Natasha Stewart*

Traumatic experiences are common in adolescence and can have significant psychological effects on the adolescent's emotional well-being and overall development. Outcomes can be affected positively or negatively depending on responses and interventions. This workshop is designed to empower the faith community, educators and parents to actively engage with their adolescent and provide the appropriate level of support, before, during and after a traumatic event.

Addressing Church Hurt: Incorporating Wellness after Spiritual Injury, *Dr. Gerald Pennie*

Within the current political and economic climate, many individuals have experienced direct and vicarious trauma as a result of certain stances made by religious and spiritual institutions. This program will discuss some of the more damaging aspects of painful interactions that lead to church hurt among those that attend churches. Learning proper coping skills and practices can improve functioning and begin repairing spiritual injury.

Social Depression and the Intersectionality of being Black and Queer in America, *Tarik Daniels*

Educating our community of the stigma, discrimination and social status of a marginalized group of people and the impact on their mental health, this presentation will highlight the struggles and concerns that stems from homophobia. It will highlight statistical data about suicide rates and the mental health of gay people of color. Tarik will discuss tools and solutions to overcome the mental impact of society in navigating this world as a queer person of color.

Finding Alternative Pathways to Success by Supporting Students and Families, *Dr. Ghislaine Narcisse, Dr. Christopher Harvey*

What happens when students need more than the regular school setting can provide? Attendees will examine discipline and restrictive settings in relation to policies and protocols, advocacy, placement decisions, support services, staffing and training. Important components such as best practices, cultural competency, trauma-informed care and restorative practices will be highlighted. Families and service providers will learn and discuss effective ways to navigate systems of care.

Youth-Led Restorative Practice Circles, *Dr. Gaye Lang*

Restorative Practice in the hands of youth is as powerful as it gets in the school setting! Instead of traditional behavior management, students regulate the environment by focusing on community building and the development of strong, powerful relationships without the need for punishment. With Restorative Practice, students challenge each other to understand how their actions affected others and why they might have taken those actions.

TUESDAY, FEBRUARY 26th, 2:00 PM – 3:30 PM WORKSHOPS

Go Fetch My Belt: A Story of Love & Acceptance of a Child with ADHD *Carol Buchanan*

The presentation is designed to share the mental health challenges associated with a child with Attention Deficit Hyperactivity Disorder (ADHD) and how parents are able to support their growth and development. It provides a parent's perspective on dealing with a child with ADHD who exhibits numerous behavioral challenges. Participants will hear the firsthand experience of a parent who struggled with providing discipline, support, patience and love to a child with ADHD.

Grown As Kids Grown, *Icye Walker*

As Kids is an interactive program that creates space for youth, young adults, parents and community members to understand practical ways to implement Social Emotional Learning by becoming more self-aware. Youth will be engaged to build teamwork and plan for the future; become more aware of self-destructive behaviors/thinking; set a practical SMART Goal mentality for life in and out of the classroom; and understand empathy.

Sharing Hope: A Powerful Storytelling Tool for Addressing Mental Health in Faith Communities, *Dr. Patricia Pickles, Le'Detrick L. Leonard, Meredith Stacy Jones*

Storytelling is one of the most powerful and effective ways to end the silence and reduce the stigma of mental illness in African American communities. NAMI's Sharing Hope strategy is rooted in storytelling and is provided in safe settings such as churches. Incorporated into this presentation will be a powerful story of one mother's 20-year struggle with the mental health and criminal justice systems, which resulted in classes, tools and strategies that are available to others.

Men of Color and Mental Health Awareness, *Lorenzo Lewis*

Black Male Mental Health: Men of Color and Mental Health Awareness is inspired by increasing cases of suicide and substance abuse in institutional settings. This presentation has a three-prong objective: a) expose the societal pressures that haunt Black males, b) explore how they commonly respond to the stigma of seeking professional help, and c) identify how institutions and individuals can construct environments that promote dialogue and, consequently, the mental health of its participants.

Restorative Practices: Community Building Circles, *Dr. Gaye Lang*

Positive relationships are the heartbeat of any society and have the potential to impact families, schools, organizations and the community. Restorative practice is a social science that builds healthy communities, increases social capital, repairs harm and restores relationships. Participants in this session will experience a community building circle to establish trust and build relationships with each other.

TUESDAY, FEBRUARY 26th, 3:30 PM – 5:15 PM WORKSHOPS

Positive Approach to Care, *Stephen Catoe*

A positive outcome when communicating and caring for a person living with dementia is dependent on our approach with the individual. Based off the teachings of nationally-recognized Teepa Snow, the Positive Approach to Care model not only begins with the approach but will show practical ways to care situations. The goal is to facilitate a positive outcome for both the care partner and the person living with dementia.

A Black Mother Dying, *Angela Monique Pie*

As a sick, pregnant mother, Angela fought to bring her unborn child into this world. She dealt with being dismissed by medical professionals about her own health concerns. Angela was unaware that women in the US were dying at alarming rates from pregnancy complications and that Black women were 3 to 4 times more likely to die from childbirth than white women. We all can bring awareness and advocate to improve maternal health outcomes for Black women.

From Secrecy to Security, *Kendale Brown*

Large populations of people are struggling in silence with mental health concerns and addictions. People are living with secrets afraid of how others will see them, because in the African American community addiction and mental health are negatively stigmatized. So, we must maintain a certain look. We must live as if we have no problems or feelings. We are pretending. There is no more room to pretend if we want to be whole.

We Need YOUR Voice!! Improving Texas Mental Health Services Through Advocacy!, *Shannon Carr, Anna H. Gray, Mary Tolle*

We can all agree that the Texas Mental Health System needs improvement. Who better to advocate for services that work than those who actually receive those services? We now have the opportunity to empower ourselves and others to make that kind of difference. Come find out how you can be part of the Texas Empowerment Initiative and make a difference.

Recovery and Re-entry in the Community, *Kevin Garrett*

When a member of the family is addicted and/or incarcerated, it affects everyone. Generations ago it was common to hear, "I'm not hurting anyone but myself." However, we now know the ripple effect of when addiction or incarceration occurs. Wives, husbands, and especially children are affected, which in turn affects the whole community. It is a whole community problem that requires a whole community approach to resolve.

WEDNESDAY, FEBRUARY 27th, 9:00 AM – 10:30 POSTER PRESENTATION

African Americans, Mental Health and the Correlation to the Foster Care System, *Chelsy Alexander, Olga Campos Benz*

Mental Health in the African American Community is a topic that has been overlooked for many years until recently. Many African American children are placed in foster care due to their families having an untreated mental health disorder. As a result, the number of African American children in foster care continues to climb at a disproportionate rate. It is important to identify what is happening to our families and support children in foster care.

Beyond Stigma and Isolation: Families, Substance Use and Recovery, *Peggy Robinson, Winston Chapman*

A personal recollection of a family's journey through substance use, their search for resources and re-connection, and the illuminative power of Recovery.

Be Your ADVOCATE: For Your Health, for Your Future, *Dr. Virginia A. Brown*

Communication during a health crisis is important, difficult and complex. Psychiatric Advance Directives (Psych-ADs), modeled after healthcare advance directives, help persons living with serious mental illness, their healthcare providers, and healthcare organizations communicate in the event of an incapacitating mental health crisis. ADVOCATE with Psych-Ads for your health and your future.

Diabetes and Depression: Are They Connected?, *Lisa Sumlin*

By the end of the poster presentation attendees will: Understand that depression and diabetes are commonly diagnosed together and the importance of depression treatment for optimal diabetes control. Attendees will be able to list 3 signs and symptoms of depression and when to seek help.

I Am Me, But Who Are You?, *Natalie N. Dyer*

The poster will represent data regarding cultural awareness and areas of weakness in which growth is necessary for a more aware global society.

The Impact and Health Implications Adulthood Has on African American Children, *Jacqueline Miller*

Nelson Mandela said, "there is no greater revelation about society other than, how it treats its children." Black children are perceived as being more adult-like and less needing of protection than any other groups of children. This is partly due to adulthood. When children perform adult-like roles, the experience can have unique developmental implications for them. One of the most sobering findings is the adulthood is often transmitted from generation to generation.

Impact of African American and Black Family Structures on African American and Black Youth's Mental Health, *Kristian Jones*

Attendees will explore how different family structures in the Black/African American community impact child and adolescent mental health based on a secondary data analysis using the 2016 National Health Interview Survey. Attendees will learn about the different factors that may impact the mental health of different family structures in the African American/Black community.

Listen to Your Heart: A Place of Emotional Wisdom and Physical Wellbeing, *Flora Releford*

Anger, loneliness, grief can affect the heart as much as high blood pressure, bad genetics, cholesterol, diabetes, and smoking. Our heart needs to feel things like Love, care, compassion, and laughter. African Americans women has the highest rate of heart Disease (AHA). We care more for others than Ourselves. I invest more in our wardrobe than in my wellbeing. Listening to the wisdom of my heart taught me address and heal my wounded heart.

Maternal Health Disparities: Black Women Are Dying at Birth and Postpartum, *Dr. Michele A. Rountree, Jaymie Rivera-Clemente*

To respond to the crisis of Black maternal health a local collective of Black women are working collaboratively with Black mothers and our surrounding communities to improve outcomes. Personal experience and results from the holistic approach of unpacking the systematic, groundwater analysis of institutional racism in our healthcare system, supportive Sister Circles for Black Mamas to share their early days of parenting and postpartum home visits by Sister Doulas will be highlighted.

MIND over MOOD, *Brittany Greene*

How your mind can play a major factor in how you feel about yourself, circumstances, finances, & healing. Breaking down the limited mindset and building a limitless mindset.

Sickle Cell Global Health Impact, *Emily O'Shea, Linda Wade*

Participants will receive an overview of origins of sickle cell disease, guidelines for care. Participants will be provided insight into health disparities as they relate to sickle cell disease and treatment. Opportunities for action to be discussed.

Surviving the Game!, *Robert Lilly*

Trauma, death, gangs, violence, abuse, neglect, racism, poverty and addiction. These are the road blocks and hazards that one young man had to navigate with no tangible guidance from the adults in his life. How he learned to face and overcome these risk factors has given him a testimony that can bless the lives of other youth and families who struggle with facing life from a disadvantaged place

SWAP: Students With A Purpose, *Clarence Watson*

We are "Students With A Purpose" (SWAP). Our vision is to cut the rate of recidivism in half in our community. By creating a broader foundation for re-entry, as well as strengthen the prison to education pipeline. We want to assist our community members who have had involvement with the justice system through education, empowerment, and engagement within the college and throughout the community

They Took My Wonder Women Card: How to be Perfectly Imperfect; It REALLY is Ok!, *Rhonda Franklin-Romar*

As an African American Woman, I felt like I had to be all things to all people. Awesome wife, mother, friend, and career driven. Wonder Woman with superpowers to save the world. I had identity issues, viewed those around me as flawless; was a people-pleaser to at "T". I am now bold and confident and accept my imperfect self as absolutely perfect. We are human beings with gifts and strengths, on our personal recovery journey.

WEDNESDAY, FEBRUARY 27th, 10:40 AM – 12:10 PM WORKSHOPS

Running to Sanity, *Deon Hogan*

Running to Sanity illustrates my journey through the physical and mental stages that one goes through after being diagnosed with cancer. I will explore how mental health conditions are triggered by other health ailments such as cancer. I also provides encouragement and inspiration to move beyond depression.

The Life of a Sibling of an Adult with Disabilities/IDD, *Shawnnita Buckner*

Shawnnita is the sister of an adult with special needs. It will be her responsibility to take care of her brother, Jay, when her mother is no longer able or leaves this earth. Sooner than expected, she has been helping take care of her brother since she was 13 after a horrific, fatal car accident. Life has not always been easy, but Shawnnita is a survivor and share from the life of a caregiver.

Good Grief, *Dr. Ulysses Moore, Kimberly Holiday*

Ulysses and Kimberly use small group discussion to help you understand what is good grief and how to recognize when grief is getting the best of you. Through personal testimony they will explore the grief that leads to depression and how it can be life threatening. You will leave this session knowing how to effectively deal with grief and when to seek professional help.

I Sacrificed, I Served, I Survived -Military Sexual Trauma, *Joy Graydon*

Military Sexual Trauma affects many women and men in the military, present, past, and future. Military Sexual Trauma (MST) was termed in the military for sexual harassment or sexual assault by a person who forced themselves on an individual. This presentation will show how prevalent Military Sexual Trauma is in the military and how it affects that person and their families.

How Words Impact Our Mental Health and Well-Being, *Dr. Calvin A. Kelly*

"Sticks and stones may break my bones, but words can never hurt me." This is one of the biggest fabrications that has ever been told. Many of us are carrying around the remnants of scares and wounds that are the direct result of negative words from our childhood that continue to traumatize us in our adult lives. During this session, participants will learn how to rewrite the narratives and scripts that have created destructive patterns of behaviors.

Caregivers United: Living and Loving Through It All!, *Delia Jervier, Sabrina Bell Bullard*

Caregiver syndrome or caregiver stress is a condition that strongly manifests exhaustion, anger, rage, or guilt resulting from unrelieved caring for a chronically ill patient. Caregivers of people with Alzheimer's disease suffer a disproportionate amount of stress and mental anguish when compared to caregivers of people with other chronic diseases. Considering that African Americans are diagnosed with the disease at a rate higher than other races, caregivers in this community are consequently more affected.