



Central Texas  
**African American Family**  
Support Conference

BUILDING A  
**STRONGER**  
**HEALTHIER**  
COMMUNITY

LEARN - CONNECT - GROW

**Conference Program**

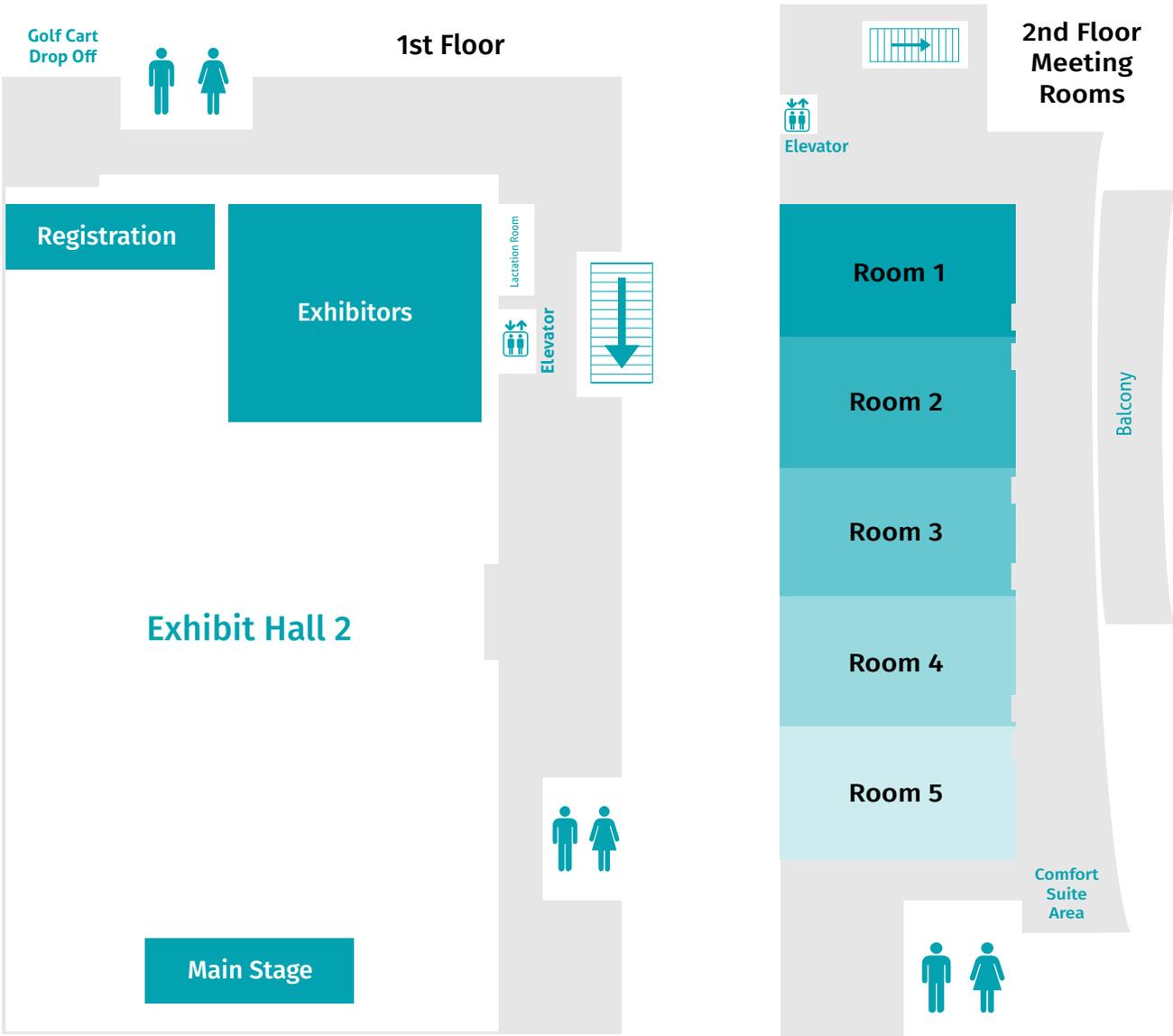
FEBRUARY 26-27, 2019 - AUSTIN, TX



**Integral Care**

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# Welcome

Welcome to the 19th annual Central Texas African American Family Support Conference (CTAAFSC) – the longest-running conference focused on mental health and the African American community. This conference is our opportunity to explore health solutions, foster relationships, reduce stigma and increase access to care. We come together as faith leaders, health professionals, advocates, family members and people living with mental health conditions, substance use disorder or intellectual and developmental disabilities to learn about current research, relevant health programs and available resources as we move toward a healthier future.

Through this conference, we strive to build a stronger-than-ever network of health supports for individuals who may have faced healthcare disparities and discrimination. The CTAAFSC Planning Team has created an outstanding program, with over 20 interactive workshops, that examine everything from recovery to re-entry to restorative practices.

We know that early intervention for both physical and mental health challenges is key to building stronger, healthier communities. Since half of all mental health conditions begin by age 14, the adolescent years are a critical window in which mental health can be promoted and understood, and issues can be addressed. For the first year ever, we are offering sessions geared specifically toward youth – to engage the next generation in the conversation and inspire them to advocate for themselves and those around them. We are excited to have students and parent support specialists from our local schools in attendance.

We are thrilled to welcome three inspirational keynote speakers – Yashi Brown, Ronald Chisom and Barbara Major. Ms. Brown is a writer, poet, spoken word artist and passionate mental health advocate. Mr. Chisom and Ms. Major are experts in community organizing and challenging racism. We cannot thank them enough for sharing their stories, experience and wisdom with us.

Integral Care and the CTAAFSC Planning Team hope that you make meaningful connections and that your network of peers grows over the next two days. We hope you are inspired to share the knowledge you gain with your communities. This conference helps bring us closer to eliminating health disparities and truly personifies Healthy Living for Everyone. Thank you for joining us.

Sincerely



David Evans, CEO  
Integral Care



Shannon Carr, Chair  
CTAAFSC Planning Team

In Memory of **Tress Berry** (1956-2018)



We're glad to call you friend  
And proud to call you sister;  
You pranked and teased so gingerly,  
We fell in love way too easily.  
We laughed just because it was you  
You would insist so what else could we do.

You've been our inspiration to keep the  
focus at hand.  
We bonded at the thought of you,  
you made us a family...man,  
We miss you more than you will ever know  
And for this reason we tried to plan a show  
just for you...You know one where  
you are the center of attention?  
We even got a comedian!

To tell us jokes just like you use to do  
Except he can't give us that look  
That says...you know you just got took!  
A jokester you are but the kindest of you  
would make us cards to let us know  
that your love was true.

Bold and unapologetically you  
told us all your story  
for you always gave God the glory.  
Now we know the secret to your mystery  
...for you have always walked in victory!

~The Conference Crew



# Keynote Speakers



**Topic:** It's Ok to Talk About It: Depression in Families; Discovering the Sweet Spot: How Bipolar Disorder Became a Blessing ... Not a Curse; Coming Out: From Powerless to Empowerment

**Yashi Brown** is a writer, poet, spoken word artist and passionate mental health advocate. After a rare disappearance at 24 years old, she was found by Los Angeles law enforcement skipping along Ventura Boulevard in a psychotic, manic state. From then on, Ms. Brown - daughter of Rebbie Jackson, eldest member of the high-profile musical Jackson family - vowed to keep her condition a secret as doctors diagnosed her with schizoaffective disorder, which was later confirmed as bipolar disorder type I. Today, she's a passionate advocate for individuals with serious mental illness and openly shares her resilient story of recovery across multiple media outlets including the TODAY Show, Huffington Post, CBS, ABC News and Ebony/Jet. She was invited by President Obama's office to participate in the National Dialogue on Mental Illness and was a recipient of SAMHSA's Special Recognition Award at the 2016 Voice Awards. She also conducts poetry workshops for patients at California State Psychiatric facilities through her foundation project, People of Poetry (POP).



**Topic:** Institutional Racism in the Mental Health System and Community Organizing

**Ronald Chisom** is co-founder of The People's Institute for Survival and Beyond and a senior fellow of Ashoka's Global Academy, a program for men and women seeking solutions for the world's most urgent social problems. He has organized workers and poor people throughout the South for over 35 years. In the 1990s, he co-founded and was associate director of the Treme Community Improvement Association, which won several significant Louisiana victories in New Orleans. His legal suit, Ronald Chisom v. Charles E. Roemer, Governor of Louisiana et al., challenged the Louisiana Supreme Court to achieve equal representation for the predominantly black city of New Orleans. Mr. Chisom has served as an organizer, advisor, lecturer and consultant to a wide variety of community, legal, and church groups. He has led numerous workshops around the country on Undoing Racism®, community organizing, and leadership and strategy development. His many prestigious awards include: the Bannerman Fellowship, the Petra Foundation Award, the Pax Christi Bread & Roses Award, and the Tenant Resource Center Achievement Award.



**Topic:** Improving Mental Health Services in Communities of Color

**Barbara Major**, a native of New Orleans and Franklinton, Louisiana, is a community organizer and trainer with over 40 years of experience in local, national, and international community development efforts. Her work includes everything from nurturing leadership development efforts within local communities to assisting institutions in developing strategies to de-institutionalize racism. In particular, her contribution has been instrumental in developing The Peoples' Institute for Survival and Beyond as well as the St. Thomas Community Health Center. Ms. Major's expertise allows her to speak candidly from a grassroots and administrative view. Her leadership at the St. Thomas Community Health Center has directed their work toward becoming an antiracist institution as well as increasing the voice of the community related to environmental and social issues with an analysis of institutional racism as it impacts health/mental health disparities. She has received numerous awards and citations for her achievements, but says "her family" is the greatest award that God has given her.

# Day 1 Schedule



**Registration**  
7:30 AM - 5:00 PM



**Exhibitors Open**  
7:30 AM - 5:00 PM



**Comfort Room**  
7:30 AM - 4:00 PM



**Continental Breakfast**  
7:30 AM - 9:00 AM

🕒 9:00 AM - 10:10 AM

📍 Exhibit Hall 2

👤 Moderators:  
**Vicky Coffee**  
**Kimberly Holiday**

## Opening Session

- Welcome (**Jeff Travillion**, Travis County Commissioners Court, Precinct 1)
- Moment of Silence & Prayer (**Minister Rodney Geter**, Mt. Sinai Baptist Church)
- Lift Every Voice and Sing (**Eileen “Sugar” Williams**)
- Comedy Tribute Honoring Tress Berry (**Minister Rodney Geter**)

..... 10:10 AM - 10:30 AM BREAK & POSTER PRESENTATIONS .....

🕒 10:30 AM - 12:00 PM

## Morning Workshop Sessions

..... 12:00 PM - 12:15 PM BREAK & POSTER PRESENTATIONS .....

🕒 12:15 PM - 1:45 PM

📍 Exhibit Hall 2

👤 Moderators:  
**Vicky Coffee**  
**Kimberly Holiday**

## Dr. King Davis & Richard E. Hopkins Legacy Luncheon

Moment of Silence & Prayer (**Minister Daryl Horton**, Mt. Zion Baptist Church)

- Entertainment - Musical Tribute (**Sondra Johnson**)  
Sondra Dilworth Johnson is a native Texan. Her talent expands R&B, Jazz, Classical and Gospel. She's been performing in the Central Texas area for the past two decades, including work with local and national artists.

## Scholarship Presentation

- Austin Area Mental Health Consumers Lodging Scholarship
- The Michele Bibby – Person in Recovery Educational & Lodging Scholarship
- RR Coleman-Calahán Lodging Scholarship
- The Wood Group Educational Scholarship

🕒 12:40 PM - 1:45 PM

## Keynote Speaker **Yashi Brown**

..... 1:45 PM - 2:00 PM BREAK .....

🕒 2:00 PM - 3:30 PM

## Afternoon Workshop Sessions I

..... 3:30 PM - 3:45 PM “Time Out to Turn Up” with Nell Watts aka the Gangster Granny .....

🕒 3:45 PM - 5:15 PM

## Afternoon Workshop Sessions II

🕒 5:30 PM - 7:30 PM

📍 Zax's  
312 Barton Springs Rd  
Austin, TX 78704

## Reception

Hosted by the Austin Area African American Behavioral Health Network

# Day 2 Schedule



**Registration**  
7:30 AM - 12:00 PM



**Exhibitors Open**  
7:30 AM - 12:00 PM



**Comfort Room**  
7:30 AM - 2:30 PM



**Continental Breakfast**  
7:30 AM - 9:00 AM

🕒 9:00 AM - 10:30 AM

📍 Exhibit Hall 2

## Morning Plenary

“Bold and Unapologetically...Walking in Victory” Poster Presentations

..... 10:30 AM - 10:40 AM BREAK .....

🕒 10:40 AM - 12:10 PM

## Morning Workshop Sessions

🕒 12:10 PM - 2:00 PM

📍 Exhibit Hall 2

👤 Moderators:  
[Vicky Coffee](#)  
[Kimberly Holiday](#)

## Garnet F. Coleman Awards Luncheon

- Welcome ([Mallinee Diggs](#))
- Moment of Silence & Prayer ([Minister Dusty McCormick](#))
- Entertainment ([A Touch of Class, Sugar Williams](#) with [Chris Spivey](#))

Eileen “Sugar” Williams is a native Texan, established songwriter and vocalist with gospel roots. She wrote “Here We Are” by A Touch of Class, and the lyrics to “Take Care of Your Bitness.”

🕒 12:30 PM - 12:45 PM

## Richard E. Hopkins Torch Awards Presentation

- Community Leader
- Consumer
- Professional

🕒 12:45 PM - 1:05 PM

## Legislative Update

- [Honorable Garnet F. Coleman](#)

Texas State Representative, Houston, House District 147

🕒 1:05 PM - 1:10 PM

## Garnet F. Coleman Eternal Flame Award Presentation

🕒 1:10 PM - 2:10 PM

## Keynote Speaker [Barbara Major](#)

..... 2:10 PM - 2:20 PM BREAK .....

🕒 2:20 PM - 3:50 PM

📍 Exhibit Hall 2

## Afternoon Plenary

Special Guest, [Ronald Chisom](#)

🕒 3:50 - 4:00 PM

## Closing Remarks

# Day 1 Morning Sessions | 10:30 AM - 12:00 PM

 Meeting Room 1

 Presenter:  
**Tarik Daniels**

**CEU**

## **Social Depression and the Intersectionality of Being a Black and Queer in America**

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 Daniels will discuss tools and solutions to overcome the mental impact of society in navigating this world as a queer person of color.

 Meeting Room 2

 Presenter:  
**Natasha Stewart**

**CEU**

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

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.

 Meeting Room 3

 Presenter:  
**Gerald Pennie, PhD**

**CEU**

## **Addressing Church Hurt: Incorporating Wellness After Spiritual Injury**

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 who attend churches. Learning proper coping skills and practices can improve functioning and begin repairing spiritual injury.

 Meeting Room 4/5

 Presenter:  
**Gaye Lang, PhD**

## **Restorative Practices: Youth-Led Circle**

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.

 Exhibit Hall 2

 Presenter:  
**Ghislaine Narcisse, PhD**  
**Christopher Harvey, EdD**

**CEU**

## **Finding Alternative Pathways to Success by Supporting Students and Families**

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.

**CEU** Continuing Education Unit eligible

*CEU Certificates of Completion will be distributed at the end of each qualified workshop.*

*To receive your CEUs, you MUST sign-in and complete the workshop evaluation.*

# Day 1 Afternoon Sessions I | 2:00 PM - 3:30 PM

 Meeting Room 1

 Presenter:  
**Carol Buchanan**

**CEU**

## **Go Fetch My Belt: A Story of Love and Acceptance of a Child with ADHD**

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.

 Meeting Room 2

 Presenter:  
**Icye Walker**

**CEU**

## **Grown As Kids**

Grown 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 (Specific, Measurable, Attainable, Relevant, Time-Bound) goal mentality for life in and out of the classroom; and understand empathy.

 Meeting Room 3

 Presenter:  
**Lorenzo Lewis**

**CEU**

## **Men of Color and Mental Health Awareness**

Men of Color and Mental Health Awareness is inspired by increasing numbers 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.

 Meeting Room 4/5

 Presenter:  
**Gaye Lang, PhD**

## **Restorative Practices: Community Building Circle**

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.

 Exhibit Hall 2

 Presenters:  
**Patricia Pickles, PhD**  
**Le'Detrick L. Leonard**  
**Meredith Stacy Jones**

**CEU**

## **Sharing Hope: A Powerful Storytelling Tool for Addressing Mental Health In Faith Communities**

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 (National Alliance on Mental Illness) 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.

# Day 1 Afternoon Sessions II | 3:45 PM - 5:15 PM

 Meeting Room 1

 Presenter:  
**Stephen Catoe**

**CEU**

## Positive Approach to Care

A positive outcome when communicating and caring for a person living with dementia is dependent on our approach with the individual. Based on 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.

 Meeting Room 2

 Presenter:  
**Angela Monique Pie**

**CEU**

## A Black Mother Dying

As a sick, pregnant mother, Angela Monique Pie fought to bring her unborn child into this world. She dealt with being dismissed by medical professionals about her own health concerns. Ms. Pie 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.

 Meeting Room 3

 Presenter:  
**Kendale Brown**

**CEU**

## From Secrecy to Security

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.

 Meeting Room 4/5

 Presenter:  
**Kevin Garrett**

**CEU**

## Recovery and Re-Entry in the Community

When a member of the family is living with addiction and/or is 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.

 Exhibit Hall 2

 Presenter:  
**Shannon Carr**  
**Anna H. Gray**  
**Mary Tolle**

## We Need Your Voice! Improving Texas Mental Health Services Through Advocacy

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.

**CEU** Continuing Education Unit eligible

*CEU Certificates of Completion will be distributed at the end of each qualified workshop.*

*To receive your CEUs, you MUST sign-in and complete the workshop evaluation.*

# Day 2 Morning Sessions | 10:40 AM - 12:10 PM

 Meeting Room 1

 Presenter:  
[Deon Hogan](#)

**CEU**

## **Running to Sanity**

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 and provide encouragement and inspiration to move beyond depression.

 Meeting Room 2

 Presenter:  
[Shawnnita Buckner](#)

## **The Life of a Sibling of an Adult with Disabilities/IDD**

Shawnnita Buckner 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 Ms. Buckner is a survivor and will share from the life of a caregiver.

 Meeting Room 3

 Presenter:  
[Ulysses Moore, PhD](#)  
[Kimberly Holiday](#)

**CEU**

## **Good Grief**

Ulysses Moore, PhD and Kimberly Holiday 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.

 Meeting Room 4

 Presenter:  
[Joy Graydon](#)

**CEU**

## **I Sacrificed, I Served, I Survived - Military Sexual Trauma**

Military Sexual Trauma (MST) affects many women and men in the military, present, past, and future. 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 MST is in the military and how it affects that person and their families.

 Meeting Room 5

 Presenter:  
[Calvin A. Kelly, PhD](#)

**CEU**

## **How Words Impact Our Mental Health and Well-Being**

"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 scars 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.

 Exhibit Hall 2

 Presenter:  
[Delia Jervier](#)  
[Sabrina Bell Bullard](#)

## **Caregivers United: Living and Loving Through It All!**

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

# Poster Presentations

 Presenter: **Chelsy Alexander**

## **African Americans, Mental Health and the Correlation to the Foster Care System**

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.

 Presenter: **Peggy Robinson  
Winston Chapman**

## **Beyond Stigma and Isolation: Families, Substance Use and Recovery**

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

 Presenter: **Virginia A. Brown, PhD**

## **Be Your ADVOCATE: For Your Health, for Your Future**

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.

 Presenter: **Lisa Sumlin, PhD**

## **Diabetes and Depression: Are They Connected?**

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.

 Presenter: **Natalie N. Dyer**

## **I Am Me, But Who Are You?**

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

 Presenter: **Jacqueline Miller**

## **The Impact and Health Implications Adulthoodification Has on African American Children**

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 adulthoodification. When children perform adult-like roles, the experience can have unique developmental implications for them. One of the most sobering findings is the adulthoodification is often transmitted from generation to generation.

 Presenter: **Kristian Jones**

## **Impact of African American and Black Family Structures on African American and Black Youth's Mental Health**

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.

 Presenter: **Alice Farrell**

## **Intersection of Equity, Disparities and the Multi-Dimensions of Family and Community Engagement**

The presentation will focus on strategies to address disparities across mental and physical health, education, child welfare, juvenile justice, disabilities and substance related systems, through the examination of the intersection of equity, disparities and the multi-dimensions of engagement. The L.E.G.S model, the Family Engagement Continuum and the Provider Family Engagement Level of Investment framework developed by Dr. Alice Farrell, and its impact on the quality of services and families' sense of empowerment will be shared.

 Presenter:  
**Flora Releford**

**Listen to Your Heart: A Place of Emotional Wisdom and Physical Well-Being**

Anger, loneliness and 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 American women have the highest rate of heart disease (American Heart Association). We care more for others than ourselves. I invest more in my wardrobe than in my well-being. Listening to the wisdom of my heart taught me to address and heal my wounded heart.

 Presenter:  
**Michele A. Rountree, PhD**  
**Jaymie Rivera-Clemente**

**Maternal Health Disparities: Black Women Are Dying at Birth and Postpartum**

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.

 Presenter:  
**Brittany Greene**

**MIND over MOOD**

Your mind can play a major factor in how you feel about yourself, circumstances, finances, & healing. This presentation will explore breaking down the limited mindset and building a limitless mindset.

 Presenter:  
**Emily O'Shea**

**Sickle Cell Global Health Impact**

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

 Presenter:  
**Robert Lilly**

**Surviving the Game!**

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.

 Presenter:  
**Clarence Watson**

**SWAP: Students With A Purpose**

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 strengthening 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 college and throughout the community.

 Presenter:  
**Rhonda Franklin-Romar**

**They Took My Wonder Woman Card: How to be Perfectly Imperfect; It REALLY is Ok!**

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 a "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.

# Awardees

## Garnet F. Coleman Eternal Flame Award



**Jeff Futrell** began his career working as a psychiatric technician during college. After obtaining a Social Work degree, he worked transitioning persons with mental illness from institutions and correctional facilities and managed an inpatient residential facility. For 13 of his 15 years at Travis County Sherrif's Office as the Mental Health and Special Needs Coordinator, he has worked as a liaison between the courts, probation, parole and Integral Care to ensure a successful transition from corrections to community.

## The Richard E. Hopkins Torch Awards



**Tarik Daniels** is an AfroQueer writer, performer, and mental health advocate from Detroit, Michigan, currently residing in Austin, Texas. Mr. Daniels is the Founder and Executive Director of Whatsinthemirror?, a social movement that provides mental health awareness and suicide prevention through art and advocacy to communities of color. He is serving his second term as a City Commissioner for Austin's LGBTQ Quality of Life Advisory Board. Mr. Daniels has written and produced several plays and released a novel, No Bonds So Strong in 2018.



**Sonya Hosey**, Assistant Pastor of God's Way Christian Baptist Church, was instrumental in forming the Wellness and Empowerment Community Ministries (WECM), awareness of mental health, recovery and wellness. WECM was funded by the Hogg Foundation for Mental Health and recognized throughout the state. She surpassed 25 years in the field of disabilities and three years as chair of the CTAAFSC. Pastor Hosey's greatest assignment is to "Go ye therefore, and teach all nations..." Matthew 28:19



**Lorenzo Lewis** was born in jail to an incarcerated mother, and struggled with depression, anxiety, and anger throughout his youth. At 17, he almost re-entered the system of mass incarceration he had come from. It was then he snapped in and began his journey to wellness. Mr. Lewis has a decade of professional experience in behavioral health and is founder of The Confess Project, an initiative that confronts the stigma around mental health for men of color. Since its inception in May 2016, The Confess Project has reached over 10,000 individuals with mental health education and advocacy services in the rural south.

# Emcees

**Vicky Coffee, LPC**, Program Manager with the Hogg Foundation for Mental Health, has committed over 30 years to increasing awareness, offering services, and enhancing systems to support individuals living with mental health conditions in Texas. Ms. Coffee has served as an executive board member and secretary for the National Leadership Council on African American Behavioral Health, and is a founding member and coordinator of the Austin Area African American Behavioral Health Network. She is a licensed professional counselor supervisor and Mental Health First Aid instructor.

**Kimberly Holiday**, known to most as LadyJoy, is the on air personality for KAZI 88.7FM's The Juice and Jam Morning Show. She is the owner of The Mobile Nanny Staffing Agency, propelling her mission of child and family advocacy. As a published author and motivational speaker, Ms. Holiday has created global platforms of inspiration. She has a heart to serve others by modeling the potential to live with joy regardless of life's circumstances. Her smile is her logo and #Gotjoy is her brand!

# Presenters

**Chelsy Alexander** has a master's degree in social work from The University of Houston. Ms. Alexander serves as the Coordinator for Foster Community and resides in Austin, Texas with her four children, two of which are adopted and two are her biological children. If she is not working, you can find her spending time with her family near and far, staying active in her church, and rooting for the New Orleans Saints.

**Kendale Brown, LPC-Intern, LCDC-I** received her Bachelor of Arts in Psychology and her Master of Arts in Counseling from Dallas Baptist University (DBU). Ms. Brown also pursued her Master of Business Administration in hopes of opening her own private practice someday. She completed her practicum at Potter's House Center for Counseling and Behavioral Health (where she currently works) and DBU's Counseling Center, where she was able to work with issues such as addiction, abuse, anxiety, divorce, family and couples conflict, self-esteem, sexuality, shame, and trauma.

**Carol Buchanan** has over 15 years of community service. Ms. Buchanan has a bachelor's degree in human development and family sciences, a master's degree in human services healthcare management, and a master's degree in management and leadership science. She is also a certified community health worker and provides diabetes education throughout the surrounding areas. Most importantly, she is a mother of a Texas Southern University football player who is an example of an overcomer.

**Shawwnita Buckner** is Director of Project Management for My Health My Resources (MHMR) of Tarrant County where she oversees implementation of agency-wide projects. During her 8-year career in community health, she has proven to be a leader and collaborator in the community. As a sister to a person with disabilities, she is passionate about the mission of community centers and the support they provide to our community.

**Sabrina Bell Bullard** is the youngest of five children born to Oras Bell Williams, lovingly known as "Momma." To honor her memory and to help other families, Ms. Bullard volunteers with the Alzheimer's Association, Capital of Texas Chapter. She works full time in the Travis County Auditor's Office and is the mother of Isaiah Solomon and Isaac Sidney Bullard. Ms. Bullard believes that Salvation is God's greatest gift and next to that comes family.

**Virginia A. Brown, MA, PhD** is an assistant professor at Dell Medical School in the Department of Population Health. Dr. Brown earned her master's degree in philosophy and her doctorate in sociology from Howard University. Her current work explores how persons living with mental illness communicate their care plans in anticipation of a mental health crisis. Her areas of interest include the structural and social determinants of health and their influence on health/health care outcomes.

# Presenters

**Shannon Carr** is a Certified Peer Support Specialist. For the past 18 years, she has been Executive Director for Austin Area Mental Health Consumers. Ms. Carr currently serves on the Texas Peer Support Stakeholder Workgroup and in other advisory roles, promoting wellness and recovery. She is a motivational speaker, church ministry leader, and singer in a gospel group.

**Stephen Catoe** is a Certified Assisted Living Manager with almost 17 years of experience running memory care programs in assisted living residential settings. He is a Certified Dementia Practitioner and a certified validation worker in The Feil Method of Validation. Mr. Catoe trained with dementia educator Teepa Snow and holds certifications as a Positive Approach to Care consultant, trainer, and dementia coach. He has been the Education and Consultation Specialist for Alzheimer's Texas since 2016.

**Tarik Daniels** is an AfroQueer writer, activist, and performer from Detroit who serves on the City of Austin's LGBTQ Quality of Life Commission. He wrote and produced four plays and is a published author. His writings focus on highlighting the intersectionality of being Black and Queer in inner city America and social depression. He is the founder and Executive Director of Whatsinthemirror?, a social movement providing mental health awareness and suicide prevention to communities of color through art and advocacy.

**Natalie N. Dyer** holds a Bachelor of Arts in Psychology and Sociology from the University of North Texas and a Master of Arts in Counseling from Amberton University. Ms. Dyer is a Licensed Professional Counselor with a virtual private practice and serves as a full-time staff counselor at The Potter's House of Dallas. Her niche is marriage and relationship therapy.

**Alice Farrell, JD, LCSW, MSW**, an Evangelist and President and CEO of Olive Branch Clinical and Consulting Services, is a Licensed Clinical Social Worker who holds a Doctorate of Jurisprudence and a Master of Social Work degree. Dr. Farrell is an international trainer and published author who has worked in the behavioral health field for over two decades. Dr. Farrell's 5th book, The Intersection of Equity, Disparities and the Multi-Dimensions of Family and Youth Engagement, will soon be released.

**Rhonda Franklin-Romar, BSW** is a Certified Peer Specialist and considers herself a "People Enthusiast." As a local and national inspirational and motivational speaker, Ms. Franklin-Romar continues to support her own recovery journey through sharing her own lived experiences. As a mental health advocate, she realizes many of us are broken, living silently, destroying ourselves and others physically and emotionally. She continues to give back to her community, looking at these opportunities to serve others as a time for learning and healing.

**Kevin Garrett** grew up in Ft. Worth where he experienced both personal and legal troubles. Mr. Garrett has served time in the Texas Department of Criminal Justice. He was once homeless and hopeless. In 2007, all that changed. With the assistance of others in recovery, he went from homeless shelter to graduating with honors from Texas Wesleyan University in 2011. In 2018, he received his JD from the Oklahoma City University School of Law. "Never give up, great things take time."

**Anna Gray** uses her recovery from life issues to impact service systems and policy. Ms. Gray co-owns PRO International which provides training, coaching and professional development services for peers. She is co-founder and Executive Director of Prosumers International. Recovering, resilient and thriving, she stands for all people to have full lives.

**Joy Graydon** is a passionate and compassionate individual. Having proudly served her country for over 8 ½ years in the United States Army, Ms. Graydon can readily identify and engage with military personnel. She has a master's degree in counseling from Webster University and a bachelor's degree from Florida State University. She also founded Naomi's Journey for veteran women suffering from PTSD due to MST (Military Sexual Trauma). This organization will help women find their voices to heal.

**Brittany Greene** was born in Detroit, Michigan and raised in Tampa, Florida. After seeing financial struggles first hand, Ms. Greene decided she wanted to understand and master the world of finance to bear the burden of financial hardships on her own. Today, she is the Founder and CEO of Crowned Financials where she has served thousands with their personal and business financial business needs.

**Christopher Harvey, EdD**, an East Austin native, has over 21 years of experience with at-risk youth. Dr. Harvey believes the key to student success is building positive relationships, using data, identifying root causes of academic and behavioral challenges, and collaborating with family and community for solutions. He is the Principal of the Manor Alternative Program, a district discipline alternative education program in Manor Independent School District. He teaches part-time at Texas State University and Concordia University.

**Deon Hogan** has a bachelor's degree in education and personnel administration from the University of Kansas. Mr. Hogan has approximately 30 years of experience as a federal special agent and is a 2-time world record holder in track. In 2007, he was diagnosed with stage one lung cancer and underwent surgery to remove his right lung's bottom lobe. While recovering, he started to write his book, [Sometimes Rain Will Show You The Light: A Parable of a Cancer Survivor](#).

**Kimberly Holiday** is known to most as Ladyjoy. Ms. Holiday is the on-air radio personality for KAZI 88.7FM, serving as The Voice and Soul of Austin, bringing joy to her audience with a focus on self-care. She is a child and family advocate and motivational speaker. She delivers an authentic message of hope by modeling the potential to live with more joy.

**Delia Jervier** has worked in the nonprofit industry for over 20 years serving in a variety of roles starting with delivering programs and services for people with diabetes at the American Diabetes Association for 17 years. Ms. Jervier has been with the Alzheimer's Association for over 5 years and is now the Executive Director for the Capital of Texas Chapter. She has a well-rounded knowledge of the mission of the association and the programs and services they provide to people with Alzheimer's disease and their caregivers.

**Kristian Jones** is a second-year doctoral student at the Steve Hicks School of Social Work at The University of Texas at Austin. Mr. Jones received his bachelor's degree in psychology from Albany State University and his master's degree in education from Boston University where he studied counseling with a concentration in sport and performance psychology. His research interests are: positive youth development, mental health promotion among ethnic minority populations, and utilizing early intervention and prevention interventions.

**Meredith S. Jones, QMHP, LCDC-I, CCJP-A, CPS-III, PRSS, CFP** is a senior at Texas A&M University Central-Texas School of Social Work. Mr. Jones currently serves as the Education and Outreach Coordinator for Bluebonnet Trails Community Services and Recovery Coach for the ClearPath Early Intervention Program for First Episode Psychosis. He is a Certified NAMI Facilitator, Texas Offender Education Instructor, Mental Health First Aid Instructor, and teaches peer support services curriculum for Via Hope of Texas.

**Calvin A. Kelly, PhD** currently serves as the Dean of Student Development at St. Edward's University. In addition to his work at the university, Dr. Kelly has a private mental health practice, located at 1705 E. 11th St. in Austin, Texas. His private practice and research interests include human growth and development, spirituality and mental health, childhood sexual abuse and other traumatic experiences, and the impact of mental illness on women and people of color.

**Gaye Lang, PhD** is an educator, trainer, and advocate for restorative justice. Dr. Lang recently presented research about the harmful effects of zero-tolerance policies in education at an international research congress in Durban, South Africa. As a White House appointee, she was instrumental in ushering in the No Child Left Behind Act. She currently serves as Statewide Director for Restorative Discipline Practices with the Texas Education Agency. She is an advocate for students, who believes in innovation and accountability.

**Le'Detrick L. Leonard** is an author, motivational speaker, and life coach who enjoys helping people reach a transformational moment in their lives. Mr. Leonard's goal is to inspire others by sharing his own personal experiences with life's challenges, educating and equipping them with tools that help navigate life's journey when things become difficult mentally, emotionally, and spiritually. Mr. Leonard makes it a priority to always give back to others through mentorship, leadership, and community service.

**Lorenzo Lewis** was born in jail and struggled with depression, anxiety, and anger throughout his youth. At 17, he almost re-entered the system of mass incarceration – his birthplace. It was then he began his journey to wellness. In a high-energy, participatory format, Mr. Lewis will share his story of vulnerability and resiliency in his workshop to model what's possible. There will be reflection. There will be laughter. Maybe even some crying. (And that's okay.) Most importantly, you will walk away with the resources you need to get started on the path of transforming your life, whether at home or work.

**Robert Lilly** earned a bachelor's degree in applied studies from Abilene Christian University and is a non-profit developer with Grassroots Leadership. He is a public speaker, writer, and a champion for social justice. Raised in the South Bronx where he experienced the harsh realities of inner-city life, Mr. Lilly learned to overcome suffocating feelings of inadequacy as well as problems with incarceration and addiction. He now knows his value and teaches other Black men to step into their purpose.

# Presenters

**Jacqueline Miller** has worked within the Violence Against Women Movement for the past 26 years. Ms. Miller undertakes the task of being an ally in defending childhoods by raising the awareness of adultification and the impact it has on children. She utilizes her traumatic lived-experiences to create opportunities to dig beneath surfaces of how and why children are put in adult situations. She has led various projects on eradicating poverty and reducing intimate partner homicides.

**Ulysses Moore, PhD, LPC** is a Vocational Rehabilitation Counselor with the Veterans Administration and director of the Hope Project of Central Texas, a non-profit organization that provides counseling, peer, and family mentoring to both veterans and families. He is a military veteran of 28 years. He holds a bachelor's degree in psychology, a master's degree in education and PD in Counseling Education.

**Ghislaine-Jules Narcisse, PhD** has worked with youth and families for 25 years. As a specialist in behavioral disorders and learning disabilities, Dr. Narcisse has supported individuals who have experienced trauma, has taught at a Tier 1 research university, served as Clinical Director of a behavioral clinic, and managed the start-up of therapeutic programs for toddlers and young children. She currently serves as Behavior Specialist and Special Education Coordinator for a district Discipline Alternative Education Program in Central Texas.

**Emily O'Shea** is a Licensed Clinical Social Worker in Austin. Ms. O'Shea has been working in the Austin area at the county, state, and federal level. Her experience includes work around abuse/neglect, severe mental illness, homelessness, and addiction. She has been employed through the Sickle Cell Association of Texas as a case manager, advocate, and health educator. She is passionate about working towards solutions to improve sickle cell disease treatment and management.

**Gerald Pennie, PhD** is a Licensed Professional Counselor who specializes in working with children and adolescents. Dr. Pennie has spent his professional career engaging in mental health consultation with school stakeholders, including parents, teachers, and administrators.

**Patricia L. Pickles, PhD** is a lifelong PreK-12 educator who has served as a teacher, principal, and superintendent of schools. Dr. Pickles is the author of [Are You In A Pickle? Lessons Learned Along the Way: Students' Performance and Achievement Gaps](#) and [Chronic Mental Illness: A Living Nightmare](#). She sits on the NAMI Austin Board, is a trained Family-to-Family teacher, a member of Alpha Kappa Alpha Sorority, Inc., and volunteers at Interfaith Action of Central Texas via AmeriCorps.

**Angela Monique Pie** has worked in the child welfare system for over 20 years holding various positions in Los Angeles, Las Vegas, Austin, and the Northern Territory of Australia. Ms. Pie is dedicated to promoting change for abused and neglected children. After her traumatic pregnancy with her youngest child, her passion has shifted to focus on bringing awareness to the high maternal mortality rates in the United States, while focusing on improving maternal outcomes for all women, but specifically Black women.

**Flora Releford** is personable, tenacious, and highly motivating with over 30 dedicated years in the health and wellness profession. Ms. Releford uses her knowledge, experiential wisdom, and education in emotional wellness, whole health, and healing arts to support others in a conscious transformation from mental, physical, emotional, or artistic blocks by releasing trauma through a variety of traditional and alternative healing modalities. She has a passion for guiding individuals to lifestyle behavior changes and educational in Emotional CPR.

**Jaymie Rivera-Clemente**, Black Mamas Community Collective Member and Senior Sister Doula, is a native Austinite, married to her high school sweetheart with four beautiful children. Over 16 years ago, Ms. Rivera-Clemente started birth work with family members and had 3 natural, unmedicated, and traumatizing births herself. She advocates and fights for birth justice.

**Peggy Robinson** is the Family Program Coordinator for Communities for Recovery and is a trained peer-recovery coach, working with other family members in recovery. Ms. Robinson has a Bachelor of Arts in History from The University of Texas at Austin and has been an educator in Texas since 2009. She has family members in recovery from both substance abuse and mental health disorders. Her personal experiences were influential in her choosing to work for Communities for Recovery.

**Michele Rountree, PhD**, Steve Hicks School of Social Work at The University of Texas at Austin and Black Mamas Community Collective Member, seeks to address health disparities by understanding and impacting structural determinants.

**Natasha Stewart** currently serves as the director for The Center for Counseling and Behavioral Health at The Potter’s House of Dallas, under the leadership of Bishop T.D. Jakes. Ms. Stewart’s passion, transparency and authenticity have made her a sought-after keynote speaker, life coach and counselor. She has had the amazing opportunity to work with professional athletes and sports teams, politicians and governmental agencies, faith-based entities, as well as the nation’s top universities and colleges.

**Lisa Sumlin, PhD, RN, ACNS-BS, ACNS-BC** is a diabetes researcher, professor, author, and business owner. Dr. Sumlin provides education, treatment, and guidance to enable people to live healthy lives. When she is not researching diabetes and teaching at The School of Nursing at The University of Texas at Austin, she volunteers with several non-profit organizations to improve community health. Dr. Sumlin has published in scientific journals.

**Mary Tolle** is a Certified Peer Specialist and has been working for Prosumers International as the Deputy Director since August 2017. From 2013 to 2018, she worked at the Center for Health Care Services, the community mental health center in San Antonio, TX. She facilitates a free community Hearing Voices Network group and is a Via Hope instructor. Ms. Tolle presented at the POWER (Providing Opportunities for Wellness, Empowerment & Resilience) Program in June 2017.

**Icye Walker** is a graduate of Huston-Tillotson University and currently works as the fourth and fifth grade science teacher at a charter school. Ms. Walker also works with teens, young adults, and community-based audiences to build mentorship pipelines through programs and events.

**Clarence Watson** is an Austin Community College student and co-founder of “Students With A Purpose” (SWAP). As a teenager and student, Mr. Watson’s world was turned upside down when he was racially profiled, arrested, and introduced to a world of crime. After being incarcerated, he encountered numerous obstacles in completing his education – the worst being his internalizing that he was inferior. Today, he fights to eliminate systemic barriers for others previously incarcerated and seeking an education.

**Nell Watts** is a former public school teacher in Dallas. For the past 22 years, she has lived with HIV. She is known in her community as the gangster granny. Her raps reflect her challenges managing life after diagnosis. She is an advocate with the Positive Woman Network and teaches peer-led social supportive services. Stigma and shame isolate many woman so her salutation to all is: “Hello, my beauty queen.”

# CTAAFSC Planning Team & Partners

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**Flora Releford**

**Nelcia Watts**

**Willie Williams**

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## EXHIBITORS

- 4ABHN (Austin Area African American Behavioral Health Network)
- A Black Mother Dying
- AGE of Central Texas
- AISD Department of Communications and Community Engagement**
- Alzheimer's Association, Capital of Texas**
- Alzheimer's Texas**
- Ascension Seton**
- Black Mamas Community Collective
- Capital Area Council of Governments
- Capital IDEA
- CASA of Travis County
- Central Health**
- Communities for Recovery
- CommUnityCare Health Centers
- Cook-Walden Funeral Homes & Cemeteries
- Dell Children's Health Plan
- Foundation For a Drug Free World
- Hand to Hold
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