

Austin Travis County
Mental Health Mental Retardation Center

Presents

“Conquering Barriers – Achieving Wholeness”



3rd Annual

CENTRAL TEXAS
AFRICAN AMERICAN
FAMILY SUPPORT
CONFERENCE

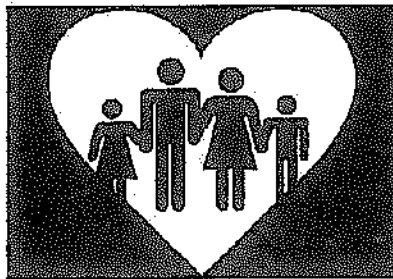
Friday, November 22 and
Saturday, November 23, 2002

Holiday Inn Airport South
3401 South IH-35
Austin, Texas

CENTRAL TEXAS AFRICAN AMERICAN FAMILY SUPPORT CONFERENCE

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“Conquering Barriers – Achieving Wholeness”

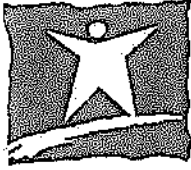


Vision:

The Central Texas African American Family Support Conference is a partnership of stakeholders dedicated to the empowerment of families and individuals with behavioral health care needs by providing information, support, and networking opportunities that inspire hope for a brighter future.

Mission:

The Central Texas African American Family Support Conference shall continue to strengthen family and individual awareness of available behavioral health care services through culturally sensitive education, supports, and partnerships.



Austin Travis County
Mental Health Mental Retardation Center

November 2002

My Dear Colleagues:

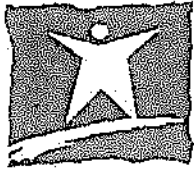
It is with great enthusiasm that I welcome you on behalf of the Austin Travis County MHMR Center (*Center*) to the Third Annual Central Texas African American Family Support Conference. This conference, and the coalition of organizations responsible for its development, have provided excellent leadership in meeting the challenges so poignantly addressed in the Surgeon General's Report on Minority Mental Health Care. We are particularly fortunate to have former Surgeon General David Satcher, who spearheaded this report, keynoting our conference.

We are indebted to the many fine volunteers who have worked long and hard to develop an outstanding curriculum; to the speakers and presenters who most graciously have agreed to share their expertise and talents; and to the sponsors and underwriters whose generosity has ensured that this conference is accessible to all who wish to participate.

This conference, and others like it, carry out the Center's philosophy and goals, further expanding our vision statement, "We envision an understanding community that respects and accepts each person's differences and responds with compassionate, comprehensive and quality services."

With warmest regards,

David Evans
Executive Director



**Austin Travis County
Mental Health Mental Retardation Center**

November 2002

Dear Conference Participant:

I am most pleased to welcome you to the Third Annual Central Texas African American Family Support Conference, **"Conquering Barriers-Achieving Wholeness"**. The conference grew out of the mission of the Austin Travis County MHMR Center's (*Center*) Workforce Diversity Council. Those of us who work in the fields of mental health, mental illness, and substance abuse prevention have long recognized the need for innovative and new approaches in reaching out to people of color. All too often, we have seen traditional methods of intervention fail miserably, failure that is exacerbated by a lack of appropriate communication, case management, and family involvement.

This conference brings us together as equal partners in combating the limitations that surround the conditions of mental health and mental retardation. Participants whose cultural perspectives may have served as barriers to effective treatment help create new health care delivery processes that address mental health and physical health treatment. They enhance the Center's strong commitment to diversity and respect for consumers, and promotion of an integrated health care delivery system.

I wish you a wonderful conference and look forward to welcoming you in person.

Sincerely,

Willie Williams

Willie Williams
Conference Chair and
Chairman, ATCMHMR Workforce Diversity Council



3rd Annual Central Texas African American Family Support Conference



“2002”

“*Conquering Barriers-Achieving Wholeness*” is the theme of the 3rd Annual Central Texas African American Family Support Conference (CTAAFSC). The CTAAFSC is a diversity initiative to fulfill Austin Travis County Mental Health Mental Retardation Center’s (ATCMHMR) strategic plan and support initiatives called for in the 1999 and 2001 Surgeon General’s Reports. The mission of the conference is to “strengthen family and individual awareness of available behavioral health care services through culturally sensitive education, supports, and partnerships”. The conference draws over 300 people. An estimated 85% are consumers’ and/ or family members.

Many African American people living with mental illness are unaware that there is help available, and that such assistance can be affordable and easily accessed. This is due to the lack of knowledge that people have about mental health and mental illness. There is a need to begin to destigmatize mental illness, increase awareness of the various aspects of mental health and mental illness, and improve the African American community’s willingness to participate in the design, delivery, and evaluation of public/community-based mental health services.

Education is the solution. Only when communities are properly educated will the myths about mental illness cease being barriers to obtaining effective and efficient mental health services. In addition, everyone needs to understand the signs and symptoms of mental illness to get beyond stigma to support. To avoid the demand for an excessive need for crisis intervention, all must have access to the information necessary to maintain a mentally healthy lifestyle.

This year the conference has expanded to 1 1/2 days in order to integrate a focus on health that includes a physical health track, specifically emphasizing: Prostate Cancer, Breast Cancer, Diabetes, and Heart Disease. The sponsoring entities remain committed to providing quality mental health and mental retardation services in an integrated health care system to the region of Central Texas.

ATCMHMR believes that building a healthy future can be accomplished “by addressing the needs and requests of the people whose lives are affected by mental disabilities, substance abuse and developmental delays; building on the inherent strengths of consumers, families, staff and community; and coordinating an integrated network of quality community-based services.

ATCMHMR took the first step toward dispelling the myths about mental illnesses by hosting an inaugural conference with culturally appropriate information for African Americans. The CTAAFSC targets the African American community, but embraces all members of the community regardless of race. Research indicated that the November 2000 conference was the first conference of its type in Texas and only the third in the United States (the other two conference were held in Washington D.C. and Ohio).

The Star Spangled Banner

By Francis Scott Key

Oh, say can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars, through the perilous fight,
O'er the ramparts we watched, were so gallantly streaming?
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
O say, does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?

Lift Every Voice and Sing

By James Weldon Johnson

Lift every voice and sing
Till earth and heaven ring,
Ring with the harmonies of Liberty;
Let our rejoicing rise High as the listening skies,
Let it resound loud as the rolling sea.
Sing a song full of the faith that the dark past has taught us,
Sing a song full of the hope that the present has brought us,
Facing the rising sun of our new day begun
Let us march on till victory is won.

God of our weary years,
God of our silent tears,
Thou who has brought us thus far on the way;
Thou who has by Thy might Led us into the light,
Keep us forever in the path, we pray:
Lest our feet stray from the places,
Our God, where we met Thee;
Lest, our hearts drunk with the wine of the world, we forget Thee;
Shadowed beneath Thy hand,
May we forever stand,
True to our GOD,
True to our native land



Conference Agenda
Friday, November 22, 2002
“Conquering Barriers – Achieving Wholeness”

Time	Event	Location
11:00am-6:00pm	Registration	Lobby
1:00 - 1:40 pm	Conference Opening: Brenda Coleman-Beattie, MC National Anthem: Sharon Taylor Invocation: Rev. Joseph C. Parker Jr. <i>David Chapel Missionary Baptist Church, Austin</i> Welcome/Introduction: David Evans, Executive Director Austin Travis County MHMR Center Don Gilbert, Commissioner Health and Human Services Department Karen Hale, Commissioner Texas Department of MHMR Eduardo Sanchez, M.D., Commissioner of Health Texas Department of Health Dave Wanser Ph.D., Executive Director Texas Commission on Alcohol and Drug Abuse Representative Garnet Coleman	Large Ball Room
1:40 - 3:00 pm	David Satcher, M.D., Ph.D.	
3:00 – 3:15 pm	Break	
3:15 - 4:30 pm	The Positive Side of Intellectual Assessment: Bill Boyd, Don Hartman and Mavis Jacobson A review of history of intellectual assessment and discussion of testing instruments (IQ, developmental, and independent functioning). Emphasis will be on: testing as related to the process of qualifying for MR services under current regulations, the rights of the individual within this process, and the assessment of strengths as a foundation for training. A Q&A period will follow the formal presentation.	<u>Friendship/Mercury</u>



Dual Diagnosis, There is Hope in Recovery:

EIC

Gretchen Hollingsworth, Deborah Chambers and Paul Hollingsworth

In "Dual Diagnosis, There is Hope in Recovery", fascinating video segments provide touching personal testimonies into overcoming the odds of manic depression (bipolar disorder) with a co-existing substance abuse addiction (cocaine/crack). Ms. Hollingsworth, a gifted African-American woman reverses destructive effects because of willingness, treatment facilities and support. Her incarceration was a catalyst. Psychiatrist Barry Gritz, M.D., family members and a dear friend, address their roles in this process of recovery in spite of society's stigmas.

Ask The Doctor: Jim Van Norman, M.D.

Columbia

The Doctor Panel provides a very informal and relaxed setting for individuals to ask questions and receive answers related to various illnesses, medications, side effects and current treatment modalities.

African Americans Working with Support Groups

Apollo

and Organizations: May Holland, Mark Miller and Joe Powell

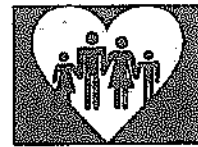
This workshop will provide participants with an opportunity to discuss in depth: 1. Advantages and disadvantages of participating in various types of support group models (ethnocentric, diagnostic, culturally integrated, faith based, affiliate based, service provider based); 2. Understanding the role national and local mental health organizations play in the development and maintenance of support groups; and 3. Identifying the tools necessary to start and sustain a support group.

Community Resource Coordination Groups (CRCGs):

Pioneer Ten

Supporting Children & Families One at a Time: Deborah Glover

What happens when a child, an adult or a whole family has mental health, medical or economic needs that are too complex for a single agency to help? CRCGs are available to serve every county in the state, ensuring that no one "falls through the cracks". At the end of this session, participants will understand how CRCGs came into existence, how they operate and how to access assistance through the local CRCG.



**Heart Disease - Health Disparities Among African Americans Voyager
in Travis County: Come Search your Heart:**

Lemuel Bradshaw, Shannon Jones, III and Dr. Toussaint Smith

Every 33 seconds, someone in America dies of diseases of the heart and blood vessels. This is more than 950,000 lives each year. It has been proven that African Americans are disproportionately dying from heart disease. We also know that many African Americans have hypertension; high blood cholesterol and obesity are two risk factors for cardiovascular disease. This workshop will address the disparities in health as they relate to African Americans with heart disease as compared to other racial/ethnic groups.

**Diabetes Awareness/Education in the Community – Gemini
Diabetes Awareness and Wellness Network (DAWN):**

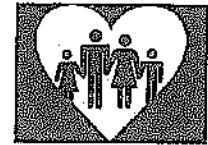
Jeanette Chardon, Linda Hatch-Espy, Loretta Hill and Michael Price

The Diabetes Awareness and Wellness Network focuses on primary prevention of diabetes, with grassroots community involvement and intervention, catalyzing and facilitating systems change and community changes to increase and strengthen diabetes prevention and community awareness. At the conclusion of the workshop, participants will be able to: recognize diabetes risk factors and symptoms; understand what it means to focus diabetes prevention at a grassroots level; achieve results through the concepts of community actions and community changes; and achieve results by involving key sectors of the community

4:45 - 6:00 pm

**Traditional African American Eating Habits – Gemini
Impact on Chronic Diseases: Veronica Brown and Ellis "Wazir"
Morrow**

Because of the high calorie, fat, cholesterol and sodium content of "Soul Food", it can be instrumental in promoting chronic diseases, such as, diabetes, hypertension, heart disease, obesity, etc. This session will teach you how to modify your soul food recipes without destroying the good taste of your food.



**Christ, The Bible, God and Mental Health, Health,
Health and Human Services: Mike Manor**

EIC

This workshop focuses on what are commonly accepted as sources of strength within the Black Community: it's Spirituality, it's Religious Orientation and the Church. The workshop will provide both a sample faith-based, Christ-Centered Biblical study approach for dealing with spiritual stress and will identify critical reasons for clergy, families and mental health, health, health and human services and substance abuse service providers to partner and cooperate together.

Recognizing the Need and Funding the Passion:

Columbia

Non-Profit Formation 101: Marcia Shelton and Nathaniel Shelton

This workshop provides the step-by-step process for chartering a nonprofit organization/corporation recognized in Texas. A road map for the chartered corporation to access resources for successful establishment of an Internal Revenue compliant document to achieve 501(c)3 non-profit status is provided. This section is for participants who are serious about effecting change in their community and accessing resources available through the local, state, federal and philanthropic association venues.

Prostate Cancer: The Secret Is Out, Let's Talk About It:

Voyager

Brent Brown, Dr. Timothy Dziuk, Andrew Johnson and David Williams

Within the African American Community, there has been a pervasive fear of the health care industry, particularly among African American males. African American males are more likely to die from or with prostate cancer than are our white counterparts and this is mainly due to lack of treatment. This workshop attempts to unveil the news... African American men are dying from prostate cancer and we need to do something about it! We have found men with all the classic symptoms of prostate cancer and who were totally unaware or in denial. We also will attempt to provide awareness to African American males on early detection, treatment options and how to live a quality life post-surgery or other treatments.



**Breast Cancer – Stop The Silence: Erma Butler, Friendship/Mercury
Claudia Himes, Ramona Magid and Dawn Surratt**

Breast cancer is the second leading cause of death for women in the United States. African American women die disproportionately from this disease. The focus of this workshop will be on breast health education, the barriers involved in screening women with disabilities and breast cancer, community, state, and national cancer resource availability and a testimony from a two time breast cancer survivor. This panel is composed of representatives from the Susan G. Komen Foundation.

6:00–7:00 pm

Reception

Pioneer



Conference Agenda
Saturday, November 23, 2002
“Conquering Barriers – Achieving Wholeness”

Time	Event	Location
7:30 am – Noon	Registration	Lobby
9:00 - 9:30 am	Conference Opening: Brenda Coleman-Beattie, MC National Anthem: Deborah Duncan Invocation: Reverend Ed Calahan <i>Agape Baptist Church, Austin</i> Opening Remarks and Introduction Sustaining Conference Sponsors Welcome: Shannon Jones, III	Large Ball Room
9:30 - 10:00 am	Keynote Address: Darlene Grant Ph.D., LMSW-ACP	
10:00–10:15 am	Break	
10:30 - 11:30am	Plenary: Rahn Kennedy Bailey, M.D.	
11:30 am - Noon	Break	
Noon – 1:30 pm	Lunch, Awards and Keynote Speaker: King Davis, Ph.D. Blessing: Reverend Oscar Howard <i>Freedom Home Baptist Church, Austin</i>	
1:45 - 3:00 pm	The Stress, Mind, Body Connection and The Role of Traditional <u>EIC</u> and Non-Traditional Coping and Prevention Strategies, including Spirituality, Writing, and the Arts: LaRita Booth Pryor, Dianna Dean, DeAngela Garrett, Cletus Johnson, Debra Murphy and Mischea Scales This workshop will provide information on what stress is, simple tools that individuals can use to measure how much stress they are under, how stress affects both the mind and body. The use of traditional, as well as nontraditional methods, such as art, writing, and spirituality in coping with and prevention of stress is also discussed.	



**African Americans Working with Support Groups Friendship/Mercury
and Organizations: May Holland, Mark Miller and Joe Powell**

This workshop will provide participants with an opportunity to discuss in depth: 1. Advantages and disadvantages of participating in various types of support group models (ethnocentric, diagnostic, culturally integrated, faith based, affiliate based, service provider based); 2. Understanding the role national and local mental health organizations play in the development and maintenance of support groups; and 3. Identifying the tools necessary to start and sustain a support group.

**Sensitivity & Stigma in African American Pioneer Ten
Mental Healthcare: Dr. Rahn Kennedy Bailey**

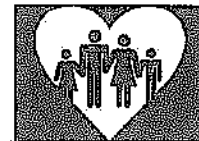
Stigma is a problem for all individuals addressing issues related to mental illnesses; its effects are often increased for ethnic Americans, particularly African Americans. This presentation will address the problems encountered by African Americans as they seek mental health services in our society. Tactics to recognize and implement strategies to enhance the quality of mental health care among this particular group will be discussed.

**Special Education and the Juvenile Justice System: Apollo
Parents As Advocates: Lucy Wood**

In this workshop, participants will receive information about and discuss ways to advocate for children who are entitled to special education services and who may also be involved in the juvenile justice system. Participants will strategize about ways to 1) avoid the over-identification of children of color in special education programs; 2) ensure that children properly identified receive all appropriate special education services; 3) learn how to maximize the opportunity for a child's disability-related behavior to be handled appropriately if the child becomes involved in the juvenile justice system; 4) ensure that a child with special needs is identified as such once in the juvenile justice system; and 5) advocate effectively within the special education and juvenile justice systems.

From My Darkness into His Light: Sherron Lee Cantu Gemini

Presentation will be a frank and open discussion on living with mental illness. The speaker will tell her personal story of mental illness in her family, her denial of the illness and how the illness had taken control of her life. The speaker will also discuss how she went from the darkness of the illness into the light of recovery through hope, faith and strength.



**Diabetes Awareness/Education in the Community – Columbia
Diabetes Awareness and Wellness Network (DAWN):**

Jeanette Chardon, Linda Hatch-Espy, Loretta Hill and Michael Price

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**Consumer Participation with the Austin Travis County Voyager
MHMR Center: Grace Anderson, Wray Hooper and Seth Margolies**

Several members of the ATCMHMR Consumer Council will present a panel discussion on what consumer participation is and the role of the Consumer Council in promoting a consumer voice at the Center. A short PowerPoint presentation about the Consumer Council and the ABC's of consumer participation will be shown.

3:15-4:30 pm

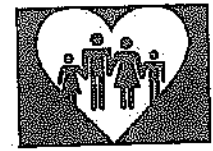
**Heart Disease - Health Disparities Among Apollo
African Americans in Travis County: Come Search your Heart:**

Lemuel Bradshaw, Shannon Jones, III and Dr. Toussaint Smith

Every 33 seconds, someone in America dies of diseases of the heart and blood vessels. This is more than 950,000 lives each year. It has been proven that African Americans are disproportionately dying from heart disease. We also know that many African Americans have hypertension; and high blood cholesterol and obesity are two risk factors for cardiovascular disease. This workshop will address the disparities in health as they relate to African Americans with heart disease as compared to other racial/ethnic groups.

**Promoting Safety for People with Disabilities: Voyager
Cema Mastroleo**

People of color with disabilities may face double discrimination. The cumulative effects of color and disability may place these groups at greater risk of not receiving needed services and violence prevention education. Efforts can be combined to promote awareness and abuse prevention education in their lives. This workshop will offer the following topics related to people with disabilities: risk factors to abuse; accessible services; abuse prevention; and materials and resources on violence prevention.



Psychodrama and the Multicultural Client:

EIC

Patricia Adams

Psychodrama is the soul in action. In Psychodrama, an event may be acted. Attendees can choose to re-experience past life events or anticipate new ones. One participant takes the lead while others may assume supporting roles. The aim of the Psychodrama workshop is to provide a safe and therapeutic environment for participants to work on real life issues. The objectives are to help participants share their experiences, recognize the common effects of the experience, understand the current impact on daily activities, and begin to work through and resolve feelings associated with their experiences.

Texas Mental Health Consumers (TMHC) & You:

Columbia

Mike Halligan and Dorinda Rolle

According to research findings published by the Office of the Surgeon General, the most effective and inexpensive treatment available for mental health consumers is the peer support process. The mission of the Texas Mental Health Consumers organization is to train, educate and organize consumers of mental health services to advocate for themselves and others. The group does not stop there - they organized 10 non-profit consumer organizations, participated in the legislative process, and have a contract with the State to design "consumer-operated services" in Texas. TMHC is changing the face of the treatment process. Work should be part of therapy and TMHC is pushing for economic development for persons of psychiatric disabilities.

Childhood and Adolescent Loss and Grief:

Friendship/Mercury

Marion Childress-Usher

Often times adults fail to understand the ways in which an important loss can adversely impact the lives of young people: loss from the death of a loved one through illness, murder, accident; divorce; a parent's incarceration; or through something that happens directly to the young person: neglect, sexual and physical abuse, disfigurement or incapacitation. This workshop will provide an overview of grief and loss and provide resources to help caregivers deal with this important issue.



Speakers' Biographies

Patricia Adams, Doctor of Ministry

Patricia Adams is a lecturer, facilitator, and President and CEO of Zeitgeist Expressions. She is currently Chaplain of the Methodist HealthCare System and an Independent Sole Practitioner currently named "Zeitgeist Expressions". She has been a talk show host, made guest appearances on Paragon Cable, served as an Adjunct Professor at San Antonio College, and is an author. Dr. Adams serves on several community boards in San Antonio, Texas. She received an Associate of Science degree at Lamar University, a B.A. degree at The University of Texas at San Antonio, a M.A. degree from St. Mary's University, and a Doctorate of Ministry degree from American International Theological Institute & Seminary.

Grace Anderson

Grace has been a long-time member of the ATCMHMR Consumer Council and serves on numerous Center committees. She is also active in Austin Advocates. Being a person with a cognitive disability, she possesses a wealth of knowledge and experience that she shares with others to foster greater understanding and acceptance of her disability.

Rahn Kennedy Bailey, M.D.

Rahn Bailey, M.D., is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Texas-Houston Medical School, where he provides expert guidance in the fields of violence and the law and psychiatry. He serves as Attending Physician for UT-Houston Harris County Psychiatric Center. Dr. Bailey received his Bachelor of Science degree from Morehouse University in 1986 and his medical degree from the University of Texas Medical Branch in Galveston in 1990. He is a member of the American Medical Association, American Psychiatric Association, Black Psychiatrists of America, American Academy of Psychiatry and the Law, National Medical Association, Law and Psychiatric Committee of the Louisiana Psychiatric Association, and Texas State Psychiatric Physicians. He has published numerous articles discussing the law and psychiatry.

Bill Boyd, M.A., L.P.A.

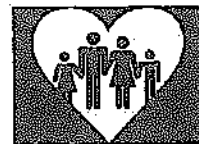
Bill Boyd is certified by the Texas Department of MHMR to make determinations of eligibility for mental retardation services. He has over 25 years experience working with individuals with developmental disabilities (mental retardation, autism, and related conditions) in institutional and community settings. He is currently working under the auspices of the Bluebonnet Trails Community MHMR Center.

Sherman Lemuel Bradshaw

Mr. Bradshaw is a 33 year old working husband, father, and heart transplant recipient. He uses these words in describing himself, to show that those who once faced seemingly insurmountable odds, can survive and thrive with the right combination of attitude, determination, and support. He is not a health care professional or scholar, just someone determined to tell his story and help bring attention to the cause of organ donation so others may live to tell their own stories.

Brent Brown

Brent Brown is an active American Cancer Society volunteer. He is supporting the American Cancer Society as both a "Let's Talk About It" program facilitator and is a Community Ambassador working as an advocate to change laws to help conquer cancer. He is serving on the planning committee for the Relay



for Life at Huston-Tillotson College. He retired as a Command Sergeant Major who served 23 years in the U.S. Army. He has also retired from Motorola Inc. where he was an Electronic Equipment Technician Group Leader.

Veronica Brown, M.S., R.D., L.D.

Veronica Brown is a Registered, Licensed Dietitian, with a Master's degree in Nutrition from Hunter College of the City University of New York. She received her Bachelor's degree in Foods and Nutrition from Southern University in Baton Rouge, Louisiana. She is a member of the African American Health Coalition of the Houston metropolitan area. Veronica has extensive experience providing medical nutrition therapy for chronic diseases, such as diabetes, cardiovascular disease, etc. She is currently the Director of the Women, Infants and Children's program for the Texas Department of Health Region 6. She has expertise in Medical Nutrition Therapy for Children with Special Health Care Needs as well as Pediatric Nutrition and Well Child Nutrition.

Erma Butler

Erma Butler is the Chair of the American Cancer Society's African American Community Involvement Committee. She has been employed with MHMR-Austin State School working with special needs population for 25 years. She is a member of Sister's Network, the only national African American breast cancer survivor support group in the United States. Erma is a member of New Hope Missionary Baptist Church and is a two-time breast cancer survivor. Erma has two sons, enjoys traveling, shopping and her precious granddaughter Emily Elizabeth.

Sherron Lee Cantu

Sherron Cantu has been the Community Director for Monarch Place Apartments (an affordable, independent living community for the chronically mentally ill) for the past four years. Ms. Cantu is the past president of The National Alliance for the Mentally Ill - San Antonio (NAMI-San Antonio). She sits on a variety of boards and committees for numerous community organizations and has received several awards for her dedicated work in the mental health community. Ms. Cantu has a family history of mental illness: her mother, father, and two sisters have all experienced mental illness; and she herself lives with mental illness.

Deborah Chambers

Deborah Chambers, sister of Gretchen Hollingsworth, received her Bachelor of Arts degree in Theatre Arts from Sacramento State University. She is currently employed with the Belo Corporation as an Account Executive, selling the PAX TV Network. Ms. Chambers is a single mother and grandmother, a native of Los Angeles, and is now residing in Houston.

Jeanette Chardon

Jeanette Chardon has been working with the Austin/Travis County Health Human and Services Department for over five years. Her first experience with Austin/Travis County was with the Health Ministry Team Project—a five-year pilot project that incorporated health awareness and education to five church congregations in Travis County. She is currently the Public Health Program Specialist for the Diabetes Awareness and Wellness Network, which is a grant initiative funded by the Texas Diabetes Council and Texas Department of Health. Her role as a Program Specialist allows Jeanette to work with the diverse community in Austin/Travis County in which all of them share one communality - Diabetes.



Reverend Marion Childress-Usher

Reverend Marion Childress-Usher is the Founder and Director of Rising Together Ministries, a recently developed project providing leadership in grief and loss support for adults and young people with contemplative prayer and spiritual renewal. She has worked in terminal care since 1998. Reverend Childress-Usher is a 2001-2002 graduate of Leadership Austin.

Garnet F. Coleman, State Representative

Garnet Coleman has represented the Houston area in the Texas House of Representatives since 1991. He serves as Vice-Chairman of the House Committee on Public Health, and as a member of the House Committee on Appropriations. Representative Coleman used his status in the Texas House of Representatives to joint-author legislation that created the Children's Health Insurance Program (CHIP). He also secured \$178 million in state funds for CHIP. Representative Coleman has been honored in *Texas Monthly's* Ten Best Legislators List, as Texas Alliance for the Mentally Ill's Legislator of the Year, and numerous other honors.

Brenda Coleman-Beattie

Brenda Coleman-Beattie has a personal and professional commitment to people with developmental disabilities and mental illness. Co-founder of the Austin, Texas African-American Alliance for the Mentally Ill chapter of the National Alliance for the Mentally Ill (NAMI), Ms. Coleman-Beattie has extensive experience in managed behavioral healthcare and public finance. She is employed as the Assistant Chief Operating Officer for the Lower Colorado River Authority where she is responsible for strategic planning.

King Davis, Ph.D.

King Davis is the Robert Lee Sutherland Chair in Mental Health and Social Policy at The University of Texas at Austin's School of Social Work. The former Commissioner of the Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services, Dr. King has also held academic posts at the University of Virginia, Howard University and the University of Maine.

Diana Dean

Diana Dean is currently a student at Huston-Tillotson College in Austin. She has more than 20 years experience as a Licensed Vocational Nurse. Ms. Dean's experience includes work in nursing homes, state school, and reproductive services. She has volunteered in prison ministry and is an active mission worker.

Timothy Dziuk, M.D.

Dr. Dziuk is the Radiation Oncology Program Director at South Austin Cancer Center. He received his B.A. at The University of Texas-Austin and received his medical degree at The University of Texas Medical Branch in Galveston, in 1989. He completed his internship and residency at Baylor College of Medicine in Houston, Texas. Dr. Dziuk is Chairman of the Prostate Cancer Committee of the Texas Division of the American Cancer Society, Austin Chapter and he is a member of the Prostate Cancer Committee of the American Cancer Society. He has published widely and is a member of numerous professional organizations including the American College of Radiology, Texas Medical Association, Travis County Medical Society, and Texas Radiological Society.



DeAngela Garrett

DeAngela Garrett is a graduating senior student in psychology at Huston-Tillotson College in Austin. She is an honor student and is vice president of the Psychology Club. Ms. Garrett is presently conducting a survey project on stress and coping among children in the foster care system. She is currently applying for graduate school in School Psychology and Social Work.

Deborah Glover, M.S.

Deborah Glover is the State Technical Coordinator for the Community Resource Coordination Groups (CRCG) of Texas. Ms. Glover has spent the better part of the last 30 years working to assist children, youth and families in receiving human services. She has counseled youth in residential treatment facilities, worked extensively in early childhood programs, coordinated program planning for the Texas PTA, and assisted homeless families in locating shelter and services. Ms. Glover holds a B.A. Degree in Psychology and an M.S. Degree in Community and Regional Planning, both from the University of Texas at Austin.

Darlene Grant, Ph.D., LMSW-ACP

Darlene Grant holds a doctorate from the University of Tennessee in Knoxville. She has been on faculty at The University of Texas at Austin since 1994 where she is an Associate Professor. Prior to moving to Texas, Dr. Grant taught and practiced social work in Tennessee. She has published extensively with a focus on women's and children's issues and is also a professional singer.

Mike Halligan

Mike Halligan is the Executive Director of Texas Mental Health Consumers, a non-profit agency designed to encourage, educate, train, and organize persons with mental illness to advocate for themselves and support each other. Mike is a consumer of mental health services, but does not consider himself disabled. He earned his undergraduate degree in psychology and is a Licensed Professional Counselor in Texas. Mike has worked as a direct care provider for mentally ill and mentally retarded consumers, adults and children. He has also worked as a volunteer for several victim programs. Mike is currently the Chairman of the Texas Mental Health Planning and Advisory Council and serves on the board for the National Association of Mental Health Planning and Advisory Councils. He also serves on numerous state committees dealing with issues relating to mental illness.

Don Hartman, M.A., L.P.A.

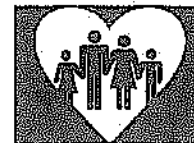
Don Hartman is certified by the Texas Department of MHMR to make determinations of eligibility for mental retardation services. He has over 20 years experience working with individuals with developmental disabilities (mental retardation, autism, and related conditions) in institutional and community settings. He is currently working under the auspices of the Bluebonnet Trails Community MHMR Center.

Linda Hatch-Espy

Linda Hatch-Espy is a Program Manager for the Austin Travis County Work-Based Learning Program. She is a graduate of California State University at Los Angeles with a degree in Finance. She is a wife, a mother of two children and a public health advocate. She also enjoys working with teenagers.

Loretta Hill, R.N.

Loretta Hill is a retired Public Health Registered Nurse. She is a member of Grants Chapel AME Church and is very involved in their health ministry. She is a devoted community servant and volunteers her time



to numerous causes. She enjoys visiting those who are sick and shut-in. Loretta is the mother and caregiver to her diabetic son. She is a wife, mother, and a loving grandmother. She enjoys traveling and community organizing.

Claudia Himes, B.S.N, R.N.

Claudia Himes has been a nurse for twenty-one years and has always worked in clinical settings involving women's health issues. Ms. Himes is currently employed as a Nurse Consultant for the Texas Department of Health's Breast and Cervical Cancer Control Program and is a volunteer for the American Cancer Society. She is actively involved in educating women in communities on the need for preventive health especially in the area of early detection of breast cancer and the prevention and early detection of cervical cancer. She is currently working with The University of Texas School of Nursing African-American Breast Cancer Outreach and the National Center for Farmworker Health Inc. in outreach efforts regarding education and access to mammography and Pap testing to women in need.

May Holland, M.S.W.

May Holland is the Community Outreach Supervisor for Swope Parkway Health Center in Kansas City, MO. She is the Intake Supervisor for children entering the Community Psychiatric Rehabilitation Program (CPR). She supervises the Targeted Case managers who work with children in the juvenile court system and manages the CHAMP/CHALLENGE Program. She is the NAMI Community Outreach Coordinator, a NAMI Local and State Board Member, and the Secretary to Local NAMI Board.

Gretchen Hollingsworth

Gretchen Hollingsworth, mental health advocate and award winning independent producer, came to Houston from Los Angeles relating her own heartbreaking and inspiring stories through "Hope in Recovery", a video program series for public access viewers focusing on dual diagnosis. Ms. Hollingsworth has been a speaker and presenter on many diverse issues related to consumer health. She also serves as an advocate for Houston City Council member Ada Edwards and Mayor Lee P. Brown's State of Emergency HIV/AIDS media campaign targeting the African American community and is a member of the Ryan White Planning Council. She graduated from the University of Southern California School of Business in Los Angeles. Gretchen has one son, Paul, and three grandchildren.

Paul Hollingsworth

Paul Hollingsworth, supportive son of Gretchen Hollingsworth, currently resides in Austin and is employed in the computer training industry. He is also pursuing a musical career. Mr. Hollingsworth is the father of three beautiful daughters.

Wray Hooper

Wray Hooper is a consumer of mental health services. He is an active member of the ATCMHMR Consumer Council and has several times served as Council chair. Wray also serves on various ATCMHMR advisory committees providing a consumer perspective not otherwise available. Additionally, he plays a leading role in Austin Advocates, an organization with a cross-disability focus, and serves on the board of the McBeth Recreation Center in Austin helping to improve the lives of people with disabilities.

Mavis Jacobson, M.S.

Mavis Jacobson is certified by the Texas Department of MHMR to make determinations of eligibility for mental retardation services. She has over 10 years experience working with individuals with



developmental disabilities (mental retardation, autism, and related conditions) in institutional and community settings. She is currently working under the auspices of the Bluebonnet Trails Community MHMR Center.

Andrew Johnson

Andrew Johnson is a prostate cancer survivor. Mr. Johnson is a member of the American Cancer Society's African American Community Involvement Committee, as well as several other community boards. He is committed to educating men on prostate health. He is currently employed at IBM and enjoys reading, writing poetry, and fishing.

Cletus O. Johnson

Cletus Johnson is currently Director of Beard-Burrowes Residence Hall at Huston-Tillotson College in Austin. He is the staff team member of the HBCU HIV/AIDS prevention project. Mr. Johnson received a Bachelor of Arts degree in Visual Arts from College of the Ozarks in Point Lookout, Missouri, and a Master of Education degree from The University of Missouri in Columbia, Missouri.

Shannon Jones, III

Shannon Jones currently serves as the Assistant Director for Public Health and Community Services for the City of Austin and Travis County Health and Human Services Department. In that position for the past 2 ½ years, he has implemented several new initiatives focusing on health disparities within Travis County and has worked to reorganize the division to put more emphasis on the community-based approach to services delivery in these two entities. Mr. Jones is very involved in the field of public health advocacy and currently serves on several community boards. He received his BA from Oglethorpe University in Atlanta, Georgia and his Master of Public Administration from the University of Pittsburgh.

Ramona Magid

Ramona Magid is the Education Coordinator of the Austin Affiliate of the Susan G. Komen Breast Cancer Foundation, an organization committed to its mission of eradicating breast cancer as a life-threatening disease by advancing research, education, screening and treatment. Ramona began working with the foundation two and a half years ago as a volunteer with the Komen Austin Race for the Cure. She graduated from the University of North Carolina at Greensboro with a Bachelor of Science in Medical Technology and is certified as a Specialist in Blood Banking. She received her Master of Business Administration from Memphis State University. Ramona is a three and a half year breast cancer survivor and lives in Austin with her husband and eight year old daughter.

Mike Manor, ACSW, LMSW-ACP

Mike Manor has 27 years experience as an ordained, licensed Gospel Minister. He is a Texas licensed Social Work Practitioner with recognition as an Advanced Clinical Practitioner. He has served as a pastor and is a minister at the Mount Zion Baptist Church in Austin. He is also the Ministerial Director for the Mount Zion Action and Resource Center (Mt. ZARC). He serves as the Manager of Post Road Family Support Services Center with Travis County Health and Human Services and Veterans Service.

Seth Margolies

Seth Margolies holds a B.S. degree from Polytechnic University in New York and completed coursework towards his Ph.D. in statistics at Temple University before experiencing the debilitating effects of mental illness. He has worked in professional and volunteer capacities for mental health associations in both Pennsylvania and Texas, and presented at various conferences over the years on many topics including



the stigma of mental illness, the role of consumers as providers of mental health services, and computers and the internet. Seth is currently the Consumer Affairs Coordinator for the Austin Travis County MHMR Center.

Iracema “Cema” Mastroleo, M.Ed.

Cema Mastroleo holds a Master of Education in Rehabilitation Counselor Education from The University of Texas at Austin. She has over 20 years experience working with people with disabilities in both the United States and in Brazil. Ms. Mastroleo is a Disability Services ASAP Educator at SafePlace, a domestic violence and sexual assault survival center in Austin. As an educator, she provides abuse prevention and personal safety workshops and trainings for children with disabilities, their parents, family members and professionals.

Mark A. Miller

Mark Miller is the Coordinator of Human Resource Development at the Missouri Department of Mental Health in Jefferson City, Missouri. He is temporarily assigned to work at Western Missouri Mental Health Center in Kansas City, Missouri.

Ellis “Wazir” Morrow, R.D., L.D.

Mr. Morrow is a Registered Dietitian in private practice in Houston, Texas. His consulting work includes contracts with the Women, Infants and Children’s Program (WIC), nursing homes, dialysis clinics, and home health agencies along with other programs. Mr. Morrow also provides private, in-office Medical Nutrition Therapy for a variety of patients with acute and chronic diseases. He is pursuing a Masters Degree in Kinesiology from the University of Texas Pan American and he holds a Bachelor’s degree in Nutrition and Psychology from the University of Houston.

Debra Murphy, Ph.D.

Debra Murphy has an extensive background in teaching, research and program implementation and evaluation in the areas of health disparities, mental health and health promotion. She is currently an Associate Professor of Psychology and Director of the College Health Connection: a HIV/AIDS Awareness and Risk Reduction Initiative at Huston-Tillotson College. She has published widely on the topics of HIV, substance abuse prevention and related topics.

Joe Powell

Joe Powell was born in Harlem, New York to a family of seven brothers and one sister; three of his brothers and only sister have a mental illness. Mr. Powell is in recovery from alcohol/addiction for 14 years. He has been a Licensed Chemical Dependency Counselor for 12 years, a Certified Acudetox Specialist for six years, and has completed two years of Dallas Group Psychotherapy Society’s intense group counseling training. Joe currently works for Dallas MetroCare Services (formerly MHMR) as Director of Chemical Dependency Groups for persons with mental illness. He has worked with co-occurring mental illness and substance use clients for the last eight years and facilitates groups with Special Needs Offenders in the criminal justice system for those with mental illness.

Michael A. Price

Michael Price is currently the Project Coordinator and Public Health Educator with the DAWN Initiative (Diabetes Awareness & Wellness Network). After developing a strong record of accomplishments in counseling married couples, youth and their families, he joined the Health & Human Services Department’s Public Health Division. He is a devoted husband of one wife for sixteen years. Together,



they have six children (five boys and one girl). Additionally, Mr. Price serves as Pastor of the Gates Of Dominion Word Ministry International Church in Austin. He is a graduate of Dartmouth College in Hanover, New Hampshire.

LaRita Pryor

LaRita Pryor is an exceptionally gifted writer and poet who also battles mental illness. LaRita Pryor met and married Alex Pryor in 1987 and says that their marriage is held together through "faith in God and mutual support." Ms. Pryor graduated with a degree in Political Science from Colorado Women's College. Mr. and Mrs. Pryor are the co-founders of Princess Press, a family-owned business that publishes the works of Ms. Pryor and other like-minded authors.

Dorinda Rolle

Dorinda Rolle is President of the Alamo City Chamber of Commerce in San Antonio. She is also the President of Rolle and Associates, a management consulting and training firm offering services to nonprofit organizations and businesses in the areas of strategic planning, board development, training, group facilitation, research and special projects. She is a board member of Texas Mental Health Consumers and holds a Master of Business Administration degree from Webster University in St. Louis, Missouri.

David Satcher, M.D.

Dr. David Satcher was the 16th Surgeon General of the United States and Assistant Secretary for Health. As Surgeon General, Dr. Satcher led efforts to eliminate racial and ethnic disparities in health. He released reports on tobacco and health, mental health, suicide prevention, oral health, responsible sexual behavior, and youth violence prevention. Dr. Satcher graduated from Morehouse College in Atlanta in 1963 and earned his M.D. and Ph.D. from Case Western Reserve University in 1970. He did residency/fellowship training at Strong Memorial Hospital, University of Rochester, UCLA and King-Drew. He is a fellow of the American Academy of Family Physicians, the American College of Preventive Medicine, and the American College of Physicians.

Marcia C. Shelton, LPC

Marcia Shelton is the Director of Regulatory Compliance at Prairie View A&M University. She holds a B.S. degree in Chemical Engineering, a M.S. degree in Mechanical Engineering from Tuskegee University, Tuskegee, AL and also a M.A. in Counseling from Prairie View A&M University. Currently, she is working on a doctorate at Texas A&M University, College Station. Ms. Shelton is a practicing Licensed Professional Counselor in Texas. She is a successful grant writer and is in high demand for her workshops on grant-writing and non-profit/not-for-profit (IRS 501(c)3) formation and non-profit board development, organization capacity building and resource development.

Nathaniel Shelton, Jr., DVM

Nathaniel Shelton is dually appointed at Prairie View A&M within the College of Agriculture & Human Sciences and the Cooperative Extension Program. Dr. Shelton is a visiting Associate Professor in Agriculture and an Extension Veterinarian. Dr. Shelton earned his Doctor of Veterinary Medicine from Tuskegee University, Tuskegee, AL. He consults in the areas of resource and proposal development for the federal and private sector. Dr. Shelton is married to the former Marcia Collins and they are the proud parents of four daughters: Delia, Regina, Sierra and Dolores.



Toussaint Smith, M.D., F.A., C.C.

Dr. Smith received his Bachelor of Science degree in Chemical Engineering from the Massachusetts Institute of Technology in Cambridge, Massachusetts. He then received his Doctorate in Medicine from the Boston University School of Medicine. He completed his internship and medical residency, as well as fellowships in Clinical Cardiology and Heart Failure at the Brigham and Women's Hospital in Boston. Dr. Smith has received awards and honors, and is a member of Alpha Omega Alpha, the American College of Cardiology, the Massachusetts Medical Society, the American Medical Association, the Texas Medical Association, and the Travis County Medical Association. Dr. Smith is actively involved in his church, is married, has three children and he and his wife, Jacqueline, are expecting their fourth child in November.

Dawn Surratt

Dawn Surratt is the clinical manager of Seton's Cancer Screening program. Her work involves advocacy for a range of health and human rights issues in the Austin area and beyond.

Mischca Tapscott Scales, Ph.D.

Mischca Scales is currently a psychologist at Austin Child Guidance Center, in private practice, and an Adjunct Professor in psychology at Huston-Tillotson College in Austin. Dr. Scales received a B.S. degree in psychology at The University of Houston, a Masters of Arts in Clinical Psychology and a Ph.D. in Clinical Psychology from The University of Alabama.

Jim Van Norman, M.D.

Dr. Van Norman is the Director of Medical and Clinical Services at the Austin Travis County MHMR Center. He also serves as the Vice-president and Medical Director of Tejas Behavioral Health Services, Inc. Formerly an associate professor with the University of Texas Medical School Department of Psychiatry, he is a Board Certified Psychiatrist.

David Williams

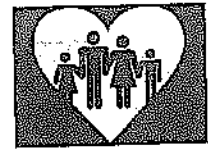
David Williams is a Community Volunteer. He is currently the Secretary of the Austin Chapter of 100 Black Men of America. He has served on the boards of Young Men's Business League and the Golden Eagle Youth Association. He has a personal commitment to informing black males about getting checked for prostate cancer. David is employed by IBM as a Human Resource Specialist.

Willie Williams, M.S., L.C.D.C., C.A.S.

Willie Williams is the Provider Relations Liaison for the Austin Travis County MHMR Center. Mr. Williams is the Chair of the Central Texas African American Family Support Conference committee and is a member of the planning committee for the South Texas Family Support Conference. He serves on the Board of Directors of VinCare Services Foundation and the Dispute Resolution Center.

Lucy Wood

Lucy Wood is currently a Staff Attorney at the Central Texas Regional Office of Advocacy, Inc., located in Austin. She holds a Bachelor's Degree in Economics from Yale University and graduated from the Yale Law School in 1999. She served as a Law Clerk for Senior United States District Court Judge William Wayne Justice for one year and has practiced in disability law for two years.



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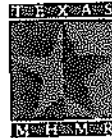
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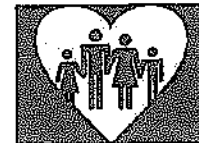
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Special Thanks

*The Central Texas African American Family Support conference sponsors
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