Conference Program

February 25-26
Renaissance Austin Hotel

Central Texas African American Family Support Conference

Empowering Consumers, Youth, Families and Providers to Improve Health
**Notes:**

Should you need a calm and quiet space during the conference, the Comfort Suite is available to all participants at any time. It's located in the Guadalupe Room on the first floor. Please see a CTAAFSC staff member at Registration for assistance.

Full bios, with credentials, for all keynote speakers, moderators and presenters are available on pages 14 to 19.

All keynote presentations and workshop sessions are eligible for Certified Peer Support Specialist CEUs. Specific workshop sessions are eligible for Continuing Medical Education (CME) credits and Professional CEUs and are noted in the program.
Welcome!

Welcome to the 16th annual Central Texas African American Family Support Conference, the longest-running conference of its kind. This conference creates a unique forum for consumers and professionals to openly discuss mental health challenges, collaborate, increase awareness of health care services, reduce stigma and bridge gaps in access to care. We believe this conference is a way for us to come together and improve best practices that support health and wellness.

The CTAAFSC Planning Committee worked tirelessly to put together an exceptional program that explores how mental health intersects with society, families, faith, the criminal justice system and clinical practice. This year, we welcome Terrie M. Williams, Hakeem Rahim and Dr. Napoleon Higgins as our dynamic keynote speakers. These mental health advocates will inspire you with personal stories and deepen your understanding of how mental health impacts our community and loved ones.

We are proud to announce The Dell Medical School at The University of Texas at Austin and Huston-Tillotson University as new conference partners. Thanks to their efforts, we now offer CME credits through many of our workshop sessions in addition to the already available CEUs and Certified Peer Support Specialist CEUs. Attendees can also learn about research projects, discover mental health and wellness programs and bear witness to lived experiences at the new conference poster session, an exciting first we’re happy to share with you. We are also announcing the inaugural Dr. King Davis and Richard E. Hopkins Legacy Luncheon in honor of two mental health champions.

We hope you enjoy yourself, leave with something personally meaningful or professionally helpful and build lasting relationships with others. Together, we are revolutionizing the way mental health is perceived, talked about and treated in our community. Thank you for being here.

Sincerely

David Evans, CEO
Austin Travis County Integral Care

Shannon Carr, Chair
CTAAFSC Planning Committee
Thursday at a Glance

7:30-8:45 AM  Continental Breakfast
8 AM-4:30 PM  Registration, Exhibitors, Poster Session & Comfort Suite Open
9:00 AM  Opening Session
10:10 AM  Break / Poster Presentations Begin
10:30 AM  Morning Workshop Sessions / Poster Presentations End

From Silence to Saying It’s Okay
Advocating for & Parenting African American Youth with Disabilities

“What happened to you?” Not “What is wrong with you?”
Suicide Prevention & Intervention in Communities of Color

12:00 PM  Break / Poster Presentations Resume
12:10 PM  Dr. King Davis & Richard E. Hopkins Legacy Luncheon
Poster Presentations End
1:50 PM  Break
2:00 PM  Afternoon Workshop Sessions I

Veterans & Homelessness
Mental Wellness in the Pews

Always on the Bottom: The Challenge of Institutional Racism
The Triple Whammy

3:30 PM  Break / Poster Presentations Resume
3:45 PM  Afternoon Workshop Sessions II

Broken Mosaic
Why People with Serious Mental Illness Die 25 Years Earlier

African Americans, the Church & Homosexuality
A Shepherd’s Mind: Standing in the Need of Care

tracks

Services for Youth & Young Adults
Mental Health & Families
Addressing Mental Health in Systems
Health Integration
**Friday at a Glance**

**7:30-8:45 AM**  Continental Breakfast

**8:00 AM-2:30 PM**  Registration, Exhibitors, Poster Session & Comfort Suite Open

**8:30-9:30 AM**  Round Table of Resources / Poster Presentations

**9:30 AM**  Break

**9:45 AM**  Morning Workshop Sessions

- HT EPICC Get the Hook-Up: eHealth Community Empowerment
- The Impact of the Deployment Cycle on Military Families
- Understanding and Treating Black Male Grief Reactions to Loss
- Ask The Doctor Panel: Integrated Health & Long Term Recovery
- Integrating Mental, Physical & Spiritual Health for African Americans to Improve Delivery of Care

**11:15 AM**  Break / Poster Presentations Resume

**11:30 AM**  Garnet F. Coleman Awards Luncheon
- Poster Presentations End

**1:45 PM**  Closing Remarks

**Notes**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Thursday Program

7:30-8:45 AM  Continental Breakfast
8:00 AM-4:30 PM  Registration Open
                 Exhibitors Open
                 Poster Session Open
                 Comfort Suite Open (Guadalupe Meeting Room, 1st Floor)
9:00 AM  Opening Session
Moderators  Sherri E. Fleming, LCDC, SPHR, County Exec., HHS & Veterans Services
           Albert L. Black, ME, Executive Director, Child, Inc.
Welcome  S. Claiborne “Clay” Johnston, MD, PhD
         Dean, University of Texas at Austin Dell Medical School
         Shannon Carr, Executive Director, Austin Area MHC
Moment of Silence/Prayer  Stephanie Hawley, PhD
Presentation of Colors  Reagan High School ROTC
Pledge of Allegiance  Sherri E. Fleming, LCDC, SPHR, County Exec., HHS & Veterans Services
“Lift Every Voice & Sing”  Deborah Duncan, LMSW
             Program Coordinator, African American Quality of Life Initiative, City of Austin
Conference Kick Off  Terrie M. Williams, MSSW, Best Selling Author, Entrepreneur & Advocate
10:10 AM  Break
10:10-10:30 AM  Poster Presentations
10:30 AM  Morning Workshop Sessions

From Silence to Saying It’s Okay: Understanding Anxiety, Depression, Mental Illness & How to Transform Stigma

Location: San Marcos Room  |  Presenter: Hakeem Rahim
Mental illness impacts 1 in 5 teens and young adults, and suicide is the 3rd leading cause of death among people ages 15 to 24. Yet, there’s still a lack of understanding and silence in the face of suffering. In this session, we’ll reverse the stigma of mental illness by identifying common signs, debunking myths and learning ways to help a friend or loved one who is struggling. Young Adults Only
“What happened to you?” Not “What is wrong with you?”

**Location: Pecos Room | Presenter: Terrie M. Williams**

Many people suffer quietly through depression and will often do anything to numb the pain. Winning the battle against depression is an on-going process and we must go through the fire in order to come out on the other side of the disease. In this session, Terrie shares her personal struggles with depression and illustrates the stigma of mental illness within the African American community.

Advocating for & Parenting African American Youth with Disabilities

**Location: Trinity A Room | Presenters: Deshaun Ealoms, Felicia Mason-Edwards, Patricia Pickles and Starla Simmon**

Parenting and supporting a child or adult with a disability can be challenging. Where do parents get the support they need to help their child reach his or her potential? In this panel discussion, parents will describe their personal experience with their school-age children and share information on services and support options for children transitioning into adulthood.

Suicide Prevention & Intervention in Communities of Color

**Location: Trinity B Room | Presenter: Donna Barnes**

This session looks at methods for prevention and intervention of suicide. Dr. Barnes identifies how to recognize when someone is in crisis, examines how to develop crisis intervention techniques in the community and addresses the issues of stigma and need for social change around suicide.

12:00 PM

**Break**

12:00-12:10 PM  **Poster Presentations**

12:10 PM  **Dr. King Davis & Richard E. Hopkins Legacy Luncheon**

**Minute of Silence/Prayer**

**Minister Terrell Crudup, Sweet Home Baptist Church**

**F.A.C.E.S., First Baptist Church NBC**

**Hakeem Rahim**

**Bipolar Disorder Unmasked: Reflections on Learning to Live and Thrive in Mental Wellness**

Hakeem Rahim reflects on his powerful journey from diagnosis to wellness to advocacy. In 2012, Mr. Rahim began openly sharing his journey with mental illness. Since then, he’s testified on Capitol Hill, been featured in *USA Today* and has shared his experiences with over 20,000 students. Using his personal story, Hakeem explores stigma, recovery and living purposefully in the face of life challenges.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:50 PM</td>
<td>Break</td>
</tr>
<tr>
<td>2:00-3:30 PM</td>
<td><strong>Afternoon Workshop Sessions I</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Veterans &amp; Homelessness</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location:</strong> San Marcos Room **</td>
</tr>
<tr>
<td></td>
<td>For the last two decades, black veterans have been disproportionately represented nationwide among the homeless veteran population. This session explores the plight of homeless veterans and highlights that nearly 50% are minorities.</td>
</tr>
<tr>
<td></td>
<td><strong>Always on the Bottom: The Challenge of Institutional Racism</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location:</strong> Pecos Room **</td>
</tr>
<tr>
<td></td>
<td>Shhh...don’t say that word too loudly. Ever wonder why black people always seem to have the worst outcomes? You would think there is something wrong with us. Is there? Or is there a bigger explanation for why black people always come out on the bottom? In this session, we will explore the impact of institutional racism on black people.</td>
</tr>
<tr>
<td></td>
<td><strong>Mental Wellness in the Pews</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location:</strong> Trinity A Room **</td>
</tr>
<tr>
<td></td>
<td>Research shows that 85% of African Americans identify as being spiritual and report using their faith as a way to support their mental health. This session features programs funded by the Hogg Foundation for Mental Health that address mental health in faith-based settings. Presenters highlight the successes and challenges associated with offering opportunities for congregants to learn more about mental health, wellness and recovery.</td>
</tr>
<tr>
<td></td>
<td><strong>The Triple Whammy: Challenging Our Community</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location:</strong> Trinity B Room **</td>
</tr>
<tr>
<td></td>
<td>The firewall between mental illness and substance abuse drives racial disparities in health care outcomes. This presentation will show how the stress of racism and lack of mental health services fuels substance abuse, HIV, correctional involvement and community disintegration. Strategies will be proposed to promote the recognition of mental health disorders, opportunities for prevention and strengthening our community.</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>Break</td>
</tr>
<tr>
<td>3:30-5:00 PM</td>
<td><strong>Poster Presentations</strong></td>
</tr>
<tr>
<td>Time</td>
<td>Event</td>
</tr>
<tr>
<td>-------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>3:45 PM</td>
<td><strong>Afternoon Workshop Sessions II</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Broken Mosaic</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location:</strong> San Marcos Room</td>
</tr>
<tr>
<td></td>
<td>This session looks at short-term and long-term effects of trauma</td>
</tr>
<tr>
<td></td>
<td>experienced during childhood and how it shapes adulthood. Participants</td>
</tr>
<tr>
<td></td>
<td>will examine mental health recovery from an adult’s point of view</td>
</tr>
<tr>
<td></td>
<td>looking back to childhood. The session supports personal development</td>
</tr>
<tr>
<td></td>
<td>by offering ways to forgive and bring together pieces of a broken</td>
</tr>
<tr>
<td></td>
<td>childhood to create a beautiful mosaic of an adult life.</td>
</tr>
<tr>
<td></td>
<td><strong>African Americans, the Church &amp; Homosexuality</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location:</strong> Pecos Room</td>
</tr>
<tr>
<td></td>
<td><strong>CEU</strong> Social injustice in the gay community stems from isolation,</td>
</tr>
<tr>
<td></td>
<td>bullying, rejection and discrimination, and often results in being</td>
</tr>
<tr>
<td></td>
<td>treated as second-class citizens and feeling unloved in houses of</td>
</tr>
<tr>
<td></td>
<td>worship. It is time for African Americans and other ethnic groups to</td>
</tr>
<tr>
<td></td>
<td>have a courageous conversation about homosexuality, and for</td>
</tr>
<tr>
<td></td>
<td>Christians, Muslims and other religions to embrace individuals and</td>
</tr>
<tr>
<td></td>
<td>lifestyles without judgment. This is a matter of social justice and</td>
</tr>
<tr>
<td></td>
<td>professional ethics. <strong>This is an Ethics CEU presentation.</strong></td>
</tr>
<tr>
<td></td>
<td>**Why People with Serious Mental Illness Die 25 Years Earlier: Impact</td>
</tr>
<tr>
<td></td>
<td>of Chronic Disease on the Population**</td>
</tr>
<tr>
<td></td>
<td><strong>Location:</strong> Trinity A Room</td>
</tr>
<tr>
<td></td>
<td>Beresky</td>
</tr>
<tr>
<td></td>
<td><strong>CEU CME</strong> People with serious mental illness (SMI) die on average</td>
</tr>
<tr>
<td></td>
<td>25 years sooner, are over twice as likely to smoke cigarettes and</td>
</tr>
<tr>
<td></td>
<td>over 50% more likely to be obese than the rest of the population.</td>
</tr>
<tr>
<td></td>
<td>This session explores Austin Travis County Integral Care’s</td>
</tr>
<tr>
<td></td>
<td>integrated Chronic Disease Management program, which identifies,</td>
</tr>
<tr>
<td></td>
<td>treats and improves the health of people living with SMI and</td>
</tr>
<tr>
<td></td>
<td>chronic disease conditions.</td>
</tr>
<tr>
<td></td>
<td><strong>A Shepherd’s Mind: Standing in the Need of Care</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location:</strong> Trinity B Room</td>
</tr>
<tr>
<td></td>
<td><strong>CEU</strong> Pastors and ministry leaders support the spiritual growth</td>
</tr>
<tr>
<td></td>
<td>and development of their congregants and are often so focused on</td>
</tr>
<tr>
<td></td>
<td>serving others that they fail to practice spiritual discipline in</td>
</tr>
<tr>
<td></td>
<td>their own lives. They can be placed on pedestals and suffer in</td>
</tr>
<tr>
<td></td>
<td>silence when unable to fulfill the many demands placed upon them as</td>
</tr>
<tr>
<td></td>
<td>leaders. This session explores strategies for supporting self-care</td>
</tr>
<tr>
<td></td>
<td>and emotional wellness for faith leaders.</td>
</tr>
<tr>
<td>5:30 PM</td>
<td><strong>The Austin Area African American Behavioral Network Reception</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location:</strong> Blue Baker, 10000 Research Blvd., Austin, TX 78759</td>
</tr>
</tbody>
</table>
### Friday Program

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:45 AM</td>
<td>Continental Breakfast</td>
</tr>
<tr>
<td>8:00 AM-2:30 PM</td>
<td>Registration, Exhibitors, Poster Session &amp; Comfort Suite Open</td>
</tr>
<tr>
<td>8:30-9:30 AM</td>
<td>Round Table of Resources</td>
</tr>
<tr>
<td></td>
<td><strong>Location: Rio Grande B</strong></td>
</tr>
<tr>
<td></td>
<td>Participants will learn about local, state and national resources that may provide assistance regarding mental, physical, emotional and spiritual wellness.</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Poster Presentations</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Break</td>
</tr>
<tr>
<td>9:45 AM</td>
<td>Morning Workshop Sessions</td>
</tr>
<tr>
<td></td>
<td><strong>HT EPICC Get the Hook-Up: eHealth Community Empowerment Online Training Initiative</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location: San Marcos Room</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Presenters: Debra L. Murphy, Dianna Dean, Sheila Hancock and HT EPICC Student Peer Educators</strong></td>
</tr>
<tr>
<td></td>
<td>CEU</td>
</tr>
<tr>
<td></td>
<td>This interactive session provides consumers and professionals with tools to address racial and gender disparities in physical and mental health through eHealth access training. This session builds skills in accessing free, credible health information and advocacy resources from the National Library of Medicine’s MedlinePlus and other databases. Attendees are expected to access the internet on their personal devices.</td>
</tr>
<tr>
<td></td>
<td><strong>The Impact of the Deployment Cycle on Military Families</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location: Pecos Room</strong></td>
</tr>
<tr>
<td></td>
<td>CEU</td>
</tr>
<tr>
<td></td>
<td>This session focuses on the impact of the deployment cycle on military families and includes cultural factors specific to African American military families. The unique characteristics of each phase of deployment and how they affect military families will be discussed. The effects of deployment on service members, at-home parents and children, and available support resources will also be reviewed.</td>
</tr>
<tr>
<td></td>
<td><strong>Understanding &amp; Treating Black Male Grief Reactions to Loss: Decreasing Pathology to Increase Recovery &amp; Services Among Black Men</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Location: Trinity A Room</strong></td>
</tr>
<tr>
<td></td>
<td>CEU</td>
</tr>
<tr>
<td></td>
<td>CME</td>
</tr>
<tr>
<td></td>
<td>This session examines grief reactions in black men and effective ways to assist them in their grieving process. The session will focus on practice elements and techniques for providing grief counseling services to black men.</td>
</tr>
</tbody>
</table>
Ask The Doctor Panel: Integrated Health & Long Term Recovery

**Location:** Sabine Room  |  Panel: Janice Bray, Edna Brinkley, William Lawson, Gloria Oyeniyi and Nakia Scott  |  Moderator: Vicky Coffee-Fletcher

**CME** Do you have a question you’ve always wanted to ask a doctor? This interactive session is your chance to have your question answered by a panel of psychiatrists and psychologists. Attendees will leave the session with helpful information, tools and resources provided by this highly qualified panel.

Integrating Mental, Physical and Spiritual Health for African Americans to Improve Delivery of Care

**Location:** Trinity B Room  |  Presenters: Napoleon B. Higgins, Jr. and Annelle Primm

**CME** African Americans are greatly overrepresented in the correctional system, partially because of misdiagnosed mental disorders, lack of access to treatment and criminalization of any idioms of distress. Conference-goers will understand the complexity of physical and mental health disparities as they relate to African Americans, identify resiliency factors within the African American population and recognize the role of “The Church” in their psychological well-being. In addition, this presentation will focus on the social conditions of mental health for prevention, recovery and the achievement of optimal health and well-being for families.

11:15 AM  |  Break

11:15-11:30 AM  |  Poster Presentations

11:30 AM  |  Garnet F. Coleman Awards Luncheon

  **Moment of Silence/Prayer**  |  **Reverend Sylvester Chase**, Wesley United Methodist Church

  **Welcome**  |  **Colette Pierce Burnette**, EdD, President, Huston-Tillotson University

  **Entertainment**  |  **A Touch of Class**

  **Keynote**  |  **Napoleon B. Higgins, Jr., MD**

  **CME** **The Mass Incarceration of Black Males in the State of Texas: The Cross-Section of Finances, Mental Illness, Substance Abuse & Corporate Profitability**

This presentation explores evidence-based practices and interventions for decreasing black male incarceration rates. The alarming rate of incarcerated mentally ill African American males is largely ignored and inadequately researched, leading to inappropriate treatment of black males in the legal system. This has a major impact on African American communities and their families. Mandatory prison sentences and “The War on Drugs” have forced individuals with a substance use disorder into incarceration without provisions for proper treatment. Many jails and prisons have replaced psychiatric hospitals and house inmates with severe mental illness. Participants will identify how black males with co-morbid mental illnesses and substance use disorders receive inappropriate care in incarcerated settings and influence corporate profitability.
Marva Overton is the Executive Director of the Alliance for African American Health in Central Texas (AAAHCT). Her passion for working with people in communities to address issues that impact their quality of life led her to this role.

Ms. Overton’s commitment to improving the health and well-being of the community is evident in her numerous volunteer efforts including the Healthy Texas Babies Steering Committee, Austin Travis County Integral Care’s Planning and Network Advisory Committee, the University of Texas Division of Diversity and Community Engagement and Community Advisory Council, the Austin Alumnae Chapter of Delta Sigma Theta Sorority’s Physical and Mental Health Committee, the City of Austin Pedestrian Advisory Council, Central Health’s Health Equity Policy Council and Black Health and Wellness Coalition, Communities in School, CASA of Travis County and The Seedling Foundation.

Currently, Ms. Overton is active in the Austin Alumnae Chapter of Delta Sigma Theta Early Childhood Literacy Program and reads to first graders at Campbell Elementary. Ms. Overton received a BS from Vanderbilt University and an MBA from the University of Texas at Austin.
The Richard E. Hopkins Torch Awards

**Thomas B. Coopwood, MD, FACS** retired from a distinguished career as a surgeon after serving the Austin community for more than 30 years as Chief of Surgery and Chief of Staff at Brackenridge Hospital and Chief of Surgery at St. David’s Hospital. In 2004, Dr. Coopwood was appointed by the Austin City Council to the Board of Managers of Central Health where he served until December 2015. While on the board of Central Health, he served on the Psychiatric Services Stakeholder Committee and advocated tirelessly for increasing funding and access to mental health services.

**Dominique T. Jones** is currently enrolled at Huston-Tillotson University and is a former member of the armed forces. He’s an exemplary student and has been actively involved in various campus initiatives including the Empowerment & Prevention Implemented Through Campus & Community-Collaboration (EPICC) Project as well as the Student Health Advocacy Committee to increase awareness of critical issues such as HIV/AIDS, substance use, mental and physical health and well-being among students. Mr. Jones advocates for change and uses his personal experience and passion as a catalyst for organizational involvement and institutional change.

**David Luna, PhD** is the Executive Director for the Rio Grande Valley Trauma Regional Advisory Council in Harlingen. Mr. Luna has 25 years of experience as a mental health professional serving in both clinical and administrative positions. He recently retired from the Texas Health & Human Services Commission where he was the Director of Border Affairs for 15 years. Dr. Luna is co-founder of the 21 year-old South Texas Family Support Conference, which provides bilingual mental health education and information to Hispanic families in South Texas. Dr. Luna is a member of Our Lady of Assumption Church in Harlingen and board member of the Harlingen Lions Club.

**Patricia Pickles, PhD** is an author, life-long educator and administrator for Pre K-12 public education. Her most recent book, *Chronic Mental Illness: A Living Nightmare*, pulls at the heart of families, caretakers and mental health providers, and is a “must-read” for those with loved ones struggling with mental illness. Dr. Pickles serves on the board of National Alliance on Mental Illness Austin (NAMI Austin) and volunteers with AmeriCorps and iACT. She will be featured in the February edition of the national magazine *Women of Distinction* for her accomplishments as an entrepreneur.
Keynote Speakers

**Thursday, February 25 | 9:00 AM**

**Terrie M. Williams, MSSW**

Terrie M. Williams is a licensed psychotherapist, author, speaker and renowned advocate for people living with mental health issues. Ms. Williams’ book, *Black Pain: It Just Looks Like We’re Not Hurting*, recounts her personal struggles with depression and the impact of stigma on people with mental illnesses. Ms. Williams has received numerous prestigious recognitions including Ebony magazine’s “Power 150” for Activism, *Woman’s Day* magazine’s “50 Women On A Mission To Change The World” and a Black History Makers honoree on the 2013 Grio 100 list. Ms. Williams created the Health Starts with Us advocacy campaign that led to an impactful partnership with the Ad Council and SAMHSA. For more than 30 years, she has used her influence, public relations and communications expertise to educate and engage audiences in causes. Ms. Williams has a BA in Psychology and Sociology from Brandeis University and a MS in Social Work from Columbia University.

**Thursday, February 25 | 12:15 PM**

**Hakeem Rahim, EdM, MA**

Hakeem Rahim is a certified National Alliance of Mental Illness (NAMI) In Our Own Voice speaker, the NAMI Queens/Nassau Let’s Talk Mental Illness TM Presenter and a de Bono Group, LLC consultant. In 2007, he founded Live Breathe, LLC, which focuses on mental health advocacy and educational consulting. In 2012, Mr. Rahim began speaking openly
about his 15-year journey with bipolar disorder. He has shared his story with law enforcement officials, individuals with mental illnesses and their family members as well as over 20,000 students. In March 2014, Mr. Rahim testified on Capitol Hill in front of the Energy and Commerce Congressional Committee, where he shared his experience living with bipolar disorder. He has been featured in major news outlets for his advocacy work including *USA Today*. Mr. Rahim has a BA in Psychology from Harvard University and is a graduate of iPEC, an accredited life coach training institute.

Napoleon B. Higgins, Jr., MD

Napoleon B. Higgins, Jr., is a Houston-area psychiatrist. He is the Owner, CEO and President of Bay Pointe Behavioral Health Service, Inc. and South East Houston Research Group, Inc. He also serves as the Medical Director of Hold My Hand Residential Treatment Center. Dr. Higgins specializes in treating mental health disorders through medication management, psychotherapy and behavioral training. Dr. Higgins founded many programs that help inner city young men and women finish their educational goals and has a special interest in trauma, racism and inner city issues and how they affect minority and disadvantaged children. He is a former President of the Black Psychiatrists of America and currently serves as the President of the Caucus of Black Psychiatrists of the American Psychiatric Association. Dr. Higgins received his MD from Meharry Medical College in Nashville, Tennessee and completed his residency in Adult Psychiatry and his fellowship in Child and Adolescent Psychiatry at the University of Texas Medical Branch at Galveston.
Moderators

Sherri E. Fleming, LCDC, SPHR is the County Executive for Health and Human Services and Veterans Services reporting directly to the Travis County Commissioners Court. She brings a rich knowledge of substance use disorders and juvenile justice issues to her work. Ms. Fleming works daily to improve the lives of children and youth, people living in poverty and rural county residents through the provision of basic needs emergency assistance, social service contracts, children's system of care services and more. Ms. Fleming holds a bachelor's degree from the University of Louisiana at Monroe and a master's degree from the University of Texas at Tyler. She is a past recipient of the Garnet F. Coleman Eternal Flame Award.

Albert L. Black, ME has served in the field of education for almost 40 years. A seasoned leader in executive and policy roles, Mr. Black has improved the lives of children at state and local levels. His emphasis on community and education led him to a career in early childhood education. He's currently the Executive Director of Child, Inc. and has a direct impact on improving the lives of low income young children and their families. He also holds a number of leadership roles in the Brotherhood Ministry and mentors thousands of young men. Mr. Black is the recipient of numerous awards and holds a Bachelor of Education from Paul Quinn University and a Master of Education from Prairie View A&M.

Presenters

Rev. Preston J. Allen, MDiv, MA is the Director for Non-Profits and Community Development at Wheeler Avenue Baptist Church, leading community non-profits with progressive faith-based organization in Houston's Third Ward. He holds a bachelor's degree from Morehouse College, a Master of Art from Central Michigan University and a Master of Divinity from the Houston Graduate School of Theology.

Donna Barnes, PhD is an Associate Professor in the Department of Psychiatry at Howard University and founder of the National Organization for People of Color Against Suicide (NOPCAS), a non-profit organization founded in 1998 that works with communities of color on suicide prevention and intervention.

Deborah Kai Beresky is a consumer and community advocate for Austin Travis County Integral Care. She's been an active participant in the Chronic Disease Management program and health integration project since June 2013. Ms. Beresky is adopting a healthy lifestyle because of the CDM program and the support of its staff. Ms. Beresky is a former Licensed Chemical Dependency Counselor.

Abby Blankenship, PhD is a clinical psychologist and assistant professor at the University of Texas Health Science Center at San Antonio specializing in trauma psychology. Currently, Dr. Blankenship serves as a research therapist and clinical researcher examining treatments for PTSD and enhancing family resilience throughout the deployment cycle.
Edna Brinkley, PhD is a licensed psychologist, consultant, author, trainer, video producer and owner of The Brinkley Center. Her mission is to empower women so they can handle the stressors in their lives more effectively. Dr. Brinkley offers individual therapy, support groups, workshops, free community, discussions and consultation services.

Janice Bray, MD graduated from Howard University, Charles Drew Medical Program, UCLA and Yale Psychiatry and completed a Forensic Psychiatry Fellowship at Harvard Medical School’s Law and Psychiatry Program. Dr. Bray is committed to public wellness through the integration of patient awareness with preventive and therapeutic medicine. Her extensive career in private practice, Veterans Health Care and Managed Care for Medicaid and Medicare Behavioral Health make her a compassionate psychiatric administrator, experienced in family and community healthcare.

Jameisha Brown, MS, CHES is a Health Education PhD student at Texas A&M University and Managing Chief Equipping Officer of the Total Temple Transformation Health & Wellness Ministry at Windsor Village United Methodist Church. Ms. Brown is a dynamic leader, disparities researcher and community advocate, and has garnered numerous national accolades and honors for her work.

Charlotte S. Caples, MCP is a PhD candidate and senior consultant at Charlotte Caples Consulting. Ms. Caples uses her mental health expertise to help organizations attract diverse clients, retain top talent and develop a culture that embraces employee values while achieving optimal performance. She serves on The People’s Institute for Survival and Beyond anti-racist community group, Undoing Racism Austin and the Austin Black Caucus.

Ralph Cooper, MEd is a Community and Residential Veteran Services Coordinator for Cloudbreak Houston, President of Brewcoop Business Enterprises, co-founder of the National Coalition for Homeless Veterans, former member of the Homeless Advisory Committee for the Department of Veterans Affairs, and past Executive Director of Veterans Benefits Clearinghouse. Mr. Cooper has devoted his life to helping veterans in his community and their families, receiving numerous awards and commendations from local, state and national organizations.

Dianna Dean, LVN has been committed to health since treating people with AIDS at the East Side Family Practice. Ms. Dean is the owner/operator of Nurse Dean’s Mobile Consultants, nurse/office manager for Rosy’s Health Care Services and Huston-Tillotson University’s Director of Health Services where she’s engaged in health disparity grants on campus and in the community.

Rhonda Douglas, BSW & Certified Peer Specialist is a community advocate and speaker serving as a CAN Community Council member. Ms. Douglas received training in Whole Health and Resiliency, eCPR, WRAP and Trauma-Informed Peer Support, and has volunteered at the SHAC and Destination Dignity, marching for change in mental health in Washington, DC.
Deshaun Ealoms, ME is the Parent Program Specialist at Child Protective Services (CPS) with Texas Department of Family and Protective Services. Ms. Ealoms works at multiple levels including program development and implementation, technical assistance, policy improvement to advocate for and improve the lives of families and children in the CPS system and facilitates the statewide Parent Collaboration Group. Ms. Ealoms is a staunch advocate for parents and children in the CPS system and helps improve services for those served through CPS.

Brittany Hall-Clark, PhD is an Assistant Professor at the University of Texas Health Science Center at San Antonio. She works with the STRONG STAR multidisciplinary PTSD research consortium, primarily as a research therapist. Her research includes culturally competent treatment, cultural variables in mental health and racial/ethnic differences in post-traumatic stress disorder.

Sheila Hancock, BBA is a staff facilitator at Huston-Tillotson University and works on a campaign to promote smoking cessation/prevention, health/wellness for campus and the surrounding community. She also manages the program schedule and data collection, is the chief liaison with key stakeholders and is involved in the research and development of promotional material.

Venée Hummel, LMSW is a research therapist at the University of Texas Health Science Center at San Antonio’s STRONG STAR Research Consortium, Fort Hood site. She provides treatment to service members and military families participating in clinical trials for PTSD and supports family functioning/resilience throughout the deployment cycle.

HT EPICC Student Peer Educators/Consumer Health Advocates provide outreach and education to prevent HIV/AIDS and substance abuse. They promote health and mental health well-being on the Huston-Tillotson campus and in surrounding underserved communities. EPICC is the Empowerment and Prevention Implemented Through Campus Community Collaboration program.

Valerie James proudly served 10 years of active duty for the Army. She left the service after her deployment to Afghanistan in 2010. Ms. James is a disabled veteran who has been homeless twice due to severe episodes of PTSD. Now a full-time student, she is working to become a psychologist to help combat PTSD.

William Lawson MD, PhD, DFAPA is Associate Dean for Health Disparities at Dell Medical School and Director of Community Health Programs/Professor at Huston-Tillotson University where he leads the Sandra Joy Anderson Community Health and Wellness Center. Dr. Lawson represents the University of Texas at Austin on the Health Disparities Education, Awareness, Research and Training (HDEART) Consortium.

Allen Lipscomb, PsyD, LCSW specializes in mental health services for individuals, children, youth and families. His areas of interest are depression, anxiety, trauma, aggression and substance-related disorders. Dr. Lipscomb has taught graduate level courses at California State University Northridge and the University of Southern California’s School of Social Work.
Rosalee Martin, PhD, LPC, LCSW, LCDC is a 42-year veteran teacher with a research focus in HIV, domestic violence, gender and health, conflict resolution and human sexuality. Dr. Martin has presented locally, nationally and abroad on these topics. Her interests in homosexuality and social justice resulted in her teaching Sunday School on the topics.

Felicia Mason-Edwards, MA is a Marriage and Family Therapy and Certified Family Partner who currently works in Child and Adolescent Services at the Texas Department of State Health Services. In her role, Ms. Mason-Edwards oversees local mental health authorities ensuring quality access and services to parents and children with mental health disorders.

Debra L. Murphy, PhD, MPH is a Psychology Professor at Huston-Tillotson University and alumnae of UNM, TCU and Columbia University. She has worked to address racial/ethnic and sex/gender health disparities in underserved communities. Under her leadership, Huston-Tillotson became the first tobacco free university in Central Texas. She also serves as Principal Investigator/Project Director for a SAMHSA Centers for Substance Abuse Prevention grant supporting community empowerment against substance use and HIV/AIDS. Dr. Murphy is a past recipient of the Garnet F. Coleman Eternal Flame Award.

Gloria Oyeniyi, MD is originally from Nigeria, but grew up in Arlington, Texas. She is a Board-Certified Psychiatrist, a clinician with Seton Behavioral Health and currently works at Dell Medical School as Associate Program Director for the Psychiatry Residency Program. She holds a bachelor’s degree in Public Health from Johns Hopkins University and a medical degree from UT Health Science Center at Houston. Dr. Oyeniyi completed her psychiatry residency at UT Austin Dell Medical School.

Patricia Pickles, PhD is an author, life-long educator and administrator for Pre K-12 public education. Her most recent book, *Chronic Mental Illness: A Living Nightmare*, pulls at the heart of families, caretakers and mental health providers, and is a “must-read” for those with loved ones struggling with mental confusion.

Annelle Primm, MD, MPH is a community psychiatrist and senior medical advisor for The Steve Fund, a non-profit dedicated to the mental health of young people of color. Dr. Primm previously served as Deputy Medical Director of the American Psychiatric Association, Medical Director of the Johns Hopkins Community Psychiatry Program and is an adjunct Associate Professor of Psychiatry at Howard, Johns Hopkins and New York University Schools of Medicine.

B.R. Reese, PhD is the founder and Pastor of God’s Way Christian Baptist Church. He holds a Doctorate in Theology/Psychology, a Master of Theology, a Master of Divinity and has extensive knowledge of staff leadership and partnership development. Dr. Reese is the President of the Greater Taylor Area Pastor’s Coalition and a member of the Austin Area African American Behavioral Health Network.
Brenda Richardson-Rowe, PhD, LPC-S is the Minister of Counseling at the Harmony Counseling Center in Dallas where she directs/supervises all administrative and clinical services. Dr. Richardson-Rowe graduated from Amberton University with a Master of Counseling, and is also a graduate of Cornerstone University/Calvary Seminary where she completed a PhD in Christian Counseling.

Heather Scanlan is an exercise specialist on the Chronic Disease Management team at Austin Travis County Integral Care. She has her Bachelor of Science degree in Health, Wellness and Promotion with a focus on Community Health, as well as a personal training certification. Ms. Scanlan is also a qualified mental health professional (QMHP).

Nakia Scott, MD is a child and adolescent psychiatrist providing psychopharmacology, psychotherapy, and complementary treatments to patients ages 4 through 18. Dr. Scott serves on the faculty at Texas A&M Medical School and as Diplomat of the American Board of Integrative Holistic Medicine. A graduate of UT Southwestern Medical School and Chief Fellow at Scott and White/Texas A&M Medical School, she serves on the executive committee of the Texas Society of Child and Adolescent Psychiatry and the Health and Human Services Commission Behavioral Health Integration Advisory Committee.

Starla Simmons, LMSW is a Social Worker rooted in a social justice and anti-oppression framework. For the last 8 years, Ms. Simmons has worked with Austin ISD to help students experience educational success by facilitating therapeutic opportunities for youth and supporting families through crises.

Natasha Stewart, LPC, MA is a graduate of Oral Roberts University where she received a Master’s degree in Christian Counseling. Ms. Stewart is the director of The Center for Counseling and Behavioral Health at The Potter’s House of Dallas. An internationally acclaimed speaker, trainer and teacher, Natasha has been featured in Heart & Soul and Emotions magazines and been a guest on The Potter’s Touch.

William T. Wilson, DrPH is the Director of Practice Management responsible for Chronic Disease Management, Tobacco Cessation, and Telemedicine at Austin Travis County Integral Care. Dr. Wilson has over 35 years of experience in the behavioral healthcare field and is currently implementing the tobacco free campus policy in 20 community mental health centers in the state of Texas.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association (TMA) through the joint providership of The University of Texas at Austin – University Health Services and Dell Medical School. The University of Texas at Austin – University Health Services is accredited by TMA to provide continuing medical education for physicians. The University of Texas at Austin – University Health Services designates the above activity for 13 credit(s) for AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in each activity.
**Poster Session**

Poster sessions create opportunities for students, professionals and consumers to present information on a variety of topics related to mental health. Information on wellness, recovery and professional development will be shared as personal stories, community programs and research projects. This year’s posters are listed below. Please refer to your conference program for poster presentation times. Presenters will be available for discussion and to answer questions.

**AlcoholEdu & Haven: The Implementation on an HBCU Campus**

**Are African American & Hispanic Males More Susceptible for Being at Risk of Suicidal Ideation When Asked on Depression Screening Forms?**

**Children with Disabilities: How Do They Effect the Family System**

**Diffusion of Innovation Theory: Social Media**

**Education & Poverty**

**The Effectiveness of the Therapist & Success of Clients in Psychotherapy**

**Holding Your Feet to the Fire**

**How Much of an Influence Does One’s Cultural Background Have on Their Self-Esteem**

**Homelessness & Autism in School**

**Mental Health Awareness**

**PEACE (People Experiencing a Change Through Education)**

**Ripples**

**Staging the Campus & the Implementation of the Role Model Stories**

**Tupac Shakur & Hip Hop Culture: A Comparative Analysis of Psychoanalysis, Existentialism & the Afrocentric Psychology**
HHSC Center for the Elimination of Disproportionality and Disparities
New Milestones Foundation
Austin Travis County Integral Care
The Wood Group
NAMI Austin
Seton Healthcare Family & Behavioral Health Care Outpatient Services
Huston-Tillotson University Sandra Joy Anderson Community Health & Wellness Center
Central Health
Texas Council for Developmental Disabilities
Travis County Voter Registration
Aging & Disability Resource Center / Area Agency on Aging
Capital Area Counseling
Austin Clubhouse
Department of Assistive & Rehabilitative Services, Division for Early Childhood Intervention
Providence Place
Alzheimer’s Disease and Related Disorders Association Capital of Texas Chapter
CommUnityCare
Cook-Walden Funeral Homes & Cemeteries
Planned Parenthood of Greater Texas
Workforce Solutions Capital Area
Communities For Recovery
CASA of Travis County / Department of Family and Protective Services
Mike’s Place, a Program of Meals on Wheels and More
Foundation For A Drug-Free World
Texas Department of Insurance
Lone Star Circle of Care
City of Austin HHSD / African American Quality of Life / Health Equity Unit
Mothers’ Milk Bank at Austin
AGE of Central Texas
Travis County - Healthy Families
Houston Methodist JC Walter Jr. Transplant Center
Mary Lee Foundation
Y.E.S. (Yoga Education in Schools)
SIMS Foundation (Thursday Only)
Prosumers
The Seedling Foundation
HIV Testing by Huston-Tillotson University

*This free testing is offered through a Substance Abuse & Mental Health Services Administration federal grant.

*Sponsors in Red
Thank you to our Sponsors

Austin Travis County Integral Care
Behavioral Health & Developmental Disabilities Services

The University of Texas at Austin
Dell Medical School

HUSTON-TILLLOTSON UNIVERSITY
AUSTIN, TEXAS

MD Anderson Cancer Network

Texas Council for Developmental Disabilities

New Milestones Foundation
Raising Awareness and Resources for Mental Health

Seton

Texas Health and Human Services Commission

Central Health

St. David’s Foundation

The Wood Group

People’s Community Clinic

NAMI Austin

National Alliance on Mental Illness