

# Conference Program

February 8-9, 2017

*Palmer Events Center*

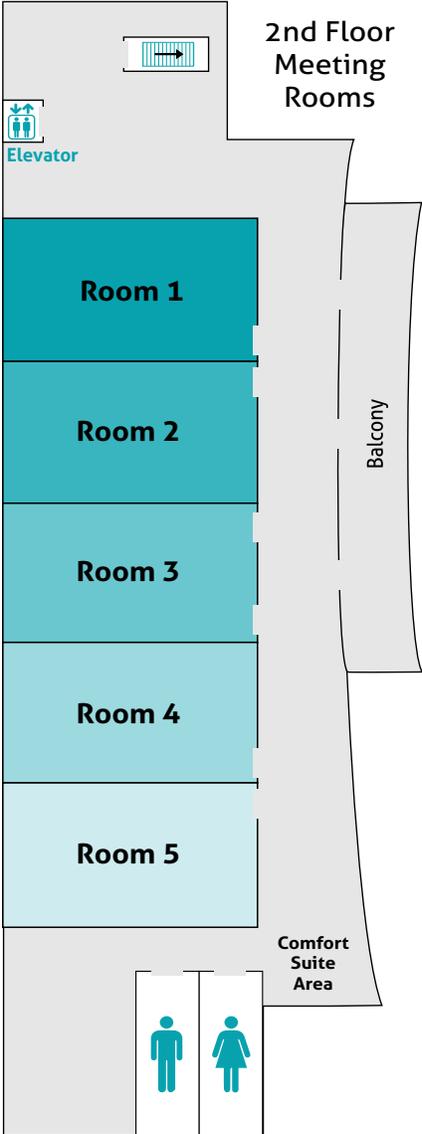


## Central Texas African American Family Support Conference

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

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# Welcome

Welcome to the 17th annual Central Texas African American Family Support Conference – the longest-running conference of its kind. This conference creates an opportunity for consumers and professionals to come together and explore mental health challenges, foster partnerships, raise awareness of health care services, reduce stigma and increase access to care.

The ever-growing focus on public health gives this conference greater significance in our community. Not only is there more emphasis on mental health and well-being, there is also an increased awareness of the intersection of health and public safety. In keeping pace with the shifting health needs of a growing and diverse population, Integral Care is proud to say it has remained ahead of the curve by providing innovative mental health services in Travis County for the last 50 years.

The CTAAFSC Planning Committee worked hard to create an outstanding program that examines how mental health affects families, our community, clinical practice and faith. This year, we welcome our keynote speakers, Tamu Lewis and Dr. Rebera Foston, two experts in the areas of Trauma-Informed Care and Holistic Mentoring. We are certain they will motivate you with their stories and expand your knowledge of how mental health has changed their lives and the lives of who they serve.

Our speakers and presenters are a perfect example of how mental health has evolved in the last 50 years. Integral Care is committed to offering this conference as a way for you to stay abreast of research projects and relevant mental health and wellness programs. We are also happy to announce that Dr. King Davis, Professor and Director of the Institute for Urban Policy Research & Analysis at the University of Texas at Austin, will be in attendance at this year's conference.

We hope this conference inspires you to share the innovations you learn about with your communities and that you take advantage of it as an opportunity to grow your network of peers. As we continue to revolutionize the way mental health is seen, discussed and treated in our community, we are closer to our vision of Healthy Living for Everyone. Thank you for attending.

Sincerely



David Evans, CEO  
*Integral Care*



Shannon Carr, Chair  
*CTAAFSC Planning Committee*

# Wednesday Program

<b>7:30 – 9:00 AM</b>	<b>Continental Breakfast</b>
<b>7:30 AM – 4:00 PM</b>	<b>Exhibitors Open</b>
<b>7:30 AM – 5:00 PM</b>	<b>Conference Registration Open</b> <b>Comfort Suite Area Open</b>
<b>9:00 – 10:10 AM</b>	<b>Opening Session</b> <ul style="list-style-type: none"><li>— <b>Moderator</b> - Stephanie Hayden, LMSW, Deputy Director, Austin Public Health</li><li>— <b>Welcome</b> - Sonja Gaines, Associate Commissioner for Behavioral Health and IDD Services, Texas Health and Human Services Commission</li><li>— <b>Moment of Silence and Prayer</b> - Pastor A. W. Anthony Mays, Mt. Sinai Missionary B.C.</li><li>— <b>Pledge of Allegiance</b> - Stephanie Hayden, LMSW, Deputy Director, Austin Public Health</li><li>— <b>“Lift Every Voice and Sing”</b> - Sis. Dorothy Mays Clark, Mt. Sinai Missionary B.C.</li><li>— <b>Motivational Speaker</b> - Pastor A.J. Quinton, Diakonos A House of Servants</li></ul>
<b>10:10 – 10:30 AM</b>	<b>Break</b>
<b>10:30 AM - Noon</b>	<b>Morning Workshop Sessions</b> - Descriptions found on page 4
<b>Noon - 12:15 PM</b>	<b>Break</b>
<b>12:15 - 1:45 PM</b>	<b>Dr. King Davis &amp; Richard E. Hopkins Legacy Luncheon</b> <ul style="list-style-type: none"><li>— <b>Moment of Silence and Prayer</b> - Assistant Pastor Larry Terrell Crudup, Sweet Home B.C.</li><li>— <b>Entertainment</b> - Lannaya Drum and Dance Ensemble</li><li>— <b>Dr. King Davis Recognition</b> - David Evans, CEO, Integral Care</li></ul> <b>Keynote</b> <b>What I Know Now - Tamu Lewis</b> <p>This presentation will highlight Ms. Lewis’s experience as a sister and a survivor to her brother’s suicide. Family members should be aware of protective factors and know the signs that indicate emotional pain. Everyone should be concerned with wellness and recognize “there is no health without mental health.” This presentation will explore helpful resources, like the Lee Thompson Young Foundation, that assist with mental health and wellness.</p>
<b>1:45 - 2:00 PM</b>	<b>Break</b>
<b>2:00 - 3:30 PM</b>	<b>Afternoon Workshop Sessions I</b> - Descriptions found on page 5
<b>3:30 - 3:45 PM</b>	<b>Break</b>
<b>3:45 - 5:15 PM</b>	<b>Afternoon Workshop Sessions II</b> - Descriptions found on page 6
<b>5:30 - 7:00 PM</b>	<b>Welcome Reception</b> <ul style="list-style-type: none"><li>— Hosted by the Austin Area African American Behavioral Health Network</li><li>— Location: Threadgill’s (301 West Riverside Dr. Austin, TX 78704)</li></ul>

# Thursday Program

<b>7:30 – 8:30 AM</b>	<b>Continental Breakfast</b>
<b>7:30 AM – Noon</b>	<b>Conference Registration Open Exhibitors Open</b>
<b>7:30 AM – 2:30 PM</b>	<b>Comfort Suite Area Open</b>
<b>8:30 - 10:00 AM</b>	<b>Morning Workshop Sessions I</b> - Descriptions found on page 7
<b>10:00 - 10:15 AM</b>	Break
<b>10:15 - 11:45 AM</b>	<b>Morning Workshop Sessions II</b> - Descriptions found on page 8
<b>11:45 AM - Noon</b>	Break
<b>Noon - 2:30 PM</b>	<b>Garnet F. Coleman Awards Luncheon</b> — Welcome - Sheryl Cole, Former Mayor Pro Tem — Moment of Silence and Prayer - Assoc. Pastor Sonya Hosey, God's Way Christian B.C. — Entertainment - A Touch of Class  <b>Scholarships/Awards:</b> — Austin Area Mental Health Consumers Lodging Scholarship: <a href="#">Cindy Trevino</a> — RR Coleman-Calahan Lodging Scholarship: <a href="#">April Barefoot</a> — Cordry-Ridpath Educational Scholarship: <a href="#">Kevin Johnson</a> — The Wood Group Educational Scholarship: <a href="#">Alicia Buchanan &amp; Ronald Lee Stephens</a> — Richard E. Hopkins "Torch" Awards: (Awardee information on page 9)  <b>Legislative Update:</b> — Honorable Garnet F. Coleman, Texas State Representative Houston House District 147  <b>Garnet F. Coleman Eternal Flame Award Presentation</b>  <b>Keynote</b> <b>ACES and the Addiction to Hopelessness</b> - Dr. Rebera Foston "Adverse Childhood Experiences" (ACES) has become a key term in social services, education, juvenile justice and mental health. Her study examined the effects of several types of trauma, rather than just one. It revealed there was a direct link between childhood trauma and adult onset of chronic disease, as well as mental illness. Dr. Foston explores the significance and correlation of these findings with the <i>Addiction to Hopelessness</i> .  <b>Closing Remarks</b>
<b>2:30-3:30 PM</b>	<b>Book Signing - Dr. Rebera Foston</b>

# Wednesday Morning Sessions 10:30 AM - Noon

○ **Too Blessed to be Stressed:  
Connecting Your Faith, Physical  
Health and Emotional Well-Being**  
*Dr. Brenda Richardson-Rowe*

Meeting Room 1  
\*CEU

Many people are impacted by the stressors and events in daily life, yet rarely monitor their emotional wellness. This session will explore the pathway to emotional wellness and discuss habits and strategies, including faith, which can improve our emotional health. There will be an emotional wellness assessment offered to each participant and an opportunity to develop an individual wellness plan. This plan will assist the participants to develop habits that will improve their emotional wellness.

○ **Wellness Account**  
*Tamu Lewis*

Meeting Room 2

Learn startling statistics regarding young adults and mental health. Participants will discuss the importance of knowing the five signs that indicate emotional pain in themselves, friends and loved ones. There will be open dialogue about things to do when concerned about yourself or someone else. Healthy coping strategies help during stressful life circumstances, like experiencing depression and anxiety. Helpful resources, including the Lee Thompson Young Foundation, are available to assist with mental health and wellness.

○ **Attention Deficit Disorder in the  
African American Community**  
*Dr. William Lawson and Dr. Nakia Scott*

Meeting Room 3  
\*CEU

Attention deficit disorder (ADD) is controversial and a major cause of academic failure, job disruption, and substance use. Treatment, when available, is very effective. Misdiagnosis and stigma often make effective treatment unavailable for people of color. Participants will gain awareness regarding the dynamics of ADD and the consequences relative to missed diagnosis/diagnoses. This panel will also describe effective treatment options.

○ **Race-Based Trauma: Living  
While Black**  
*Charlotte Caples and Tanya Rollins*

Meeting Room 4  
\*CEU

Race-based trauma is a rising area of focus among psychologists. Trauma models are being expanded and diversified to include the historical and current experiences of people of color. This presentation will explore various types of racism and traumatic responses experienced in everyday life and their long-lasting mental health effects like flashbacks, anxiety and depression. Presenters will use various training methods including video, lecture and group participation.

○ **Self-Care in Action:  
A Trauma-Informed Approach**  
*Courtney Bailey*

Meeting Room 5  
\*CEU

This workshop discusses the importance of self-care in the wake of traumatic events such as the recent officer-involved shootings. Ms. Bailey will lead an interactive demonstration on how yoga can address social, environmental, emotional and physical trauma. Participants will learn breathing techniques and poses for physical and emotional health and will be provided with tools to design their personal self-care plans. Although trauma is unavoidable, we can address the physical and psychological responses felt when faced with traumatic experiences.

○ **A Focus On Sickle Cell Disease: Pain,  
Mental Health, and Family Support**  
*Dr. Chelsi West Ohueri*

Exhibit Hall 2  
\*CEU

This workshop is an extension of the Health Disparities Community Dialogue and will focus on mental health and pain, forms and methods of care and self-advocacy. The panel will feature a person with sickle cell disease, a caretaker and a behavioral health specialist. This will also be an opportunity to discuss ways the health care community can better recognize and respond to the unique needs of individuals living with sickle cell disease.

# Wednesday Afternoon Sessions I 2:00 - 3:30 PM

- The Clinical and Biblical Perspective on Mental Health and the Church**  
*Rev. Preston Allen and Rev. Dr. Barbara Williams*  
Meeting Room 1  
\*CEU
- There remains a stigma in the African American faith community regarding mental illness. The Christian church recognizes this stigma and seeks to address it. This session is designed to provide insight regarding mental health from a biblical perspective and to teach participants how to use the resources available within their places of worship.
- RA1SE: Improving Outcomes in Early Onset Psychosis**  
*Chelsea Keyt, Jacy Boyd, Emi Kyle, Dale Cannedy, Dominique Simmons & Angie Tyler*  
Meeting Room 2  
\*CEU
- Participants of this workshop will learn about Integral Care's RA1SE program and interventions for early onset psychosis. RA1SE works with individuals ages 15-30 in Travis County who have experienced their first episode of psychosis within the last two years. Presenters will discuss the warning signs of psychosis and share their evidence-based approach to recovery. The team will also offer participants an immersive audio experience of what it might be like to hear voices, a common sign of psychosis.
- You Have to "Turn Down" in Order to "Turn Up"**  
*Zana Muscove*  
Meeting Room 3
- Navigating through life with a crock pot mentality in a microwave culture can be difficult. In order to be more productive and creative in our everyday lives, it is important to unplug and rejuvenate. Participants will learn the importance of "turning down," or practicing self-care techniques, and will also be encouraged to "turn up" through various activities.
- Behavioral Health Disparities in Texas and the Lack of Workforce Racial/Ethnic Diversity**  
*Shannon Moreno and Lauren Lluveras*  
Meeting Room 4  
\*CEU
- This presentation will examine why diversity in the workplace is important and also why addressing it should involve more urgency. We will examine racial and ethnic behavioral health disparities, explore barriers to accessing culturally and linguistically appropriate treatment, and take a closer look at the lack of racial and ethnic diversity within the behavioral health workforce. Though many barriers to appropriate treatment exist, emphasis on the importance of diversity in the workforce is often lacking.
- From Exile to EMBRACE – Helping African Americans And Their Families Heal**  
*Alicia Buchanan*  
Meeting Room 5  
\*CEU
- This interactive workshop will guide participants through an evidenced-based process to reconcile and heal relationships to build capacity in life. Participants will reclaim their power through self-control, gain skills for emotional regulation, re-position themselves for success, and be leaders in their families, careers, ministries and personal lives.
- Treat to Prevent Hepatitis C Care Program: Millennials, Drugs and Hepatitis C**  
*Dr. Imtiaz Alam*  
Exhibit Hall 2  
\*CEU
- There is an emerging epidemic of people who inject drugs (PWID) contracting the hepatitis C virus (HCV) and not seeking treatment for this curable, but potentially chronic, illness. Projections for new cases within the PWID population are at 5-45% annually. Since PWID are at an increased risk for contracting HCV, the CDC recommends HCV testing for this population. Participants will learn about the "Treat to Prevent HCV Care Program" to lay the foundation for development of an integrated health care delivery system for the PWID population suffering from hepatitis C.

## Wednesday Afternoon Sessions II 3:45 - 5:15 PM

-  **Faith-Based Approach to Addressing Mental Health and Suicide in Adolescents**  
*Jamie Freeny and Tarik Daniels*  
Meeting Room 1  
\*CEU
- Our youth today face pressures and challenges that can significantly impact their emotional health and wellness. The rates of suicide among African American children have doubled in the last two decades. This interactive session will discuss how faith communities can provide education and awareness in effort to support the mental wellness of youth.
-  **Grown As Kids: Confessions of an After-school Time Provider**  
*Icye Walker*  
Meeting Room 2
- Grown As Kids is an interactive program for parents and students. Lack of discipline, passion and media influences have created a gap between parents, children and teachers. Participants will hear confessions and tips from an after-school time provider, touch on the importance of after-school time, why emotional intelligence is key and why bridging the gap is crucial for Generation X/Z.
-  **Suicide Prevention: How to Help Keep Someone Alive**  
*Laura H. Gold*  
Meeting Room 3  
\*CEU
- Over 42,000 people completed suicide in 2015. Suicide is a preventable yet serious public health problem that has lasting and devastating effects on friends, family and the community. This workshop examines the warning signs of someone thinking about suicide and provides specific steps on how to help someone want to live. Participants will also receive information on suicide prevention resources.
-  **How Power and Privilege Can Impact Peer Relationships**  
*Michelle Bibby*  
Meeting Room 4  
\*CEU
- This session explores how power and privilege can impact peer relationships. Issues that impact peer relationships such as race, homelessness, education level and socio-economic status will be discussed along with peer specialists strategies to diminish power imbalances. Participants will learn how to maintain the highest level of mutuality in all of their peer relationships.
-  **Seeing Ourselves in Holy Texts: Black Identity Formation in The Christian Faith**  
*Asst. Pastor Larry T. Crudup*  
Meeting Room 5  
\*CEU
- This presentation seeks to provide an intersection between faith and identity formation for Black parishioners. Using an interdisciplinary lens, the presenter will discuss the need for faith leaders to speak to the cultural needs of their congregations through culturally diverse portrayals of the Christian message. Through cultural hermeneutics and cultural competency, leaders and parishioners can have a greater appreciation for their faith and may begin the process of healing between Black faith and Black identity.
-  **Who is the Victim? Violence and People of Color**  
*Dr. William Lawson, Dr. Ryan Sutton and Dr. Terrence Allen*  
Exhibit Hall 2  
\*CEU
- While those diagnosed with a mental disorder are often blamed for violent crimes and frequently portrayed as such in the media, the relationship is not that simple. Having an untreated mental illness associated with drug use increases the risk of violence. African Americans are more likely to lack treatment for both mental health and substance use. Improving treatment access in a variety of settings is the most effective way to address community violence.

# Thursday Morning Sessions I 8:30 - 10:00 AM

-  **Sounding the Alarm! Promoting Clergy Self-Care**  
*Natasha Stewart and Pastor AJ Quinton*
- Meeting Room 1  
\*CEU
- What happens to the sheep if the shepherd is burned out? Too often, those in position to help, care and nurture others are neglected themselves. How can leadership effectively care for themselves without feeling selfish or guilty? In this session, participants will learn valuable skills and tools to help create a healthy work/life balance.
-  **Fluffy Women of Color: Examining the Identities Of Plus Size Hispanic and African American Women**  
*A. Natalie R. Hendrix*
- Meeting Room 2  
\*CEU
- This presentation will inform and discuss the prevalence of plus size women in today's society, particularly among women of color. Participants will learn about the history of intersectionality, embodied learning, and the newly emerging field of scholars examining weight-based oppression and discrimination.
-  **This Ain't the Blues. It's Depression**  
*Dr. Edna Brinkley*
- Meeting Room 3  
\*CEU
- Depression is often stigmatized in the African American community. African American women experience higher rates of depression compared to white females or African American but are among the most undertreated groups for depression. In this interactive, multi-media workshop, participants will dispel depression myths, explore reasons why African Americans don't seek help, learn about depression symptoms and what contributes to clinical depression, identify depression in self and others, and learn about community resources.
-  **Culturally-Responsive Counseling in the Era of Community-Wide Racial Stress**  
*Dr. Bianca Jones and Dr. Andrea Holman*
- Meeting Room 4  
\*CEU
- Participants will review the foundational principles of multicultural competency as it relates to the African American experience. Presenters will review intervention strategies found in the literature and explore how multicultural concepts, specifically race-based stress, relate to the current socio-historical climate and how this impacts African American consumers. Participants will consider the evolving role of a "culturally-competent" mental health professional and the relevance of understanding the current social climate to effectively treat African Americans.
-  **Resiliency Coming Through A Storm: The Before, During, And After**  
*Flora Releford and Rhonda Douglas*
- Meeting Room 5  
\*CEU
- Resiliency promotes positive well-being before, during and after an emotional crisis. This presentation will provide useful tools for responding to problematic obstacles like forgiveness, grief, loss, destructive emotions that impede wellness, and will host a discussion on the importance of the "3 S's" (self care, self management and support).
-  **What Women and Minority Veterans Should Know**  
*Dr. Betty Moseley Brown, Earl Newsome III and Susan Lewis*
- Exhibit Hall 2  
\*CEU
- This workshop will engage participants with the latest women and minority Veterans' information from representatives from Washington, D.C. and Travis County. The Center for Women Veterans advocate for cultural transformation in recognizing the contributions of women Veterans and women in the military. The Center for Minority Veterans is the VA's model for interagency and intra-agency cooperation, to ensure all Veterans receive equal service regardless of race, origin, religion or gender. Both Centers were congressionally mandated in 1994, under Title 38, Public Law 103-446.

# Thursday Morning Sessions II 10:15 - 11:45 AM

- Central Lunatic Asylum for Colored Insane: Analysis of the First 10,000 Admissions 1868-1941**  
*Dr. King Davis*
- Meeting Room 1  
\*CEU
- This presentation will identify and describe a long-term research project designed to increase access for families and scholars of historic public records from the Central Lunatic Asylum for Colored Insane (CLACI) in Petersburg, Virginia. The project balances privacy with access using digital methods. The Asylum was established in 1868 as the first of its kind in the United States. The presentation will describe and discuss the first 10,000 individuals admitted to the institution, including their diagnoses, treatment, and outcomes. The presentation will also compare and contrast historical data with current admission profiles in the U.S. by race.
- Holistic Mentoring: the Treatment for the Addiction to Hopelessness**  
*Dr. Rebera Foston*
- Meeting Room 2  
\*CEU
- Addiction to Hopelessness results when one or more of an adolescent's developmental identities are absent or poorly formed. This session will describe what Holistic Mentoring is, the acute need and its importance for treating this addiction. "Before healing others you must first heal yourself." This workshop will also provide each participant with a tool for assessing one's readiness to be a Holistic Mentor in the community.
- Addressing Challenging Clinical Issues with African American Service Members, Veterans, and Military Families**  
*Dr. Brittany Hall-Clark and  
Dr. Iman Williams Christians*
- Meeting Room 3  
\*CEU
- Stressors, like separation and reintegration, changes in family dynamics, and the impact of trauma can affect the mental health of African American service members, veterans and their families. Even though barriers and challenges to successful treatment are daunting, mental health providers should feel prepared to address the needs of military-connected families. This presentation will provide clinical strategies for addressing risk management and suicidal ideation, dealing with resistance to treatment, and innovative treatment strategies to overcome logistical barriers.
- Continuing Courageous Conversations: Facing Racial Bias**  
*Dr. Rosalee Martin*
- Meeting Room 4  
\*CEU
- What keeps sensitive and caring people from examining personal and historical biases that influence overt or covert beliefs and behavior? Participants will engage in a courageous conversation about race in light of the police killings of unarmed blacks, the cry that "Black Lives Matter," and our presidential race. Too many families are confronted with the untimely death of loved ones whose only crime was that they were at the wrong place and time and have black skin. Ethical considerations will be raised.
- They Took My Wonder Women (Superman) Card. I'm Perfectly Imperfect; it's OK.**  
*Rhonda Douglas and Donald Seamster*
- Meeting Room 5  
\*CEU
- This lecture will focus on how men and women see themselves when they are living with a mental illness. They are not Superman or Wonder Woman and, just like all humans, they have limitations. This lecture will dissect the truth: that the expectations to be all things to all people are self-imposed. Saying "no" is acceptable. Crisis may be avoided by practicing self-care.
- Ask-The-Doctor Panel**  
*Panel: Dr. William Lawson, Dr. Gloria Oyeniyi and Dr. Edna Brinkley*
- Exhibit Hall 2
- Family members often express concern over having little time to speak to doctors. This panel provides an opportunity for them to speak to African American health care providers.

# Garnet F. Coleman Eternal Flame Award



**Deborah Duncan** holds over 25 years of experience in public health and social services in Travis County. Focused on serving African Americans due to high rates of death from cancer, diabetes, HIV/AIDS and other health disparities, she guides non-profit organizations by providing technical assistance, capacity building and health education through public/private partner collaborations. Her experience with community mobilizing and network building in strong diverse cultural environments has allowed her to serve all with love and joy.

# The Richard E. Hopkins Torch Awards



**Stephany Bryan (Family Member)** represents the perspectives of persons with lived experience of recovery and their families in the Hogg Foundation for Mental Health's strategic planning, grant making, programs and policy activities. She has spent 22 years advocating for improvements to federal, state and local mental health policies and services. She also serves as a leader, mentor and adviser to consumers, family members, government agencies, policy makers and advocacy groups in Texas and across the country.



**Meredith Stacy Jones (Consumer)** is a Recovery Coach for the Bluebonnet Trails Community Services ClearPath program, specializing in treating First Episode Psychosis, early onset schizophrenia and schizoaffective disorders. He serves as Co-Chair for VIAHope's Peer Advisory Board and Chair of Diversity and Outreach for RecoveryATX. He volunteers as Chaplin Intern for the Austin State Hospital and teaches offender education classes for Lifesteps Council in Williamson County.



**Karen Ranus (Community Leader)** is the first Executive Director of the Austin affiliate of the National Alliance on Mental Illness (NAMI). She sits on a number of community boards and committees including the Children's Mental Health Leadership Team and the Board of the Mayor's Health and Fitness Council. She frequently shares her own family's mental health struggles and empowers others to do the same because she has witnessed the power storytelling has to transform the community's perception of mental illness.



**Courtney Bailey (Professional)** is the Research Coordinator for the Health Disparities Team at UT Austin's Dell Medical School and works with the Health Disparities Team and Huston-Tillotson University to address mental health care barriers in Central Texas. She is also Staff Advisor to Dell Medical School's student-led group, Making Equity Standard in Healthcare. Ms. Bailey is a certified Trauma-Informed yoga instructor interested in the intergenerational trauma and mental health of African American/Black and Latino/Hispanic communities.

# Keynotes



**Rebera Elliott Foston, M.D. MPH, MATS, D Min.,** draws from the wealth of knowledge she has accumulated while becoming a doctor of medicine, a doctor of social crisis ministry, a master of public health, and a master of theological studies. Dr. Foston weaves her entire message through powerful poetry. She uses all of her gifts to tell of the “addiction to hopelessness” that affects many of our young people. A Phi Beta Kappa, Magna Cum Laude graduate of Fisk University, she has authored 24 published books, and has produced two full-length feature movies. Dr. Foston is currently the Executive Director and Chief Trainer for the Foston Institute for Holistic Mentoring in Clarksville, TN.



**Tamu Lewis** is co-founder of Lee Thompson Young Foundation. She is dedicated to erasing the stigma associated with mental illness and providing mental health and wellness education in schools, organizations, and communities. Along with her mother, Dr. Velma Love, she created the Foundation after losing her brother, actor Lee Thompson Young, to suicide in 2013. The Foundation has served over 1,500 people since it began in 2014. Ms. Lewis earned a Bachelor’s degree from University of South Carolina and a MBA from University of North Carolina.

# Moderator



**Stephanie Y. Hayden, LMSW** has been employed by the City of Austin for 16 years and is the Deputy Director at Austin Public Health, providing management to the following programs: Health Equity, HIV Planning Council, HIV Resources Administration Unit, Planning and Evaluation and Social Services Policy. Ms. Hayden has spent the majority of her career as a public servant for organizations like the Austin Independent School District, the State of Texas, and Travis County. She has a Bachelor’s in Social Work from Prairie A & M University and a Master’s in Social Work from Our Lady of the Lake University. She is certified as a Youth Program Quality Assessor and Youth Work Management Training Consultant and is trained in Results Based Accountability for Training of Trainers and Coaches.

# Presenters

**Imtiaz Alam, MD** received his medical degree from University of Dundee in Scotland. He completed his residency at Hahnemann University Hospital, PA and his gastroenterology and hepatology fellowship at the University of California, San Francisco. While in San Francisco, Dr. Alam was an NIH research fellow. His area of basic science research was complications of chronic liver diseases.

**Rev. Preston 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.

**Terrence Allen, MSSA, PhD** is an Assistant Professor in the School of Social Work at the University of Texas at Austin. Before joining the faculty at the University of Texas, he was the coordinator of the juvenile justice concentration at North Carolina Central University and on the faculty at Wayne State University in Detroit Michigan. His specific areas of expertise are the intersection between the child welfare, juvenile justice, education and mental health systems, and the interaction between police and juveniles in urban communities.

**Courtney Bailey** is the Research Coordinator on the Health Disparities Team with the Dell Medical School at the University of Texas at Austin. She also works with Huston-Tillotson University to address barriers to mental health care in Austin/Travis County and Central Texas. Ms. Bailey is a certified Trauma-Informed yoga teacher and focuses on transgenerational trauma and healing in underserved communities of color.

**Michele Bibby** is a mental health educator and public speaker with a Bachelor’s degree from the University of Texas at Austin. Due to the intense stigma regarding mental health issues in her cultural community, many of her speaking engagements focus on the African American experience. She has worked with the State Hospital and Local Mental Health Authority as a Certified Peer Specialist. Ms. Bibby is the owner of MAB Consulting Services, a mental health education and advocacy consulting firm.

**Jacy Boyd, LMSW** is the Primary Clinician for the RA1SE program. She works collaboratively with clients and their families to help them reach their goals by providing emotional and practical support, psycho-education, recovery coaching, skills training and safety, and wellness management planning. She received both her Bachelor's and Master's of Social Work degrees from Texas State University. Ms. Boyd is passionate about working with individuals with mental illness and helping them move forward with their lives.

**Edna Brinkley, PhD** is an international presenter, author and consultant. She is the founder and owner of The Brinkley Center, where she is a licensed psychologist specializing in personal and professional mind and body wellness and stress reduction. Dr. Brinkley teaches busy women skills to help them stop feeling depressed, anxious, or stressed so they can have peace, joy, and feel more in control of their lives.

**Alicia Buchanan, LMSW** the Founder and Chief Healing Officer of Golden Opportunity to Develop is an author, speaker and trainer. Inspired by her personal experiences of being exiled from church and having a mental health breakdown from compassion fatigue, grief and trauma, Ms. Buchanan helps men and women overcome fear, shame, and address trauma so they can live with purpose. She is a Licensed Master Social Worker in the State of Texas and is under supervision for her LCSW.

**Dale Cannedy** is the Peer Recovery Specialist for the RA1SE team. Having lived through his own episode of psychosis in his early twenties, he is personally attuned to the challenges faced by young people with diagnosable mental disorders. Mr. Cannedy believes in recovery and wishes a program like RA1SE had been around when he first showed symptoms of bipolar disorder with psychotic features. He holds a BA from Bard College and an MFA in creative writing from the University of Texas.

**Charlotte Caples, MCP, PhDc** is a leadership and organizational development consultant with expertise in racial equity at Charlotte Caples Consulting, LLC. Ms. Caples helps leaders and organizations move towards becoming anti-racist. She aids organizations in attracting diverse employees and clients, retaining top talent, and developing a culture that embraces employees' values while achieving optimal performance by bringing humanity to the forefront. Ms. Caples is dedicated to eliminating institutional racism and seeks opportunities to pursue her passion.

**Larry Terrell Crudup** serves as the Assistant Pastor at Sweet Home - The Pinnacle of Praise of Round Rock, and is the research assistant to the Senior Pastor. He received his Bachelor's Degree in Religion & The Arts from Belmont University, a Master of Divinity from Southern Methodist University, and is pursuing a Ph. D. in Ethical & Creative Leadership from Union Institute & University. His topics of interest include Narrative and Adaptive Leadership, Strategic Change, Congregational Studies and Social Ethics.

**Tarik Daniels** is the founder and Executive Director of Whatsinthemirror?, a non-profit organization and social movement in Austin, TX that provides suicide prevention and mental health awareness to people of color and low socio-economic communities through art and advocacy.

**King Davis, PhD** serves as the Director of the Institute for Urban Policy Research & Analysis and formerly held the Mike Hogg Endowed Chair in Urban Affairs. He served as Executive Director of the Hogg Foundation for Mental Health from 2003-2008. He is a former Commissioner of the Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services (1990 to 1994) where he managed 17 hospitals and 40 community programs.

**Rhonda Douglas, CPS, BSW** is a speaker and people enthusiast. She continues to support her own recovery by sharing her lived experiences with others. With the help of her social work education and other training endorsements that support her personally and professionally, she has grown to better understand herself and others.

**Jamie Freeny, MPH** is a doctoral student in the Community Health Practice division at the UT Health School of Public Health. Her areas of research include collaborative engagement, adverse childhood experiences and adolescent mental health. She serves at the Pastoral Care Leader of the T3 (Total Temple Transformation) Health & Wellness Ministry at Windsor Village United Methodist. She is a Senior Health Educator and Special Projects Coordinator in the Community Outreach Services Department of the Harris Health System. She also serves as Board Chair for the African American Health Coalition and is the Director of Education for Doctors for Change.

**Laura H. Gold, LCSW** is a Licensed Clinical Social Worker/Supervisor who is currently the Prevention Services Program Manager at Integral Care. Ms. Gold has over 20 years of experience working with children, families and the community. She currently oversees Mental Health First Aid (MHFA), Suicide Prevention, and Disaster Preparedness & Response initiatives for Integral Care. Ms. Gold co-leads the Austin Central Texas Suicide Prevention Coalition, and is also spearheading the Zero Suicide in Texas (ZEST) Initiative at Integral Care.

**Brittany Hall-Clark, PhD** is an Assistant Professor at the University of Texas at San Antonio Health Science Center. She is also a research therapist for STRONG STAR, a PTSD research consortium, where she treats active duty Soldiers. She completed her Ph.D. in Clinical Psychology at the University of Texas at Austin. Her professional interests include culturally competent treatment, trauma recovery, anxiety and depression. She holds a private practice with InSight Psychology and Behavioral Health Services.

**A. Natalie R. Hendrix** is a doctoral student in the Adult, Professional and Community Education program at Texas State University. She works full-time as manager of a social service program for Travis County. She is currently working towards her dissertation which involves examining the identities of plus size women of color, diversity and intersectionality. Ms. Hendrix hopes to create awareness and educate others in order to promote diversity and acceptance.

**Andrea Holman, PhD** is an Assistant Professor of Psychology at Huston-Tillotson University in Austin, Texas. She is also a research consultant for Health Disparities Research Team for the Dell Medical School at The University of Texas at Austin. She earned a Master's and Doctoral degree in Educational Psychology from The University of Texas at Austin and researches the complexities of racial identity, perceived racism, cultural mistrust, and their impact on interracial interactions.

## Presenters Continued.

**Bianca Jones, PhD** is a licensed psychologist at the Washington, D.C. Veterans Affairs Medical Center. She provides psychosocial rehabilitation and therapeutic services to Veterans with chronic mental health conditions. Dr. Jones received her Doctorate degree in Counseling Psychology from the University of Texas at Austin where she grew her expertise in the psychological experiences of African Americans and is skilled in delivering culturally sensitive therapy.

**Chelsea Keyt, LCSW-S** is the program manager for the RA1SE team. She has been with Integral Care for over nine years and has extensive experience working with children, adolescents, parents, and adults in the areas of crisis/suicide prevention and intervention. Ms. Keyt is a Texas Board Certified Supervisor and provides clinical supervision for social workers. She is a senior trainer for Adult and Youth Mental Health First Aid. She is fiercely committed to providing unique and innovative services that meet her community's specialized needs.

**Emi Kyle** is the Skills Trainer and Administrative Specialist for the RA1SE program at Integral Care. Prior to working with RA1SE, she provided tutoring, ABA (Applied Behavior Analysis) therapy, job coaching, and respite care for children and adolescents with intellectual and developmental disabilities in their home, the community and in school settings. She is passionate about promoting independence to adolescents and young adults while helping them transition into adulthood. Ms. Kyle earned a Bachelor's degree in Psychology from St. Edward's University.

**William Lawson, MD** is the Associate Dean for Health Disparities at the Dell Medical School. He is also a Professor at Huston-Tillotson and directs the Sandra Joy Anderson Community Health and Wellness Center. Dr. Lawson received a Bachelor's degree in Psychology from Howard University, an MA from the University of Virginia, and Ph.D. in Psychology from the University of New Hampshire. He received his MD from the Pritzker School of Medicine at the University of Chicago. He did his residency at Stanford University and a fellowship at the National Institute of Mental Health.

**Gary Lewis** is a Peer Coordinator and Certified Peer Specialist for the Spindletop Center in Beaumont, TX. He helps facilitate groups on recovery and wellness on site at Spindletop's Hope Center. He shares his lived experiences with others so they know recovery is possible and supports people so they can recover too.

**Susan Lewis** is an Air Force Desert Shield/Desert veteran and has been employed with the Travis County Veterans Service office since 2002. Passionate about her job, she assists veterans and their dependents on a daily basis. She is VA accredited through the National Association of County Veteran Service Officers and the Texas Veterans Commission and assist claimants in the preparation, presentation and prosecution of claims for benefits.

**Lauren Lluveras** serves as a Regional Equity and Inclusion Specialist at the Center for the Elimination of Disproportionality and Disparities. She reviews outcome data from multiple systems, identifies where racial disproportionality and disparities exist, explores their underlying causes and helps develop best practices with collaborative partners. Ms. Lluveras holds a Juris Doctor from St. Mary's University School of Law and a Bachelor of Arts in English from Texas A&M University.

**Rosalee Martin, PhD, LPC, LCSW, LCDC** is a 43 year veteran teacher, has a license in Social Work, Counseling and Chemical Dependency. Her areas of research include HIV, Domestic Violence, Gender and Health, Conflict Resolution and Human Sexuality. She has presented on these topics locally, nationally, and abroad in Uganda, South Africa, and Costa Rica. Her interest in race and social justice has resulted in her developing and teaching a university course on Minority Group Relations.

**Shannon Moreno, MSW** works as the Mental Health Equity Coordinator for the Office of Minority Health & Health Equity in the Texas Health and Human Services Commission's Center for the Elimination of Disproportionality & Disparities. She also serves as the Cultural and Linguistic Competence Specialist for Texas Systems of Care. Ms. Moreno received her MSW from The Ohio State University and has experience facilitating case management, advocating for underserved populations, and providing behavioral health services to children, adults and families.

**Betty Moseley Brown, PhD** became the Associate Director of the Center for Women Veterans in November 2004. In this capacity, she assists the Director and serves as the Lead for the Women Veterans Program. Dr. Moseley Brown also serves as the National President of the Women Marines Association, a non-profit charitable organization comprised of women who have served or are serving honorably in the United States Marine Corps regular or reserve components.

**Zana Muscove, LMSW** is a Program Coordinator for the Austin Healthy Adolescent Program, a program of the City of Austin Health and Human Services Department. She is also a creative expression artist with emphasis on dance, creative writing and spoken word. Ms. Muscove is most passionate about serving women and young people of color through prevention education and community outreach. She believes in the power of healing through creative arts.

**Earl Newsome III** serves as the Deputy Director at the Center for Minority Veterans. He has been with the Department of Veterans Affairs for approximately 22 years. He served 20 years in the Army Medical Service Corps, and retired as a Lieutenant Colonel in February 1995. He earned a Baccalaureate Degree in Education from the University of Houston and a Masters of Arts Degree in Human Resource Management from Pepperdine University.

**Gloria Oyeniyi, MD** is originally from Nigeria, and grew up in Arlington, Texas. She graduated from Johns Hopkins University with a Bachelor's degree in Public Health and completed her medical degree at UT Houston. She completed her psychiatry residency at UT Austin Dell Medical School. She is a Board-Certified General Psychiatrist and currently works as Associate Program Director for the Psychiatry Residency Training Program and as Clinical Assistant Professor of Psychiatry at UT Austin Dell Medical School. She is also a Clinician with the Seton Behavioral Health/Seton Mind Institute.

**AJ Quinton** was called to ministry over 20 years ago. Referred to by many as "Pastor Q", he is the faith-based community project coordinator with Child Inc. He is a member of the National Coalition Building Institute in Silver Springs, Maryland, and a facilitator and teacher of Franklin Covey's "8 Habits of a Successful Marriage." Pastor Q has served in the capacity of chaplain for The University of Texas Police Department, special education teacher within the Austin Independent School District school system, and mentor, community partner and leader. He has been the pastor of Diakonos Ministries — A House of Servants — since 2005.

**Flora Releford** has thirty years of experience working in the areas of health and wellness. She uses her knowledge, experiential wisdom, and emotional wellness education to support others. Her work allows for others to experience a conscious transformation from mental, physical, emotional or artistic blocks by releasing trauma through a variety of traditional and alternative healing modalities.

**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 Amberon University with a Master of Counseling and is also a graduate of Cornerstone University/Calvary Seminary where she completed a PhD in Christian Counseling.

**Tanya Rollins, MSW** has worked in the Texas child welfare system for 24 years. She is the Child Protective Services Disproportionality Manager for the Texas Department of Family and Protective Services. She examines racial and ethnic disparities in the child welfare system and works with partners to eliminate them. Ms. Rollins is a "Knowing Who You Are" coach and provides consulting services to others interested in implementing the project. She received her Bachelor's Degree in Psychology from Texas A&M and a MSW from Texas State University San Marcos.

**Nakia Scott, MD** is the owner and director of her private practice, Holistic Mental Health. She is board certified in general psychiatry, child and adolescent psychiatry, and integrative medicine. She is also a diplomat of the American Board of Integrative Holistic Medicine. Her advocacy efforts include serving on the executive committee of the Texas Society of Child and Adolescent Psychiatry as President-elect. She was appointed to the Texas Health and Human Services Commission Behavioral Health Integration Advisory Committee and the Behavioral Health Advisory Committee.

**Donald E. Seamster, Sr.** is a Certified Peer Specialist (CPS) at Austin Area Mental Health Consumers (AAMHC) at the SHAC in Austin, TX. Mr. Seamster is a 20 year US ARMY retiree and has worked for Austin Community College Police Department before retiring after achieving the rank of Sergeant. He graduated from St. Edward's University with a Bachelor's degree in Human Services and earned a degree in Law Enforcement from Austin Community College. Mr. Seamster provides peer support services to adults.

**Dominique Simmons** holds a Master's degree in Human Service Counseling with a specialty in Life Coaching. She is a Supported Employment and Education Specialist (SEES) and QMHP II for Integral Care, where she works with the RA1SE team. She has over 11 years of experience working with at-risk youth through mental health boards, community coalitions, mentoring, Juvenile Justice Programs, prevention services and school-based programming. Ms. Simmons is passionate about empowering individuals through person-centered treatment planning and the development of positive relationships.

**Natasha Stewart, LPC, MA** is a graduate of Oral Roberts University where she received a Master's degree in Christian Counseling. She 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, Ms. Stewart has been featured in Heart & Soul and Emotions magazines and been a guest on The Potter's Touch.

**Ryan Sutton, PhD** earned his Master's degree and Ph.D. from Howard University, in the field of Counseling Psychology. He received clinical experience at the Tree of Life Public Charter School, D.C. Jail, Howard University Counseling Services, and other various community-based mental health centers. He currently works for the Division of Diversity and Community Engagement (DDCE) at The University of Texas at Austin. His post-doc fellowship at the Hogg Foundation for Mental Health provided therapy and crisis services at the UT Counseling and Mental Health Center, and psychological and custody evaluations with Legal Consensus Forensic Evaluation.

**Angie Tyler** is the Bilingual Family Partner for the RA1SE Team. She has worked with families for 20 years as a Mentor, Juvenile Probation Officer, Case Manager for Homeless Foster Youth, and as a Representative and Advocate for children with Intellectual and Developmental Disabilities. Ms. Tyler is a Board Member for the Texas Children's Partnership and sits on the Children's Partnership Committee connecting families with various resources in Austin. She is a strong advocate for families and children in the community and helps them navigate through different processes in the systems.

**Icye Walker** graduated from Huston-Tillotson University with a Bachelor's degree in Biology. She has since dedicated her life to inspire youth and young adults to attain their life goals. For the last three years, she has facilitated programming and seminars for high school and college students in Austin, TX, that help them prepare for their careers. She has a background in Social Emotional Learning and in motivating youth and young adults.

**Chelsi West Ohueri, PhD** is a cultural and medical anthropologist and serves as the Research Project Manager for Health Disparities at the University of Texas at Austin. Her research areas of interest include race and racialization, health and the body, and the anthropology of mental illness. Ms. West Ohueri has conducted qualitative and ethnographic research for over 11 years, including fieldwork in Albania and Southeastern Europe. She completed her Ph.D. in Socio-cultural Anthropology at the University of Texas at Austin in 2016.

**Rev. Barbara Eustace Williams** is currently serving as Minister of Counseling at Wheeler Avenue Baptist Church and has been in that position for 23 years. She received her BA degree from Huston-Tillotson University, Masters of Psychiatric Social Work from the University of Houston and completed her post-graduate work at Smith College in Northampton, Massachusetts and Dallas Theological Seminary in Dallas, Texas. She received her Doctorate in Clinical Christian Counseling from Cornerstone University in Lake Charles Louisiana. She is also a licensed clinical social worker and certified Christian counselor.

**Iman Williams Christians, PhD** is a licensed clinical psychologist specializing in Cognitive Processing therapy for combat-related PTSD. She graduated from Oklahoma State University with a BS in Psychology and obtained her Ph.D. in Clinical Psychology from Jackson State University in Mississippi. She conducted research on post-traumatic stress and substance use disorders while attending Jackson State University's Medical Center and completed her internship at Pine Grove Behavioral and Addiction Services. She is completing a 2 year post-doctoral fellowship doing PTSD research at STRONG STAR, where she is a cognitive-behavioral research therapist.

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