



### **Summit Schedule**

Birmingham, Alabama ● July 13, 2017  
Birmingham Crossplex  
2331 Bessemer Rd, Birmingham, AL 35208

7:30 am – 8:30 am: **Registration and Continental Breakfast**

8:30 am – 8:45 am: **Welcome**

*- Main Hall -*

Lanada Williams, MA, NCC, LPC  
Founder, Alliance Family Solutions, PLLC  
Founder, Host and Creator of “The Lanada Williams Show”

Nadia M. Richardson, PhD  
Founder, No More Martyrs

Mr. James Gibbs  
Representative, Office of Mayor William Bell  
City of Birmingham

8:45 am – 9:45 am: **Opening Keynote Speaker**

*- Main Hall -*

Title: Trauma and Social Media

Dr. Monnica Williams, Associate Professor  
University of Connecticut  
Clinical Director, Behavioral Wellness Clinic

This presentation will provide an overview of relevant socio-historical factors influencing race-based trauma in addition to sociocultural constructs that promote resilience, such as ethnic identity and religious coping.

9:45 am – 10:00 am: **Networking Break**

10:00 am – 11:00 am: **Concurrent Session I**

*- Main Hall -*

Title: The Evolution of Community Psychiatry:  
From Paternalism to “Nothing About Us Without Us”

Nadia Tayeb, MD  
Vice President, NAMI Birmingham  
Resident Psychiatrist, University of Alabama at  
Birmingham (UAB)

To educate the audience about the evolution of community psychiatry (from paternalism to “nothing about us without us,” the recovery movement (the evolution of care and definitions of recovery), and the focus on consumer centered care (including a review of evidence based practices like ACT, shared decision making, and involvement of consumers in advisory boards). The purpose of the talk will also be to inform the audience about the role of organizations like The National Alliance on Mental Illness to help educate, inspire and empower individuals living with mental illness, their family members, and providers to advance and sustain recovery.

*- Lower Level A -*

Title: Using Our Voices: Poetry & Storytelling in the  
Minority LGBTQ Community

Traniesa “TC” Caldwell  
Poet and Community Advocate  
Coffeehouse Poets

Quentin “Que” Bell  
Executive Director  
The Knights & Orchids Society

Using spoken word and storytelling as a vehicle to help start conversations about mental health and mental health needs in the LGBTQ community. Our objective is to show the participants that spoken word and storytelling can be an effective tool to engage the community and create dialogue. By the end of the presentation, our hope is that the participants will take back the skills they learned and create safe spaces for LGBTQ people to be able to share their stories. Our handouts will include information such as pamphlets and fact sheets. We will also give away notebooks to encourage writing and expression. It isn’t a substitute for therapy, but a push to get free.

*- Lower Level B -*

Title: The Role of Community – How We Can Serve  
Mother’s With Mental Illnesses

Lindsay Anderson  
CEO and Editor in Chief  
Consciously Coping

Community plays an immense role in the continued well-being of mothers. Women consumers managing mental illness have a different experience in navigating the rearing of healthy children. In this workshop, Ms. Anderson will discuss four primary steps to strategize motherhood for mothers living with mental illness. The objective of this workshop is to encourage a sense of community and support among all mothers; those living with mental illness and those who are not.

11:00 am – 11:15 am: **Networking Break**

11:15 am – 12:15 pm: **Concurrent Session II**

- *Main Hall* -

Title: A Cultural Crisis – Addressing the Suicide Epidemic  
Affecting Indian Country

Johnnie Jay  
Founder and Mental Health Advocate  
A Tribe Called Geek

Johnna James  
Member  
Standing Our Ground for Children

Miki Jackson  
Mental Health Advocate

This presentation will discuss suicide prevention and postvention by promotion of mental health among Native American People through reclamation of culture and restoration of ancestral values. Utilizing tribal best practices, these methods effectively heal historical trauma and minimize historical trauma responses. A delicate balance, healing can be found by honouring the circle and re-establishing generational connections.

- *Lower Level A* -

Title: You can Bounce Back: Managing stress by being more  
resilient

Consuelo Click, MS, LPC-S, DCC, NCC  
Clinical Counselor, Student Counseling Services  
University of Alabama at Birmingham (UAB)

April Coleman, MA, ALC, DCC  
Clinical Counselor, Student Counseling Services  
University of Alabama at Birmingham (UAB)

Managing stress is an important skill for maintaining mental wellness in college and beyond. This presentation includes information about stress management. Participants will learn how to define stress and identify stressors. Additional information will be provided about different types of stress as well as how stress can affect individuals physically and mentally. Participants will also learn effecting ways of coping with stress as well as how to be more resilient in efforts to manage stress.

- *Lower Level B* -

Title: Sharing Hope: An African American Guide to Mental Health

Lois Herndon  
Mental Health Advocate and Educator  
NAMI – Alabama

The African American community experiences mental health conditions at comparable rates to the general population, but receives significantly less treatment. One of the reasons is because of the stigma and lack of acceptance that permeates within the community. In order to improve this problem, NAMI developed Sharing Hope, an hour-long program to increase mental health awareness in African American communities by sharing the presenters' journeys to recovery and exploring signs and symptoms of mental health conditions. The program also highlights how and where to find help.

12:15 pm – 1:30 pm: **Lunch Panel Discussion**

Title: Activism as a Form of Mental Health Advocacy

Azza Altiraifi  
Center for Contemporary Arab Studies  
Georgetown University

Johnnie Jay  
Founder and Mental Health Advocate  
A Tribe Called Geek

Quentin “Que” Bell  
Executive Director  
The Knights & Orchids Society

*- Main Hall -*

Title: Beyond Stigma: How Race and Class Bias Serve to Criminalize Mental Health

Jarralynne Agee, PhD  
Director, Birmingham Violence Reduction Initiative  
City of Birmingham

Nadia M. Richardson, PhD  
Founder and Mental Health Advocate  
No More Martyrs

Edward A. Watkins Sr., PhD  
Detective, Birmingham Police Department  
Vice President, Fraternal Order of Police (Birmingham Lodge #1)

Martez Files, PhD  
Activist, Black Lives Matter – Birmingham Chapter  
Professor, University of Alabama at Birmingham

Stigma by definition refers to negative and inequitable ideas and beliefs of disapproval towards a person. Conversations around mental health often do not include an exploration of the socio-cultural factors that contribute to stigma or the socio-political factors that impact access to care. Through a consideration of mental health courts and a restorative justice approach to mental health consumers who encounter the criminal justice system, this presentation will explore strategies for providing support to the estimated 56% of state prisoners, 45% of federal prisoners, and 64% of jail inmates that have a mental health concern.

*- Lower Level A -*

Title: The Affordable Care Act: How Repeal & Medicaid Expansion Affect Everyone

Sonja Smith, MA  
Project Manager  
Enroll Alabama

According to MentalHealth.gov, the Affordable Care Act provides one of the largest expansions of mental health and substance use disorder coverage. Many are all familiar with the Affordable Care Act and how it has provided access to health insurance to more Americans. What's lesser known is how the ACA affects your private/job-based insurance and mental health services. Federally funded Navigator grantee, Enroll Alabama will explore that and more during this workshop.

- Lower Level B -

Title: The Evolution of Decision-Making: Self-Improvement  
One Decision at a Time

Jacques L. Austin, LPC-S, NCC  
Licensed Professional Counselor - Supervisor  
JL Austin Counseling and Consulting

EVODM is an innovative and empowering approach to decision-making. Decision-making can be difficult. A poor decision can lead to a life of self-doubt, incarceration and disruption from discovering one's intended purpose. EVODM teaches the basic principles needed for self-improvement through decision-making.

2:30 pm – 2:45 pm: **Networking Break**

2:45 pm – 3:45 pm: **Community Conversation**

- Main Hall -

Participants are invited to engage in a community conversation on the development of working groups. The focus will be incorporating information from the summit into action steps toward cultural responsive mental health care and advocacy.

3:45 pm – 4:45 pm: **Closing Keynote Speaker**

- Main Hall -

Title: Culture, Power, Resistance and Testimonies of Hope

Dr. Makungu Akinyela  
Associate Professor, African American Studies Department  
Georgia State University  
Therapist, Family Center of South DeKalb

While there is often conversation among mental health professionals about the reluctance of marginalized people to seek professional mental health support, this reluctance is usually placed in the context of "blaming the victim". Resistance to mental health support is pathologized as "opposition" or "non-cooperation" and is seen as further evidence of the need for mental health intervention. Rarely do we hear discussions of the possibility that the "paranoia" being expressed is in fact "healthy cultural paranoia" with a basis in real lived experience. In this talk, Dr. Akinyela will share the importance of providing culturally authentic mental health support to marginalized.

4:45pm – 5:00 pm: **Closing Remarks and Adjourn**

#NoMoreMartyrs

#MMHAS

#MinorityMentalHealth