



Tentative 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

TBA
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

Racial tensions in America have been elevated by police violence in social media and a contentious presidential election. This presentation will provide overview of relevant cultural factors for African

Americans and other stigmatized minority groups, with an emphasis on understanding race-based trauma. Dr. Williams will describe the various facets of race-based trauma, including the experience of historical, cultural, community, and individual trauma, and how these may or may not fit into our current psychological nomenclature. She will compare the experience of seeing police violence in against people of color in the media with lynching postcards that were popular one hundred years ago, and parallels in the experience of oppression and terror. The presentation will also describe sociocultural constructs that promote resilience, such as ethnic identity, religious coping, and community. She will describe her own research in this area and projects underway.

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: 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 not living with mental illness.

- Lower Level B -

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.

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

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

- Main Hall -

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

Jarralynne Agee
Director, Birmingham Violence Reduction Initiative
City of Birmingham

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

Stigma by definition refers to negative and often inequitable ideas and beliefs of disapproval towards a person or group of people. Conversations around mental health are often limited because they 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 percent of state prisoners, 45 percent of federal prisoners, and 64 percent of jail inmates that have a mental health concern.

- 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 effective 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

Jason Branch, LPC
Licensed Professional Counselor

Gabrielle Bowie
Youth Leader and Member
Black Lives Matter Birmingham
Mental Health Youth Council of Jefferson County

1:30 pm – 2:30 pm: Concurrent Session III

- 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
Member
Standing Our Ground for Children

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: 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: Text. Talk. Act: Creating Solutions through Community Conversations about Mental Health

Gregory C. Townsend, MPPM
Quality Improvement and Decision Support
Jefferson County Department of Health

The Jefferson County Department of Health (Alabama) is responding to community issues relating to social-economic status, environmental quality and community health by proactively encouraging public and private partnership between public health system partners. This interactive presentation highlight 'Text. Talk. Act.' a nationwide conversation on mental health. Through text messaging, this program engages small groups in conversations through discussion questions that lead them through a conversation about mental health.

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 mental health support to marginalized people which is culturally authentic and familiar to them. Through a conversation about discursive (story telling) therapeutic approaches, specifically Narrative and Testimony ideas, Dr. Akinyela will demonstrate that what is often misunderstood as pathology when marginalized people resist therapy can better be understood as attempts to hold onto dignity in the face of perceived slights of dignity and oppressive cultural practices.

4:45pm – 5:00 pm:

Closing Remarks and Adjourn