



### **Summit Schedule**

Minority Mental Health Awareness Summit  
Day 1 - July 13, 2021

8:15 am – 8:30 am: **Webinar Opens – Virtual Waiting Room**

8:30 am – 9:00 am: **Welcome**

Lanada Williams, MA, NCC, LPC  
Founder, Alliance Family Solutions, LLC  
Director of Community Outreach, No More Martyrs

Nadia M. Richardson, PhD  
Founder, No More Martyrs

9:00 am – 10:00 am: **Opening Session – Day 1**

Title: Misogynoir and Mental Health

Ayanna Abrams, Psy.D.  
Founder & Executive Director, Ascension Behavioral Health, LLC

Lanada Williams, MA, NCC, LPC  
Founder, Alliance Family Solutions, LLC  
Director of Community Outreach, No More Martyrs

Mia Keeys  
Health Equity Policy Director, American Medical Association

Jilisa Milton, JD, MSW  
Co-Founder, Black Lives Matter, Birmingham Chapter

Jasmine Ward, PhD, MPH, CHES  
Founder, Black Ladies in Public Health

Nadia M. Richardson, PhD  
Founder, No More Martyrs

Misogynoir, a term coined by Dr. Moya Bailey, is misogyny directed towards black women where race and gender both play roles in bias. It centers Black women in conversations that describe the multifaceted ways that

racism and anti-Blackness alter how Black women experience misogyny. Misogynoir has given rise to compounding forms of trauma in the ways that Black women are interpreted as strong, angry and hypersexual in dehumanizing ways that don't acknowledge the interlocking systems of oppression they navigate daily.

During this presentation, educators, mental health counselors and health advocates will discuss the impact that misogynoir has on mental and holistic health. Participants will learn how misogynoir manifests within systems of inequity that continue to impact the mental health of Black women. Strategies for equitable environments that foster Black women's mental wellness will be discussed.

10:00 am – 10:15 am: **Break**

10:15 am – 11:15 am: **Session II – Day 1**

Title: Support Groups for Minority Students: 3 Case Studies Across 2 Universities

Ellie Jin, PhD  
Behavioral Health Psychologist  
University of Texas at Austin

Amy Tao-Foster, LPC  
Diversity Counseling and Outreach Specialist for  
Asian/Asian-American  
University of Texas at Austin

Minority students who hold one or more non-dominant identities (i.e., race, gender, sexual orientation, etc) are at increased risk for negative mental health outcomes. Societal discrimination and systemic barriers contribute to lack of access to health care services. In this talk, two university counseling center therapists share experiences, lessons, and recommendations in facilitating community-based support groups for minority students, with special considerations for reducing mental health stigma and reaching students whose identities differ from the facilitator. The cases include (1) establishing "Story Time," a support group for APIDA identified students co-facilitated by a non-clinical staff member at Colorado State University Asian Pacific American Cultural Center; (2) creative outreach and community building behind "Asian Voices," a drop-in discussion group at University of Texas at Austin; and (3) development of Trans and Nonbinary Voices at University of Texas at Austin, a joint venture and co-facilitated by non-clinical Gender and Sexuality Center staff member.

11:15 am – 11:30 am: **Break**

11:30 am – 12:30 pm: **Session III – Day 1**

Title: Effective Strategies to Increase Participation of Black Men as Clients and Counselors

Dr. Jason Branch, LPC, ACS, NCC  
Licensed Professional Counselor

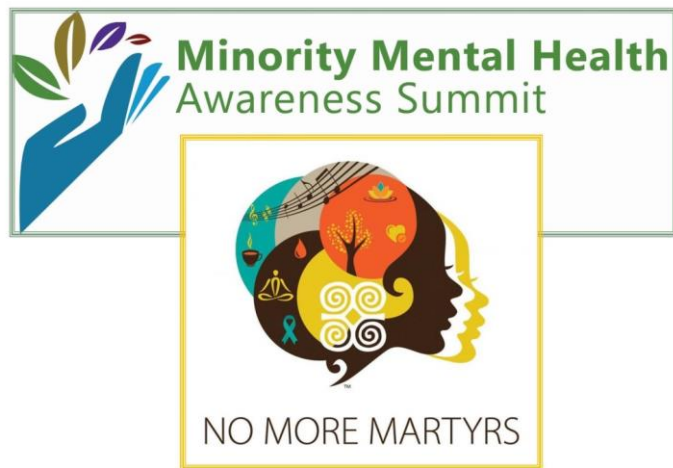
The African American community is faced with the negative stigma and stereotypes related to counseling and mental health profession (Masuda, Anderson & Edmonds, 2012). Specifically, African American males are disproportionately represented within the counseling profession serving as counselors, counselor educators, and potential clients utilizing counseling and mental health services. The disparity of African American males' participation in counseling is limited because of factors that prevent the engagement, involvement, and sustainability in participation in services (Ward & Brown, 2015). Due to this disparity, African American males are underrepresented in the counseling profession and will benefit from more exposure to African American male counselors and counselor educators to aid in decreasing the negative stigma and stereotype related to counseling and mental health. To date, no professional counseling research has investigated the lived experiences of African American men on their journey of becoming counselors and counselor educators. In this session, the author's original qualitative research study will be presented, and the findings of this research will be shared. In this original research, twelve African American men who identified as counselors and or counselor educators, shared their lived experiences by participating in research interviews. The results of the data collected from the interviews provided the researcher with themes that were captured from the interview. The author will present the themes as well as strategies to aid in increasing participation of the African American community as potential clients, counselors, and counselor educators.

12:30 pm – 1:00 pm: **Closing Remarks, Overview of Day 2 and Adjourn**

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### **Summit Schedule**

Minority Mental Health Awareness Summit  
Day 2 - July 14, 2021

8:15 am – 8:30 am: **Webinar Opens – Virtual Waiting Room**

8:30 am – 9:00 am: **Welcome**

Nadia M. Richardson, PhD  
Founder, No More Martyrs

Herbert Wilkerson MS, LPC, JSOCC  
Clinical Counselor I, Student Counseling Services  
University of Alabama at Birmingham (UAB)  
Clinical Team Advocate, No More Martyrs

9:00 am – 10:00 am: **Opening Session – Day 2**

Title: Addressing Gaps in Transgender Mental Healthcare

Rose Yang, PsyD  
Assistant Professor, Menninger Department of  
Psychiatry and Behavioral Sciences  
Staff Psychologist, Menninger Clinic  
Baylor College of Medicine

According to an article published in the American Journal of Psychiatry, individuals in the transgender community are six times more likely to have a mood or anxiety disorder than the general population, three times as likely to be prescribed antidepressants and anti-anxiety medications and more than six times as likely to attempt suicide resulting in hospitalization. In addition, the transgender community experience discrimination, housing insecurity and limited access to culturally responsive mental health care. There exists a need to address the gaps in transgender mental healthcare. Dr. Rose Yang is an assistant professor in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine and is a member of the American Psychological Association. Her area of

expertise is lesbian, gay, bisexual and transgender issues. In addition, she works with the young adult population, individuals with personality disorders and on cultural/diversity issues. Her research interests include therapeutic assessment and diversity issues in the workplace. During this presentation, Dr. Yang will guide participants in a conversation around the mental health needs of the transgender community. She will address gaps and propose strategies for increasing access to mental health services.

10:00 am – 10:15 am: **Break**

10:15 am – 11:15 am: **Session II – Day 2**

Title: Music and Mental Health: The Healing Power of Sound

Shanti Das  
Founder, Silence The Shame

Stefanie Tovar  
Bhakti Yoga Teacher and Musician

Jon Malone (DJ Supreme)  
Radio Personality, Hot 107.7/WUHT FM  
Hip Hop Artist, Shaheed & DJ Supreme  
Host, The Classic Hip Hop Show

Fabio Melo  
Founder, Capoeira Angola

Coeli  
Singer-Songwriter, Multi-Instrumentalist  
Musical and Multimedia Artist

Dana “Woo” Woodruff, LPC, NCC  
Licensed Family and Marriage Counselor  
Radio Personality, 94.9

Nadia M. Richardson, PhD  
Founder, No More Martyrs

Music has been found to have a number of positive mental health benefits. Music can impact mood, supports recovery, builds connection, alleviates pain, fosters empathy, reduces stress and increase focus. Research has found that music can support the management of conditions such as, but not limited to, depression, anxiety, autism, trauma, and schizophrenia. Music is also a powerful tool for storytelling and celebrating one’s culture; all of which benefit mental health by fostering a greater sense of self and community. During this presentation, participants will learn about the healing power of music. They will hear from artists who use their music to celebrate culture, tell their mental health journeys, shatter mental health stigma and inspire hope.

11:15 am – 11:30 am: **Break**

11:30 am – 12:30 pm: **Session III – Day 2**

Title: The Marginal Cost: An Exploration of Black, Queer Grief

Joshua Baker, LMSW  
Senior Case Advocate, Voting Rights Coordination  
Alabama Disabilities Advocacy Program

A basic economic principle: Marginal benefit should outweigh marginal cost. In layman's terms, the extra you expend should be worth the extra you receive in return. For many Black, Queer folx, living out loud is a daily marginal cost. But how many would agree it is worth its marginal benefit? Among many incurred burdens associated with Black Queerness, one of the lesser discussed but most visibly impactful is grief. Because grief is generally already a taboo topic, delving into this specific intersectional grief presents a new layer of complexity. Once we move away from antiquated views of grief that only provide space to mourn physical loss, we are compelled to find that this intense pain and longing extends deeply to many areas of our lives. Personal and familial relationships. Physical, mental, and emotional safety. Professional and academic opportunities. Identity security. Sense of hope. Self-concept of resilience. These are simply a few elements capable of being lost for Black, Queer folx. Unfortunately, many are left with no option but to accept this as the "cost" of their truth. The inevitable compromise. As visibly resilient as these individuals might appear, this ongoing attempt at reconciliation leads to a multi-dimensional wearing down. The Marginal Cost, utilizing lived experience and theoretical framework, aims to provide foundational knowledge for this grief and to provoke robust conversation around how heteronormative-based ostracization of Queer individuals can be challenged and dismantled.

12:30 pm – 1:00 pm: **Closing Remarks, Overview of Day 3 and Adjourn**

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### **Summit Schedule**

Minority Mental Health Awareness Summit  
Day 3 - July 15, 2021

8:15 am – 8:30 am: **Webinar Opens – Virtual Waiting Room**

8:30 am – 9:00 am: **Welcome**

Lanada Williams, MA, NCC, LPC  
Founder, Alliance Family Solutions, LLC  
Director of Community Outreach, No More Martyrs

Nadia M. Richardson, PhD  
Founder, No More Martyrs

9:00 am – 10:00 am: **Opening Session – Day 3**

Title: Deconstructing BIPOC – A Community Conversation

Nadia Richardson, PhD  
Founder, No More Martyrs

Jennifer Cheang  
Director of Digital Marketing  
Mental Health America

Shawndrika Cook – MS, Ed.S, LPC  
Licensed Professional Counselor  
Clinical Team Advocate, No More Martyrs

Alec Calac  
Tribal Name – Pauma Band of Luiseño Indians  
President, Association of Native American Medical  
Students – University of San Diego School of Medicine

Artie Nelson, MD  
Adolescent and Child Psychiatrist

Corinn O'Brien  
Policy and Advocacy Manager  
Birmingham Education Foundation

The term BIPOC stands for “Black and Indigenous people of color.” It is a term specific to the United States that attempts to center the experiences of Black and Indigenous groups and demonstrate solidarity between communities of color. Use of the term BIPOC began to rise during the deaths of George Floyd, Breonna Taylor and Ahmaud Arbery in 2020. A growing number of mental health organizations are using the term in their advocacy and clinical settings. However, a growing debate about the usefulness and intent of the term is asking questions about erasure, allyship and whether or not the term serves as a way of coopting affinity movements. During this presentation, leaders in the field of mental health advocacy will consider the value of the term BIPOC.

10:00 am – 10:15 am: **Break**

10:15 am – 11:15 am: **Session II – Day 3**

Title: Black Families and Body Image: The Need for a Holistic Understanding When Treating Individuals

Charlece Bishop, MS, LMFT  
Owner, CR Counseling, LLC

Extensive studies focus on body image and the consequences for mental health. Unfortunately, a scarcity of research examined body image within the context of Black families’ experiences. Issues surrounding body images among Black people must be understood within the broader historical, social, cultural, and familial experiences in which they exist. Too often, therapists focus on treating Black people who struggle with body image without this thorough understanding of the unique experiences of Black families. For example, how do Black families think about body image and how is this passed from one generation to the next? Moreover, how have oppressive structures shaped ideas about the Black body? Centuries of enslavement fractured Black family life through forced separation and other violent means. Through forced separation and the use of physical features (height, weight, body size, skin complexion, etc.) this determined one’s value. Slavery would create a structure that deemed the Black body as property to be owned, controlled, and devalued. This presentation centers the history of and role of the Black family as an integral part in understanding how one might begin to approach treating body image issues among Black clients.

11:15 am – 11:30 am: **Break**



11:30 am – 12:30 pm: **Session III – Day 3**

Title: The REAL Lives of Minority Youth. Supporting Their Mental Health and Being an Ally

Jordan Burnham  
Speaker and Director of Student Engagement  
Minding Your Mind Foundation

Melissa Harrison, MA, LPC  
Speaker, Minding Your Mind Foundation  
Co-Founder, Center for Hope and Health

With the increasing commitment to youth mental health and social justice, join Minding nationally-recognized Youth Mental Health Advocate Jordan Burnham and Mental Health Provider Melissa Harrison for an honest and engaging conversation about youth minority mental health. Jordan will share his insights in real time while showing clips from a recorded panel with five diverse young adults who share their experience as a member of a minority group. This presentation is intended for all audiences. A dynamic conversation about minority youth mental health, this presentation includes clips from a recorded panel with five diverse young adults who share their experience as a member of a minority group, the impact this has had on their mental health, and the role of supports, allies, and community members.

12:30 pm – 1:00 pm: **Closing Remarks and Adjourn**

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