

Mental Health Equity and Liberation Summit
Day 1 - July 12, 2022

Summit Schedule

8:30 am – 9:00 am: **Welcome**

Nadia M. Richardson, PhD
Founder, No More Martyrs

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

Title: See My Color, Acknowledge My Trauma, Change the Outcome

Crystal Bennett, LMSW
CEO and Owner, THRYVE, LLC

In the last several decades, suicide attempts among Black adolescents have increased by 73% while attempts among White youth have decreased. The rate of suicide for Black youth ages 5-12 is double that of their White counterparts (Lindsey, M.A., et al., Pediatrics, Vol. 144, No. 5, 2019). Black girls are suspended from school at 5 times the rate of White girls and are 4 times as likely to be arrested at school. (US Dept. of Education) Furthermore, not only are Black girls trafficked at higher rates than their White counterparts, they also experience trafficking at a younger age and are more likely to be arrested as a result of their own victimization.

During this workshop, participants will evaluate the necessity in acknowledging the role that race plays in the experience of systemic oppression, marginalization, internalized oppression and feelings of hopelessness and helplessness. Strategies to increase safety, break down barriers and practice humility will be presented as well as the use of racial socialization and youth leadership groups as a protective factor.

10:00 am – 10:15 am: **Break**

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

Title: How Black and Brown Women can Boost Mental Health in Today's World

Ana Sierra, PhD, LPC, LCPC, NCC
Founder, Ana Sierra Counseling / Consejeria, PLLC

Brandi Pritchett, PhD
Director and Principle Psychologist, The Diane Morgan Group

Pamela Garmon Johnson
National Vice President, Health Equity and Partnerships
National Executive Director, National Hypertension Control Initiative, American Heart Association

This is a special partner session supported by the American Heart Association, a 2022 Mental Health Equity and Liberation Summit Platinum Sponsor. This session will explore the various ways that racism, cultural stereotypes, economic insecurity, stigma and shame all impact the mental health of women of color. Black women suffer disproportionately from adverse life experiences that can lead to depression, anxiety disorders and toxic levels of chronic stress. Sponsored by the American Heart Association, this session will explore the connections between mental health and heart health.

11:15 am – 11:30 am: **Break**

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

Title: The Power of Peer Support Specialists

Sunny Briscoe, MPA
Deputy Director, Mental Health and Addiction Association of Oregon

Terry Leckron-Myers
Evolve Program Director, Mental Health and Addiction Association of Oregon

TJ Bradley
Certified Peer Support Specialist, JBS Mental Health Authority

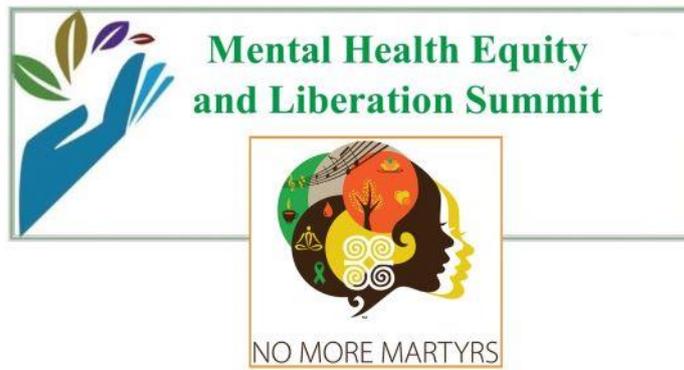
Herbert Wilkerson MS, LPC, JSOCC
Director of Student Multicultural and Diversity Programs

In his first State of the Union, the President Joe Biden announced a strategy to address the national mental

health crisis as a part of a bipartisan unity agenda. A component of the strategy including a commitment to build a national certification program for peer specialists. Peer Support Specialists are individuals with "lived experience" who has been trained to support those who struggle with mental health, psychological trauma, or substance use. Their personal experience of these challenges provide peer support specialists with expertise that professional training cannot replicate. The Biden-Harris Administration will support implementation of a national certified peer specialist certification program, which will accelerate universal adoption, recognition, and integration of the peer mental health workforce across all elements of the health care system. This panel will highlight the important contribution of peer support specialists make to array of available mental health services. The session will provide insight into the need for peer support specialists training that is culturally responsive and inclusive.

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

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Mental Health Equity and Liberation Summit
Day 2 - July 13, 2022

Summit Schedule

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

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

Title: No Justice, No Health – Justice as a Mental Health Initiative

Rikki Poynter
Deaf YouTuber and Activist

Martez Files, PhD
Incoming Assistant Professor of Black Studies in
Teacher Education, University of Pittsburgh

Renee' N. (Chaffin) Smith, LMSW
Regional Coaching Supervisor
Family Guidance Center of Alabama

Injustice has a number of psychological impacts; many of which can also manifest physically. Such impacts include, but are not limited to, sadness, anger, fatigue, anxiety, insomnia, stress and migraines. Despite this fact, traditional approaches to providing mental health supports continue to focus on providing supports for individuals to manage injustice with limited to no strategies towards creating equitable and just environments. This panel will explore the various mental health impacts that result from injustice. In addition, this panel will consider the role of mental health professionals in justice and equity work and serve as a call to action for an innovative approach to establish justice as a mental health initiative.

It affects us psychologically and physically by increasing stress, raising our heart rates and blood pressure, cause muscle tension, migraines, sleeplessness, and induce feelings of sadness, anger, fear, numbness, fatigue, and hopelessness

10:00 am – 10:15 am: **Break**

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

Title: Love & Love Abundantly: Examining the Impact of Black, Queer Deromanticization

Joshua Baker, LMSW
Youth Program Coordinator
The Knights & Orchids Society, Inc.

Representation of Black, Queer Love is revolutionary—in part—because it prevails antithetically to an overwhelmingly restrictive heteronormative and heteropatriarchal socio-political climate. Queer visibility comes with sacrifice. Love & Love Abundantly will explore the implications of this sacrifice, Black, Queer survivalism, and the restorative, sustaining power of Black, Queer Love. During this session, participants will assess cultural prevalence of visible love within a heteronormative context and consequence of its absence in Queer reality. Participants will also learn to identify how they, as community members or allies, promote and sustain spaces that are safe and conducive to Queer love.

11:15 am – 11:30 am: **Break**

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

Title: IX and Beyond – Mental Health in Women Athletes

Candice Williams, PhD, LPC
Athletic Counselor, The Ohio State University Athletics
Department

Natasha Hastings, OLY
Olympic Athlete and Graduate Student in Clinical
Mental Health Program, University of South Carolina.

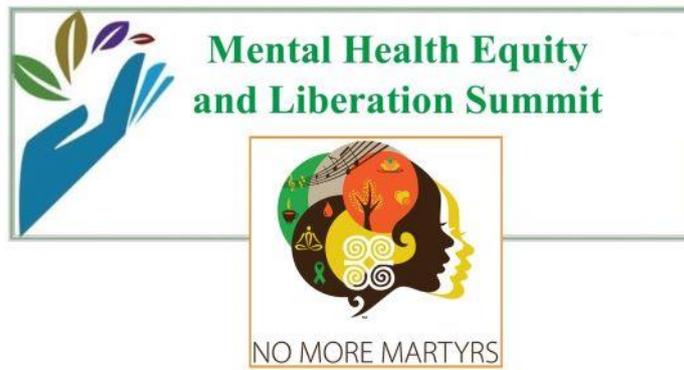
Christine A. Plonsky
Chief of Staff and Executive Senior Associate Athletics
Director, The University of Texas at Austin

June 23, 2022 marks the 50th anniversary of the passage of Title IX. This federal civil rights law has been credited with profoundly changing education in the United States by barring sex discrimination in the nation's schools. Protected access and equity have resulted in numerous female athletes excelling in their sports with the support of their institutions. This panel will explore the history

of Title IX as well as consider the impact that equity provided to the mental health of female athletes. The panel will additionally explore the opportunity to embed additional mental health protections into the administration of Title IX on college campuses. Finally, strategies to ensure that students understand privacy, transparency, and mental health relative to Title IX will be considered.

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

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Mental Health Equity and Liberation Summit
Day 3 - July 14, 2022

Summit Schedule

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

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

Title: Understanding the Unique Mental Health Needs of
Black Trans Women

Moe Ari Brown, LMFT
Founder, Transcendent Therapy and Consulting, LLC

Tykira Spruill
T.A.K.E. Resource Center

JaiLyn Consenta
Community Health Worker, Alethia House

Eonna Duncan
Black Trans Woman

Black Trans Women face are beautiful and worthy of wellness. Unfortunately, the contend with multiple assaults on their mental and holistic wellness. They are disproportionately affected by violence and poor care-delivery and racists and transphobic behaviours that contribute to increased mental health challenges such as depression, anxiety, anger and suicidal ideation. In recognition of the 2022 Trans day of Visibility, No More Martyrs hosted a special event celebrating Black Trans Women from Birmingham, Alabama. This panel will feature participants from that event as well as a Trans mental health professional. They will discuss the unique mental health needs of Trans individuals as well as explore the low representation of Trans mental health professionals and the need for culturally responsive

mental health services that meet the needs of Trans clients.

10:00 am – 10:15 am: **Break**

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

Title: Critical Race Theory Matters to Mental Health

Amanda Fialk, PhD, LCSW, LICSW
Partner and Chief Clinical Officer, The Dorm
Founding Partner, dWELL

Artie Nelson, M.D.
Pediatric Psychiatrist

Nirmala Erevelles, PhD
Professor, Department of Educational Leadership, Policy
and Technology, Social and Cultural Studies
College of Education
University of Alabama

Nadia Richardson, PhD
Founder, No More Martyrs

Debates around critical race theory have captured national attention as numerous states approve various House Bills to ban the theory in schools in which it is not typically taught. These bans have created environments in which individuals in various service-oriented fields are cautious if not fearful to incorporate intentional conversations about race and inequity into their work. What does this mean for mental health professionals? This panel will explore the potential contribution that critical race theory can have on the field of mental health. Specifically, panelists will consider the role of critical race theory in the current trends towards antiracist and culturally responsive mental health care.

11:15 am – 11:30 am: **Break**

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

Title: Decolonizing Mental Health: Indigenous Perspectives on Culture and Colonialism

Autumn Asher BlackDeer, PhD, MSW
Assistant Professor, University of Denver Graduate
School of Social Work

Mental health practice is often defined by evidence-based practice; however, the EBP process results in clinical colonization for many communities and clients of color. This presentation offers decolonization as a remedy to racism in the field of mental health. Through the lens of an Indigenous worldview, this presentation

will address how culture has been (mis)treated throughout the DSM and the field of mental health broadly. Further, this workshop will illustrate lasting impacts of colonialism and outline a pathway forward through decolonization.

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

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