



**Black Mental**  
Wellness

**Black Mental Wellness Presents...**

# **DISRUPTING SPACES**

***5TH ANNUAL CONFERENCE***

**Friday, November 8, 2024**  
**Silver Spring, Maryland**

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**Thank You!**

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# WELCOME MESSAGE



## We are **DISRUPTORS!**

Welcome to the 5th Annual Black Mental Wellness Conference themed, **Disrupting Spaces**. This conference represents the collective impact that we can make if we disrupt the norms, and narratives that have not served our communities, so that we can uplift and heal the Black community with culturally informed approaches and redefine mental health treatment and wellness on our terms.

Within this booklet you will find resources from our speakers, sponsors, vendors, and ads. Our hope is that you will continue to prioritize your mental health and wellness and disrupt spaces, beyond the conference.

# BLACK MENTAL WELLNESS, CORP.



**Black Mental Wellness Corp.**, founded by licensed psychologists, is committed to **uplifting wellness in the Black community**. We cultivate a supportive environment that honors mental health **from a Black perspective**, addressing unique challenges and cultural factors while **promoting healing and resilience** through culturally relevant resources.

## OUR MISSION

- Provide access to culturally relevant, evidence-based information and resources
- Increase training opportunities for undergraduate and graduate students
- Celebrate and strengthen the diversity of mental health professionals
- Foster a culture of openness and resilience to reduce mental health stigma within the Black community.

[www.BlackMentalWellness.com](http://www.BlackMentalWellness.com)

# OUR TEAM



**Nicole Cammack, Ph.D.**  
President & CEO



**Danielle Busby, Ph.D.**  
VP, Professional Relations  
and Liaison



**Dana Cunningham, Ph.D.**  
VP, Community Outreach  
and Engagement



**Jessica Henry, Ph.D.**  
VP, Program Development  
and Evaluations

# OUR SERVICES



## TRAININGS AND WORKSHOPS

- Racial Stress and Trauma
- Keynote speakers
- Panel discussions



## CORPORATE TRAININGS

- Webinars
- Culturally inclusive trainings
- Retreat facilitation
- Professional development



## CONSULTATION

- Needs assessments for organizations including mental health practices
- Organizational consultation
- DEI and culturally responsive practice



## YOUTH SERVICES

- Curriculum development
- Consultation for school staff
- Training for youth-focused organizations

# Black Mental Wellness

## Snapshots



### Sample Workshops Facilitated by Black Mental Wellness

"They Might Think I am Crazy: Addressing Mental Health Stigma"

"Helping Youth Cope with Perceived Racism, Prejudice and Bias"

"Adults Just Don't Understand"

"What is all this Talk about Self-care Anyway?"

"Exploring Implicit Bias"

"Mental Health in the Black Community"

"Strategies for Discussing Race, Racial Discrimination, & Racial Trauma"

"Exploring Cultural Awareness: The Initial Steps in Providing Culturally Responsive Care"

"Exploring the Systems and Policies that impact Health of Black Youth"

*"This is such a needed and helpful space. Please continue these conferences."*

#### APA Approved CE Sponsor

Black Mental Wellness, Corp. is approved by the American Psychological Association to sponsor continuing education for psychologists.

#### Previous Conference Sponsors

DC AARP, Eating Recovery Center/Pathlight Mood & Anxiety Center, Project Heal, GuRoo, Liberated Development, Our Inner Journey, and Anchor International

#### Free Community Programs

Provided over 20 mental health programs to the community for free.

Through our Ambassador Program we have established community partnerships and developed mental health and wellness programs and resources.

#### Collaborations

Aaron's, AbbVie, Aldea, Ask Me Who I am Conference, Danya, IBM, Jack and Jill of America, J. Crew, KIPP, Lansing School District, Mental Health America, NAMI, DC AARP, Maryland State, Mental Health Association of Maryland

# Our Impact

Black Mental Wellness, Corp.<sup>®</sup>, was founded by Black licensed clinical psychologists who are passionate about addressing mental health and wellness concerns in the Black community.

170K

Instagram followers

1,000

Conference attendees since 2020

131

Students trained since 2019

Projects

Details

Outcome

## National Training Program

Provide training and mentoring opportunities for students

- 118 Mentees
- 70 Mentors
- 13 Interns
- Monthly didactics
- MOU with local HBCU for internship site

## Programs, Workshops, and Consultation Services

Collaborate with stakeholders who are committed to health and wellness in the Black community

- Signature programs: Vision Board Party, Black Mental Wellness Day
- Facilitated consultations and trainings for over 100 organizations

## Published Authors

*Healing Racial Stress Workbook for Black Teens. Skills to Help You Manage Emotions, Resist Racism & Feel Empowered*

- Publication Date: August 1, 2023 with New Harbinger Publications
- Featured book signings at APA, ABCT, and Conference on Advancing School Mental Health
- Winter 2024 Book Tour



# HELP US MAKE AN IMPACT



## Mission:

Enhance access to culturally relevant mental health resources and education

## Donate Today!



## Vision:

We envision a world where mental health care is accessible, equitable, and culturally responsive



### MENTORING PROGRAM

Students receive individualized support and professional development



### THERAPY ACCESS

Enhance access to therapy by providing financial support for those in need



### COMMUNITY EVENTS

Host educational workshops and events to empower the Black community

The Black Mental Wellness Foundation is a 501(c)(3) tax-exempt organization.  
[blackmentalwellnessfoundation.org](http://blackmentalwellnessfoundation.org)

# ABOUT THE ANNUAL CONFERENCE

The Black Mental Wellness Virtual Conference launched in 2020, during a time when the COVID-19 pandemic highlighted the preexisting disparities related to mental health access, treatment, and outcomes. This conference is dedicated to uplifting the Black community and continues to emphasize the importance of naming our range of feelings while remaining empowered to heal during these emotionally challenging times. This is a conference for anyone invested in Black Mental Health and Wellness.

Since 2020, we have hosted more than 1,000 attendees at our Black Mental Wellness Virtual conferences. Attendees often include mental health experts, community advocates, social influencers, educators, spiritual leaders, clinicians, allies, panelists, and a community of individuals, couples, and families.

**Thank you for joining us!**

# PAST CONFERENCES

BLACK MENTAL WELLNESS VIRTUAL CONFERENCE

## *From Surviving to Thriving*



NOVEMBER 7, 2020 | 12PM - 5PM (EST)



Black Mental  
Wellness



## OVERCOMING



OVERCOMING: THE STATE OF **BLACK** HEALING

### VIRTUAL CONFERENCE

NOVEMBER 06, 2021 | 1 PM EST

SAVE THE DATE



BLACK MENTAL WELLNESS PRESENTS...

# HEAL + LIBERATE

NOVEMBER 5, 2022  
1:00PM EST

ELEVATING THROUGH COMMUNITY SUPPORT AND KNOWLEDGE



Black Mental  
Wellness

<https://bit.ly/BlackMentalWellnessConference>

Black Mental Wellness Presents...



# CULTIVATE. RESTORE. EMPOWER.

*Reclaiming Joy in the Black Community*  
Virtual Conference

## CONFERENCE SPEAKERS

Saturday, November 4, 2023 | 1 PM EST



- Jennifer Mullan, PsyD, Decolonizing Therapy
- Nicole Cammack, Ph.D.
- Danielle Busby, Ph.D.
- Dana Cunningham, Ph.D.
- Jessica Henry, Ph.D.

Session:  
Cultivate. Restore. Empower.

REGISTER NOW > <https://bit.ly/ReclaimingJoyRegistration>

# AGENDA

**7:30 AM - 9:00 AM**

**Conference Registration**

**9:00 AM - 10:00 AM**

**Unapologetic Disruptors with  
Black Mental Wellness  
Founders**

**10:10 AM - 11:00 AM**

**Brother to Brother: Black Men  
and Mental Health**

**11:20 AM - 12:35 PM**

**Roundtable Discussion 1:  
Disrupting Mental Health**

**12:35 PM - 1:35 PM**

**Lunch provided by  
Black Mental Wellness**

# AGENDA

**1:35 PM - 2:35 PM**

**Sister to Sister: Black Women  
and Mental Health**

**2:45 PM - 3:55 PM**

**Roundtable Discussion 2:  
Disrupting Self-Care**

**4:00 PM - 5:00 PM**

**Closing Session:  
I am a Disruptor**

**5:00 PM - 6:00 PM**

**Shop with our Vendors**

# APA CONTINUING EDUCATION

**Black Mental Wellness, Corp. is approved by the American Psychological Association to sponsor continuing education for psychologists.**

A total of 6.5 continuing education for psychologists are available for the Disrupting Spaces conference.

During each session, a wellness attendance word will be provided. All CE learners must include the indicated wellness attendance word on the corresponding session evaluation.

## Continuing Education Evaluation

Additionally, if you are a CE learner who has any grievances to report regarding your CE experience please contact the Director of Grievances, Dr. Dana Cunningham by email at: [drcunningham@blackmentalwellness.com](mailto:drcunningham@blackmentalwellness.com)

# UNAPOLOGETIC DISRUPTORS WITH BLACK MENTAL WELLNESS FOUNDERS

9:00 AM - 10:00 AM



DISRUPTING SPACES CONFERENCE 11.8.24

OPENING PANEL DISCUSSION  
**BLACK MENTAL WELLNESS**  
UNAPOLOGETIC DISRUPTORS  
Nicole Cammack, Ph.D., Jessica Henry, Ph.D.,  
Dana Cunningham, Ph.D. and Danielle Busby, Ph.D.



DISRUPTING SPACES CONFERENCE 11.8.24

GUEST SPEAKER  
**Steve Johnson, III**  
Unapologetic Disruptors



The Black Mental Wellness Founders will discuss the importance of **disrupting spaces to foster healing in the Black community.**

## Session Objectives

1. Define what it means to disrupt spaces in behavioral health.
2. Describe three components that can be utilized to disrupt the mental health field.
3. Identify at least 3 strategies that foster healing in the Black community.

# BROTHER TO BROTHER: BLACK MEN AND MENTAL HEALTH

10:10 AM - 11:10 AM



This dynamic panel will explore how we can redefine traditional ideas of success and masculinity **to facilitate healing and wellness in Black men.**

## Session Objectives

1. Explore best practices to foster a supportive community where Black men can openly discuss challenges related to overwork, isolation, and mental health.
2. Examine barriers to Black men seeking counseling.
3. Identify LGBTQ+-affirming care strategies and culturally informed interventions that can promote healing in Black men.





# ROUNDTABLE DISCUSSION 1: DISRUPTING MENTAL HEALTH

11:20 AM - 12:35 PM



**DISRUPTING SPACES**  
CONFERENCE  
11.8.24

MODERATOR  
**YOVANNA L. MADHERE, MSW**  
DISRUPTING MENTAL HEALTH  
"The Journey from "Strong" to "Soft" Black Woman"



**DISRUPTING SPACES**  
CONFERENCE  
11.8.24

GUEST SPEAKER  
**KENYA CRAWFORD, LMHC**  
DISRUPTING MENTAL HEALTH  
"Anti-Racist Clinical Supervision"



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CONFERENCE  
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GUEST SPEAKER  
**DR. ALDRIC A. HORTON JR., DSW, MSW**  
DISRUPTING MENTAL HEALTH  
"The Absence of Black Men in Social Work: An Indictment of Academia"



This session will explore how we can transform the traditional mental health system and provide **culturally affirming care** to the Black community.

## Session Objectives

1. Understand how historical and ongoing racial injustices contribute to mental health challenges in Black communities.
2. Learn effective advocacy strategies for marginalized communities in healthcare settings.
3. Identify key skills to utilize when providing anti-oppressive therapy and clinical supervision.



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CONFERENCE  
11.8.24

GUEST SPEAKER  
**DANIELLE HAIRSTON, MD**  
DISRUPTING MENTAL HEALTH  
"The Weight We Carry: Black Mental Wellness in America"



**DISRUPTING SPACES**  
CONFERENCE  
11.8.24

GUEST SPEAKER  
**JILL P. CARTER, ESQ.**  
Maryland State Senator  
DISRUPTING MENTAL HEALTH  
"Transforming Healthcare: Advocating for Equity and Holistic Healing"



# SISTER TO SISTER: BLACK WOMEN AND MENTAL HEALTH

1:35 PM - 2:35 PM



**DISRUPTING SPACES**  
CONFERENCE  
11.8.24

GUEST SPEAKER  
**RENET'E WASHINGTON, LPC**  
SISTER TO SISTER PANEL  
"Exploring Pathways to Wellness for Black Women"



**DISRUPTING SPACES**  
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GUEST SPEAKER  
**SHARISE NANCE, LCSW, CCTP**  
SISTER TO SISTER PANEL  
"Beyond the Cape: The Realities of Superwoman Syndrome in a Systemic Context"



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GUEST SPEAKER  
**CHERISE MATTHESON**  
SISTER TO SISTER PANEL  
"Soft Life Sis: Radical Self-Care for Black Women through Creativity and Rest"



This engaging panel will explore how intergenerational and historical trauma have impacted Black women and **explore pathways to wellness and radical self-care.**

## Session Objectives

1. Recognize how cultural norms, societal expectations, and structural inequalities have contributed to imposter syndrome and the myth of the Strong Black Woman.
2. Learn culturally responsive strategies to support clients through Generational Trauma.
3. Acquire actionable strategies for self-care, setting boundaries, and collective advocacy.



**DISRUPTING SPACES**  
CONFERENCE  
11.8.24

GUEST SPEAKER  
**DR. CAMILLE ADAMS JONES**  
SISTER TO SISTER PANEL  
"Big Mama Lied: Debunking Modeled Generational Trauma Confines From Guilt to Gifting to Ginger Ale in Black Matriarchal Led Families"



**DISRUPTING SPACES**  
CONFERENCE  
11.8.24

GUEST SPEAKER  
**DR. ZYER BEATY, LPC**  
SISTER TO SISTER PANEL  
"Dispel the Myth: Imposter Syndrome and the Strong Black Woman Stereotype"



# ROUNDTABLE DISCUSSION 2: DISRUPTING SELF-CARE

2:45 PM - 3:55 PM



DISRUPTING SPACES CONFERENCE 11.8.24



GUEST SPEAKER  
**AZURE SMITH-SWAN**  
DISRUPTING SELF-CARE  
"Healing Our Roots: Holistic Wellness Practices for Black Trauma Recovery"



DISRUPTING SPACES CONFERENCE 11.8.24



GUEST SPEAKER  
**STACY MCCALL-MARTIN, LMFT**  
DISRUPTING SELF-CARE  
"Well Rested: Black Women's Call to Rest"



DISRUPTING SPACES CONFERENCE 11.8.24



GUEST SPEAKER  
**BOBBY BROWN**  
DISRUPTING SELF-CARE  
"Donuts with Dads"



This session will highlight non-traditional methods of self care, the radical power of rest, and empower helping professionals to **address feelings of burnout and compassion fatigue.**

## Session Objectives

1. Identify strategies that can be utilized to enhance self-care and wellness.
2. Learn to integrate culturally affirming, holistic practices into trauma-informed care for Black clients.
3. Explore how stress, burnout, and compassion fatigue impact helping professionals and identify effective prevention strategies.



DISRUPTING SPACES CONFERENCE 11.8.24



GUEST SPEAKER  
**BRITTANY RUSH, LCSW**  
DISRUPTING SELF-CARE  
"How to Help the Helper"



DISRUPTING SPACES CONFERENCE 11.8.24



GUEST SPEAKER  
**DAWN CHRISTIAN**  
DISRUPTING SELF-CARE  
"Ethos-Driven Leadership™: Disrupting Norms, Healing, and Redefining Leadership"



# CLOSING SESSION: I AM A DISRUPTOR

4:00 PM - 5:00 PM



**DISRUPTING SPACES**  
CONFERENCE  
11.8.24

GUEST SPEAKER  
**TAMIKA CROSS, MD**

**I AM A DISRUPTOR**  
"Balancing Acts: Navigating Career, Motherhood, and Mental Health and its Impact on Reproductive Wellness in Black Women"



**DISRUPTING SPACES**  
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GUEST SPEAKER  
**TIFFANY WARE**

**I AM A DISRUPTOR**  
"From Roots to Minds: The Impact of Mental Health on Hair and the Psychological Effects of Hair Discrimination"



**DISRUPTING SPACES**  
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11.8.24

GUEST SPEAKER  
**JUSTIN LITTLE**

**I AM A DISRUPTOR**  
"The Mental Wealth Podcast"



This session will highlight non-traditional methods of self care, the radical power of rest, and empower helping professionals to **address feelings of burnout and compassion fatigue.**

## Session Objectives

1. Identify strategies for improving mental health support and reproductive health outcomes among Black women.
2. Explore holistic approaches to stress management.
3. Discuss how families can heal by breaking the cycle of generational pain and trauma.



**DISRUPTING SPACES**  
CONFERENCE  
11.8.24

GUEST SPEAKER  
**MIESHA LYNETTE RICE, MSW, LCSW-C, LCSW**

**I AM A DISRUPTOR**  
"Disrupting Spaces in Black Relationships/ Black Families"



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GUEST SPEAKER  
**SHAYLA R. COLBERT**

**I AM A DISRUPTOR**  
Founder, Safe Space with Shay



# 2024 CONFERENCE SPONSORS

# 2024 SILVER SPONSORS

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ASSOCIATION  

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**FOUNDATION**



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Recovery  
Center**



**Pathlight.  
Mood &  
Anxiety  
Center**

# 2024 COMMUNITY SPONSORS



## Community Sponsors

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# CONFERENCE VENDORS



# SHOP WITH OUR VENDORS



# SHOP WITH OUR VENDORS

AN INSTANT HELP SOCIAL JUSTICE BOOK FOR TEENS

## HEALING RACIAL STRESS WORKBOOK FOR BLACK TEENS

Skills to Help You Manage Emotions,  
Resist Racism & Feel Empowered



Respond to racial stress & trauma • Deal with microaggressions • Build resistance & resilience

JESSICA S. HENRY, PHD | FARZANA T. SALEEM, PHD | DANA L. CUNNINGHAM, PHD  
NICOLE L. CAMMACK, PHD | DANIELLE R. BUSBY, PHD  
Foreword by Howard C. Stevenson, PhD

HEALING RACIAL STRESS WORKBOOK FOR BLACK TEENS

HENRY | SALEEM | CUNNINGHAM | CAMMACK | BUSBY



# SHOP WITH OUR VENDORS



AN INSTANT HELP SOCIAL JUSTICE BOOK FOR TEENS

## HEALING RACIAL STRESS WORKBOOK FOR BLACK TEENS

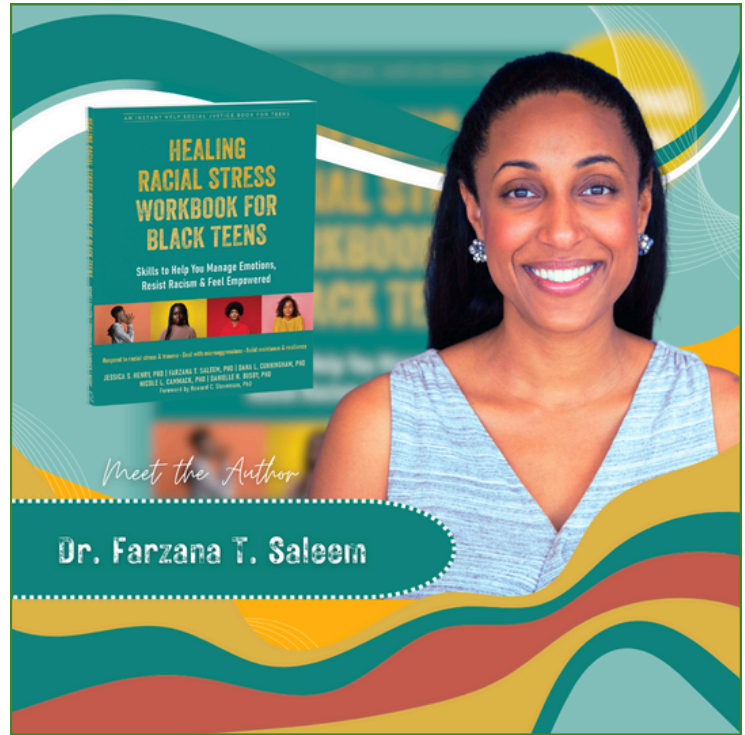
Skills to Help You Manage Emotions, Resist Racism & Feel Empowered

Meet the Author

**Dr. Jessica S. Henry**

Respect to racial stress & racism. Deal with misrepresentation. Build confidence & resilience.

JESSICA S. HENRY, PhD | FARZANA T. SALEEM, PhD | DANA L. CUNNINGHAM, PhD  
NICOLE L. CUNNINGHAM, PhD | DANIELLE K. BOYD, PhD  
Foreword by Ronald C. Stevenson, PhD



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Meet the Author

**Dr. Farzana T. Saleem**

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NICOLE L. CUNNINGHAM, PhD | DANIELLE K. BOYD, PhD  
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AN INSTANT HELP SOCIAL JUSTICE BOOK FOR TEENS

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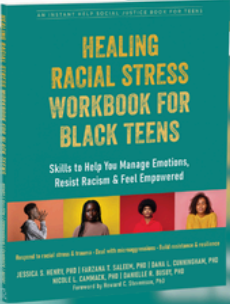
Meet the Author

**Dr. Nicole L. Cannack**

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NICOLE L. CUNNINGHAM, PhD | DANIELLE K. BOYD, PhD  
Foreword by Ronald C. Stevenson, PhD

# SHOP WITH OUR VENDORS



*Meet the Author*

**Dr. Danielle R. Busby**

## You'll gain tools to help you:

Name and define your experience.

Explore how racial stress can impact your thoughts, feelings, and behavior.

Create a "game plan" for responding to racism.

Apply what you've learned out in the world.



## THERAPIST RECOMMENDED

Written by renowned mental health experts and recommended by therapists worldwide, New Harbinger books are practical, evidence-based, and provide real tools for real change.



**"Post 2020, the impact of racialized trauma has been made more visible. This is a valuable workbook for all clinicians working with Black adolescents and emerging adults struggling to navigate the psychological impact of racism on themselves and their communities."**

—Frances Y. Adomako, PhD, vice president of the WELLS Healing Center, senior clinician at Radical Healing Collaborative, and APA Minority Fellow

# SHOP WITH OUR VENDORS

## UNSCATHED

a harm reduction strategy for women of color in the workplace

Dr. Mia Settles-Tidwell

In the most recent news day after day, month after month, it seemed to highlight the struggle, the suffering, and the sabotage of women leaders of color in the workplace. Women of color and women for social justice leading in the workplace experience a high rate of institutionally sanctioned violence, impostor syndrome, and work-induced stress.

For centuries, not years, women of color and women for social justice have not been given permission to be cared for personally, intellectually, professionally, or spiritually. After reading this book, women will embody a renewed sense of confidence, understand how to navigate various workplace political landmines, and learn the secret strategy to survive the FIRE, win the FIGHT and be ready for the FLIGHT to higher heights of personal, professional, provisional, and prophetic futures, emerging from workplace dilemmas, UNSCATHED.

Cover photo by Eric Marshall Photography



UNSCATHED: a harm reduction strategy for women of color in the workplace

Settles-Tidwell



## UNSCATHED

a harm reduction strategy for women of color in the workplace



Dr. Mia Settles-Tidwell

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## SET-UP FOR SUCCESS

**VENDOR**

MIA SETTLES-TIDWELL, CEO & PRESIDENT  
SET-UP FOR SUCCESS CONSULTING  
AUTHOR: UNSCATHED: A HARM REDUCTION STRATEGY FOR WOMEN OF COLOR IN THE WORKPLACE

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## UNSCATHED


BOOK TALK & SIGNING EXPERIENCE



Join Dr. Mia Settles-Tidwell for a Special Event

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## DO IT FOR YOU!

DIFY PROJECTS

Dr. Mia Settles-Tidwell  
CEO & President

Have you ever heard of a ghost-writer? Ever wanted a ghost executive level project doer?

At Set-Up for Success, we know all too well that executives take on a number of projects. Their plates are full, yet they feel like they must prove themselves to maintain within the workplace. At Set-Up for Success, we take on those extra but necessary projects for you.

A Little About Us

### ARE YOU IN NEED OF...

- A HIGH LEVEL EXECUTIVE PRESENTATION CREATED?
- A COMMUNITY DE-ESCALATION MESSAGE WRITTEN?
- DEVELOPMENT OF A HIGH LEVEL EXECUTIVE SEARCH PROFILE?
- A COMMITTEE OR BOARD AGENDA CREATED FOR THE SEMESTER/YEAR?
- A PROJECT PROPOSAL READY FOR SUBMISSION?

if so...we can **DO IT FOR YOU (DIFY)!**



## 5-SQUARED ORGANIZATIONAL HEALTH ASSESSMENT FRAMEWORK

Dr. Mia Settles-Tidwell  
CEO & President  
Set-Up for Success Consulting

At Set-Up for Success Consulting, we believe that healthy organizations reproduce healthy employees and healthy employees produce RESULTS. We offer to executive leaders of organizations/ corporations a comprehensive organizational health assessment & facilitated modules, in the following critical areas: Culture, Composition, Capacity, Currency, and Celebration. We provide recommendations to improve the health of your organization and lower risks to the organization and employee.

**MODULES INCLUDE:**

- Culture:** Eats Strategy For Breakfast, Lunch & Dinner
- Composition:** What are you made of?
- Capacity:** Help, my plate is full!
- Currency:** Maximizing the money and the resources
- Celebration:** We did it!

“Healthy organizations reproduce healthy employees.  
Healthy employees produce RESULTS.”

Visit our website for more info  
[Setup4Succeeded.com](http://Setup4Succeeded.com)

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JEANELLE SPENCER, FOUNDER & OWNER

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ALANA ATCHISON PSYD PLLC

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SKILLS FOR KIDS BOOKS  
DR. MELISSA BOYD  
PSYCHOLOGIST & CHILDREN'S BOOK AUTHOR

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www.mentoheal.com

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WELLNESS

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MEN TO HEAL  
JAMES HARRIS, FOUNDER

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MIND & SOUL  
TELEWELLNESS

**Black Mental**  
WELLNESS

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KNB TRAVEL  
DR. ERNESTA BATTLE, FOUNDER

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Planning By Wen  
PBW  
LET'S PLAN SOMETHING TOGETHER

**Black Mental**  
WELLNESS

**VENDOR**  
PLANNING BY WEN (PBW), LLC  
WENDY DANTZLER, FOUNDER & OWNER

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SHOP WITH OUR VENDORS



Black Mental  
Wellness



**ACCLINATE**

VENDOR  
ACCLINATE

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SPACES**  
CONFERENCE  
11.8.24

# CONFERENCE ADS





# Congratulations

TO THE BLACK MENTAL  
WELLNESS CONFERENCE!

I'm thrilled to celebrate the 2024 conference, "Disrupting Spaces." A heartfelt thank you to everyone committed to advancing mental health efforts for the Black community. Your dedication is crucial in breaking barriers and fostering a culture of understanding and support in mental wellness.

**DELEGATE CAYLIN YOUNG, ESQ.**  
MARYLAND HOUSE OF DELEGATES  
45TH DISTRICT

[www.caylinyoung.com](http://www.caylinyoung.com)

  @YoungDelegate



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*Sisters*  
in public health®



### **OUR MISSION**

The Sisters in Public Health mission is to create a safe space to empower, educate, and evolve the next generation of women in public health.



### **CORE VALUES**

Self-care  
Mentorship  
Scholarship  
Diversity & Inclusion  
Women Empowerment  
Professional Development



### **OUR VISION**

The Sisters in Public Health vision is to connect all women in public health.



### **Mentorship**

Opportunity to receive mentor!



### **23 Chapters**

Located across the country!



### **Scholarship**

Financial support for two awardees annually!

 [sistersinpublichealth.org](https://sistersinpublichealth.org)

 [info@sistersinpublichealth.org](mailto:info@sistersinpublichealth.org)

**SCAN TO LEARN MORE!**



**KNB**  
TRAVEL

**\$300  
OFF**

If you book before  
November 10

Use the code:  
**KNBSUCCESS**



# KNB TRAVEL

## Luxury Group Travel

- Luxury Travel
- International & Caribbean Travel
- Concierge Service
- Roommate Matching
- Payment Plans Available



# FIND YOUR ADVENTURE

*Tribe*



## VIBE TRIBE ADVENTURES

**Need an adventure  
guide partner for your  
next group outdoor  
excursion?**

**We've got you!**



720.840.0289 Call or Text



[www.VibeTribeAdventures.org](http://www.VibeTribeAdventures.org)



[Info@VibeTribeAdventures.org](mailto:Info@VibeTribeAdventures.org)



Your Planner was created  
by  
Sosheina Whyte

Licensed Professional Counseling Psychologist  
and member of the National Board of Certified Counselors. She has  
worked with many individuals and groups through their  
journey.

**Roar Unleashed**  
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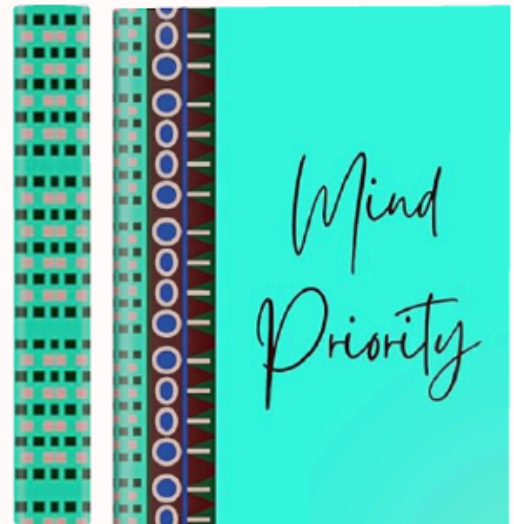
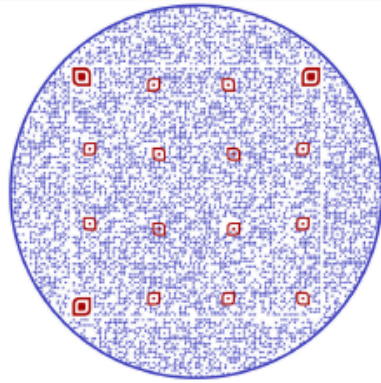


# Mind Priority: Mental Health Planner

by: Sosheina Whyte

Prioritize Your Peace, Plan Your Wellness.

available at  
**amazon**



**Roar Unleashed**  
roarunleashed.com

#### FEATURES OF YOUR PLANNER

- 01** **INTRO** **WELCOME**  
Meet me at all levels. My intention is to support you in your journey.
- 02** **RESOURCE PAGE**  
I have put the top 100 mental health resources in one place. It's the only place you need to go for all your mental health needs.
- 03** **MENTAL HEALTH CHECK**  
A fun and interactive way to check in with your mental health. It's a great way to track your progress and see how you're doing.
- 04** **ACTIVITIES SECTION**  
I have included a variety of activities to help you manage your stress and improve your mental health.



## Retreats

Black women, it's time to exhale! Join us in beautiful **Bali** for the **Black Woman's Exhale Retreat** in June 2025. This transformative retreat offers a peaceful space to rest, relax, restore, and heal. If you or someone you know is ready to prioritize wellness and rejuvenation, this retreat is the perfect opportunity. Hosted by a dedicated Black therapist, it's designed to help you release, reflect, and recharge.

Save the date and get ready for a life-changing experience!



## Community Focused

It's all about empowering communities to better understand and support mental health in real, impactful ways.

I provide both individual and group therapy, utilizing approaches like bibliotherapy to help clients gain deeper insight and healing through literature.

Additionally, I'm a certified Mental Health First Aid instructor, offering training to community members, churches, and agencies. This training equips people with the skills and confidence to support those they encounter—whether in personal or professional settings—by recognizing mental health challenges and offering appropriate assistance.



## Unique Pins

Show off your mental health journey with my *unique* enamel pins! These funky pins promote attending therapy, setting boundaries, and recognizing dope Black therapists. Perfect as gifts for team members, community groups, or for yourself!

Available individually or in bulk. Grab yours today and represent mental health with pride!

📞 773-366-1956

✉ connect@uniqueperspectivellc.com

🌐 www.uniqueperspectivellc.com

📍 Arlington, VA

UNIQUE JORDAN, LPC

*A Unique Perspective*





## SOL COUNSELING & CONSULTING

**Our vision is to reduce mental health stigma in communities of color, by offering therapy and wellness services that are affordable and accessible. We create a space for our clients to feel seen, heard and understood.**

Individual & Family  
Psychotherapy

Couples Counseling

Groups & Workshops

Business Consulting & more

### CONTACT US

240-451-2171

4000 Blackburn Lane Suite 110

Burtonsville, MD 20866

[www.solcounselingandconsulting.com](http://www.solcounselingandconsulting.com)  
@Solcounseling



**LADIES OF HOWARD UNIVERSITY (LOHU)  
CONGRATULATES BLACK MENTAL WELLNESS**

Celebrating the impact of the Black Mental Wellness Conference in uplifting and empowering Black women.

**MENTAL HEALTH MATTERS. YOU MATTER.**



**Preserving  
Peace**



**Join Us!**

Discover a space where healing meets empowerment. At **Preserving Peace**, we provide a holistic, trauma informed, culturally responsive approach to emotional well-being. Our multifaceted offerings are designed to support your journey to self worth and personal growth. We create brave spaces for you to reconnect with yourself and embrace your power. Let us walk alongside you as you find peace, healing, and strength to thrive.



**Our Services**

- Sound Healing ✓
- Breathwork ✓
- Coaching/Mentorship ✓
- Yoga ✓
- Wellness Retreats ✓
- Holistic Therapy ✓



Mention this ad at the conference and receive 10% off your first session or retreat booking!

Follow us +



**NAVE WELLNESS CENTER**  
*Empowering your path onward.*

**MENTAL HEALTH SERVICES**

Offering both in-person and virtual resources to Illinois and Indiana residents.

- ✓ Individual Therapy
- ✓ Group Therapy
- ✓ Couples Therapy
- ✓ Child & Adolescent Therapy
- ✓ Mindfulness
- ✓ EMDR



**Nave Wellness Center**

(877) YAY-NAVE

www.navecenter.com

8215 W. Lincoln Hwy.  
Frankfort, IL 60423

We accept insurance



Get started on your journey toward wellness today.



**RIVERSIDE AND SAN BERNARDINO COUNTY**



BLACK NURSES ASSOCIATION, INC.

**MISSION:**

TO SERVE AS THE VOICE FOR BLACK NURSES AND DIVERSE POPULATIONS ENSURING EQUAL ACCESS TO PROFESSIONAL DEVELOPMENT, PROMOTING EDUCATIONAL OPPORTUNITIES AND IMPROVING HEALTH.



**How To Contact Us ?**

+1 (951)-536-3316

greaterinlandempirebna@gmail.com

**UPCOMING CHAPTER MEETING**

Greater Riverside Chamber of Commerce Board Room,  
3985 University Ave. Riverside, Ca. 92561

October 12th and Nov 9th, 2024.  
10am to 12 noon

**Upcoming Events And Dates**

First Annual Scholarship High Tea Event,  
December 14th 2024.

Eagle Glen Golf  
1800 Eagle Glen Pkwy  
Corona, CA 92883

August 5-9th, 2025,  
THE NATIONAL BLACK NURSE'S ASSOCIATION  
CONFERENCE

Location: Hilton Anatole Dallas  
2201 Stemmons Freeway  
Dallas, Tx. 75267

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| President<br>Dr. Denise Roberts | Vice President<br>Dr. Sharon Pickett |
| Secretary<br>Dr. Nia Martin     | Treasurer<br>Ms. Amanda Pitchford    |

Visit our Website to gain insight on becoming a member



# SPEAKER RESOURCES

**BLACK MENTAL WELLNESS  
PRESENTS**



# **HEALING IS A JOURNEY:**

*Self-care Toolbox*



**BLACK MENTAL WELLNESS  
PRESENTS**

**HEALING AND  
WELLNESS  
TOOLKIT**



**Black Mental**  
Wellness

# SPEAKER RESOURCES

**Miesha Lynette Rice, MSW, LCSW-C, LCSW**  
**Founder and CEO**  
**Whole Family Healing Group**

## **Whole Family Healing Group**

"A Healing Place for the Whole Family"

**<http://www.wholefamilyhealinggroup.com/>**

Phone: 410-413-6043

Now Serving Individuals and Families Worldwide

## **Dr. Z Therapy and Coaching**

**[www.doctorztherapyandcoaching.com](http://www.doctorztherapyandcoaching.com)**

Where we empower individuals to live their best lives by embracing their intersecting identities and navigating life's challenges with resilience and authenticity.

We are dedicated to providing a supportive and inclusive space where clients can explore their unique paths, cultivate personal growth, and achieve fulfillment. Through compassionate therapy and personalized coaching, we strive to inspire our clients to overcome obstacles, celebrate their true selves, and create a life that is rich, meaningful, and aligned with their deepest values.

# SPEAKER RESOURCES

**Brittany Rush, LCSW**

**CEO & Owner, RUSH Community Group LLC**

RUSH Community Group Presents... The 2nd Annual Black Wellness Expo.

Join us to celebrate Black History Month, help bring awareness to Black mental health & wellness, and support Black businesses, all while gaining information, insight and education and resources about mental health and wellbeing. Featuring spoken word performances from local poets, speakers, vendors, panels and round table discussion, The Black Wellness Expo is an event for the whole community to come together to learn, grow and empower one another.

The exact location, time and date is TBD as of right now, but it will be located in Richmond Virginia and take place during the month of February 2025. More information will become available soon and folks can subscribe to the website email list and/or follow the social media pages on Instagram and Facebook to receive updates.

**[www.rushcommunitygroup.com](http://www.rushcommunitygroup.com)**



# SPEAKER RESOURCES

**Tamika K Cross, MD, FACOG**

**Opulence Health and Wellness**

1801 Country Place Pkwy Suite 109  
Pearland, TX 77584

[www.opulcencewomen.com](http://www.opulcencewomen.com)

832.672.8026



**Renet'e Washington, ABD, LPC, LMHC, CPCS, CAMS II**

**Owner of Refined Beginnings Counseling LLC**

2959 Cherokee St. NW, Suite 201  
Kennesaw, GA 30144

[www.refinedatl.com](http://www.refinedatl.com)

P: 678.653.8676

F: 678.381.1372

All services and items can be purchased via our website.

[www.refinedatl.com](http://www.refinedatl.com)



# SPEAKER RESOURCES

## Tiffany Ware

Find Tiffany Ware teaching about holistic hair care, the tie between mental health and healthy hair, and the upcoming hair affirmation series by subscribing to her YouTube channel B'WARE Enterprises, and following on instagram at @b\_ware\_cosmetology.

Use hair products from her holistic wellness partners at [www.NyukiHairProducts.com](http://www.NyukiHairProducts.com) and [www.InfluenceHairCare.com](http://www.InfluenceHairCare.com).

Read more about the effects of hair discrimination and get involved with stopping it around the world by supporting The Crown Act at [www.TheCrownAct.com](http://www.TheCrownAct.com).

## Black Men Heal

**Black Men Heal** is a resource for black men. Our Mission is to provide access to mental health treatment, psycho-education, and community resources to men of color.

[www.blackmenheal.org](http://www.blackmenheal.org)

# SPEAKER RESOURCES

## Dr. Crosby

Dr. Crosby is a licensed Clinical Psychologist and owner of Affirmative Spaces, a group therapy practice whose mission is “to create a safe space where you can show up as your fully authentic self and know that all parts of you will be welcomed, honored, and cared for.”

Dr. C. has extensive research, training, and clinical experience working with marginalized communities. His research specializes in unique stressors and factors that impact Queer Folx of Color and examines intersections of these marginalized identities and the unique experiences of being a sexual and racial/ethnic minority. He has presented for several organizations in the education, government, religious, nonprofit, and private sectors, providing insight on how to create safe and affirming environments for Queer Folx.

Dr. C is a dynamic speaker who believes healing and liberation occur at multiple levels; some of those levels are with communities, organizations, and other mental health professionals. He seeks to engage with and educate those in attendance when providing workshops and speaking engagements. Dr. C believes that knowledge and empathy for the lived experiences of others help to facilitate communal healing. As such, his training experiences are both educational and experiential.

Additionally, he provides training and consultation for other providers on best practices and considerations when working with Queer Folx of Color. Dr. C also works with businesses to provide affinity spaces and employee resource groups for employees with minority gender, racial, and/or sexual orientation identities.

# SPEAKER RESOURCES

## Yovanna Madhere, MSW

Go to [coachyovanna.club/glow](https://coachyovanna.club/glow) to download a gift for conference attendees, "**The 7 Glow Up Secrets All Women Want,**" and enter to win a complimentary Laser Coaching Session with Coach Yovanna. Find out more about Coach Yovanna on **Instagram: @yovannarocks**

## Kenya Crawford, LMHC, M.A., Ed.M.

**Cultivating Healers** is a space for clinicians and healers seeking to build anti-racist, sustainable, and inclusive practices. Our support groups and trainings are designed to help healers adopt inclusive and informed perspectives about the experiences of marginalized communities, enabling you to provide quality care and grow in your craft.

### **Upcoming Trainings:**

[Are You Healing or Policing?: Disrupting Carceral Approaches to Suicide](#)

November 22nd, 1:00-3:00pm

### **On-Demand Trainings:**

[Anti-Racist Clinical Supervision](#)

[Incorporating Anti-Racism Into Your Clinical Practice](#)

To learn more about Cultivating Healers and how you can join, please visit our website here: [CultivatingHealers.com](https://CultivatingHealers.com). Also, visit us on

**Social Media: [Instagram](#) and [Twitter](#).**

# SPEAKER RESOURCES

## Youth Advisory Circle

Join the Youth Mental Health Advisory Circle and help shape the future of mental health care for Black and Latinx youth. As a member of this circle, you'll have the opportunity to:

- Co-create a virtual support space: Collaborate with other youth to design a welcoming and empowering space for peers.
- Provide critical insight: Share your lived experiences to inform how mental health care is delivered.
- Impact the field: Help shape the future of mental health services and advocacy.

We're looking for youth ages 14-19 from across the US who:

- Have completed 8th grade
- Have a parent or guardian's permission
- Have lived experience with a mental health condition or struggled with mental health feelings

**<https://www.blackpsychiatry.org/services-3>**

Join  
US!

We're looking for youth ages 14-19 from across the US who:  
Have completed 8th grade  
Have a parent or guardian's permission  
Have lived experience with a mental health condition or struggled with mental health feelings

SCAN HERE



# Youth ADVISORY CIRCLE ON MENTAL HEALTH

- **Co-create a virtual support space:** Collaborate with other youth to design a welcoming and empowering space for peers.
- **Provide critical insight:** Share your lived experiences to inform how mental health care is delivered.
- **Impact the field:** Help shape the future of mental health services and advocacy.

# SPEAKER RESOURCES

## The Reset Retreat in Jamaica

January 23-26, 2025  
Montego Bay, Jamaica

Welcome to The Reset Retreat with The Black Psychiatry Collective, where we explore the transformative power of travel for mental well-being and cultural discovery. Designed for physicians and mental health professionals, this space offers a curated guide to destinations, retreats, and experiences that promote relaxation, self-care, and rejuvenation. Whether you're seeking peaceful escapes to recharge or global adventures to connect with diverse cultures, we provide tips, insights, and resources to help you travel with purpose and balance. Join us on a journey that nurtures both your mind and spirit.

**<https://www.blackpsychiatry.org/travel>**

*save-this-date*

# THE RESET RETREAT

**Black**  
*psychiatry*

**MONTEGO BAY, JAMAICA**  
**JANUARY 23-26, 2025**

# 2025 BLACK MENTAL WELLNESS EVENTS

JAN <b>04</b> 2025	<b>Vision Board Event</b> Silver Spring Civic Building Silver Spring, Maryland
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FEB <b>22</b> 2025	<b>Black Mental Wellness Day</b> Virtual Event
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OCT <b>24</b> 2025	<b>Black Mental Wellness Conference</b> Silver Spring Civic Building Silver Spring, Maryland
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**DISRUPTING  
SPACES**  
CONFERENCE  
11.8.24

[WWW.BLACKMENTALWELLNESS.COM](http://WWW.BLACKMENTALWELLNESS.COM)



# THANK YOU

Thank you for supporting our 2024 conference. We look forward to seeing you all next year for the 6th Annual Black Mental Wellness Conference on October 24, 2025.

**Nicole Cammack, Ph.D.**  
President & CEO

**Danielle Busby, Ph.D.**  
VP, Professional Relations and Liaison

**Dana Cunningham, Ph.D.**  
VP, Community Outreach and Engagement

**Jessica Henry, Ph.D.**  
VP, Program Development and Evaluations

