



Black Mental
Wellness

Black Mental Wellness Presents...

CULTIVATE. RESTORE. EMPOWER.

Reclaiming Joy in the Black Community

Virtual Conference

Saturday, November 4, 2023 | 1 PM EST

4TH ANNUAL

CONFERENCE

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Welcome Message

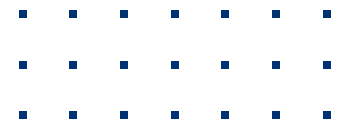


Welcome to the 4th Annual Black Mental Wellness Virtual Conference, Cultivate. Restore. Empower: Reclaiming Joy in the Black Community. This conference is a safe place for all people to learn, grow, and identify ways to support mental health, wellness, and healing in the Black community.

We have amazing speakers who will facilitate sessions on a range of topics including decolonizing therapy, microaggressions in the work place, masculinity, vulnerability, the strong Black woman syndrome, liberation and more.

We recognize the importance of having access to specific tools to help you continue to prioritize your healing and wellness beyond the conference. Within this conference booklet you will also find resources including coping strategies, websites, books, and so much more from our amazing speakers, sponsors, and vendors. Our hope is that you find something that helps you along the way.





Black Mental Wellness

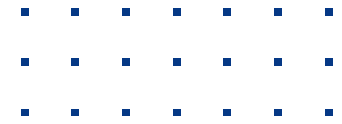
Black Mental Wellness, Corp., was founded by licensed clinical psychologists who are passionate about addressing mental health and wellness concerns in the Black community.

Our mission is to:

1. Provide access to evidenced-based information and resources about mental health and behavioral health topics from a Black perspective.
2. To increase training opportunities for students (undergraduate and graduate students) with interests in mental health/behavioral health.
3. Highlight and increase the diversity of mental health professionals.
4. Decrease the mental health stigma in the Black community.



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 Evaluation

OUR SERVICES

We are available to provide a range of services related to mental health and wellness to you and/or your organization including:



RACIAL STRESS/TRAUMA

- Trainings and workshops
- Keynote speaking events
- Panel discussions



CORPORATIONS

- Corporate webinars
- Culturally inclusive trainings
- Retreat facilitation and content development



CONSULTATION

Mental health and personal development consultation



YOUTH SERVICES

- SEL trainings
- Curriculum development
- Consultation for educators, students, and youth-focused organizations

ABOUT THE CONFERENCE

The Black Mental Wellness Virtual Conference launched in 2020, during a time where the COVID pandemic highlighted the pre-existing 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 who is invested in Black mental health and wellness.

Since 2020 we have hosted more than 700 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!

Black Mental Wellness Virtual Conference

From Surviving to Thriving (2020)



For more information:

[From Surviving to Thriving](#)

Overcoming: The State of Black Healing (2021)



For more information:

[Overcoming: The State of Black Healing](#)

Heal + Liberate: Elevating Through Community Support and Knowledge (2022)



For more information:

[Heal + Liberate: Elevating Through Community Support and Knowledge](#)

HOW TO NAVIGATE HOPIN

Please read the pre-conference technology preparation tips and instructions on how to join us on Hopin.

Pre-Conference Tech Tips:

This virtual conference will use the Hopin platform. Be sure you are connected to a reliable internet and follow the steps below.

- Please join your session from a PC or Mac. The Hopin platform provides limited support for iPads.
- Make sure that you are using Chrome (preferred) or Firefox (backup) and that you are using the latest version of the browser.
- Close all extra tabs and applications before joining Hopin.
- You can run your own tech check prior to logging into Hopin for the conference by going to the [Hopin Pre-Event check](#) site.
- If you are still having difficulty accessing the conference after performing the tech check described above, please review the [Hopin Troubleshooting Reference Guide](#).
- Mobile devices such as smartphones, tablets or iPads are not recommended but, if you have to, you can use the RingCentral Events Mobile app with limited functionality.



HOW TO NAVIGATE HOPIN

Main Stage

The Hopin Stage is where the entire audience can view a session in one place. Main stage sessions will be held throughout the conference.

Sessions

- Sessions are similar to breakout rooms and provide a more intimate and interactive experience.
- You will be able to join a session 5 minutes prior to the start time of the session.
- To learn more about how to use Hopin as an attendee, you can watch this brief [video](#).



Chat & Network

Please use the chat feature throughout the conference to engage with the presenters, ask questions, and chat with the other attendees!

Hopin also allows you to network with other attendees by clicking on the "People" tab inside the conference platform.

Expo

Between sessions, we encourage everyone to visit the Expo on Hopin and check out our amazing vendors.

AGENDA

1:00 - 2:00 PM

Opening Address

- *Cultivate. Restore. Empower*

2:00 - 3:00 PM

Session I

- *Microaggressions in the Workplace*
- *A Postpartum State of Mind: Supporting Black mothers and Birthing people during pregnancy and postpartum*
- *Beyond Diversity: Cultivating Spaces Where Black Voices Flourish*
- *Good Vibes Only: How to Avoid the Pitfalls of Toxic Positivity and Embrace the Freedom of Being Yourself in the Workplace*

3:00 - 4:00 PM

Session II

- *Brother to Brother: Breaking Barriers and Building Bridges. Black Men & Mental Health*
- *The Caregiver Survival Guide: Accessing Mental Wellness While Caring for Family*
- *Building Bridges, Empowering Communication: Fostering Inclusive Communication for Black Professionals' Mental Health*
- *Let's Talk About Being Black & Gay: Changing Modern Discourse To Promote Positive Mental Health Outcomes for LGBTQIA+- identifying African-Americans*

4:00 - 5:00 PM

Session III

- *Sister to Sister: Black Women and Mental Health*
- *Managing the Strain of Being Black in America: A Comprehensive and Integrative Approach to Healing*
- *Black People Die By Suicide Too: It's Not a "White" Thing*
- *The Ethos-Driven Leadership™ Framework: Reimagining Leadership by Prioritizing Authenticity, Wellness & Belonging.*

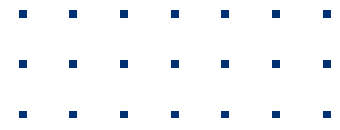
5:00 - 6:00 PM

Session IV

- *Pathways to Liberation: Integrating Black Identity Development, Oppression and Liberation Psychology for Enhanced Mental Health*

OPENING

1:00 - 2:00 PM



Join us for this dynamic discussion as we discuss how to cultivate peace, utilize ancestral healing practices, and reclaim joy in the Black community!

**Dana Cunningham,
Ph.D.**



**Nicole Cammack,
Ph.D.**



**Jennifer Mullan,
PsyD.**



**Danielle Busby,
Ph.D.**



**CULTIVATE.
RESTORE.
EMPOWER.**

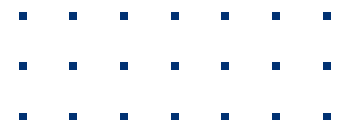
**Jessica Henry,
Ph.D.**



- Identify how colonialism and White Supremacy has impacted the mental health of the Black community.
- Explore non-traditional methods of healing and culturally responsive strategies and techniques.
- Provide general recommendations for systemic changes needed to advance health care systems that impact the Black community.

SESSION I

2:00 - 3:00 PM



Microaggressions in the Workplace



Giorgio Chatelain, LCSW-R

- Learn the different types of microaggressions in order to normalize and give language to these experiences.
- Identify the impact of microaggressions on individuals to help reduce the self blame and self critique
- Learn ways to help address, and/or manage situations of microaggressions.



A Postpartum State of Mind:

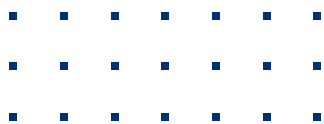


Supporting Black mothers and Birthing people during pregnancy and postpartum

Patience Riley, NCC, LPC, PMH-C

- Participants will be able to provide general education surrounding perinatal mood disorders
- Participants will be able to identify pregnant and postpartum women/persons who may be at risk for perinatal mood disorders
- Participants will be able to recognize common screening and assessment tools utilized to screen or perinatal mood disorders





Beyond Diversity: Cultivating Spaces Where Black Voices Flourish

Sorbriqué "Sorby" Grant, M.S.

- Understand the importance of psychological safety and recognize their impact of inclusive work cultures on the mental health and well-being of Black professionals.
- Explore strategies to foster psychological safety and address bias and discrimination in the workplace environment
- Identify practical steps and best practices for dismantling bias in organizational practices and policies, including equitable hiring, promotion, and performance evaluation processes.



Good Vibes Only: How to Avoid the Pitfalls of Toxic Positivity and Embrace the Freedom of Being Yourself in the Workplace

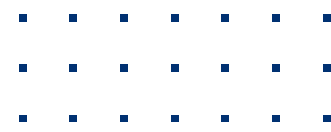
Brittany D. Ward

- Recognize how toxic positivity specifically affects black women in the workplace
- Identify the physical and mental health impacts of toxic positivity
- Implement compound strategies to embrace your "true self" in the workplace



SESSION II

3:00 - 4:00 PM



Brother to Brother:

Breaking Barriers and Building Bridges.
Black Men & Mental Health

James Harris,
LPC

Davonte Green

Larry Rencher,
B.A.

Richard Winfrey



- Explore barriers to help-seeking among Black men.
- Discuss how toxic masculinity can negatively impact health and well-being.
- Identify strategies to help Black men increase their self-awareness, enhance emotional intelligence, and utilize effective coping skills.

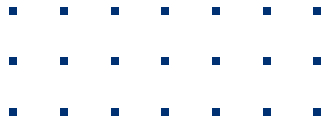


The Caregiver Survival Guide: Accessing Mental Wellness While Caring for Family

Aisha Adkins, MPA

- Understanding it means to be a family/ community caregiver.
- Identify common challenges family/ community caregivers face.
- Take away tips for accessing mental wellness throughout their caregiving journey.





Building Bridges, Empowering Communication: Fostering Inclusive Communication for Black Professionals' Mental Health

Morgan Carey, M.S.

- Identify how the effects of poor communication on the mental health of Black professionals working in predominantly White environments
- Understand the unique challenges faced by Black professionals and the role that communication plays in their well-being
- Explore actionable insights to foster and practice inclusive and supportive communication practices that positively impact mental health



Let's Talk About Being Black & Gay: Changing Modern Discourse To Promote Positive Mental Health Outcomes for LGBTQIA+- identifying African-Americans.

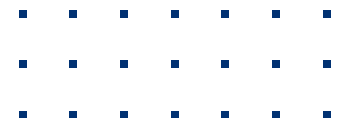
Wayne Smith, M.S.

- Understand the history behind black people receiving adequate mental health services.
- Identify the different outcomes for LGBTQIA+ identifying African American clients within the United States
- Brainstorm solutions to include culturally-competent mental health solutions.



SESSION III

4:00 - 5:00 PM



Sister to Sister: Black Women and Mental Health

Amma Gyamfowa MSW, RSW **Neasel Connor** LPC **Kimberly Parker** MS, LPC, LCDC **Jacqueline Stevens** LMSW



- Discuss how the “Superwoman schema” impacts the health of Black women.
- Explore culturally affirming strategies to address internalized racism and intergenerational trauma.
- Identify effective therapeutic approaches to effectively address the specific needs of Black women.

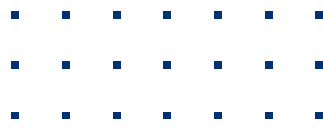


Managing the Strain of Being Black in America: A Comprehensive and Integrative Approach to Healing

Artisa Mae Moten, LMFT

- Educate individuals about the benefits of nutrition supplements
- Teach individuals the techniques and practice of heart rate variability and neurofeedback for stress management and emotional regulation.
- Provide instruction on integrative medicine practices, such as mindfulness, meditation, and yoga





Black People Die By Suicide Too: It's Not a "White" Thing

Jordan Scott
M.S.

T-Kea Blackman
MPS, CPRS

Rafiah Maxie-Cole,
LCSW



- Identify signs that an individual may be contemplating suicide and best approaches to provide support
- Using lived experience of presenters to demonstrate that recovery is attainable.
- Discover available resources to educate and help prevent suicide



The Ethos-Driven Leadership™ Framework: Reimagining Leadership by Prioritizing Authenticity, Wellness & Belonging.

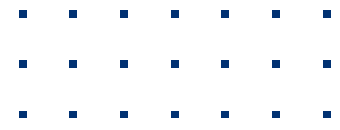
Dawn Christian, MBA

- Apply the principles of Ethos-Driven Leadership™ to reimagine leadership that includes Black identity and culture.
- Develop authentic leadership by igniting the unlearning process and release from assimilation and code-switching by examining white ideological systems on leadership practices.
- Prioritize healing through self-discovery and reflection by naming the trauma of assimilation, oppression, and exclusion of Black identities in leadership.



SESSION IV

5:00 - 6:00 PM



Pathways to Liberation:

Integrating Black Identity Development, Oppression, and Liberation Psychology for Enhanced Mental Health

Raquel Martin, PhD

- Participants will be able to identify and explain key theories of Black identity development, the nature of systemic oppression, and the fundamental principles of liberation psychology
- Participants will be able to formulate personal action plans, applying the principles and techniques learned during the session to promote mental health and liberation in their personal and professional lives
- Participants will gain practical skills to apply mental health strategies that incorporate elements of liberation psychology, designed to address the unique challenges associated with Black identity and oppression.



SPECIAL THANK YOU TO OUR SPONSORS



All sponsorship donations are accepted through the Black Mental Wellness Foundation, which is a 501(c)3 dedicated to support initiatives and programs that increase access to culturally relevant mental health and wellness resources, therapy, and training experiences for the Black community.



KEEP CALM BRING YOUR CARRY ON

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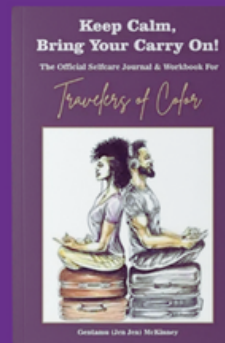
info@keepcalmbringyourcarryon.com

Phone: (877)984-9990



Jen Jen McKinney

Mental Health Books for Travelers



Available on [amazon](https://www.amazon.com)kindle



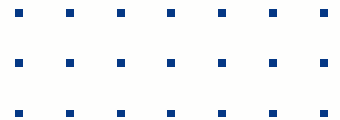
MYmelanin Essence

To EMBRACE

To ENCOURAGE

To EMPOWER

Statement Tshirts that Represent and Uplift the MULTI-FACETED Black Woman

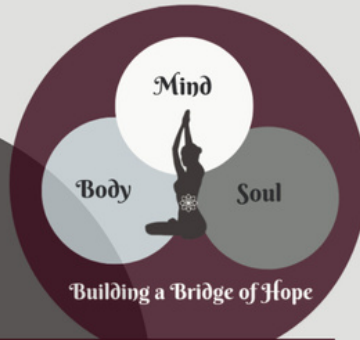


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Coach Kay



Building a Bridge of Hope

" Don't let your struggle be your identity. "

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Visit us at buildingabridgeofhope.com or on IG: [bridge_of_hope_dmv](https://www.instagram.com/bridge_of_hope_dmv)

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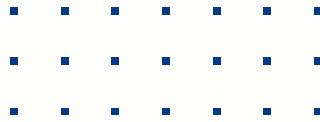


"This Is Our Space Too."

www.blkhikingclub.com

BLK HIKING CLUB

#BLKHikingAdventures



OUR SPECIALTIES

DEPRESSION
ANXIETY
PTSD
ADHD
BIPOLAR DISORDER
POSTPARTUM DEPRESSION

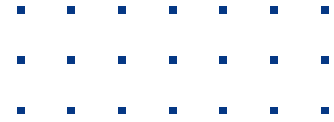
AUDREY ADDAQUAY-COREY IS A BOARD CERTIFIED PSYCHIATRIC MENTAL HEALTH NURSE PRACTITIONER. SHE STARTED HER NURSING CAREER AT THE NURSE RESIDENCY PROGRAM AT JOHNS HOPKINS HOSPITAL IN BALTIMORE IN 2007. SHE GRADUATED FROM THE UNIVERSITY OF MARYLAND BALTIMORE AS A NURSE PRACTITIONER IN 2015 AND HAS BEEN IN THE FIELD OF PSYCHIATRY SINCE 2007. SHE IS A MOTHER OF 3 AND IN HER LEISURE TIME SHE ENJOYS BRUNCHING, READING, PADDLEBOARDING AND WEIGHTLIFTING.

"MY PRACTICE IS FULLY COMMITTED TO PROVIDING CULTURALLY DIVERSE AND HOLISTIC CARE ACROSS THE SPECTRUM OF PSYCHIATRY, MENTAL HEALTH, PSYCHOTHERAPY, WELLNESS, AND LIFE COACHING."

CONTACT US

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VENDORS



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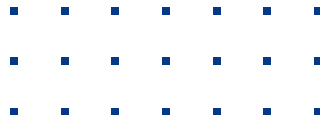
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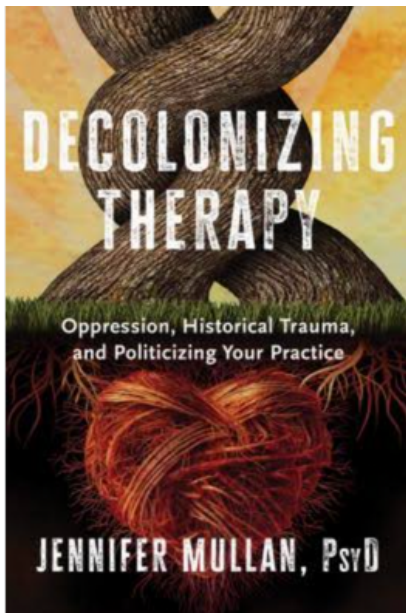
@kinyelfriday



Unicorn Health Care

unicornhealthcare.com

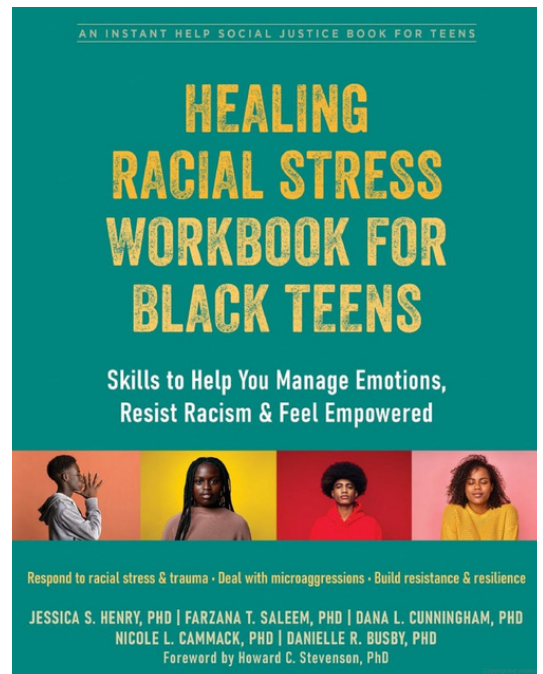
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Decolonizing Therapy

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**Healing Racial Stress
Workbook for Black Teens**

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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

www.HealingRacialStress.com

HEALING RACIAL STRESS WORKBOOK FOR BLACK TEENS

HENRY | SALEEM | CUNNINGHAM | CAMMACK | BUSBY



RESOURCES



Black People Die by Suicide Too

Website: <https://www.blackpeoplediebysuicidetoo.org/>

Podcast: <https://blackpeoplediebysuicidetooodcast.buzzsprout.com/share>



Kimberly Parker, LPC, LCDC, EMDR Trained (she/her) Revive to Thrive Wellness Center

About Revive to Thrive Wellness Center: Here at Revive to Thrive Wellness Center, we believe in creating the best atmosphere for our clients and employees and giving back to our community. Our mission is to help members of our communities heal from the things in life that keep them in a place of surviving instead thriving, both in their own lives and in their relationships. Our vision is to help our client's break maladaptive generational patterns, so that they can live and leave a legacy of true health and wellness. We are a fun, dynamic, and collaborative team who values working collaboratively and helping improve the health and wellness of our communities. We pride ourselves on being social justice hearted and minded and work hard to offer culturally responsive care. We can't wait to join your journey of reviving and thriving.

CEO, Therapist, Transformative Coach, Speaker

p: 972-885-8365

f: 972-452-6425

w: <https://revive2thrivewc.com/>

RESOURCES



A Postpartum State of Mind

WHOA MAMA:

A blog sharing simple mental health tips for everyday life with a focus on mindfulness practices created by Patience Riley, NCC, LPC, PMH-C

Postpartum Support International:

- Free online support groups
- PSI Helpline: 1-800-944-4773
- PSI Psychiatric Consult line (for providers): 1-877-499-4773
- PSI provider directory

Shades of Blue Project

- I.N.S.P.I.R.E. Support groups

Sisters in Loss

Infant loss community for Black women that offers services, resources, and a podcast.

Organizations

- Postpartum Support International & state chapters
- The Postpartum Stress Center
- Shades of Blue Project
- The Blue Dot Project
- 2020 Mom
- DONA International
- National Black Doula Association
- International Lactation Consultant Association

Podcasts

- Natal
- Birthstory
- Sisters in Loss
- Postpartum Perspectives

Social Media Channels

- MomfullyYou
- motherhoodredefined.co
- DrAngelMontfort

RESOURCES




A Postpartum State of Mind

Books

- Cognitive Behavioral Therapy for Perinatal Distress by Amy Wenzel & Karen Kleiman-Clinicians
- Beyond the Blues: Understand & Treating Prenatal & Postpartum Depression & Anxiety by Shoshana S. Bennett, Ph.D & Peck Indman, Ed.D., MFT-Clinicians
- The Art of Holding by Karen Kleinman-Clinicians
- Good Moms have Scary Thoughts by Karen Kleiman
- Breathe Mama Breathe by Shonda Moralis
- When Postpartum Packs a Punch by Kristina Kowan
- When Baby brings the Blues by Dr. Ariel
- Postpartum Depression Workbook by Abigail Burd, LCSW, PMH-C
- Pregnancy & Postpartum Anxiety Workbook by Pamela S. Wiegartz, Kevin L.Gyoerkoe, & Laura J. Miller
- The Fifth Trimester by Lauren Smith Brody



A Caregiver Survival Guide

- [Therapy for Black Girls](#)
 - [Therapy for Black Men](#)
 - [Inclusive Therapists](#)
 - [Open Path Collective](#)
 - [Caring Across Generations](#)
 - [Hilarity for Charity](#)
 - [AARP](#)
 - [Caregiving While Black](#)
 - [Alter Dementia](#)
- 

RESOURCES



Sister to Sister: Black Women and Mental Health

CORE BELIEFS

in Black communities
can sound like

I need to be **strong**. I am the **strong** one.

I don't want to look **weak**.

I just need to **push** through.

I need to take care of **them**. Everyone depends on **me**.

I don't feel **beautiful**. I am too **dark**.

I am not **Black** enough.

I am just going to keep the **peace**.

I just need to **endure**.

I just need to **pray** more.

Back home is worse. My **family** has **sacrificed** a lot I
just need to **solider it**.

DEVELOPED BY AMMA GYAMFOWA, MSW, RSW

RESOURCES



Sister to Sister: Black Women and Mental Health

CORE BELIEFS

Healing in Black communities

I can possess **strength** and still be **deserving** of **support**

I am the **returned investment** of my **ancestors**

I am proud of my **culture** and **heritage**, it **empowers me** and how I show up

It was a **gift** to be born **Black**

My **hair** and **skin** reflects the beauty my **ancestors** gifted me

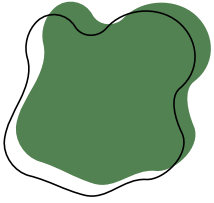
I deserve **rest**

I **belong** in every **space** I enter

I will not allow **anti-Black racism** to define how I see **myself** and **my people**

DEVELOPED BY AMMA GYAMFOWA, MSW, RSW

RESOURCES



Sister to Sister: Black Women and Mental Health



BEYOND THE HAPPY IS A PLACE TO GO BEYOND SOCIETY'S EXPECTATIONS OF "HAPPILY EVER AFTER" AND REPLACING IT WITH YOUR VERSION OF CONTENTMENT AND PEACE. THIS IS A PLACE TO EXAMINE THE NARRATIVES THAT NO LONGER SERVE US WHILE REPLACING THEM WITH ONES THAT DO. THIS IS A PLACE TO GO BEYOND "PICTURE PERFECT", A PLACE TO SHARE THE HIGHS AND LOWS OF OUR HUMANITY. IT'S A PLACE TO GO BEYOND "HAVING IT ALL" AND "HAVING IT TOGETHER". REAL STORIES, REAL PAIN, REAL JOY, REAL HIGHS, REAL LOWS FROM REAL PEOPLE.



CONTACT US

512-387-1707

neasel@beyondthehappy.com



@beyondthehappy



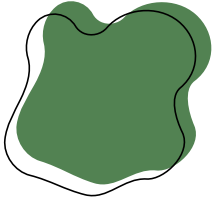
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RESOURCES



Sister to Sister: Black Women and Mental Health



ABOUT BTH

Neasel Conner is a Licensed Professional Counselor and the proud owner of Beyond the Happy. She has over 15 years of experience working with business professionals and educators. She is passionate about helping people realize their potential while prioritizing their mental health and wellness. Neasel Conner has presented to thousands of people all over the world with her dynamic, interactive, and engaging Vision Board Experiences. Some of her clients include Google, The United States Air Force, Black Girls Do Engineer, and Education Service Centers.

SERVICES

Therapy

Beyond the Happy Vision Board Experiences

Mental Health Speaker

Therapy Groups

Walk and Talk Sessions



BEYOND THE HAPPY PHOTOGRAPHY

Let us capture the moments that matter! We provide customized photography and production services that centers excellence. We approach photography with a client centered approach and pride ourselves on making our customers feel special. Contact us for your next event.

BEYOND THE HAPPY VISION BOARD EXPERIENCES

Interactive and Engaging

Mental Health Tools

Mindset Exploration

Custom Vision Board Boxes

Goal Setting



Safety & Wellness Plan

Who to call and where to go when I'm struggling

Suicide & Crisis Lifeline (U.S.): **Dial 988**

International Helplines: Visit **findahelpline.org**

My local crisis hotline: _____

My care team:

My therapist: _____

My pastor: _____

My physician: _____

Places I can go:

Friend or family member's house: _____

My local walk-in clinic or crisis center: _____

My local ER: _____

Who I can call or text:

1. _____

2. _____

3. _____

Anchors of Wellness



The Anchors of Wellness diagram is a self-awareness tool to help us remain anchored in our mental, physical, emotional, and spiritual health. On a weekly basis, celebrate one Anchor where you're currently thriving and identify one that you'd like to strengthen. Write down one step you can take to invest in this Anchor in the week ahead.



anchorinternational.org



Does your church have a plan for supporting mental health?



As you may know, statistics show that 1/4 of your church family is likely struggling with anxiety, depression, addiction, suicidality, and other mental health challenges at any given time.

In fact, today's young people are acutely aware of the mental health crisis and are attracted to churches that prioritize mental wellness. Yet, 1 in 3 people feel they would not be welcome in their local church if they had a mental health diagnosis.

Your church has an incredible opportunity to stand out among the crowd and become a haven of safety and support for so many people who are hurting.

We're here to help! Anchor International is a nonprofit organization equipping peer leaders to support mental wellness in their churches and communities.

We do this by training facilitators to create safe groups where community members can walk alongside one another offering support and belonging.

Here's what we provide:

- Christ-centered program options for adults and teens
- Free online training for group facilitators
- Free PDF workbooks (hard copies available for purchase)
- Free online portal with resources to build your skills and knowledge

To get started, simply visit anchorinternational.org/training. We look forward to supporting you in mental health ministry!

LOOK, FEEL, & MOVE BETTER MENTALLY



UNAPOLOGETICALLY THRIVING



Blacks are more likely to report persistent symptoms of mental and emotional distress, but only 1/3 of them get help. Once a mental health issue is recognized, help can make a difference for 80% of people who are affected allowing them to resume regular lives and activities.

(CDC 2018 & USDHHS 2019)

Unlearn... *biases*

Ask yourself what negative ideas was passed down or internalized about mental health?

Embrace... *healing*

Unpack the stereotypes, assumptions, and emotions you have about yourself, from others, and life.

Celebrate... *history*

Defy the lie of Black inferiority by embracing the truth of Black culture and history.



YOU HAVE THE POWER TO MAKE THE MOVES THAT WILL IMPACT 365 DAYS OF YOUR LIFE!



Therapist Tip

Think of your mental health within the context of a Chinese finger trap, entangled in the racial complexities of society. When you vigorously pull and struggle against the trap, it tightens its grip, leaving you more confined. However, as you embrace a more mindful approach, recognizing the trap's presence, and mindfully navigating your way out, you release its hold, allowing for a healthier mental well-being amidst the intricate racial challenges of our world.

signs of depression in *Black Men*

- **Loss of Focus:** inability to effectively process information
- **Suicidal Thoughts:** 7-8 die daily from death by suicide
- **Sexual Dysfunction:** erectile and performance issues

signs of anxiety in *Black Women*

- **Physical Health:** high blood pressure, sexual cravings
- **Goal Avoidance:** self sabotaging, procrastination
- **Nervous Habits:** ticks in legs/face, eye blinking

signs of struggles in *Black Teens*

- **Academics:** ditching or decreased interest in activities
- **Physical Health:** poor hygiene, stomach/headaches
- **Self-hate:** fixation on failures, self-criticism/blame

Developing Healthy Coping Strategies

1. **Soothe and Inspire:** Try new hobby or join a club or team.
2. **Help Thoughts/Outlook:** Get Rest. Lack of sleep = brain fog.
3. **General Coping:** Draw/doodle/paint/craft/build something.
4. **Increase Motivation:** Write down 10 things you're grateful for.
5. **Impulse Control:** Break period before making choice or talking.
6. **Release Energy:** Movement (brisk walk, stairs, yoga, weight lift).
7. **Help Overthinking:** Affirmations help keep troubles in perspective.



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@awakened_consulting



www.AwakenedConsulting.com

728 21st Bakersfield, CA
Text or Call: 661.452.8900

RESOURCES at your finger tips...



BLACK GIRLS
Smile



Online Communities

Platforms designed address cultural nuances and unique challenges faced by the Black community.

BEAM
BLACK EMOTIONAL AND MENTAL HEALTH
THERAPY for
BLACK GIRLS

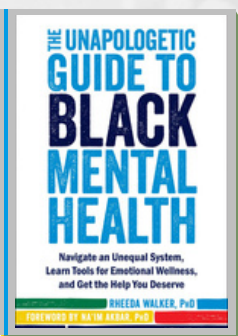


- **Therapy for Black Girls:** This platform offers a wealth of resources, including a directory to find therapists who specialize in working with Black women and girls, a podcast covering mental health topics, and an active social media community.
- **Black Mental Health Alliance (BMHA):** BMHA is dedicated to promoting the mental health and well-being of Black communities through education, advocacy, and support. They provide information, resources, and host events and workshops.
- **Black Girls Smile:** This platform focuses on mental health awareness and support for Black girls and women. They offer various programs, events, and resources aimed at destigmatizing mental health issues.
- **My Brother's Keeper (MBK):** MBK provides resources and support for young men of color. They aim to address disparities and promote mental health awareness and well-being.
- **Black Men Heal:** This organization connects Black men with culturally competent therapists and offers resources and support to address mental health challenges.
- **Black Emotional and Mental Health (BEAM):** BEAM provides training, resources, and advocacy to reduce mental health disparities in Black communities. They offer workshops, webinars, and resources for individuals and organizations.

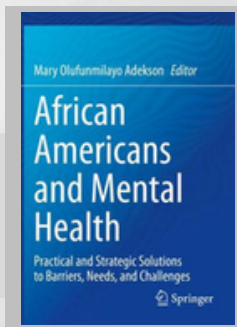
Reading Materials

These books can help deepen your understanding to support mental well-being or that of others in racially diverse communities from personal narratives to academic discussions.

This book delves into the unique mental health challenges faced by Black individuals and offers strategies for healing and self-care. By Rheedra Walker



This book discusses the unique challenges, barriers, needs, and trauma of being an African American in the United States, and at the same time highlights what needs to be done to improve and foster the mental health healing of this population. By Mary Olufunmilayo Adekson



- "The Racial Healing Handbook" by Anneliese A. Singh
- "The Body Is Not an Apology" by Sonya Renee Taylor
- "Mental Fitness: Maximizing Mood, Motivation, & Mental Wellness by Optimizing the Brain-Body-Biome" by Dr. Shawn Talbott

Mental Health Apps

Mental health apps can be incredibly helpful in various ways, offering support, resources, and tools to manage and improve mental well-being.



The Safe Place (Black community providing education about mental health)



Liberate (Focused on racial and cultural experiences)



Neurocycle (teach you to overcome anxiety, stress, and toxic thinking)



Apple Mental Health Update (log momentary emotions, daily moods, and easily access assessments and resources)

"I do my best because I'm counting on you counting on me!"

**BLACK MENTAL WELLNESS
PRESENTS**

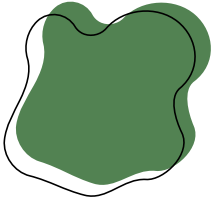


HEALING IS A JOURNEY:

Self-care Toolbox



RESOURCES



Resources on the Black Mental Wellness Website

Podcasts

- Safe Space with Shay
- MENTAL Matters Podcast
- The Balanced Working Mama Podcast
- Between Sessions Podcast
- Naming It Podcast
- The Black Boys & Men: Changing the Narrative Podcast

Apps

- Headspace
- Mindshift CBT
- PTSD Coach
- Virtual Hope Box

Videos

- Black Mental Wellness Virtual Conference: From Surviving to Thriving
- Black Mental Wellness Virtual Conference: Keep Ya Head Up: Suicide in the Black Community
- Fellas, Are We Okay?
- Mindfulness Meditation For Kids
- The Time is Now! Real Talk about Men's Health and Wellness
- You are Not Alone: Redefining Resilience

Mental Health Disorders Factsheets

Mental Health Informational Topics

For a more information please visit the [Black Mental Wellness website](#).



THANK YOU

Thank you for supporting our 2023 conference.
We look forward to seeing you next year on **November 2, 2024** for our 5th Annual Conference!

Nicole L. Cammack, Ph.D.
President and CEO

Danielle R. Busby, Ph.D.
Vice President of Professional Relations and Liaison

Dana L. Cunningham, Ph.D.
Vice President of Community Outreach

Jessica S. Henry, Ph.D.
Vice President of Program Development and Evaluation



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