



Black Mental
Wellness

7th Annual Black Mental Wellness Conference

Healing Across Generations

Call for Speakers



Due : April 13, 2026



Black Mental
Wellness



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

Mission

- To provide information and resources about mental health and behavioral health topics from a Black perspective
- To highlight and increase the diversity of mental health professionals
- To increase training opportunities for students (undergraduate and graduate students) with interests in mental health/behavioral health
- To decrease the mental health stigma in the Black community

www.BlackMentalWellness.com



Black Mental Wellness Founders



**Nicole L.
Cammack, PhD**

President and
CEO



**Danielle R.
Busby, PhD**

Vice President,
Professional
Relations and Liaison



**Dana L.
Cunningham, PhD**

Vice President,
Community Outreach &
Engagement



**Jessica S.
Henry, PhD**

Vice President,
Program Development
& Evaluation

BLACK MENTAL WELLNESS CONFERENCE

"It was professionally curated for diverse learning" -Conference Attendee

The COVID pandemic highlighted the pre-existing disparities related to mental health access, treatment, and outcomes.

To address this we launched the Black Mental Wellness[®] Conference in 2020. 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.



Conference Overview

Healing Across Generations

The conference will highlight the strengths and distinct intergenerational perspectives that shape Black mental health, with the goal of broadening our understanding of wellness and healing in the Black community.

- 10 conference sessions
- Panels, roundtables, healing sessions, and a poster session to diversify how information is presented to audience
- Vendors
- Networking
- Continental breakfast and lunch



Speaker Application

Thank you for your interest in applying to be a speaker for the 7th Annual Black Mental Wellness ®
Conference, *Healing Across Generations*.

You can find an overview of the [application](#) submission process below.



Contact Info

- Contact Info
- Biography statement
- CV/Resume
- Headshot (used for promotional materials)
- Social media handle



Session Track

Select one of the identified presentation topics that you are interested in applying to present for the conference.



Abstract

In 200 words or less please provide a brief summary of the proposed session or expertise you would like to share for a panel discussion.



Objectives

- Identify 3 learning objectives for session
- List 3 journal articles and/or references that support your presentation, if applicable.

Session Tracks: Panel Discussions

Panel Discussions will include a group of experts (professionals and people with lived experiences) invited to share insights on an identified topic.

Here's what to expect:

- The panel will be led by a moderator and designed to engage the audience in a dynamic and informative discussion.
- The panel will include a brief introduction by the moderator, followed by a guided discussion among panelists.
- You may be asked to review questions or key discussion points ahead of time.
- Will include a 15-minute Q&A with the audience.

Session Tracks: Roundtable Discussions

Roundtable Discussions allow discussions about a related topic with speakers who hold different experiences and perspectives.

Here's what to expect:

- Sessions under this track will include 2 presenters, who will each lead a 30-minute presentation
- Black Mental Wellness will provide a template for presentations.
- A discussant will moderate the panel and provide reflections on the presentations.
- Will include a 15-minute Q&A with the audience.

Session Tracks: Healing Sessions

Healing Sessions will provide a focused session designed to offer attendees deeper insight, practical tools, and meaningful engagement. Healing sessions are smaller than keynote presentations, allowing for a more interactive and personal experience.

Here's what to expect:

- Breakout sessions are smaller than keynote presentations, allowing for a more interactive and personal experience.
- Smaller learning space
- Will include a 15-minute Q&A with the audience or debrief following the session

Conference Session: 9:00am-10:15am

Opening Session. Generational Healing: This opening panel will set the stage for the Black Mental Wellness Conference: Healing Across Generations by exploring how mental health, coping strategies, cultural strengths, and community experiences have evolved across generations within the Black community. This panel will also introduce the themes that will be explored throughout the conference—including men’s mental health, women’s wellness, intergenerational trauma, children and youth development, and the intersection between faith, emotional expression, and spirituality across generations. Panelists representing diverse age groups and professional backgrounds will reflect on the historical, cultural, and social contexts that have shaped mental health experiences for youth, adults, and elders. Through dialogue and storytelling, the discussion will highlight the ways generational wisdom, resilience, and evolving conversations around mental health can foster deeper understanding and collective healing.

Conference Sessions: 10:30am-11:45am

Sister to Sister. Black Women and Mental Health Panel Discussion: Black women often carry the weight of multiple identities and roles, from caregivers to community leaders, and each generation has faced distinct mental health challenges due to systemic oppression, racial trauma, and gendered expectations. This session will center the intergenerational experiences of Black women and provide a safe space for sharing, healing, and empowerment. Attendees will engage in conversation on the importance of self-care, community support, and mental health advocacy across generations, with an emphasis on creating sustainable practices for mental wellness.

Healing Session: This session will provide a transformative space for participants to engage in a healing practice during the conference. Through reflection, storytelling, sound bowl healing, yoga and gentle movement, dance, and collective healing, attendees will acknowledge the strength of generations our ancestors who cultivated community and laid the foundation for our resilience today.

Conference Sessions: 10:30am-11:45am

Poster Session: will allow presenters to visually share and present research practices related to the conference theme, *Healing Across Generations*.

Conference Sessions: 12:35pm-2:05pm

Brother to Brother. Black Men and Mental Health Panel Discussion: In this session, we will explore the unique generational challenges that Black men face, including the pressures of masculinity, societal expectations, and systemic barriers. This discussion will focus on varying intergenerational strategies for healing, strengthening mental resilience, and creating supportive spaces for Black men. Attendees will have the opportunity to engage in a candid, open conversation about breaking down mental health stigmas and fostering brotherhood in healing.

Intergenerational Trauma: This session examines the roots of intergenerational trauma and its enduring impact within Black communities. Participants will explore how trauma is transmitted across generations and how it shapes physical and emotional health, parenting practices, and identity formation. The session will also highlight culturally grounded strategies for cultivating healing across generations.

Conference Sessions: 2:20pm-3:50pm

Faith, Emotional Expression, and Healing: This session will examine intersections of faith, emotional expression, and healing within Black communities, with attention to how these experiences are shaped across generations. Participants will examine how faith and spirituality can serve as sources of strength and directly influence beliefs about emotional expression and methods of coping. This session will also highlight unique generational differences in how emotions are understood and expressed, and offer culturally grounded strategies that foster dialogue, connection, and healing across generations.

Healing Session: This session will provide a transformative space for participants to engage in a healing practice during the conference. Through reflection, storytelling, sound bowl healing, yoga and gentle movement, dance, and collective healing, attendees will acknowledge the strength of generations our ancestors who cultivated community and laid the foundation for our resilience today.

Conference Sessions: 2:20pm-3:50pm

Understanding and Supporting Black Youth: Mental health among youth is often shaped by family systems, cultural values, and intergenerational experiences. In this roundtable discussion, presenters will explore how family communication patterns, beliefs about mental health, and experiences with racism influence emotional development and well-being among Black youth. While conversations about youth mental health often center on challenges, this session intentionally shifts the lens to also highlight resilience, strength, and the capacity to thrive, and strategies that can support youth in navigating current stressors. Attendees will be introduced to strength-based, culturally grounded approaches that support youth mental health and promote overall wellness.

Conference Sessions: 4:00pm-5:00pm

Closing Session. Lived Experiences Panel Discussion: The conference will close with a powerful panel featuring individuals who have lived experience with mental health challenges and triumphs. These speakers will share their personal journeys of healing, resilience, and reclaiming their power. The panel will serve as a reminder of the intergenerational strength within our community and will inspire all attendees to continue their own journeys of mental wellness and healing.

Speaker Checklist

1

Application Due Date

Application is due by April 13, 2026

2

Conference Registration

Speakers must pay conference registration fee for participation, at a discounted rate (\$110) by **August 31, 2026**

3

Application Decisions

Applicants will be notified of decisions by **June 30, 2026**

4

Speaker Benefits

- Conference networking mixer, **Thursday, November 5, 2026**
- Discounted group rates for the host hotel
- Black Mental Wellness, Corp., will promote speaker's current initiatives (e.g., research, clinical practice, organization, etc.) through our platforms and conference materials.





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Contact Us



Email: Dr. Nicole Cammack
DrCammack@BlackMentalWellness.com

For More Information

[Speaker Application](#)

[Conference Website](#)