



Black Mental
Wellness

6th Annual Black Mental Wellness Conference

*Reclaiming our Power and
Protecting our Peace*

Call for Speakers



Due : April 30, 2025



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.
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Engagement



**Jessica S.
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Vice President,
Program Development
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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

[Reclaiming our Power and Protecting our Peace](#)

This conference will center healing within the Black community by honoring our past, recognizing where we are in the present, and envisioning a future of mental health that prioritizes our wellness and protects our peace.

- 8 conference sessions
- Panels, roundtables, and breakout sessions to diversify how information is presented to audience
- 15-minute Q&A included at the end of each session
- Holistic interlude breaks
- Vendors
- Networking
- Continental breakfast and lunch included

VOL. 1, NO. 6

SAVE THE DATE

OCTOBER 24, 2025



BLACK MENTAL WELLNESS

CONFERENCE

RECLAIMING OUR POWER AND PROTECTING OUR PEACE



Honoring our ancestors, the past, our present moment, and healing forward.

This is more than a conference—it's a call to action. A space where history, culture, and healing intersect. A celebration of Black excellence, mental wellness, and community strength. We carry the wisdom of those before us, stand firm in today's fight for peace, and move boldly toward a future of radical healing and liberation.

Mark your calendar. This is the moment.

LEARN MORE AT WWW.BLACKMENTALWELLNESS.COM

Speaker Application

Thank you for your interest in applying to be a speaker for the 6th Annual Black Mental Wellness[®] Conference, *Reclaiming our Power and Protecting our Peace*. 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. If you need help, let us know.

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: Breakout Sessions

Breakout Sessions provide a focused session designed to offer attendees deeper insight, practical tools, and meaningful engagement.

Here's what to expect:

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

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

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

Breakout Session 1: Healing Circle: This session will provide a transformative space for participants to engage in a healing circle. Through reflection, storytelling, and collective healing, attendees will acknowledge the strength of our ancestors who cultivated community, found joy even in times of struggle, and laid the foundation for our resilience today. As we navigate the current political and social climate, this healing circle will explore: How are we impacted? How do we care for ourselves and our communities? And most importantly, how do we continue to thrive? This is a space for healing, for visioning, and for reclaiming joy—together.

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

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 face distinct mental health challenges due to systemic oppression, racial trauma, and gendered expectations. This session will center the 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, with an emphasis on creating sustainable practices for mental wellness.

Roundtable 1: LGBTQ+: This roundtable discussion will focus on the mental health experiences of Black LGBTQ+ individuals, addressing the unique challenges of intersectionality, discrimination, and the impact of societal pressures on mental wellness. Participants will explore how cultural attitudes, systemic marginalization, and the need for inclusive mental health care shape the lived experiences of Black LGBTQ+ individuals. The session will highlight community-driven approaches to healing and advocacy for LGBTQ+ mental health support.

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

Roundtable 2: Self-Care for Helping Professionals: Helping professionals, especially those working with marginalized communities, often experience burnout and secondary trauma. This roundtable will focus on the unique challenges faced by behavioral health professionals and caregivers in the Black community. Strategies for sustainable self-care, creating boundaries, and fostering resilience will be discussed, with an emphasis on the importance of community support and peer connections in preventing burnout.

Breakout Session 2: Social Media and Media Impact on Mental Health: Social media plays a central role in shaping how we view ourselves and our communities. This breakout session will explore the profound impact of social media and traditional media on mental health, and the ways in which media can both support and challenge our ability to care for ourselves. Experts will discuss the positives and pitfalls of media, focusing on the effects of representation, comparison, and digital activism. Attendees will gain insights on how to cultivate a healthy relationship with media, how to navigate media mindfully, set healthy boundaries, and foster a digital environment that prioritizes mental wellness.

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

Closing. 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 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 30, 2025

2

Conference Registration

Speakers must pay conference registration fee for participation, at a discounted rate (\$110) by July 31, 2025

3

Application Decisions

Applicants will be notified of decisions by June 15, 2025

4

Speaker Benefits

- Conference networking mixer, October 23, 2025
- 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
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For More Information

[Speaker Application](#)

[Conference Website](#)