

GOOD HEALTH & GREAT HAIR



**MIND HEALTH:
SHOP TALKS™**

**Community Conversations
in Trusted Spaces**

September 2018-June 2019

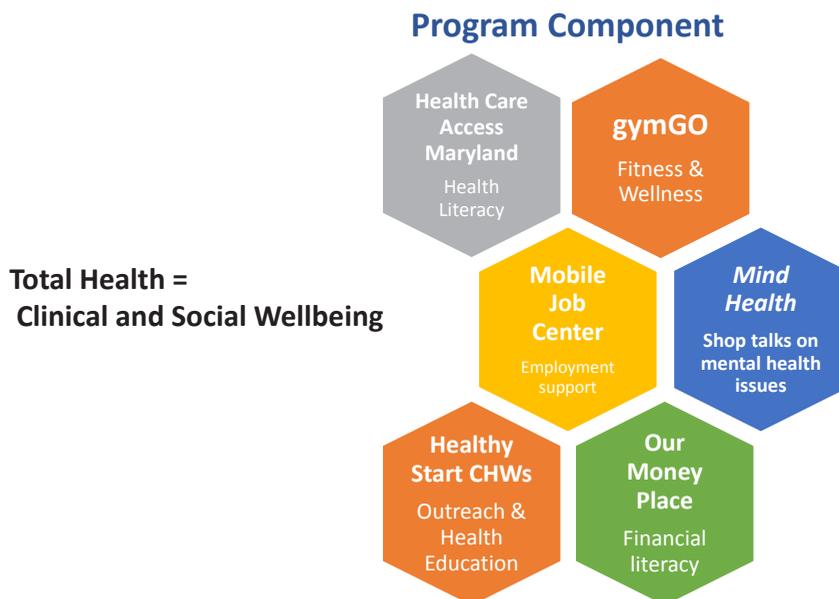
ABOUT THE PROJECT

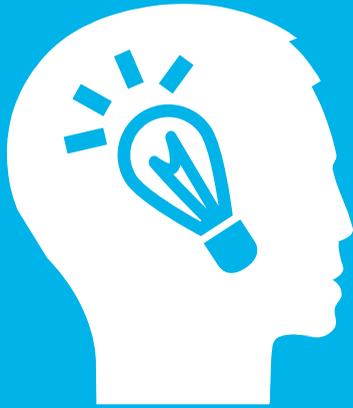
Good Health and Great Hair - Barbershop/Salon Outreach Initiative



In 2016, the Mid-Atlantic Permanente Medical Group and Kaiser Permanente’s Community Health Division launched a pilot outreach initiative aimed at increasing access to and awareness of the importance of immunizations and screening for influenza, high blood pressure, diabetes, and other chronic diseases among African Americans in Baltimore, Maryland. Utilizing Kaiser Permanente’s mobile health van, nurses, Permanente physicians, a compliment of social services and mental health partners, and teams of community health workers, the Good Health and Great Hair Initiative has reached nearly 3,500, individuals with no cost critical preventive clinical services and referrals as well as financial literacy, employment support, fitness and nutrition, health insurance information and enrollment, mental health community conversations, all in conjunction with a network of participating barbershops and salons in West Baltimore.

In 2018, the initiative launched an Ambassador Program to create a supplemental network of barbers and stylists trained to disseminate important health information to their clientele and make referrals to the program. Additionally, outreach services were extended to The Avenue Market and Westside Shopping Center. Now entering its fourth phase of operation, Good Health & Great Hair will begin outreaching to Spanish-speaking populations in selected venues including targeted salons, barbershops, churches, and marketplaces. Participating partners have received disease specific trainings on signs and symptoms of hypertension, diabetes, and have received certification in the nationally recognized Mental Health First Aid curriculum, as well as in understanding and deploying naloxone in overdose crises.





ABOUT MIND HEALTH: SHOP TALKS™

Kaiser Permanente of the Mid-Atlantic States partners with BMHA to offer a monthly series called Mind Health: Shop Talks. This is part of Kaiser Permanente’s commitment to addressing core drivers of mental health in Baltimore and across the region. Mind Health: Shop Talks are highly interactive conversations facilitated by licensed therapists, authors, and persons with relevant lived experience, sharing tools and tips to address the struggles associated with the featured topic for the month strengthen skills, build community and renew minds through interactive conversations provided by global experts for everyone who wishes to attend. To learn about any upcoming sessions.



My Soror And My Aunt Telling Truths And Dispelling Myths!! –**Gina A. Roberts**

Thanks for this platform,
– **Charlene Harrod-Owuamana**

Thanks, BMHA for this conversation.
– **Karen B. Brooks**

Awesome speech Mr. Aaron McCracken.
– **Tanika MsScorpion Merae Washington**

Thank you for sharing Annette!
– **Karen B. Brooks**

Good stuff!!
– **Venessa Anderson-Abram**

All topics were covered because grief and trauma cover all aspects of life. The discussion from everyone was gap filling and all-inclusive.

Yes, Resmaa Menakem’s Book: My Grandmother’s Hands unfolds the generational trauma and how the trauma lives in our bodies. –**Gugu Nkosi**

OUTCOMES

FY 2019 SERIES HAD 558 REGISTRANTS FOR 10 SESSIONS

27%

of attendees licensed clinicians

90%

of attendees found the materials and topics to be either very useful, somewhat useful or useful

27%

of attendees live or work in West Baltimore zip codes 21201, 21207, 21216 and 21217

25

Average attendance of 25 per session



5407 FACEBOOK VIEWS

806 FACEBOOK COMMENTS

FY 2019 SESSION PRESENTERS



Presenter: **Venessa Abram**
Session: **Suicide Prevention and Intervention**

Multi-Award Winning Author, Public Speaker, Radio and Television Personality, Junior Board Member for American Foundation for Suicide Prevention, United Survivors Advisory Board Member, Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) Region 3 Advisory Board Member, National Alliance on Mental Illness Certified Instructor, NAACP Member, Baltimore Mental Health Alliance Member, and a member of Duluth Business Association and National Council of Negro Women.



Presenter: **Y. Mimi Ryans, LCSW-C, RPT-S, CCTP**
Session: **Recognizing Mental Health Problems in Children**

Owner of Lighthouse Center for Therapy & Play, LLC, located in Columbia, Maryland. Licensed Certified Social Worker-Clinical (LCSW-C), Registered Play Therapist (RPT) and an experienced therapist and Family Navigator with over eight years in the mental health field.



Presenter: **The Shepherd Training and Empowerment Institute**
Session: **Self-Care: Preventing Burnout, Empowering Self**

The Shepherd Training and Empowerment Institute was founded in 2018 by Dr. Josephus Shepherd, CPA and his two sons, Jonathan Shepherd, M.D. and Jason Shepherd and offer expert training in leadership and personal development.



Presenter: **April Moreno, LCSW-C**
Session: **How to Beat the Holiday Blues**

Psychotherapist and owner of Moreno Counseling and Consulting, LLC, provides counseling services, mental health workshops and consulting. Approved by the Maryland Board of Social Work Examiners as a certified clinical supervisor providing clinical supervision for social workers and mentoring for mental health professionals. Holds advanced certification in trauma and has experience treating clients diagnosed with Post Traumatic Stress Disorder (PTSD).



Presenter: **Chef Terrance Murphy and Alanna Taylor**
Session: **Eating for Optimal Mental Health**

Mealennial Living, collaborates with practitioners from all dimensions of wellness. Workshop participants enjoy yoga, Pilates, meditation, aromatherapy, massage, and other wellness activities ensuring that every workshop facilitator offers an interactive experience with resource information that participants can use immediately.



Presenter: **Donica Harper, MA**
Session: **What's Love Got to Do with It?**

Specialties are diverse (individuals, couples, & families starting at 5+). Passion is working with children/adolescents, couples, active military, veterans, 1st responders, and minority families. Some of the diagnosis I work with are grief, PTSD, Anxiety, Depression, Relationship/Family Concerns, ADHD, and Intimate Partner Violence (just to name a few).



Presenter: **Crystal Day-Black, EdD, MSN, BS, RN, CNE, CDE, PMHCNS-BC**
Session: **Mental Health as We Age**

Nationally recognized certified nurse educator. The primary job of a certified nurse educator is to educate other nurses, nursing faculty and/or nursing students in a selected area of specialization. Team leader of several team-taught nursing courses. As a nurse educator, typical tasks in this position include developing a curriculum for nursing education programs, teaching through didactic lectures and clinical experience, and collaborating with other healthcare professionals to refine the teaching curriculum.



Presenter: **Jennifer Ransaw Smith**
Session: **Level Up to Your Maximal Human Potential**

Jennifer Ransaw Smith is a nationally recognized Personal Elevation™ Architect, Leadership Development Mentor, and Personal Brand Strategist. She specializes in igniting the visibility, credibility, and profitability of professionals. It does not take much to get back on track, it's just one step in front of another.



Presenter: **Annette March-Grier**
Session: **From Loss to Good Grief**

Annette R. March-Grier is President and Co-Founder of Roberta's House, a globally recognized nonprofit grief support center based in Baltimore, MD. Roberta's House provides grief education, peer support groups, and grief camps to children, adults, and families in underserved communities in Maryland. March-Grier was featured amongst a prestigious list of 2014 Top 10 CNN Heroes.



Presenter: **Mrs. Quinn Gee-Edwards, LPC**
Session: **The Trauma of Racism**

Quinn Gee is from Clarksdale, MS, a current resident of Washington D.C, and began practicing psychotherapy in 2014. Quinn is an alumna of the University of Mississippi, holds a BA in Psychology, an MS in Professional Counseling, and is currently a PhD candidate with a focus on advanced human behavior. Quinn identifies as cisgender, queer, and uses the pronouns she/her. Quinn is also the founder of Hey! Black Girl, a division of Magnolia Mental Health that focuses on the emotional, physical, and spiritual health of Black women.

DATE

September 18, 2019

SHOP LOCATION

Vanity the Salon

1052 W Baltimore Street
Baltimore, MD 21223

TOPIC

Suicide Prevention and Intervention

SPEAKER

Venessa Abram, a National Alliance on Mental Illness (NAMI) Speaker & Facilitator, and an American Foundation for Suicide Prevention (AFSP) Junior Board Member.

OVERVIEW

In 2016, the highest suicide rate (19.72) was among adults between 45 and 54 years of age. Because suicide is closely linked to mental health and substance use disorders, behavioral health care providers play a key role in treating suicide risk and related behavioral health problems. Removing the stigma around mental health topics in the minority community is imperative to acknowledging psychological problems and seeking mental health services.

This Mind Health: Shop Talk™ addressed the importance of mental health and stopping the stigma of suicide.

TAKEAWAYS

- **Get Support-** Talk about what is hurting you to a safe friend, counselor or support group.
- **Do a Family Tree-** Are there familiar or recurring issues surrounding mental illness or trauma? This will help you know the root causes of issues to move beyond addressing just the symptoms.
- **Purpose-** Know your purpose. Know that you are not going to feel bad forever and there is a lesson in your pain.
- **Positive Affirmations-** Everyday, say positive affirmations about yourself and situation. Words are powerful and your own words are very powerful in changing your mood and outlook.



DATE

October 18, 2019

SHOP LOCATION

New Beginnings Barbershop
1047 Hollins St, Baltimore, MD 21223

TOPIC

Recognizing Mental Health Problems in Children

SPEAKER

Y. Mimi Ryans, LCSW-C, RPT-S, CCTP. Owner of Lighthouse Center for Therapy & Play, LLC located in Columbia, MD.

OVERVIEW

Among all the dilemmas facing a parent of a child with emotional or behavioral problems, the first question is – whether the child’s behavior is sufficiently different to require a comprehensive evaluation by professionals – may be the most troublesome of all. Even when a child exhibits negative behaviors, members

of a family may not all agree on whether the behaviors are serious.

This Mind Health: Shop Talk shared information on where to start if your child is facing emotional difficulties and tools to help.

TAKEAWAYS

- **Signs that a child may need help:** increased frustration and negative behavior patterns.
- If a child has anxiety the best assistance a parent can give is a posted schedule. Examples include posted breakfast and dinner menus and a daily routine. Even for teens, this is a huge help.
- Every child is different and parents, family members and teachers have to care and nurture them where they are.

FACTS

Health professionals once thought that brain disorders such as bipolar disorder, anxiety disorders, or even depression occurred after childhood but now, it is widely held that these brain disorders can begin in early childhood. According to the National Institute of Mental Health (NIMH), emotional and behavioral disorders affect 10-15 percent of children globally. One particular childhood-onset mental disorder that is widely studied, treated, and diagnosed is ADHD, attention-deficit/hyperactivity disorder, and the NIMH cites that 3-5 percent of children globally suffer from this disorder.



“I had such a GREAT time at the Barbershop talk yesterday. It was so much fun meeting the attendees and interacting with the staff of BMHA. The highlight of the Shop Talk was when a 50-year-old grandmother that brought her 12-year-old granddaughter spoke openly about her family trauma and her experience of learning about mental health very late in life.”

-Y. Mimi Ryans, LICSW, LCSW-C, RPT

DATE

November 20, 2018

SHOP LOCATION

Fayette Street Outreach Center
29 N Smallwood St, Baltimore, MD 21223

TOPIC

Self-Care: Preventing Burnout, Empowering Self

SPEAKER

The Shepherd Training and Empowerment Institute

Josephus Shepherd, CPA

Jonathan Shepherd, M.D.

Jason Shepherd

BLURB

“Self Care: Preventing Burnout, Empowering Self”: was an empowerment session to renew your mind, finances, and spirit.

Self Care is getting a lot of attention these days. What is Self Care and what happens when we do not take care of ourselves? “Self Care, in essence, is the mind taking time to pay attention to you, not in a narcissistic way, but in a way that ensures that you are being cared for by you,” states Maria Baratta Ph.D., L.C.S.W. When we do not take care of ourselves disaster to the mind, body, and finances is sure to come.

This Shop Talk reviewed the signs of Burnout and provide tips on how to overcome through Self Care.

TAKEAWAYS

- **Begin** with pursuing our purpose with passion and commitment.
- **Challenges** beyond our control can deplete our energy or block our spiritual vision as we pursue our purpose. Examples include: physical health conditions, losing our job, or the death of a loved one.
- **Perform** a job analysis.
- **Learn** to manage stress at work.
- **Determine** if you have enough resources for your job.
- **Take** control.
- **Manage** your boundaries.
- **Exercise** regularly.
- **Know** where your important documents are located.
- **Update** your beneficiaries as your life changes.
- **Even if** someone else prepares your taxes, you are responsible for what is submitted. Be truthful about what is submitted.
- **Don't claim** other people's children on your tax return.
- **Talk** to professional people that tell you the truth about your finances.
- **Allow** the person who handles finances the best to have that responsibility in your home.
- **Before** making a major purchase, make sure you can handle it without a problem.
- **Write** down your vision.
- **Hold** onto your vision and affirm it.
- **Share** your vision with others.

DATE

December 18, 2018

SHOP LOCATION

Short Cutz

330 N Paca St #1 Baltimore, MD, 21201

TOPIC

How To Beat The Holiday Blues

SPEAKER

April Moreno, LCSW-C, Psychotherapist and owner of Moreno Counseling and Consulting, LLC.

OVERVIEW

This Shop Talk was a discussion offering steps to get through struggles that come along with the holidays. Regardless of one's religious affiliation, the holiday season often inspires feelings of warmth, joy, and belonging. For some people, this time of year can evoke feelings of loneliness, stress and anxiety called Holiday Blues.

TAKEAWAYS

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season (National Alliance of Mental Illness, 2015).

Some causes of the Holiday Blues:

- Having unrealistic expectations of self and others
- Over commercialization
- Extra stress (relatives, shopping, traveling, hosting, over committing)
- Financial Stress
- The inability to be with one's family and friends
- The loss of a loved one particularly with whom you shared the holidays.
- Memories of past holidays and traditions that are no longer continued
- Dealing with changes in the family structure and obligations

- Ignoring feelings of sadness, loneliness or depression to maintain "holiday cheer"
- Conflict among family members
- Change in the environment, less sunlight, (Seasonal Affective Disorder)
- Increase in alcohol consumption

Strategies to better manage or prevent the Holiday Blues:

- **Establish** realistic goals and expectations
- **Make** a to do list and keep things simple
- **Acknowledge** your feelings (determine if possible, what is bothering you and if there is anything that you can do about it).
- **Do not** isolate
- **Eliminate** or decrease the amount of time you spend on social media over the holidays
- **Set and stick** to your budget
- **Learn** to say NO
- **Honor** and remember deceased loved ones
- **Create** new traditions
- **Set** differences aside with family members
- **Volunteer**- give back and be of service to others
- **Try** to celebrate the holidays in a different way (take a trip if possible)
- **Know** when you need to take a break (mindfulness)
- **Listen** to music and find other ways to relax daily
- **Practice** gratitude
- **Keep** things in perspective (remember the reason for the season)
- **Increase** support systems (support group, church, therapy)
- **Know** when to seek professional help



DATE

January 15, 2019

SHOP LOCATION

New Beginnings Barbershop
1047 Hollins Street , Baltimore, MD, MD 21223

TOPIC

Eating For Optimal Mental Health

SPEAKER

Chef Terrance Murphy and Alanna Taylor, Owners of Mealennial Living

OVERVIEW

This Shop Talk was a discussion on Eating For Optimal Mental Health.

This Shop Talk featured the owners of Mealennial Living (Chef Terrance Murphy and Alanna Taylor). This session provided a discussion on eating for optimal mental health. The discussion centered on how food impacts one's mood, behavior, and mental health. During the session, participants learned what to eat and drink for optimal mental health. Various food samples were introduced throughout the session, and the opportunity to obtain answers related to topics about strange food cravings, why we seek comfort food, and the link between digestive health and mental health were explored.

TAKEAWAYS

For those who individuals that would like to transition from medication and begin to explore food and nutrients, which could be considered for optimal mental health and healing, the presenters recommended the following:

BE MINDFUL OF WHAT YOU ARE EATING

- **Conduct** a self assessment of what's on your plate to make certain that each meal includes the proper portions of vegetables, fruits, grains and proteins.
- **Stay** hydrated with water to balance and lower high blood sugar in the body. Water flushes out toxins from your kidneys and liver and promotes brain clarity. (Disclaimer: While water can reduce the amount of glucose in the blood, do not consider it a replacement for your medication and insulin to manage your diabetes.)
- **Make** certain that your schedule to eat during the day is based on your body's needs, level of physical activity, and age.
- **Keep** a food journal to evaluate patterns and the relationship between your food intake and your mental state. Based on your entries, you will gain clarity on when and what to eat to maintain a healthy balance of blood sugar (glucose) in your bloodstream.
- **Fasting** is a potentially powerful method for lowering insulin, decreasing body weight, ridding the body of toxins and, possibly, improving mental clarity and concentration.
- **Discuss** any changes in medication and relevant lifestyle changes with your doctor.

DATE

February 19, 2019

SHOP LOCATION

Short Cutz

330 N. Paca Street, Baltimore, MD 21201

TOPIC

What's Love Got To Do With It?

SPEAKER

Donica Harper, MA
Licensed Clinical Professional Counselor at Institute
for HEALing, LLC

OVERVIEW

A For Real Discussion About Domestic Violence.

February's Shop Talk was an introduction to Domestic Violence. The facilitator discussed love in healthy and toxic relationships, reviewed the dynamics of domestic abuse, discussed perceptions about the issue by the media, shared personal experiences and provided timely, valuable and critical resources. In addition to reviewing basic definitions, this Shop Talk also explored the deeper underpinnings of intimate partner violence and our role as a community to address this epidemic.

TAKEAWAYS

- **Know the signs.** Domestic violence can happen to anyone— young, old, rich, poor, educated, not educated. Sometimes violence begins early on in a relationship and other times it takes months or even years to appear.
- **Lend an ear.** If someone ever confides in you they are experiencing domestic violence, listen without judgment. Believe what they are telling you and ask how you can help
- **Be available.** If someone you know is thinking about leaving or is in fear the violence will escalate, be ready to help.
- **Know the number to a nearby shelter.** You never

know who might need refuge in a hurry.

- **Check in regularly.** If a loved one or friend is in danger, reach out regularly to ensure his or her safety.
- **Write it down.** Document every incident you witness and include the date, time, location, injuries and circumstances. This information could be very useful in later police reports and court cases, both criminal and civil.
- **Put your money where your mouth is.** Use your power as a consumer and refuse to support the culture perpetuated in music, movies, television, games and the media that glorifies violence, particularly against women.

DOMESTIC VIOLENCE STATISTICS

- 1 in 4 women and 1 in 7 men will experience severe physical violence by an intimate partner in their lifetime. (CDC, 2017)
- 1 in 10 women in the United States will be raped by an intimate partner in her lifetime. (CDC, 2010).
- Approximately 16.9% of women and 8.0% of men will experience sexual violence other than rape by an intimate partner at some point in their lifetime. (CDC, 2010)
- An estimated 9.7% of women and 2.3% of men have been stalked by an intimate partner during their lifetime. (CDC, 2017)
- Nearly half of all women and men in the United States will experience psychological aggression by an intimate partner in their lifetime. (CDC, 2017)
- Over half of female and male victims of rape, physical violence, and/or stalking by an intimate partner experienced some form of intimate partner violence for the first time before 25 years of age. (CDC, 2010)

DATE

March 19, 2019

SHOP LOCATION

Vanity the Salon

1052 West Baltimore Street,
Baltimore, MD 21223

TOPIC

Mental Health As We Age

SPEAKER

Crystal Day-Black, EdD, MSN, BS, RN, CNE, CDE,
PMHCNS-BC, Associate Professor
Director, Center for Faculty Development
Nurse Psychotherapist- Board Certified
Coppin State University

OVERVIEW

One in four older adults experiences some mental disorder such as depression, anxiety, and dementia. This Mind Health: Shop Talk explored how to recognize the signs of mental disorder as we age and when to seek help. The presenter also explained that people already living with mental illness will have an exacerbation of symptoms with age at times, decreasing income despite the fact that they will have the same amount of financial needs and wants, co-existing health illnesses and increased social isolation.

TAKEAWAYS

- **Maintain** contact with family and friends.

- **Continue** activities with family/friends that have brought pleasure, but adjust for limitations.
- **Deal** with health issues by adapting and accepting.
- **Find** comfort in memories of the past and engage in activities in the present.

STATISTICS

There were an estimated 46.8 million people worldwide living with dementia in 2015 and this number is believed to be close to 50 million people in 2017. This number will almost double every 20 years, reaching 75 million in 2030 and 131.5 million in 2050. Much of the increase will be in developing countries. Already 58% of people with dementia live in low and middle income countries, but by 2050 this will rise to 68%. The fastest growth in the elderly population is taking place in China, India, and their south Asian and western Pacific neighbors.

Resource book "Mental Health in Later Life, A Guidebook for Older Marylanders and the People Who Care for Them," available from the Mental Health Association of Maryland.



DATE

April 16, 2019

SHOP LOCATION

New Beginnings Unisex Barbershop
1047 Hollins Street, Baltimore, MD 21223

TOPIC

Level Up to Your Maximal Human Potential

SPEAKER

Jennifer Ransaw Smith, Founder of The Personal Elevation Lab.

OVERVIEW

Level-Up Your Maximum Human Potential was an in-depth discussion on how to move forward when there are internal or external obstacles holding you back.

TAKEAWAYS

- **Take** time to meditate, reflect and work on your dreams
- **Raise** your personal standards
- **Establish** non-negotiable personal time
- **Treat** yourself better.

RECOMMENDED BOOKS AND RESOURCES

- *Feel the Fear and Do it Anyway* by Dr. Susan Jeffers
- *The Miracle Morning* by Hal Elrod





DATE

May 21, 2019

SHOP LOCATION

Short Cutz Beauty Salon
330 N Paca Street, Baltimore, MD 21201

TOPIC

From Loss to Good Grief

SPEAKER

Annette March-Grier, the Founder and President of Roberta's House

OVERVIEW

We experience many losses throughout life - unemployment, health issues, broken relationships, and death of family and friends. Some losses are so painful that we develop unhealthy habits to cope. Annette March-Grier explained how to grow from grief after changes/losses.

TAKEAWAYS

- **Love** is eternal. After a loss, you never "get over it". You take the person with you in

sayings, stories and they are a part of you.

- **Listen** without judgment. Allow people to process without stating a solution or judgment, even if they are at fault.
- **TALK** about it. That is the best way to process grief.
- **Allow** yourself to be vulnerable with safe people.
- **Journal** - writing out your feelings and thoughts will help process grief and loss.
- **Exercise** - 30 Minutes at least 3 times per week.
- **BREATHE** - Deep breaths will help you think clearly and feel relaxed.

"The only way to heal from the grief you experience is to go through,"

Annette R. March-Grier





DATE

June 18, 2019

SHOP LOCATION

Vanity Salon

1052 W. Baltimore Street, Baltimore, MD 21223

TOPIC

The Trauma of Racism

SPEAKER

Mrs. Quinn Gee-Edwards, LPC, Owner of Magnolia Mental Health

OVERVIEW

Several studies have shown a link between racial discrimination and depression. Racism victims not only suffer from bouts of depression but from suicide attempts as well. As awareness is raised about the link between racism and depression, members of marginalized groups can act to prevent discrimination from taking a toll on their mental health. This Mind Health: Shop Talk reviewed the stress of racially charged current events and the trauma, anxiety, and fear it may cause.

TAKEAWAYS

- **Create** a healthy support system. Surround yourself with quality people that support your mental health and well being.
- **Express** anger in a healthy way. Be honest. For example, you can tell someone, "You have broken a boundary and I am upset."
- **Meditate/breathe.** There are many apps you can use to guide you through meditation until you can do it on your own. Breathing helps you relax and stay in the moment. This allows you not to think on the past trauma that increases fear and anxiety.

- **Begin** journaling and write your feelings out.
- **Be Creative.** Use the arts to help you express yourself.
- **Be Honest.** Tell people when they have hurt you.
- **Talk** about it! Get a counselor to help you process the trauma.
- **Be gentler** with people. Listen without judgement and, even with your kids, tell them you understand they are upset, but right now you have to do X,Y and Z. Tell them you need a minute as well.
- **Learn how to** support a friend or family member that is dealing with trauma..
- **Learn** the signs of depression and PTSD.
- **Refer** friends and family members to places like the Black Mental Health Alliance to get mental health support and care.
- **Enlist** safe/trusted family members that can offer support or suggest the person get support.

SUGGESTED READINGS

- Post Traumatic Slave Syndrome by Dr. Joy Degruy
- Grandma's Hands by Bill Withers
- CDC-Kaiser ACE Study

"You never deserved the pain but you always deserve to heal."

- Quinn Gee-Edwards, LPC

KAISER PERMANENTE

Kaiser Permanente is the nation’s largest integrated delivery system serving 12 million members in 8 Regions across the country.

KEY STAFF

- **Destiny-Simone Ramjohn**, PhD, Director of Community Health
- **Alma Roberts**, MPH, FACHE, Senior Program Manager, Community Health
- **Kayanna Johnson**, MPA, Program Coordinator Consultant

OUR MISSION

To provide high-quality, affordable health care services and to improve the health of our members and the communities we serve.

OUR VISION

We are trusted partners in total health, collaborating with people to help them thrive, creating communities that are among the healthiest in the nation, and inspiring greater health for America and the world.



Dr. Destiny-Simone Ramjohn Ph.D.



Alma Roberts MPH FACHE



Kayanna Johnson MPA

ABOUT BLACK MENTAL HEALTH ALLIANCE



The mission of the Black Mental Health Alliance for Education and Consultation is to develop, promote and sponsor trusted culturally relevant educational forums, trainings and referral services that support the health and wellbeing of black people and other vulnerable communities.

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This Summary Report was Prepared by **Black Mental Health Alliance** under contract with **Kaiser Permanente**. The contents, use and distribution are at the sole discretion of Kaiser Permanente.

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**GOOD HEALTH
& GREAT HAIR**