



Gulf Coast of Texas  
African American Family  
Support Conference

# CONFERENCE PROGRAM

FRIDAY, NOVEMBER 7, 2014

DOUBLETREE GREENWAY PLAZA HOTEL • HOUSTON





# ***Helpful Interventions***

*“Helping Families Complete the Puzzle”*

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Office Phone: (281) 272-2206 P.O. Box 671526 Houston, TX 77267-1526

**November 7, 2014**

Helpful Interventions, 2014 Conference Host, would like to welcome all to the 2014 Gulf Coast of Texas African American Family Support Conference (GCTAAFSC). The aim of this conference is to strengthen our knowledge about both behavioral and physical health care services while working to reduce stigma and eliminate health disparities for African Americans. While GCTAAFSC targets the African American community, all are embraced regardless of race or ethnicity to attend this conference. This year’s conference theme highlights how ***Overcoming Stigma Together: Changing Lives, Families and Communities*** will challenge us all to attend to our physical, mental, spiritual health and well-being.

The conference is pleased to welcome our keynote presenters, Dr. Rahn Bailey and Ms. Bern Nadette Stanis. Dr. Bailey will be sharing the latest in research, trends and practices to a change our perceptions on healthy ways to address our well-being as individuals and communities. Ms. Stanis’ remarkable journey will champion us to join her in breaking the ties of stigma, suffering in silence to seek care and support when needed.

We would like to extend a special thanks and appreciation to the Texas Council for Developmental Disabilities, United Healthcare Community and State Plan, Walgreens Pharmacy, DoubleTree by Hilton Hotel, conference supporters, contributors, planning committee and the community stakeholders in making this conference a success.

**Enjoy the conference!**

Sincerely,



Jerrilyn Hayes, LMSW-IPR  
GCTAAFSC Conference Director



Samaria McDonald,BSBM, MHED  
GCTAAFSC Conference Coordinator



HOUSE OF REPRESENTATIVES  
WASHINGTON, D. C. 20515

AL GREEN  
9TH CONGRESSIONAL DISTRICT  
HOUSTON, TEXAS



November 7, 2014

Dear Friends:

I am pleased to extend greetings to the attendees of the Gulf Coast of Texas African American Family Support Conference. On behalf of the constituents of the Ninth Congressional District of Texas, I salute all participants for their dedication to making this a memorable event.

With great enthusiasm, I applaud the Gulf Coast of Texas African American Family Support Conference on its commitment to providing a platform for mental health awareness in addition to providing informational and educational programs for families as well as the community. I congratulate you on this noteworthy occasion.

I look forward to working with the Gulf Coast of Texas African American Family Support Conference on future endeavors and continuing to serve you well as a Member of Congress. Best wishes to all for an exciting conference.

Sincerely,

A handwritten signature in blue ink, appearing to read "Al Green", enclosed within a large, stylized blue oval.

Al Green  
Member of Congress



# CITY OF HOUSTON

**Annise D. Parker**

Mayor

P.O. Box 1562  
Houston, Texas 77251-1562

Telephone – Dial 311  
[www.houstontx.gov](http://www.houstontx.gov)

November 3, 2014

Greetings,

As Mayor of Houston, I welcome everyone attending Helpful Interventions **2014 Gulf Coast of Texas African American Family Support Conference (GCTAAFSC)**, themed *Overcoming Stigma Together-Changing Lives, Families and Communities*. The conference will provide valuable information about mental health, developmental disabilities, substance use and physical and spiritual health related to families in a culturally sensitive environment.

I commend Helpful Interventions for its dedicated service to families and professionals throughout the Houston community, providing leadership in planning the **GCTAAFSC** and working in close collaboration with diverse community stakeholders who have invested in addressing issues impacting the African American community.

More than 30 million people visit the greater Houston area every year to experience our world class restaurants, appealing museums and thrilling sports arenas. We hope you enjoy your stay and everything our diverse city has to offer.

Best wishes for a successful conference.

Sincerely,

A handwritten signature in black ink that reads "Annise D. Parker".

Annise D. Parker  
Mayor





Gulf Coast of Texas  
**African-American**  
Family Support Conference

***Table of Contents***

Purpose & Goal..... 5

Conference Overview ..... 6

Conference Program ..... 7-10

2014 Awards.....11-13

Keynote Speakers..... 14

Conference Moderator/Session Moderators, Speakers & Presenters .....15-18

Meet Our Committee Members .....19-21

Exhibitors ..... 22-24

Sponsors ..... .25

# *Purpose and Goal*

## **Gulf Coast of Texas African American Family Support Conference**

The mission of the Gulf Coast of Texas African American Family Support Conference (GCTAAFSC) is to strengthen family and individual awareness about available health care services, behavioral and physical, through culturally sensitive education, supports, and partnerships. The GCTAAFSC is open and free to the public. The conference will impact the participants by providing valuable information about mental health, developmental disabilities, substance use and physical health issues to families in a culturally sensitive environment.

GCTAAFSC is modeled after the **Central Texas African American Family Support Conference**, [www.ctaafsc.org](http://www.ctaafsc.org), an annual conference held in February in Austin, Texas.

The Central Texas African American Family Support Conference will be held on **Thursday, Feb. 26 and Friday, Feb. 27, 2015** at the amazing **Austin Convention Center**, 500 E. Cesar Chavez. Last year, over 500 people participated in the conference and we expect even more in 2015!

The GCTAAFSC is a project of the Texas Council for Developmental Disabilities.



***Disclaimer:** The GCTAAFSC views contained herein do not necessarily reflect the position or policy of the funding agency. The Gulf Coast of Texas African American Support Conference Project is funded in part by the Texas Council for Developmental Disabilities. TCDD is awarded monies by the Administration on Intellectual and Developmental Disabilities, U.S. Department of Health and Human Services. Approximately \$49,998 (61 %) in federal funds and \$32,052.00 (39%) in non-federal funds.*

# Conference Overview

The Gulf Coast of Texas African American Family Support Conference (GCTAAFSC) will expand the knowledge and skills of individuals with developmental disabilities, their families and their allies. Special focus will target people with disabilities who are African American and/or who live in the Houston and surrounding areas. Participants will meet and learn from peers, self-advocates and recognized experts, and increase their capacity to promote the development of supports and services necessary for individuals with developmental disabilities to be fully integrated in their communities.

The conference will cover four content areas for self-advocates/consumers, their family members, friends and professionals:

<b>Track 1</b>	<b>Mental/Behavioral Health (MBH): 3 workshops</b>
<b>Track 2</b>	<b>Youth/Family (YF): 2 panel discussions; 1 workshop</b>
<b>Track 3</b>	<b>Disability/Health &amp; Wellness (DHW): 2 workshops</b>
<b>Track 4</b>	<b>Spirituality (SP): 2 workshops</b>

Review the session track letters and colors above as you make your selection based on the panel discussions and workshops in the descriptions below. Please choose to attend one session at 9:30 AM and one session at 11:00 AM.

Continuing Education Credits (CEU) are provided by **Helpful Interventions** and **Attention Deficit Disorder Association-Southern Region**. Professionals seeking CEUs must register at the CEU table. Continuing Education Units for Social Workers, LPCs, and LMFTs, Educators and Psychologists will be provided. The maximum number of CEU's for any profession is 4.0 credits that can only be obtained by attending the full conference including the opening and lunch plenaries, 9:30 AM and 11:00 AM conference workshops. All professionals seeking CEU's must report to the CEU table in the morning prior to the opening plenary.

# *Conference Program*

Friday, November 7, 2014

7:30 AM – 12:00 PM	Conference Registration Open	
7:30 AM – 8:10 AM	Continental Breakfast	
10:00 AM – 3:30 PM	Exhibit Center Open	<i>Greenway Ballroom</i>
8:15 AM – 9:15 AM	OPENING CEREMONIES	<i>Century Ballroom</i>

## **Conference Moderator**

Rev. Dr. Robert McKinley Gilmore, Sr., NCC, LPC-S, LCDC  
CEO, Real Urban Counselors, Consultants & Associates

## **Prayer and Moment of Silence**

Rev. Dr. Barbara Williams  
Wheeler Avenue Baptist Church

## **Presentation of the Flag**

10<sup>th</sup> Army JROTC Colts Battalion  
Worthing High School  
Pledge of Allegiance

## **Lift Every Voice and Sing**

Ms. Marquia Banks  
Dionysus Theater

## **Inspiration**

3 Sisters in Spirit Theater Ministry

## ***OPENING KEYNOTE ADDRESS***

Dr. Rahn K. Bailey

*“Overcoming Stigma Together: Changing Lives, Families & Communities”*

**Our Youth Today (YF)***Sam Rayburn****Panel Presenters: Brandi Brown, Allen Lipscomb & Kyia Driskell***

It is important to understand “Our Youth Today,” and their evolving needs as they experience various transitions in their lives. Attend this workshop to become familiar with concepts, trends and effective practices to enhance and support our youth of today.

**Thinking Your Way UP: Re-defining “Strong” in the African American Community (MBH)***Greenway II****Workshop Presenter: Jinneh Dyson***

This presentation will hand over the research-based blueprint to help you learn how to Think UP, quiet self-doubt and develop a mindset for success. This workshop is perfect for anyone who has a desire to be elevated to the NEXT level.

**The New Face of Public Healthcare Services (YF)***Azalea Room****Panel Presenters: Donna Travis, Shelley Townsend & Ron Cookston***

Texas is considered the “uninsured capital: of the United States. 6.3 million Texans including 1.2 million children are going without healthcare coverage. Which public healthcare services like CHIP, Medicaid and other public healthcare products and services help us address our physical and behavior health care needs the best? Attend this workshop to learn about accessing public healthcare services in Houston.

**Paycheck to Paycheck: Impact of Debt & Behavior on Your Health (DHW)***Camelia Room****Panel Presenters: Yvonne Green, Jacqueline Preston & Denise Carpenter***

Stop living paycheck-to-paycheck. Understand how behavior change can improve health & finances. Discover the Stages of Change. Find hope & support with proactive decisions. Change your health and financial picture from depressed to success!

**Sound the Alarm: Breaking the Code of Silence (SP)***Bluebonnet Room***Workshop Presenters: Natasha Stewart and Pastor Lewis Rogers**

Clergy burnout or meltdown is more widespread than known, or at least than talked about, and doesn't always have such a positive outcome. The plight of stressed-out pastors has attracted a great deal of attention since numerous pastors have committed suicide and/or attempted to harm themselves. In the African American community the church as well as the pastor has been the backbone of our existence, so what do we do if that bone is broken

and in need of mending. We need to sound the alarm, and get our pastoral leaders help. If you are a pastor or faith leader, this session is for you.

**10:45 AM – 11:00 AM BREAK – Visit the Exhibit Center** *Greenway Ballroom I*

**11:00 AM – 12:15 PM WORKSHOP SEGMENT PART TWO**

**Hope: The Heartbeat of Survival (MBH)** *Camelia Room*

*Workshop Presenter: Justina Page*

Justina found that a tiny ember of hope kept burning even when life left her in a pile of ashes. In this presentation you will tap into that hope in an effort to forge a new beginning. You will explore how resiliency can usher you into triumph.

**Stressed Out? Messed Up? No Not Me (DHW)** *Azalea Room*

**Workshop Presenter: “Sister Mama Sonya” Lucas-Roberts**

**STRESS** is Something or Someone Trying to Erase my Self Satisfaction. Join this experiential workshop to discover innovative ways to identify your stressors, your personal stress busters and how to use various techniques to reduce and eliminate them while having fun. Let’s Relax, Release and be Refreshed!

**Barriers to Mental Health Treatment (MBH)** *Greenway Ballroom II*

*Workshop Presenter: Dr. Rahn K. Bailey*

Mental Healthcare is limited by factors such as lack of knowledge to identify mental illness, how to access treatment, prejudice against mental illness, individual negative attitudes, beliefs, perceptions of stigma and anticipated discrimination.

**Getting to the Help (YF)** *Sam Rayburn Room*

*Panel Presenters: James King, Margo Childs & Dr. Janice Sparks*

Accessing services to address our physical, mental and emotional health can seem like a maze. This workshop panel is striving to reduce the stigma about accessing needed physical and behavioral health services. Attend this workshop to become familiar with services for veterans, senior & aging care and persons with intellectual and developmental disabilities.

*Workshop Presenter: Natasha Stewart*

Theology and Psychology, are they dueling opposites? Can I be a person of faith and struggle with depression, anxiety or worse thoughts of suicide? How can I be a believer and have a mental health disorder? I'm African American, we don't have those kind of issues in our community...Do we? This session will address concerns and attendees will gain an understanding of how faith plays a vital role in recovery and maintaining optimal mental, emotional and physical health. Learn how your faith community can provide resources and support to those struggling with mental health issues.

**Inspiration**

Ms. Sylvia Bolling

**Conference Moderator**

Rev. Dr. Robert McKinley Gilmore, Sr., NCC, LPC-S, LCDC  
CEO, Real Urban Counselors, Consultants & Associates

**Moment of Silence and Prayer**

Rev. Carl Matthews  
Families in Social Crisis

**Welcome from Texas Council for Developmental Disabilities**

Ms. Sonya Hosey

***\*\*Award Presentations\*\****

***AFTERNOON KEYNOTE ADDRESS***

Ms. Bern Nadette Stanis

**Closing Remarks**

\* Door Prizes

2:30 PM – 3:30 PM

Four-11 Exhibition & One on One with the Speakers

*Greenway I & II*



# The “Flame of Inspiration” Award

During this conference, we will honor a self-advocate, parent, service professional, corporate, and faith-based ministry for their extraordinary leadership and encouragement in promoting and implementing partnerships to strengthen services and making a difference for individuals and families living with disabilities. Nomination forms were submitted by individuals throughout Houston, Texas in [August 2014](#). Nomination forms were reviewed by the GCTAAFSC Project Advisory Committee and Ad Hoc Members to ensure they met award criteria and in [October 2014](#), the 2014 Award Recipients were selected.

## CONGRATULATIONS TO THE 2014 “FLAME OF INSPIRATION” AWARD RECIPIENTS

### *Self-Advocate Recipient: Dr. Jinneh Dyson*



**Dr. Jinneh Dyson** has traveled from coast to coast sharing her story with children and adults. Her story has inspired so many people from all walks of life. She has dedicated her life to helping others cope with mental illnesses, in addition to working for the National Alliance for Mental Illness (NAMI). Over the past ten years, she has become progressively empowered and outspoken about her personal journey living with depression and now parenting a child with attention (issues, challenges, disorder). She is a best-selling author, a well-sought after speaker, a non-profit consultant, and a mental health advocate who has dedicated her life to silencing stigma by working with students, families, and adults of all walks of life. She has used her experience struggling with depression and living in her closet to eradicate stigma by showing others how to Think UP! As the first African American Executive Director and the youngest, she has transformed two mental health organizations, implemented programs in various schools in TX and OK, and has reached thousands through speaking engagements across the nation.

### *Parent Recipient: Bonnie Session*



**Bonnie Session** has been a repeated assistance as a supporter, advocate and friend to others who have lost loved ones to suicide since the completed suicide of her son, Dwayne Stewart, in Aug. 2004. She is a supporter of and participant in NAMI Walks for the past 9 years (Grassroots Award); a speaker at her church, conference and meeting advocate of “Break the Silence” on mental illness and encourages families to join support groups and to participate in educational programs on mental illness. She has been a Social Worker and

Counselor for more than 40 years and a Retired Medical Social Worker from Memorial Hermann Rehabilitation Hospital in 2000. She is a Case Manager/Psycho-therapist subcontractor with several agencies since her retirement. She is a Licensed Professional Counselor (LPC/NCC) practitioner for Renew Counseling & Education Services since 2011. She has raised more than \$3,000 annually for NAMI Walks with the St. Monica Steppers.

***Service Professional Recipient: Mr. Eddie R. Jessie***



**Eddie R. Jessie** is currently, a Program Manager for Mental Health and Mental Retardation Authority of Harris County (MHMRA), in the Collaboration for Action Mental Health Unit. He advocates for people with disabilities seeking employment. He assists in developing resources for persons with disabilities in the community. He serves as an active Advisory Board Member for the Jewish Family Center and feels very strongly that his wealth of knowledge, experience and influence in the community will make a positive impact. He takes great pride and respect in all who is in the race for equality, fairness and rights for everyone. He believes that, if we continue to educate, advocate and stimulate the minds of our community, we can make a profound impact in the world. **WE CAN ALL MAKE A DIFFERENCE, EVEN IF IT'S ONE PERSON AT A TIME!**

***Faith-Based Ministry Staff Recipient: Pastor John D. Ogletree  
First Metropolitan Church***



**Pastor John D. Ogletree, Jr.** is fully committed in addressing the physical, mental, emotional, and developmental needs of his congregation and community. The recent events in the community revealed the impact of un-addressed mental health issues. He committed to addressing these needs to the congregation during Sunday services. During National Minority Mental Health Month, Sunday Morning Worship, Wednesday Bible Study Services focus on addressing mental health issues. Tools are provided to help parents distinguish the difference in mental health and developmental concerns displayed by their children. Videos clips from NAMI and SAMHSA (*Share ourselves ...healing starts with us*) educate the congregation and raise awareness to let people know they are not alone when it comes to addressing mental health, which is not a death sentence. Pastor Ogletree is committed to ensuring the counseling ministry at First Metropolitan Church addresses the mental health needs of the congregation and the community.

***Outstanding Young Adult Recipient: Kyia Driskell***



**Kyia Driskell** is a dedicated Peer Support Specialist at the Wellness and Recovery Resources. She shares her journey of recovery, survival and hope with others seeking their own self-journey to sobriety and a healthy well-being. As a Peer Support Specialist, Kyia esteems at leading the charge with clients and the community. She is striving to break down the walls of “stigma” that teens and

young adults experience when seeking support to address their sobriety and mental well-being. When others see “hopelessness and no way out”, Kyia champions the opportunity to support a healthy recovery through engagement, awareness and education.

*Corporate Recipient: Walgreens*



**Walgreens Retail Employees with Disabilities Initiative (REDI)** helps to create job opportunities for people with Disabilities. The REDI program’s goal is to prepare qualified candidates for employment at Walgreens retail locations, as well as employment with other retailers that require similar skills. Through a pilot program that began in Texas, Walgreens is partnering with local service providers to identify and train persons with disabilities for jobs as cashiers and other retail positions. REDI is designed to be a sustainable model to ensure that employees with disabilities have the skills necessary to be successful at Walgreens.



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**treatment**

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- minor injuries
- skin conditions



**prevention & wellness**

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- physicals & wellness visits
- health screenings & testing



**monitoring & management**

- ongoing health conditions
- medications & treatments



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## *Keynote Address – Dr. Rahn K. Bailey*



**Rahn K. Bailey**, MD, FAPA, is the immediate past president of the National Medical Association (NMA) and Chair of the Department of Psychiatry at Meharry Medical College in Nashville, Tennessee. Dr. Bailey is a member of several professional medical societies. He has received a variety of academic awards and honors, including the Chester M. Pierce, MD, ScD, Resident Research Award (1995) and the National Medical Association (NMA) Postgraduate Physician Section Award (1998). He was named Outstanding Faculty by the University of Texas Medical School in Houston (2000), Region V Physician of the Year by the National Medical Association (2006) for his exemplary efforts in coordinating medical care for victims of Hurricane Katrina. Dr. Bailey was the most recent recipient of the Isaac Slaughter Memorial Leadership Award (2010). He is currently the deputy representative to the APA assembly from the Black Caucus of the APA, and is a former president of the Tennessee Psychiatric Association (May 2011-2012).



**Bern Nadette Stanis** is best known as the quick witted, savvy, original “It” girl, Thelma Evans, from the groundbreaking sitcom, “Good Times.” Bern Nadette remains the personification of the ‘gem’ that young girls want to be. Bern Nadette’s place in television history was solidified by her undeniable contributions to redefining the role of the young black girl from ghettos across America in the minds of the overwhelming masses prone to stereotypic beliefs. The character, Thelma, showed that a ‘ghetto girl’ from Chicago’s inner city projects lived a life full of hopes and dreams, and possessed intelligence, self-respect, dignity and grace. For Bern Nadette Stanis these characteristics weren’t learned in acting class. Bern Nadette’s trademark has always been her unique combination of beauty, form and style extraordinaire. Today, Bern Nadette Stanis travels the world as the author of three books. Her most recent work, *The Last Night: A Caregiver’s Journey*, profiles the walk of a loving daughter with a beloved Mother diagnosed with Alzheimer’s. Ms. Stanis is the national African American Spokesperson for Alzheimer’s Foundation, an author and motivational speaker.

## *Conference Moderator*

**Rev. Robert McKinley Gilmore, Sr.** is a Pastor, Inspirational Speaker and Clinical Counselor specializing in co-occurring disorders and crisis communications for youth and families. Impacted by his mother's mental illness and suicide attempts, Gilmore began experimenting with drugs at the age of 13 and became a heroin addict, nearly succumbing to a heroin overdose while serving in the United States Air Force. He was honorably discharged as a sergeant and was ordained as a minister by the Independent Missionary Baptist General Association of Texas. He has three degrees from Texas Southern University, a Doctorate of Education from University of Houston and Masters of Divinity from Houston Graduate School of Theology. Gilmore authored "A True Story: Hope After Dope, From a Drug Addict to a Doctor," a gripping account of his experience with addiction. In 2012, he was a national honoree for the "Faces and Voices of America" after 40 years of recovery.

## *Session Moderators*

**Vicky Coffee-Fletcher** has a B.S. in Child Development and a M.Ed. in Counseling and Guidance. She is a member of the planning committee for the Central Texas African American Family Support Conference and also serves as the chairperson for the conference clergy track. She is a Licensed Professional Counselor Supervisor with over 25 years working with children, youth, families and consumers and a mother and active participant of her church congregation in Austin, Texas.

**Diane Palm** manages a program that trains juvenile probation officers to engage probationers in planning projects that address global and local issues about which they are concerned. Trained to teach science (B.S. Secondary Science Education from Cheyney State College in PA) and also trained to meddle in people's lives (MSS Policy Research & Analysis, Community Organization—Bryn Mawr Graduate School of Social Work & Social Research).

**Rev. Carl G. Matthews** is the founder and CEO of Families in Social Crisis, a non-profit organization established in 1995 devoted to crisis intervention through the development.

**Claire Shynett** has over 42 years of experience as a Health Care Professional. Recently, retired after 40 years from MHMRA as a Practice Manger and currently serves as Board Director/National Alliance on Mental. Masters in Clinical Psychology.

**Elva Caballero** is the Regional Manager for Maximus. Maximus contracts with HHSC as the Medicaid Enrollment Broker and Texas Health Steps Outreach and Informing. As the Regional Manager, Elva is responsible for managing staff in 24 counties in region 6/5 providing education, enrolling and assisting Medicaid recipients with their managed care needs. Elva has over 20 years' experience working with the Medicaid population.

**Angelina-Brown Hudson**, MPA, CART currently works for Eagle Enterprises/CORE DC as a Consultant. She also serves as the Vice President of the City of Refuge Educational Development Corporation

and is a Board Member for National Alliance on Mental Illness Metro Houston. Ms. Hudson is also an advocate for her children with special needs.

## *Speakers & Presenters*

**Dr. Rahn Bailey, MD, DFAPA** is the Professor and Chairman of Department of Psychiatry at Meharry Medical College, Nashville, TN. He is double board certified in General and Forensic Psychiatry.

**Marquia Banks** has been a member of the Dionysus Theatre family for 10 years. She has performed in the originally written shows, *Love is a Disability*, *Yada, Yada Yada That's What I'm Saying*, *Hanuramakwanzamas* and *Code Red White and Blue: An American Tapestry*. She has also performed as Mabel in *Pirates of Penzance*, *Voices of the Prairie*, and is involved in the touring troupe. Although blind from birth, she opens many people's eyes with her beautiful angelic voice and positive attitude toward life. She is currently studying to become a physical therapist assistant.

**Sylvia Bolling** is the Executive Director/Founder of Aldine Y.O.U.T.H., Inc., in Houston, TX. Sylvia is also a Speech and Language Pathologist, sign language performer, motivational speaker, and author of her book, "When God Gives You A Vision – Some Lessons I've Learned." She recently was awarded an Honorary Doctorate Degree in Social and Community Services from the Elect Lady School of Ministry.

**Brandi Brown** is passionate about quality programs for families who often can afford it the least, but need it the most. As a community advocate, she strives to connect churches with summer learning.

**Margo Childs** has empowered individuals with intellectual and developmental disabilities for over 25 years. She is the Program Director for Autism Provider Services at MHMRA of Harris County.

**Denise Carpenter**, Program Manager at Bank on Houston. Previous experience: Comerica/Sterling Bank-Training & Organization Development. Banking career began in HR, branch management & operations; on HCC Banking & Finance Advisory Committee; BA-Speech.

**Ron Cookston, Ed. D.**, is Executive Director Emeritus at the Gateway-to-Care which provides leadership to develop program service and facilitate coordination of the broad community health service system.

**Kyia Driskell** is a Peer Support Specialist at the Wellness and Recovery Resources in Houston, Texas. Kyia champions the opportunity to support a healthy recovery through engagement, awareness and education.

**Dr. Jinneh Dyson** is a Senior Manager for the National Alliance on Mental Illness (NAMI); she is the first African American and the youngest person to oversee the operations for 26 NAMI state organizations. Prior to her appointment, Dr. Dyson served as an Executive Director for both the

local and state levels, and she has worked in the areas of child advocacy, therapeutic foster care, child welfare, mental health, and public policy. Dr. Jinneh specializes in mental health, overcoming adversity, and motivation of the mind by teaching individuals of all walks of life how to *think their way up*.

***Yvonne Green*** is an Exceptional Program Developer & Financial Coach; LMSW UH; Workforce Development Coordinator at The Work Faith Connection; previous AmeriCorp Supervisor, THRIVE Program Coordinator, Easter Seals+ many others.

***Sonya Hosey*** is the grants management director of the Texas Council for Developmental Disabilities, which provides more than \$3.5 million in grants across the state of Texas for people with intellectual and developmental disabilities. Prior to her involvement with TCDD, she worked for Austin Travis County MHMR (now Austin Travis County Integral Care). Ms. Hosey is currently serving her fourth year as the Chair for the Central Texas African American Family Support Conference, hosted by Austin Travis County Integral Care in Austin. Ms. Hosey is an ordained associate pastor and founding member of Wellness and Empowerment Community Ministries, supporting families and individuals with intellectual and developmental disabilities, families in recovery from substance abuse and mental health, and youth from hard places, foster care and adoptive families.

***James King*** is a thirteen year Veteran of the Air Forces & a Peer Support specialist for the Veterans Administration. He enjoys assisting Veterans with accessing care & resources to support their overall well-being.

***Allen Lipscomb*** is an Associate Clinical Social Worker whose primary interest is working with children and adolescents with severe and persistent mental illnesses. Lipscomb has worked extensively with children in various settings including schools, community mental health clinics, correctional facilities and community hospitals in the Los Angeles area. He currently works as an outpatient mental health practitioner for Special Service for Groups Homeless Outreach Program Integrated Care System.

***Rev. Carl G. Matthews*** is the founder and CEO of Families in Social Crisis, a non-profit organization established in 1995 devoted to crisis intervention through the development. He serves working with the Faith-Based Recovery Health and Wellness initiative by educating and informing faith leaders how to address chronic illnesses that affect the African Americans in their church, and community through a health ministry.

***Justina Page*** is an award winning author, professional speaker, and founder of The Amos House of Faith. She is a cast member in the acclaimed documentary Trial by Fire: Life's Re-forged.

**Jacqueline Preston** an award-winning Writer and Marketing Communications & Public Relations Consultant with 20+ years of experience in healthcare and non-profit sectors. She has earned a Bachelor's Degree in Communications from University of Houston.

**“Sister Mama” Sonya Lucas- Roberts** is a Community Activist/Edutainer who through her ministry 3 Sisters in the Spirit Theatre Ministry. Her organization, The Sisters CD (Controlling Diabetes) harvests hope, healing and harmony thru theatre. She serves in social services as a storyteller, poet, playwright and as an ordained minister. She is married and has an adult daughter. She holds a JD from University of Texas School of Law and a B.A. from University of Houston.

**Dr. Janice Sparks** has been the manager for Aging and Disability Resource Center for seven years. She received her Bachelor’s Degree at Texas Women's University and her Ph.D. from University of Kentucky.

**Natasha Stewart** is a graduate of Oral Roberts University in Tulsa, OK. She received her Bachelor’s Degree in Theology in 1993 and a Master’s Degree in Christian Counseling in 1996. In 2000 she obtained her Oklahoma Professional Counselor’s License, and in 2007 obtained her Texas Professional Counselor’s License. Natasha is an internationally acclaimed sought after motivational speaker, trainer and teacher. She has been featured in Heart & Soul and Emotions magazines, as a guest on The Potter’s Touch and serves as the Director of The Center for Counseling and Behavioral Health at The Potter’s House in Dallas, Texas.

**Shelley Townsend** is the Director of the Parent Education Project at the University of Houston. She has a Master’s Degree in Social Work from UH and her B.S. from Prairie View A & M University.

**Donna Travis** has worked in public health for over 30 years with 26 years of supervisory/management experience. Ms. Travis is responsible for the coordination of the City of Houston Department of Health and Human Services (HDHHS). She coordinated operations for HDHHS and the Enroll Gulf Coast Collaborative for the first Affordable Care Acts Health Insurance Marketplace enrollment period and is currently the Incident Commander for the current period’s efforts.

**Rev. Dr. Barbara Williams** received her Bachelor of Arts Degree from Huston-Tillotson University, Austin, Texas, and a Master’s in Social Work/Clinical Concentration from the University of Houston, Houston, Texas. She has done post-graduate work at Smith College in North Hampton, Massachusetts, and she Praises God most for her year at Dallas Theological Seminary, Dallas Texas. She received her Doctorate of Philosophy in Clinical Christian Counseling from Cornerstone University at Lake Charles, Louisiana. She is also a Licensed Clinical Social Worker and Certified Christian Counselor. She states that she has a passion for helping people know and apply God’s Word. Her dream is to one day have a full Christian Counseling Center complete with gardens, horses, and gymnasium on a ranch setting.

# Meet Our Committee Members

Stakeholders, including community volunteers, self-advocates, consumers, family members and professionals, assisted in the planning of the 2014 conference. Committee members provided information, resources, and expertise toward the planning of the conference.

**Helen Harper-Davis** is the Executive Director of Special Kids, Inc. She has worked in many capacities at SKI and holds a license in chemical dependency counseling while seeking a BA in Psychology. She is a Girl Scout Leader; PTA member and has served as a VIPS-Volunteers in Public Schools Coordinator. She is a mother of four, which serves in her passion of working with families of children with disabilities.

**Hilda R. Davis** has served in diverse areas—from marketing professional to health care chaplain. The will to integrate her experiences as a teacher, writer, mentor, and counselor continues to drive her to new areas of community service and leadership. She has a Ph.D.--Religion, Psychology, Health LPC--Tennessee Ordained Deacon--United Methodist Church.

**Vicky Coffee-Fletcher** has a B.S. in Child Development and a M.Ed. in Counseling and Guidance. She is a member of the planning committee for the Central Texas African American Family Support Conference and also serves as the chairperson for the conference clergy track. She is a Licensed Professional Counselor Supervisor with over 25 years working with children, youth, families and consumers and a mother and active participant of her church congregation in Austin, Texas.

**Latashia Crenshaw** is an educational consultant, mediator, and founder of LNC Consulting & Associates, LLC. and provides assistance on ways to settle disputes out of court. She has a Bachelor's of Science in Interdisciplinary Studies and a Master's of Education as a Certified teacher/educational diagnostician/campus principal.

**Rev. Robert Gilmore Sr.**, NCC, LPC-S, LCDC is a Licensed Professional Counselor-Supervisor, a Licensed Chemical Dependency Counselor and a National Certified Counselor. In 1990 he wrote the dynamic book, "A True Story: Hope After Dope, From a Drug Addict to a Doctor" book which is available free at [www.HopeAfter.org](http://www.HopeAfter.org). Robert also serves as a Senior Therapist/Consultant specializing in co-occurring disorders for youth and families.

**Helen Griffin** is a retired teacher with 30 years in the Texas Public School System. She serves as a volunteer with Literacy Volunteers of America in Montgomery County and CASA Advocates in Harris County. She received a BS degree from Tennessee State University and has a M.Ed. Degree from Sam Houston State University.

**"Sister Mama" Sonya Lucas-Roberts** is a Community Activist/Edutainer who through her ministry 3 Sisters in the Spirit Theatre Ministry. Her organization The Sisters CD (Controlling Diabetes) harvests hope, healing and harmony thru theatre. She serves in social services as a storyteller, poet, playwright and as an ordained minister. She is married and has an adult daughter. She holds

a JD from University of Texas School of Law and a B.A. from University of Houston.

**Angelina Hudson**, MPA, CART currently works for Eagle Enterprises/CORE DC as a Consultant. She also serves as the Vice President of the City of Refuge Educational Development Corporation and is a Board Member for National Alliance on Mental Illness Metro Houston. Ms. Hudson is also an advocate for her children with special needs.

**Melvin Johnson** obtained a BBA from Texas Southern University in 1985 and continues to work for the Social Security Administration (SSA). He is the founder/owner of Faith-Grace Advocacy and past Founder/Executive Director of Advocating By Faith, Inc. He has assisted with providing information regarding supported employment, employment and education.

**Eddie & Gertrude Nash** are Total Knowledge Consultants/Two Are Stronger, LLCare and are retired professional educators who now devote their time and effort in strengthening the family ties in the African-American community through healthy marriage and relationships. Some of their volunteer work includes: Working as youth mentors; Working as marriage mentors; Sponsoring youth step groups; Teachers of biblical relationships classes at The Source for Women; Greater Houston Healthy Marriage Coalition; African-American Healthy Marriage Initiative/Black Marriage Day Committee; NARME (National Association for Relationship & Marriage Education).

**Michelle King** has worked in the Mental Health field for at least ten years within hospitals, community mental health organizations, managed-care, outpatient, and college settings. She has a BS in Criminal Justice from Sam Houston State University & her MA in Counseling-Prairie View A & M University. She is also a LPC-Licensed Professional Counselor.

**Shondra Rogers-McGary, MSW** is the Disproportionality Specialist for Texas State Department of Family and Protective Services (DFPS). This state agency is charged with protecting children, adults who are elderly or have disabilities living at home or in state facilities, and licensing group day-care homes, day-care centers, and registered family homes.

**Cleo Johnson-McLaughlin** has a Bachelor's of Arts Degree in Public Administration/Public Policy. She is President of Black United Fund of Texas. Cleo is a certified counselor with an emphasis in drug addiction.

**Rev. John Olgetree, Jr.** has served as pastor of the First Metropolitan Church for 26 years and also serves on the Board of Trustees for Cypress Fairbanks I.S.D. He practiced law for 17 years for the city. He is married with four children and eleven grandchildren. He has a BA degree in Government from the University of Texas at Arlington and a Doctor of Jurisprudence degree from South Texas College of Law in Houston, Texas.

**Diane Palm** manages a program that trains juvenile probation officers to engage probation youth in planning projects that address global and local issues about which they are concerned. She is trained to teach science (B.S. Secondary Science Education from Cheyney State College in PA) and also trained to meddle in people's lives (MSS Policy Research & Analysis, Community Organization – Bryn Mawr Graduate School of Social Work & Social Research).

**Traci Patterson** is the Director of Communications for Mental Health America of Greater Houston where she is responsible for the organization's marketing, outreach and community relations. Most recently, she launched the MHA Houston Suicide Prevention Awareness Group which will work collaboratively with other community organizations and advocates to create greater awareness of suicide prevention issues as related to education settings and also to military veterans and families in our area.

**Joseph Randle** is a Computer Science graduate from the Texas Southern University. He currently works with the City of Houston Health and Human Service Department as a Management Analyst. He has a passion for working in under privileged communities to try to make a change where he can.

**Clemelia Richardson, Ph.D., LCSW** is an Administration Manager with the Houston Department of Health and Human Services providing clinical oversight for public health and social services with diverse populations. Dr. Richardson is a licensed clinical social worker who has provided an array of behavioral health and case management services with various groups.

**Claire Shynett** has over 42 years of experience as a Health Care Professional. Recently, retired after 40 yrs from MHMRA as a Practice Manger and currently serves as Board Director/National Alliance on Mental. Masters in Clinical Psychology.

**Rebecca Wills** is a retired Family Practice physician volunteering her time in youth oriented, social service, civic, and med. groups. Other activities include -Sistah's Sippin Tea Book Club; Life Member -DST Sor., Philodendron Garden Club. B.S. Zoology - Howard University; M.D. - Univ. So. Ca Medical School; Year I Intro. to Clinical Med. Instructor- USC Med. Sch.; Asst. prof. Med.- USC Medical School.

**Iris Williams** is a single parent of a son with special abilities, and a recent Cancer Survivor. She is committed to being an agent of change for people with special abilities and has worked in the community and on boards learning and sharing resources for this specific group. She has an Associates of Arts degree from Houston Community College



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## *Exhibitors*

**Alzheimer's Association Houston & Southeast Texas Chapter  
(713) 314-1313**

<http://www.alz.org/texas/>

The Chapter supports families, professionals, and the community, through information and resources, education and training, family services (support groups & care consultations), programs for diagnosed individuals, research funding, and advocacy.

**Bethesda Lutheran Communities with Protected Tomorrows  
(903) 220-2886**

<http://bethesdalutherancommunities.org/>

Protected Tomorrows, Inc. is an advocacy firm that enhances the lives of people with special needs through a comprehensive life planning process. We create Future Care Plans, which address the needs of the individual with developmental disabilities.

**Buckner Hospice Houston  
(281) 493-6800**

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

Buckner Hospice provides comfort and care for patients with life-limiting illnesses. Buckner Hospice focuses on making the patients comfortable, easing their pain, addressing their symptoms and supporting their family through their challenging time.

**Change Happens  
(713) 374-1200**

<http://www.changehappenstx.org/>

This organization offers a number of services that empower people and families to help themselves. Services include educational classes, counseling, resources, referrals, HIV testing, mentoring, outreach and application assistance.

**Depelchin Children's Center  
(713) 730-2335**

<http://www.depelchin.org>

DePelchin Children's Center is the leading center in Texas for children's well-being, with a focus on mental health, foster care and adoption services.

**Disability Rights Texas  
(832) 681-821**

<https://www.disabilityrightstx.org/>

Texas' Protection and Advocacy Agency assigned to protect and uphold the rights and protections of people with disabilities as outlined by the law.

**Enroll America**  
**(512) 466-3290**

<http://www.enrollamerica.org/>

Enroll America is a nationwide non-profit, non-partisan organization educating consumers about their health coverage options under the Affordable Care Act.

**Houston Center for Independent Living**  
**(713) 974-4621**

<http://www.hcil.cc/>

The Houston Center for Independent Living is a disability civil rights organization led by people with disabilities. We advocate to eliminate discrimination in: housing, education, employment, transportation, and in all quality of life issues.

**Maximus**  
**(281) 260-9871**

<http://www.maximus.com>

Maximus provides education services to recipients and community agencies about Texas Health Steps and enrolls Medicaid clients in the STAR/ STAR+PLUS Program.

**Memorial Hermann Behavioral Health Services**  
**(713) 329-7517**

<http://tirr.memorialhermann.org/programs-specialties/behavioral-health-counseling/>

We are a division of Memorial Hermann that offers two new community-based mental health services, 1) A Mental Health Crisis Clinic and 2) A Psychiatric Case Management Program. Both programs offer services outside of a traditional hospital.

**Mental Health America of Greater Houston**  
**(713) 520-3476**  
**(713) 523-8963**

<http://www.mhahouston.org/>

The area's oldest mental health education and advocacy organization focused on awareness, public policy, training and outreach in the areas of children and schools, integrated care, chronic illnesses, women, veterans, aging and suicide prevention.

**Mental Health Mental Retardation Authority (MHMRA) of Harris County**  
**(713) 970-3854**

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

MHMRA provides mental health, Intellectual, and developmental disability services to adults and children, including but not limited to case management, respite, medication and behavior management while promoting community involvement.

**NAMI Greater Houston**  
**(832) 768-3064**

<http://www.namigreaterhouston.org/>

NAMI Greater Houston works to improve the quality of life for children, adults and families who are living with a mental illness through the offering of free educational classes, peer-facilitated support groups and grassroots advocacy initiatives.

**Partners Resource Network TEAM Project**

**(713) 524-2147**

**<http://www.partnerstx.org/>**

PRN TEAM Project is funded by the U. S. Department of Education Office of Special Education Programs (OSEP). On-site education and Regional Coordinators are here to guide you and provide information about your child's disabilities

**Shield Bearer Counseling Centers**

**(281) 894-7222**

**<http://shieldbearer.org/>**

Shield Bearer exists to help people struggling with personal, marital and family problems. We stand in the gap where government leaves off.

**Texas Department of Aging and Disability Services/  
Aging and Disability Resource Center**

**(832) 393-5489**

**<http://www.dads.state.tx.us/>**

We provide Information/Referral for the elderly and the disabled, Respite Care, Education/Training (Stress-busting for Caregivers/A Matter of Balance/Chronic Disease Self-Management) Benefits Counseling, Hospital Care Transitions and Housing Navigation.

**United Healthcare Community and State Health Plan**

**1-844-299-1236 TTY: 711 24/7** United Healthcare Community and State Health Plan (UHCSHP) provides the following healthcare services:

- **CHIP** is committed to giving children 19 years old and younger the care and attention they need. CHIP provides a dedicated team of doctors, clinics and hospitals.
- **STAR** is high-quality health care coverage. Members of this program can build a relationship with their own personal doctor who gets to know them.
- **STAR+PLUS**, enrollment in STAR+PLUS is required for Medicaid recipients. STAR+PLUS is for children under age 21 receiving SSI and individuals age 21 and older.

**Walgreens**

**1-800-WALGREENS**

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

Walgreens began in 1901, with a drug store on the corner of Bowen Ave and Cottage Grove in Chicago, owned by Galesburg native Charles R. Walgreen, Sr. It is their goal to be the most trusted, convenient multichannel provider and advisor of innovative pharmacy, health and wellness solutions, and consumer goods and services in communities across America. A destination where health and happiness come together to help people get well, stay well and live well.

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