



There is a Balm: Getting Mental Wellness Resources that We need - When we need them

Useful Resources:

<https://thinkbiggerdogood.org/covid-19-structural-racism-and-mental-health-inequities-policy-implications-for-an-emerging-syndemic/>

[COVID-19, Structural Racism, and Mental Health Inequities: Policy Implications for an Emerging Syndemic | Psychiatric Services \(psychiatryonline.org\)](https://www.psychiatryonline.org/COVID-19-Structural-Racism-and-Mental-Health-Inequities-Policy-Implications-for-an-Emerging-Syndemic)

[Ring the Alarm: the Crisis of Black Youth Suicide in America | Suicide Prevention Resource Center \(sprc.org\)](https://www.sprc.org/ring-the-alarm-the-crisis-of-black-youth-suicide-in-america)

<https://communityhealingnet.org/>

<https://www.socialsciencespace.com/2020/08/sherman-james-on-john-henryism/>

Misogynoir - <https://www.forbes.com/sites/janicegassam/2020/09/22/misogynoir-the-unique-discrimination-that-black-women-face/?sh=35d5ac2a56ef>

<https://nyupress.org/9781479865109/misogynoir-transformed/>

<https://blacktherapycentral.com/>

<https://wfxl.com/news/local/irwin-county-detention-center-set-to-close>

<https://guidedmeditation.onipa.com/>



Speakers:



Dr. Benjamin Roy, MD is President of the [Black Psychiatrists of America](#). He received his medical degree from Howard University College of Medicine and served his internship in internal medicine at Harlem Hospital and a psychiatry residency at St. Vincent's Hospital, both in New York, NY. He then completed a clinical fellowship in neuropharmacology at the National Institute of Mental Health and in neuroimmunology at the National Institute of Neurological, Communicative Disorders and Stroke, NIH, both in Bethesda, MD. He is a diplomate of the American Board of Psychiatry and Neurology and Fellow of the American Psychiatric Association. Dr Roy discovered human antibodies for endorphins and the opiate receptor in patients with psychiatric disorders and holds 2 US patents on methods of detecting certain antibodies in human body fluids. He has participated in numerous phase 2-4 clinical trials in neuropharmacology and neuroimmunology. He exposed the purpose of the Tuskegee Syphilis Experiment to develop syphilis diagnostic tests that were patented and commercialized.



Dr. Annelle Primm, M.D., MPH, is a community psychiatrist and the Senior Medical Director of [the Steve Fund](#), a non-profit focused on the mental health of young people of color. She chairs All Healers Mental Health Alliance, a group of mental health professionals, faith leaders, first responders, and public health advocates that facilitates culturally aligned responses to the mental health needs of marginalized communities affected by natural and human-caused disasters. Dr. Primm was formerly Director of the Johns Hopkins Hospital Community Psychiatry Program followed by leadership roles at the American Psychiatric Association (APA) as Deputy Medical Director and Director of its Office of Minority and National Affairs. She received her undergraduate degree from Harvard University, medical degree from Howard University, and psychiatric training as well as master's degree in public health from Johns Hopkins University. Dr. Primm has co-authored numerous peer-reviewed articles and is co-editor of the books, *Disparities in Psychiatric Care* and *Women in Psychiatry: Personal Perspectives*. She has received many honors including Distinguished Life Fellow of the APA, and the Presidential Award of the National Medical Association. Dr. Primm is an Associate Professor of Psychiatry, part-time, volunteer, at the Johns Hopkins School of Medicine, and is on the adjunct faculties of New York University and Howard University Schools of Medicine.



Kevin Dedner serves as Founder and CEO of Hurdle. [Hurdle](#) is mental healthcare for invisible barriers. As the leading culturally intentional mental health provider, Hurdle provides a comprehensive suite of mental health services and self-mastery tools to employers and payers to meet their employees' and members' needs. Hurdle's therapists are trained in an evidence-based technique that improves cultural humility and responsiveness.

An award-winning public speaker, Kevin brings over 15 years of experience in public health, having worked on various issues, including childhood obesity, HIV/AIDS, and tobacco control. He has led strategic planning processes and facilitated convenings on behalf of several clients, including the nation's largest public health foundation, the Robert Wood Johnson Foundation. A recovering politico, Kevin has worked on political campaigns and successfully led health policy wins. However, these days, Kevin is focused on transforming the mental health experience for diverse populations.

Kevin is a graduate of the University of Arkansas with a degree in Political Science. He also holds a Master's of Public Health from Benedictine University. He is a frequent speaker at health and health technology conferences



Stephanie Bell-Rose is a corporate, philanthropy, and governance professional who serves as a director of the Knight Foundation, MacArthur Foundation, Hispanic Scholarship Fund and Association of Black Foundation Executives. She is a member of the Independent Directors Council, the Council on Foreign Relations, the Womens' Forum, and the Executive Leadership Council (ELC). As co-founder of the Steve Fund, Stephanie is an ardent advocate for mental health and emotional well-being of young people of color.

From 2010 to 2020, she served as a Senior Managing Director at TIAA, where she led the TIAA Institute and was a member of the firm's Enterprise Leadership Group. Previously, Stephanie was a Managing Director at Goldman Sachs and President of the Goldman Sachs Foundation for its first decade. Over the preceding eleven years, she served as Legal Counsel and Program Officer for Public Affairs at the Andrew W. Mellon Foundation.

Stephanie received AB, JD and MPA degrees from Harvard University.



Yolo Akili Robinson is an award winning writer, healing justice worker, yogi and the founder and executive director of [BEAM \(The Black Emotional and Mental Health Collective\)](#). Yolo has worked primarily in three areas: Batterers intervention/family counseling with Black men and boys, HIV/AIDS, and healing justice/wellness work. In 2018, Yolo was awarded the prestigious Robert Wood Johnson Foundation "Health Equity Award" for his work. He was also featured at the 2020 BET Awards for an "Empowerful spotlight", highlighting his work facilitating the vision of BEAM. His writings and work have appeared on Shondaland, GQ, Women's Health, USA Today, Vice, B.E.T, Huffington Post, Cassius, Ebony, Everyday Feminisms and much more. He is the author of the social justice themed affirmation Book "Dear Universe: Letters of Affirmation & Empowerment for all of us" (Michael Todd Books, 2016) and a contributor to Tarana Burke and Dr. Brene Brown's anthology on Black vulnerability and shame resilience "You Are Your Best Thing." (2021, Random House Books.



Erica Woodland is a black queer/genderqueer facilitator, consultant and healing justice practitioner born and raised in Baltimore, MD. He is also a Licensed Clinical Social Worker committed to working at the intersections of movements for racial, gender, economic, trans and queer justice and liberation. For the past 18 years, Erica has worked as a community organizer, case manager, therapist, coach, facilitator, trainer, social worker, program director, researcher and clinical supervisor with youth, people of color and LGBTQ people across the country. He has done extensive work in prisons, jails, group homes, psychiatric facilities, schools, non-profit organizations, community-based clinics and with grassroots groups giving him a wide range of experience to draw from in his practice. Erica is the Founding Director of the [National Queer and Trans Therapists of Color Network](#), a healing justice organization committed to transforming mental health for queer and trans people of color. He also has a private practice where he provides psychotherapy and clinical supervision with a focus on harm reduction, intergenerational trauma and resilience, grief, and family therapy."



Dr. Mawiyah Kambon is an internationally acclaimed psychologist & traditional healer passionate about helping children and younger generations. She believes that “we as African-centered therapists have the power and responsibility to heal our community, restore our ability to self-determine, and change our collective destiny.”

In the year 2000, Dr. Mawiyah Kambon was the president of the [National Association of Black Psychologists](#) (ABPsi). That year she convened the annual professional convention which brought 500 Black psychologists and their families to Ghana, West Africa. The gathering in Ghana was symbolic of spiritual reclamation through traditional healing. As a result, Black and African-centered psychologists were empowered with resources to improve more lives worldwide. Dr. Mawiyah Kambon is a lifetime member of the National Association of Black Psychologists.

Dr. Mawiyah Kambon is also trained as a traditional healer of the Akan culture as Nana Efia Nsia Asantewaa. She and her son Dr. Obadele Kwame Kambon have taken individuals to Ghana on the annual [Sankofa Journey](#) for over two decades. She developed the Sankofa Journey because she recognizes how critical it is to embrace African identity as a foundation for cultural, spiritual and psychological healing of Black people.

As the current Director of Onipa Psychological and Consulting Services, she does in-office and online teletherapy counseling. Additionally, she operates an online guided meditation practice that complements her therapy practice. She has specialized in mental health and community outreach for over 30 years.



She is a wedding officiant for couples she has counseled. All of the couples she has married over the years are still together in loving, grounded marriages. She, herself has been happily married for over 40+ years and raised three happy, healthy, and professionally successful adult children.