Where Have We Been?
Where Are We Now?
Where Do We Go From Here?

#StrengthInCommunities  #YouAreNotAlone
Motivated by struggles supporting and accessing help for her daughter who battled mental illness, Bebe Moore Campbell dedicated her life to increasing awareness and addressing the needs of the Black community and other marginalized groups.

On June 2, 2008, Bebe Moore Campbell National Minority Mental Health Awareness Month was formally recognized by Congress to “enhance public awareness of mental illness, especially within minority communities”.
“Together, we can realize our shared vision of a nation where anyone affected by mental illness – no matter their background, culture, ethnicity or identity – can get the appropriate support and quality of care to live healthy, fulfilling lives – a nation where no one feels alone in their struggle” (National Alliance on Mental Health)
Education and Awareness
BIPOC is an acronym used to reference Black, Indigenous and People of Color (MHA).

BIPOC communities are more at risk for having mental health problems and less likely to utilize available services (Mental Health America).

Depression is the most reported condition across BIPOC communities (Howard, 2018).

The lack of cultural competence in health care providers contributes to underdiagnosis and/or misdiagnosis of mental illness in BIPOC communities (APA, 2017).

Despite BIPOC populations sometimes having comparable or slightly lower rates of mental illness in comparison to the white population, BIPOC frequently experience “disproportionately high burden of disability from mental disorders” (APA, 2017).

LGBT persons mental health is impacted by personal, familial and societal acceptance of sexual orientation and gender identity (HealthyPeople.gov, 2020).

People who identity as being two or more races are most likely to report a mental illness within the past year than any other race/ethnic group (APA, 2017).

Compared to other ethnic/racial groups, American Indian and Alaska Native children and adolescents have the highest rates of self-reported depression and lifetime major depressive episodes (APA, 2017).
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<tr>
<th>Topic</th>
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<tr>
<td>Communication and language</td>
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<tr>
<td>Concerns about punitive or discriminatory actions or behaviors</td>
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<td>Distrust of healthcare providers and/or systems</td>
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<td>Inequalities in access to healthcare due to cost and/or coverage</td>
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<tr>
<td>Lack of culturally competent professionals</td>
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<tr>
<td>Underrepresentation amongst mental health professionals</td>
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<tr>
<td>Limited mental health knowledge and awareness of services available</td>
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<tr>
<td>Stigma linked to mental illness (individual, family, community, society)</td>
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# Understanding Depression

Depression is a mood disorder that causes persistent feelings of sadness and disinterest. Depression can interfere with your daily functioning and cause emotional distress for both you and those who care about you.

<table>
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<tr>
<th>Causes</th>
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<td>Biological</td>
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<td>Environmental</td>
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<tr>
<td>Genetic</td>
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<td>Medication reactions</td>
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<th>Symptoms</th>
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<td>Cognitive issues</td>
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<td>Disinterest</td>
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<tr>
<td>Restlessness</td>
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<tr>
<td>Lack of energy</td>
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<tr>
<td>Feelings of worthlessness</td>
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<tr>
<td>Significant weight changes</td>
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<tr>
<td>Sadness, Irritability, Guilt</td>
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<td>Suicidal thoughts or ideas</td>
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<th>Treatment</th>
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<td>Counseling</td>
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<td>Medication</td>
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<td>Counseling &amp; Medication</td>
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<table>
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<tr>
<th>Common Myths</th>
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<tr>
<td>Depression is fake</td>
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<tr>
<td>Depressed = crazy</td>
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<tr>
<td>Medications change me</td>
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<tr>
<td>A sign of weakness</td>
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<tr>
<td>Talking makes it worse</td>
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<tr>
<td>I am not praying enough</td>
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</table>
Anxiety is a normal emotional response to a situation perceived as dangerous, characterized by intense worrying about what might happen in the future.

Understanding Anxiety

Coping with Anxiety

- Connect with your supports
- Exercise
- Focus on what you can control
- Disconnect
- Challenge unhelpful thinking habits
- Incorporate mindfulness activities
- Monitor alcohol and caffeine intake
- Prioritize self-care
- Seek help from a qualified medical or mental health professional
When to Seek Help: Noticeable changes in functional status can signal emotional distress individuals.

- Changes in eating, sleeping or performance
- Difficulty with decision making
- Expression of suicidal thoughts
- Increased alcohol or drug use
- Irritability, agitation, excessive worry or crying
- Lack of interest or desire
- Poor hygiene habits
- Withdrawing from friends and family

Potential Signs of Emotional Distress

If you are thinking about harming yourself or anyone else, call 911 or visit the closest emergency room for immediate support.

#YouAreNotAlone
Choosing a Mental Health Professional

Getting started

Compile a list of potential providers
- Understand different types of mental health providers.
- Search your health insurance website directly.
- If you don’t have health insurance, search for nonprofit alternatives. If you live in Dallas, Ellis, Hunt, Navarro, Kaufman or Rockwall counties and have no Medicaid or other insurance, you can obtain state funding through North Texas Behavioral Health Authority to pay for your behavioral health services and medications.
- Look for culturally competent providers.
- Check qualifications (review online profiles, provider websites, professional boards).
- Ask trusted friends or family for recommendations, contact cultural organizations in your community to ask for referrals, check professional organizations or online directories.
- Contact the potential provider to explore their experience with providing culturally competent treatment and care.

Making the appointment

Ask about billing policies and procedures
- If you are using insurance, verify insurance acceptance and that the provider/office is in network.
- Inquire about their area of expertise and training.

In the appointment/session

Ask questions

Recognize how you are feeling during the session
- Do you feel comfortable, heard or understood?
- Trust your instincts. Remember it is okay to leave and not return if you feel like the provider is not a good fit for your needs.
Mental Wellbeing

Tips & Tools
Maintaining Your Mental Wellbeing

- Acknowledge what you are feeling
- Be kind to yourself by practicing self-compassion
- Consider the positive and reduce the negativity
- Engage in healthy and consistent self-care practices
- Socialize with others who are good for your soul
- Take breaks from electronics, social media, and/or the news
- Schedule time off from work
- Set healthy boundaries
- Volunteer or offer to help someone in need
- Remember you are not alone, and it is okay to ask for help
Self-Care Ideas

According to the World Health Organization (WHO), self-care is “what people do for themselves to establish and maintain health, and to prevent and deal with illness”.

**Physical**
- Exercise
- Eat healthy and stay hydrated
- Get enough sleep
- Prioritize health maintenance

**Psychological**
- Create your own core values
- Grow and develop
- Pursue intentional life goals
- Enjoy time alone

**Emotional**
- Acknowledge and understand your feelings
- Experience joy and laughter
- Implement coping skills
- Love others

**Spiritual**
- Explore your beliefs
- Enjoy nature
- Meditate
- Pray

**Media**
- Limit mindless scrolling
- Enjoy positive content
- Take breaks from all forms of media

**Social**
- Socialize with others
- Rely on your support systems
- Reinforce boundary setting with others

**Practical**
- Ask for help with household responsibilities
- Live within your means
- Maintain a clean, calming and orderly space

**Professional**
- Celebrate your wins
- Implement and maintain boundaries
- Maintain a clean, calming and orderly space
- Take breaks, lunch and time off
Tips for Supporting Others

#StrengthenCommunities

**Do**
- Learn to recognize signs of emotional distress
- Listen and validate
- Articulate concern and not judgement
- Reach out and check-in
- Offer practical support (assistance with duties or chores)
- Be mindful of your own emotional needs (Put your oxygen mask on first)
- Suggest and provide mental health resources
- If you are concerned about their safety or the safety of others, call someone for help, dial 9-1-1 or take them to the closest emergency room (if safe to do so)

**Don't**
- Assume problems will get better on their own
- Disregard verbal or non-verbal communication
- Pressure them to tell their story or pry
- Think they need time to themselves
- Minimize their feelings or emotions
- Try to diagnose or “fix it”
- Use dismissive, hurtful blaming or judgmental language or terms
- Ignore warning signs
Ways to Protect Your Energy

▪ Avoid negative or draining conversations and people
▪ Be less available to others
▪ Use assertive communication to let others know that you are at capacity
▪ Disconnect or unplug from social media and other forms of technology
▪ Acknowledge what you are feeling and allow yourself time to refresh
Sleep Hygiene Tips

- Avoid large meals before bedtime
- Complete a sleep diary
- Consult a medical professional
- Create a bedroom space that is conducive to good sleep
- Develop a bedtime routine that promotes relaxation (warm bath, read, guided imagery, meditation)
- Engage in regular exercise at least 2 hours prior to bedtime
- Limit Napping (i.e., 20 mins in late morning/early afternoon)
- Maintain a regular sleep and wake schedule (even on days off)
- Monitor late afternoon and evening caffeine intake
- Reconsider lying in bed awake for more than 20 minutes (get up)
- Remember to use the bedroom properly (no work, eating, no pets, or stressful activity in the bedroom)
- Practice relaxation techniques such as meditation and progressive muscle relaxation to promote calming
- Stay away from substances that interfere with sleep (i.e., smoking, alcohol)
Mental Health Check-in

Regular check-ins allow you to monitor your mental health and ensure you stay on track with maintaining a positive mental wellbeing.

Take a few minutes each day to check in with yourself.

How am I feeling?

- I feel great
- I feel pretty good
- I am hanging in there
- I am starting to struggle
- I am having a tough time
- I need help
Self-Care Worksheet

Identify 5 self-care activities

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Screening Tools

*Online screening tools are not diagnostic instruments and should not be used as a substitute for professional mental health treatment or support.*

**UT Southwestern Cares For You** A voluntary and anonymous questionnaire designed to help UTSW employees assess their current state of mental wellbeing and connect with available resources.

**Evexia** A free and confidential tool to enhance and improve your own well-being through self-awareness and tailored feedback.

**Self-Help Tools** Mental health screening tools provided by Mental Health America.
Resources: Awareness, Education, Information

These links are provided as a convenience for informational and resource purposes only.

If you are thinking about harming yourself or anyone else, please call 911 or visit the closest emergency room for immediate support.
Websites & Hotlines

General Support Websites
American Association of Suicidology (www.suicidology.org)
American Foundation for Suicide Prevention (AFSP)
Alcoholics Anonymous
Anxiety and Depression Association of America
Depression and Bipolar Support Alliance
Find a Helpline Worldwide
Mental Health America of Greater Dallas
Mental Health Texas
National Center for Post-Traumatic Stress Disorder
National Institute on Alcohol Abuse and Alcoholism
National Institute on Drug Abuse
National Eating Disorders Association
Texas Suicide Prevention

Hotlines
2-1-1 Texas
Crisis Text Line 741741
LGBT National Hotline 888-843-4564
NAMI Helpline 800-950-NAMI (6264)
National Suicide Prevention Lifeline 800-273-8255
NTBHA 24/7 CRISIS HOTLINE: 866-260-8000
SAMHSA Disaster Helpline 800-985-5990
SAMHSA Treatment Referral and Routing Service 800-662-4357
Spanish Crisis Lifeline 888-628-9454
Substance Abuse Hotline 800-985-5990
Suicide and Crisis Center of North Texas 214-828-1000
Texas Youth Helpline 800-989-6884
VA Medical Center Veterans Crisis Line 800-273-8255 (press 1)
BIPOC & LGBTQ+ Websites

General BIPOC Resources
- BIPOC Mental Health
- The BIPOC Project
- Melanin and Mental Health
- BIPOC And LGBTQ+ Mental Health Infographic

Black and African American
- Black Emotional and Mental Health Collective
- Therapy for Black Men
- Therapy for Black Girls
- Black Mental Health Alliance
- Black Mental Wellness

Asian American/Pacific Islander
- Asian Mental Health Collective
- Asians Do Therapy
- Asian American Psychological Association
- Chinese American Family Alliance for Mental Health (CAFAMH)
- National Asian American Pacific Islander Mental Health Association
- SouthAsianTherapist.org

Latinx/Hispanic
- Mental Health America’s Resources for Latinx/Hispanic Communities
- The Focus on You
- Therapy for Latinx
- American Society of Hispanic Psychiatry

LGBTQ+
- DESI LGBTQ+ Helpline for South Asians
- The Association of Gay and Lesbian Psychiatrists
- Trans Lifeline
- National Queer & Trans Therapists of Color Network

Native and Indigenous
- Indian Health Service
- One Sky Center
- Native Wellness Institute
Websites for Children, Young Adults and Families

AAKOMA
Active Minds
Gay Lesbian and Straight Education Network
Partnership to End Addiction
RESilience: Uplifting Youth Through Healthy Communication About Race
Racial Stress Toolkit for Parents
Teen Crisis Hotline
The Trevor Project
We R Native
youth.gov
Articles, Books, Blogs, Podcasts and Videos

Articles and Blogs

- BIPOC Mental Health
- Caring for Mental Health in Communities of Color During COVID-19
- The Impact of Race on Mental Health and Well-being
- Language Matters in Mental Health
- Hospitals Must Do Better to Address Minority Mental Health
- Mental Health Providers Must Work to End LGBTQ+ Stigma
- A Conception of the Interface Connecting Faith and Mental Health, Clark S. Aist, Ph.D.
- You Can’t “Pray Away” a Mental Health Condition
- Mental Health: A Guide for Faith Leaders
- Boston College Racial Trauma Toolkit
- Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma
- SAMHSA’s Toolkit for Community Conversations About Mental Health
- Mental Health Disparities in Minority Populations
- More than a Moment — A Conversation with BIPOC Student Mental Health Leaders
- 3 Things to Know: BIPOC

Books

- Cultural Considerations in Latino American Mental Health
- My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies
- Saved & Depressed: A Suicide Survivor’s Journey of Mental Health, Healing & Faith
- 10 Books for National Minority Mental Health Awareness Month

Podcasts

- All My Relations Podcast
- Asians Do Therapy Podcast
- Therapy for Black Girls Podcast
- Between Sessions - Melanin & Mental Health®
- Black Mental Matters Podcast
- Latinx Therapy Podcast
- All My Relations Podcast
- The Melanated Social Work Podcast
- Making Therapy More Inclusive with Melody Li
- Fear of Going Outside: A Podcaster on Asian Identity, Mental Health and Belonging

Videos

- LGBTQ+ Mental Health: Inhabiting The Space That Wasn’t Built For You
- COVID-19’s Adverse Impact on Mental Health Access for People of Color
- Young Mental Health Leaders Series: LGBTQ+ Youth Mental Health
- Emotionally Restorative Self-Care for People of Color
- Now Matters Now: Skills and Support for Suicidal Thoughts
- Silence the Shame
**Community Crisis Support and Resources**

**Centro de Mi Salud**  Provides comprehensive mental health care and treatment for children, adolescents and adults.  
Phone: 214-941-0798

**DISD Mental Health Services (Parkland Youth & Family Centers)**  Provides medical and mental services to DISD children and families.  
Address: Multiple locations  
Phone: 214-941-3500

**GENECIS**  Provides comprehensive, gender-affirming care to transgender and gender-diverse youth.  
Phone: 214-456-0262

**Homeward Bound**  Not-for-profit substance abuse and mental health treatment agency. Intake assessments are conducted on a first-come-first-served basis. No appointment is necessary.  
Address: Multiple locations  
Phone: 214-941-3500

**JPS Health Network**  Provides inpatient, outpatient, and peer and family services for adults and adolescents.  
Address: Multiple Locations  
Phone: 817-702-1100

**Lakes Regional Community Center**  Provides services for adults and children with intellectual and developmental disabilities or mental illness  
Address: Non-Urgent: 972-524-4159  
Crisis: 877-466-0660 Camp, Delta, Franklin, Hopkins, Lamar, Morris and Titus Counties  
Crisis: 866-260-8000 Hunt, Kaufman, and Rockwall Counties

**LifePath Systems**  A community-based, non-profit organization created specifically to help individuals and their families dealing with mental illnesses, intellectual disabilities and developmental delays.  
Address:  
Phone: 972-727-9133 Crisis: 877-422-5939

**Metrocare Services**  Provides services for adults and children with intellectual and developmental disabilities or mental illness in Dallas County. Walk-ins are accepted, but you can also call the clinic nearest you to set an appointment.  
Address: Multiple locations  
Phone: 877-283-2121

**MHMR of Tarrant County**  Provides community-based services for youth and adults with intellectual and developmental disabilities (IDD), mental health conditions, and substance use disorders, as well as babies and young children with developmental delays.  
Address: 3840 Hulen Tower North Fort Worth, TX 76107 (Main)  
Non-Urgent: 817-569-4300 Crisis Phone: 800-866-2465

**North Texas Behavioral Health Authority**  The designated Local Behavioral Health Authority for the Dallas Metro Area. If you live in Dallas, Ellis, Hunt, Navarro, Kaufman or Rockwall counties and have no Medicaid or other insurance, we can assist you with obtaining state funding through North Texas Behavioral Health Authority to pay for your behavioral health services and medications.  
Phone: 877-653-6363 or 214-366-9407  
Crisis: 866-260-8000 (24/7 Mobile Services)

**Parkland Health & Hospital System**  The public health system for the Dallas County community.  
Address: Multiple locations  
Phone: 214-590-8000

**Southern Area Behavioral Health**  Provides urgent and emergent psychiatric care services for ages 6 and up. Walk-ins must arrive at least two hours prior to office closing, to allow time to complete the entire intake process. Serving Dallas, Ellis, Hunt, Kaufman, Navarro and Rockwall Counties.  
Address: 4215 Gannon Lane, Dallas, Texas, 75237  
Phone: 972-283-9090

**Texas Health and Human Services (HHS)**  HHS offers mental health and substance use services for families and people of all ages.  
Phone: 800-964-2777

**VitalSign**  A user-friendly comprehensive screening program for the identification and treatment of depression in primary care, pediatric, and specialty clinics.

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If you need urgent medical or psychological help, please dial 9-1-1 or visit the closest emergency room.
GENECIS Community Counseling Resources DFW Metroplex

Laura Elpers Pierce, MS, LMFT, RPT
8140 Walnut Hill Lane, Ste 450 Dallas, TX 75231
Phone: 214-706-0508
*Child and adolescent, Play Therapist

Shawn Chrisman, Ph.D., LPC
8140 Walnut Hill Lane, Ste 450 Dallas, TX 75231
Phone: 214-706-0508
*Specializes in gender counseling and identity

Galit Ribakoff, MS, LPC
17304 Preston Road Ste 800 Dallas, TX 75252
Phone: 469-499-4597
*Experience with children 12+ and families. Sliding Fee Scale

Carissa Scott, Ph.D.
10300 N Central Expressway, Ste 285 Dallas, TX 75231
Phone: 817-797-2200
Experience with children 12+; BCBS; Sliding Fee Scale

Robin Deisher, LCSW
1935 Medical District Drive, Dallas, TX 75235
Phone: 214-456-0262

Resource Center
3918 Harry Hines Blvd Dallas, TX 75219
Phone: 214-393-3680
*LGBT affirming; All ages and families; therapists are supervised trainees. Sliding Fee Scale

Renee Baker, LPC
13500 Midway Road Ste 404 Dallas, TX 75244
Phone: 214-607-5620
*Experience with all ages and with families; Sliding Fee Scale

Feleshia Porter, LPC
13500 Midway Road Ste 404 Dallas, TX 75244
Phone: 214-454-8144
*Experience with all ages and with families; Sliding Fee Scale

Rebekka Ouer, LCSW
3500 Oak Lawn Ave Ste 550 Dallas, TX 75219
Phone: 214-616-5082
*Experience with all ages and with families; Sliding Fee Scale

Wes Parks, LPC
4304 Airport Freeway Ste 110 Fort Worth, Texas 76117
Phone: 817-996-5730
*Experience with teens and families

M. Michael Bledsoe, MS, MTh, LPC
516 College Ave, Fort Worth, Texas 76104
Phone: 817-247-3517
*Young Adults; Sliding Fee Scale

Christen Radvansky Engel M.S., LMFT, LCDC-I
1751 River Run Rd., Ste 200 Fort Worth, TX 76107
Phone: (940) 295-6696
*Interest in working with LGBT youth

Franky J. Smith, LMSW
2060 North Collins Blvd., Ste 102 Richardson, TX 75080
Phone: 214-736-5617
*Sliding Fee Scale

Christene Brinkman, LPC-S, LCDC
811 S Central Expressway Ste 300 Dr Richardson, TX 75080
Phone: (214) 390-9389
*BCBS, Cigna Payment plans
Erin Crandall, MS, LPC  
4325 Windsor Centre Trail, Ste. 200, Flower Mound, TX 75028  
Phone: 972-228-2171

Lisa Hensley, PhD  
1201 N. Watson Rd., Ste 117, Arlington, TX 76006  
Phone: 817-962-0035

Barbara J. Hokamp, Ph.D.  
927 North Locust, Denton, TX 76201  
Phone: 940-387-1680  
*Experience with all ages and families; Registered Play Therapist

Rachel Oppenheimer, PsyD  
1212 Coit Road Ste 107 Plano, TX 75075  
Phone: 469-708-9021  
*Child and adolescent, autism spectrum; Sliding Fee Scale

Melinda Porter, LPC  
3740 N Josey Lane Ste 116 Carrollton, TX 75007  
Phone: 817-733-7206  
*Experience with all ages and with families; Sliding Fee Scale

Aimee Tanos, MS, LPC  
920 N. Locust St. Denton, TX 76201  
406 S Chestnut McKinney, TX 75069 (Thursdays)  
Phone: 817-602-3623  
*Experience with all ages and with families BCBS; Sliding Fee Scale

Janette D. Macias, LPC-I  
4817 Medical Center Dr., Unit 3A McKinney, TX 75069  
Phone: 972-607-9650  
*Experience with all ages and with families; Bilingual; Sliding Fee Scale

Vanessa Sanford, LPC  
7242 W. Main Street, Frisco, TX 75034  
Phone: 214-641-1006  
Experience with all ages and skilled in play therapy. Bilingual.

Family Tree Program  
Multiple locations in Dallas and Denton counties  
Phone: 888-837-0666  
*Family counseling only (short-term focus) Free (12 sessions)

Audrey Kteily, PHD LPC-S  
270 N. Denton Tap Rd, Ste 160 Coppell, Tx 75019  
Phone: 972-304-0700  
*Virtual session/online groups

GENECIS Community Counseling Resources DFW Metroplex
Mental Health Smartphone Apps

Shine  A BIPOC-owned self-care app, designed to make caring for your mental health easier, more representative, and more inclusive.

Exhale  A wellness app for BIPOC women that focuses on self-care. Whether you’re looking for meditations, affirmations and/or coaching, search through the free app to destress and relax.

Health in Her Hue  A digital platform connecting Black women and women of color to culturally competent healthcare providers and content.

The Safe Place  An app geared towards providing education about mental health and mental illnesses in the Black Community.

Liberate Mediation  An app designed to support the meditation practices of people from BIPOC communities.

*User responsible for all associated costs.
Minority Mental Health Awareness Month
2021 Planning Committee

Committee Members

Catherine Orsak, MD
Medical Director, Psychiatry Consultation-Liaison Service, University Hospitals
Program Director, Consultation-Liaison Psychiatry Fellowship
Professor, Department of Psychiatry
University of Texas Southwestern Medical Center

Laura A. Kirk, MSPAS, PA-C, DFAAPA
Assistant Director of Advanced Practice Providers, Ambulatory Services
Office of Advanced Practice Providers
University of Texas Southwestern Medical Center

Lilian Omburo, DNP, FNP-C
Family Nurse Practitioner
Peter O'Donnell Jr. Brain Institute
University of Texas Southwestern Medical Center

Laquita “Laila” Cooper, MSSW LCSW
Program Manager
Employee Assistance Program
University of Texas Southwestern Medical Center

Keneshia Colwell
Sr. Diversity & Inclusion Specialist
Office of Institutional Equity & Access
University of Texas Southwestern Medical Center

Benjamin “Ben” Retta
Senior Director
Social Work, Enterprise Care Management
Children’s Health

Tracye Green, LCSW-S
Clinical Therapist
Teen Recovery Program
Children’s Health

Event Sponsor
Office of Faculty Wellness

Event Chairs
Jaime Harry, LCSW
Program Liaison
Office of Faculty Wellness
University of Texas Southwestern Medical Center

Terrie Jenkins, LCSW, ACM-SW
Department of Care Coordination
William P. Clements Jr. University Hospital
University of Texas Southwestern Medical Center