

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

[#StrengthInCommunities](#) [#YouAreNotAlone](#)

Bebe Moore Campbell National Minority Mental Health Awareness Month 2021 Virtual Toolkit

Bebe Moore Campbell National Minority Mental Health Awareness Month

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)

*Toolkit provided as a convenience for informational and resource purposes only.
This information should not be used as a substitute for professional mental health treatment or support.*



Education and Awareness

BIPOC and LGBTQ+ Mental Health Facts and Statistics

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 identify 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](#))

**Common
Treatment Barriers
for
BIPOC and LGBTQ+
Communities**

Communication and language

Concerns about punitive or discriminatory actions or behaviors

Distrust of healthcare providers and/or systems

Inequalities in access to healthcare due to cost and/or coverage

Lack of culturally competent professionals

Underrepresentation amongst mental health professionals

Limited mental health knowledge and awareness of services available

Stigma linked to mental illness (individual, family, community, society)

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.

Causes

Biological
Environmental
Genetic
Medication reactions

Symptoms

Cognitive issues
Disinterest
Restlessness
Lack of energy
Feelings of worthlessness
Significant weight changes
Sadness, Irritability, Guilt
Suicidal thoughts or ideas

Treatment

Counseling
Medication
Counseling & Medication

Common Myths

Depression is fake
Depressed = crazy
Medications change me
A sign of weakness
Talking makes it worse
I am not praying enough



Understanding Anxiety

Anxiety is a normal emotional response to a situation perceived as dangerous, characterized by intense worrying about what might happen in the future.

Coping with Anxiety

- Connect with your supports
- Challenge unhelpful thinking habits
- Disconnect
- Exercise
- Focus on what you can control
- Get adequate sleep
- Identify your triggers
- 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.

Potential Signs of Emotional Distress

- 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

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”.

Practical

Ask for help with household responsibilities

Live within your means

Maintain a clean, calming and orderly space

Social

Socialize with others

Rely on your support systems

Reinforce boundary setting with others

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

Media

Limit mindless scrolling

Enjoy positive content

Take breaks from all forms of media

Emotional

Acknowledge and understand your feelings

Experience joy and laughter

Implement coping skills

Love others

Spiritual

Explore your beliefs

Enjoy nature

Meditate

Pray

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

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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



1.

2.

3.

4.

5.

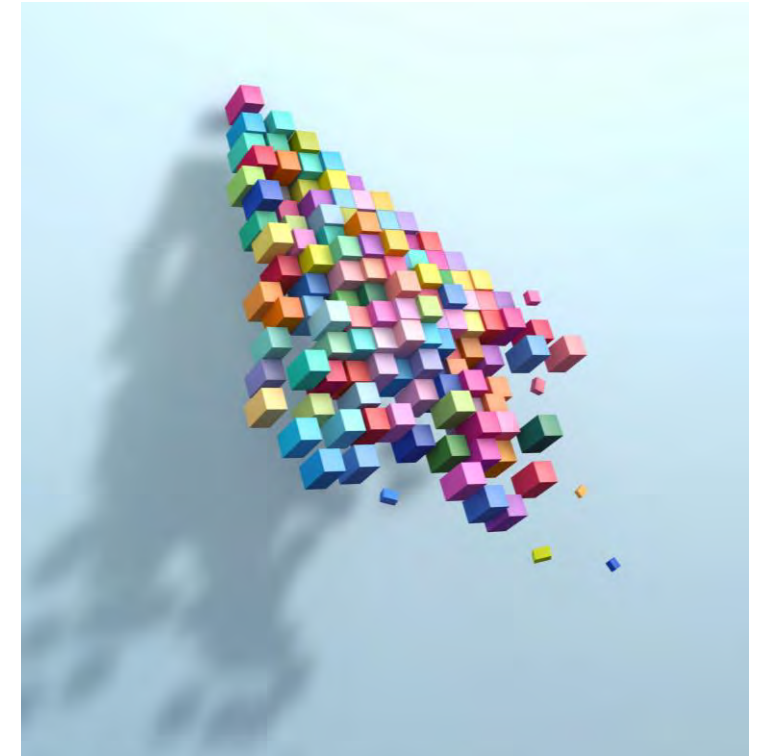
Screening Tools

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 \(www.suicidology.org\)](http://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: Multiple locations
Phone: 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

[VitalSign⁶](#) A user-friendly comprehensive screening program for the identification and treatment of depression in primary care, pediatric, and specialty clinics.

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-S](#)

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-Associate, 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 apps can be great tools to improve your mental wellbeing. Apps should not be used as a substitute for professional mental health treatment or support.

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

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