

Bios

Keynote Speakers



Dr. Altreisha Foster, an author, scientist, baker, and entrepreneur

Altreisha is best known for her work in Public Health, her contributions to vaccine science, and advancements in infectious diseases. She is the CEO and Founder of Foster-Bentho Scientific Consultants. A firm that aids underserved jurisdictions in vaccine programming, medical sociology, and community engagement.

She has over 10 years of experience in the Infectious Diseases field. Her career in public health and vaccine science began in Washington, DC. Later, she worked in the Caribbean as a vaccine principal. Her research has been published in several prestigious journals, including Nature.

Most recently, Dr. Foster, wife, mother, scientist, and baker, is also now the proud author of the book **"Cake Therapy, How Baking Changed My Life"**, where she highlights the correlation between trauma, her life experiences, and hardships, and overcoming the sweet decadence of baking through her recipes. Premised in purpose, Dr. Foster specializes in baking extraordinary, flavored cakes and goodies. She finds peace, solace, remembrance, and renewal of life in her nurtured craft and has since been sharing it with the world.

She is now a formidable baker and entrepreneur. With just a couple of years of training under her belt, the perfectionist, she has quickly mastered the art of baking and baking architecture at record-breaking speeds. Born in Jamaica, this Caribbean principled, Minneapolis, Minnesota-based resident, is now the face and masterful hands behind the cakes of Sugarspoon Desserts a premier baking and dessert making company, in Minneapolis, Minnesota. Her desserts are highly sought after and have appeared in local and international media, both print and electronic.

She is also the CEO and Founder of the Cake Therapy Foundation, designed to offer baking as a form of therapy to systems impacted women and girls. She was recently listed among the top 20 female entrepreneurs to watch in 2023.

She is a graduate of Campion College and the University of Technology in Jamaica as well as Howard University and George Washington University, Milken School of Public Health in the USA.

Dr. Foster is married to Dr. Oladi Bentho whom she met at Howard University College of Medicine. They currently live in Minneapolis, Minnesota, with their two children, Kende and K'tedy.

Altreisha hopes to continue her work by sharing her expertise and love for seeing people smile through baking, cake therapy, and building her community while she continues to champion and advocate for race and health equity.

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Terrance Kwame-Ross, Ph.D., professor at Augsburg University, and a visiting faculty at the University of Minnesota.

Terrance is a scholar-practitioner with over 25 years of experience working with Black boys and men in school, community, and treatment settings. Dr. Kwame-Ross is a professor of education at Augsburg University and a visiting faculty in the School of Social Work, Youth Development Leadership Master Program at the University of Minnesota. In addition, Dr. Kwame-Ross also served as Clinical Supervisor for My Home Inc., a former community-based African American Transition Institute in St. Paul, MN, where he supervised and led men's parenting, anger, and domestic abuse programs and groups for 18 years for Black and Brown males and their families. Dr. Kwame-Ross's current research and writing focuses on the power of Black male learning in hostile White environments.



W. Curtis Marshall MS, Public Health Strategist/Consultant

Curtis has a broad background in public health. He recently retired after thirty-one years as a Public Health Strategist with the Wisconsin Division of Public Health. He served as the health equity consultant with the Wisconsin State COVID Response Testing and Vaccination Teams, advocating the short and long-term effects in minority communities because of toxic and deep social structural conditions.

His belief that 'public health is everything, and everything is public health', has placed him in multiple public and private strategic discussions and think tanks to develop population-based health and safety improvement strategies. He is recognized as an engaged change leader, building and facilitating partnerships for sustainable momentum and progress to resolve community issues at the community and system levels.



Sam Simmons, LADC. Behavioral Consultant, owner of Samuel Simmons Consulting, LLC, and conference organizer

Sam has over 33 years of experience as an alcohol and drug counselor and behavioral consultant specializing in practical, culturally sensitive trauma-informed strategies addressing historical trauma and focused on improving outcomes for African American males and their families. He is an Adverse Childhood Experience Interface Trainer in Minnesota and certified as an administrator of the (IDI) Intercultural Development Inventory. Sam received 2016 Healing the Hidden Wounds of Racial Trauma award and the Black Tear Drop Award for his vision and leadership in culturally sensitive trauma-informed work in the community and around the country. In 2018 he received the city of Minneapolis Public Health Hero Award for his unique, innovative, and culturally specific trauma-informed work in the community. In 2020 he was called upon to assist organizations in addressing the challenges of recruiting and retaining African Americans and other staff of Color and developing culturally sensitive, trauma-informed diverse organizational practices. Sam is the co-creator of the Community Empowerment Through Black Men Healing conference called "Groundbreaking and Visionary". He co-hosts the "Voices" radio show on KMOJ FM that addresses urban community issues.

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Workshop Speakers



Dr. Antwan Player, assistant professor at Adler Graduate School

Dr. Player is an assistant professor at Adler Graduate School located in Minnetonka, Minnesota, and has 10+ years as a clinical counselor. Antwan holds two licenses, one in Minnesota as a Licensed Professional Clinical Counselor (LPCC) and another in Florida as a Licensed Mental Health Counselor (LMHC). Antwan is a member of various organizations and was previously the Ethics Co-Chair for the Minnesota Counseling Association. From a clinical standpoint, Dr. Player's clinical philosophy focuses on helping individuals reach self-actualization. His clinical experience has afforded him the opportunity to work with a range of diverse populations, including, high-risk adolescents, parenting enhancement, black men, and individuals of the LGBTQIA community, to name a few.



Princess Titus, teacher, orator, and philanthropist.

Princess has been serving families in the twin cities for 28 years and is most proud of her GED and her galangal plant in her living room. She is a teacher, an orator, and a philanthropist. She earned her BA in Early Childhood Education from Metropolitan State University, her Global Career Development Facilitation License from Normandale, and her Executive Certificate in Fundraising from the University of St. Thomas. As a co-founder of Appetite for Change and Standard Edition Women she works to provide access and knowledge about healthier external and internal environments, while modeling the benefits. Princess sits on the board of Parents of Murdered Children, on the Steering committee of Fostering African Americans in Total Health, and works closely with Community Members for Environmental Justice and the Hueman Partnership. Princess believes that liberation is finding peace in her life amidst oppression and enjoys writing, sewing by hand, and painting.



Minkara Tezet is the Griot of Psychology and Psychiatry at the Cultural Wellness Center

Brother Tezet is the Griot of Psychology and Psychiatry at the Cultural Wellness Center. The Cultural Wellness Center, a nonprofit in the Twin Cities, is a transformative space that incubates culturally based solutions to real world problems. He has been studying Cultural Wellness as an approach and a field of study and the African system of thought. Brother Minkara is a student of Khepra, a discipline that describes the process of transformation, being, and becoming, and a candidate for the Certificate of Khepra Ankh. This certification process trains and orients candidates in ways of developing and building institutions within the African community. The process focuses on the critical need for spiritual and cultural healing of African people.

Brother Minkara is a facilitator, guide, and instructor. He creates spaces for Maps to Wellness; Cultural Self-Study, Transformational Leadership Coaching; Cultural Consultation; Community Truth Telling Healing Rituals and Ceremonies; Rites of Passages Classes; Curriculum Development for boys and men of African Heritage; and hosts a culturally specific writing collective called Tree Space. Minkara is also a COPE – Certified Perinatal Education Certification and a Lactation Educator as support for expecting fathers.

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Phillip McGraw, A Chicago-born poet, and photographer

Phillip is a Chicago-born poet and photographer, Phillip always knew there was something inside of him more significant than the experience of growing up in poverty.

Phillip was introduced to art through his mother's writings as a poet and her interior decorator skills. Phillip always used poetry and photography to vent his frustration and perception of poverty, drugs, and crime. He fell in love with photography at the birth of his first son, Aiden. After taking many photos, Phillip understood the importance of capturing moments.

In 2008, Phillip moved to Saint Paul, MN, for a simpler life to raise his two sons. The opportunity to resume creating art came around during a trip to Duluth, MN., where he began taking pictures of wildlife—his passion for capturing photos returned to him like a fervent heat of light.

Phillip learned about filmmaking through experience and failure. After watching hundreds of hours on YouTube, he purchased a used DSLR and microphone that, forever more, set him off to produce many small community projects. In 2019 Phillip was selected for a filmmakers' fellowship called Doc U Fellows. During his fellowship, he directed his second full-feature documentary, *For Justice Forgotten*. *For Justice Forgotten* was a well-received local film about police brutality.

In 2020, Phillip became involved in community organizing during the COVID-19 outbreak. He desired to create spaces for healing and health that were absent in his community. Phillip is the founder of Living Naturally Abundant. Living Naturally Abundant became a community-focused health and wellness organization with a mission to provide unique opportunities for physical health and mental health awareness.

Phillip is known for his creativity and how he introduces solutions to society's problems. Currently, Phillip is teaching youth about art and mental and physical health skills. He continually evolves to create a better environment for everyone to experience a higher quality of life.



Raj S, Associate Professor at Metropolitan State University

Dr. Raj is a recovering criminologist, alcoholic, and survivor of sexual abuse, with over 20 years of community-based activism as a researcher and educator. Inspired by our youth's resilience and the men in our prison systems, he trains school staff, probation agents, community members, and justice personnel on restorative practices, trauma and healing, value-centered leadership, community building, and unpacking implicit biases. He believes in raising consciousness utilizing the restorative circle process. In his latest work, Raj explores our justice system's depths and creates a framework in which knowledge, critical consciousness, and heart become the root of our practices.



William Drew, Owner, Mindful I Consulting LLC, and Healing House Yoga LLC

William, as a Mindfulness-Based Consultant and Performance Coach, Drew focuses on seamlessly integrating Reflective Practices into Policy, Systems, and Environment to build the Emotional Intelligence and Emotional Literacy needed for Transformational Change. Through his work with clients, Drew has influenced policy, improved performance, and reduced attrition. Clients consistently note a clearer sense of purpose, greater

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alignment with organizational goals, and an expanded sense of Psychological Safety necessary for the clear communication that drives innovation and excellence.



Sidney Frye II, Program Manager with Olmsted County and Principal Consulting with Mind Shifts Consulting LLC

Sidney is the owner and principal consultant of Mind Shifts Consulting LLC. A highly sought-after mental health and racial equity speaker, Sidney earned his Master of Divinity degree from Bethel University, as well as a master's Certificate in Marriage and Family Therapy. Sidney has previously taught Adolescent Psychology at North Central University and has a background working within the Child Welfare and Criminal Justice system, supervising programs that work to address disparities and disproportionality. Presently, Sidney serves as Program Director for Olmsted County's Diversity Equity and Community Outreach. Sidney is also an ordained minister and is actively involved in the African American faith community. A loving husband and proud father of five, Sidney is an avid soul food enthusiast and aspiring cheesecake connoisseur.



Zachary Hylton, Economic and Racial Equity Consultant

Zachary is currently a Social Policy PhD student at Brandeis University, studying how our governing institutions will transform to achieve racial equity. He also consults on different projects around the country, all focused on system transformation across public institutions. Zachary is committed to understanding and directly contributing to ensuring our structures are reimaged to improve the wellbeing of our most marginalized communities.

Previously, Zachary served in local government in Minnesota, working on numerous strategic projects which bring together leadership across systems and communities to redesign policy and purpose. He also served on multiple nonprofit boards across the Twin Cities, all aiming towards centering the needs and voices of marginalized populations. Zachary has a bachelors degree from St. Olaf College, a master's degree from UMN's Humphrey School of Public Affairs, and has significant academic and professional experience in Africa and Asia. He is originally from Cleveland, Ohio and loves learning languages, strategizing solutions for our future generations, and imagining what our future as a species will look like.



Kentral Galloway, program director of the Next Step Program

Kentral received his BA in Human Services and criminal justice from Lindenwood University in May of 2004. In 2004 he began his career at Saint Joseph Home for Children as a youth counselor in a residential treatment unit for adolescents. In April of 2005, he took a job as a case manager with Ramsey County working with families who were involved in the child protection system. He proceeded to hold this position until March 2012 when he then returned to Saint Joseph Home for Children (Catholic Charities) as the Program Manager of the Emergency Shelter and Central Intake Program leading that program until November of 2019. He is currently at Hennepin Care as the program director of the Next Step Program, that will lead efforts in addressing gun violence, health disparities, equity, and antiracism in the institution and community.



Larry Burgess, Senior Case Manager with Next Step Program

Larry Inspired by the work of his late father, Larry Burgess has served as a coach, educator, and mentor to Minneapolis youth for over 25 years. He has worked in various positions in schools and organizations such as Minneapolis Parks and Rec and Minneapolis Urban League empowering and inspiring youth. During the civil unrest in Minneapolis, Larry was part of a Community Healing Team providing resources and support for individuals in the community. Larry is a Senior Case Manager with Next Step where he partners with survivors of violent crimes to support their healing mentally and physically from their trauma. Larry has a Bachelor of Art in human services from Metropolitan State University with a focus on training and development and he plans to pursue his M.A in Community Education or Educational Leadership.



Quincy Jones, Violence Prevention Case Manager with Next Step Program

Quincy started working in violence prevention at just sixteen, assisting in a youth program focused on the physical and mental health of youth in North Minneapolis. He went on to start a non-profit organization teaching life skills through coaching and mentoring via sports and fitness. Later, he worked with Black-owned organizations to address the surge in violence-related crimes and injuries in underserved communities. Quincy now serves as a program director and mentor with The New Wave organization and a Violence Prevention Case Manager with the hospital-based Next Step program. His professional journey has come full circle as his life's work and mission is to serve the community on a large scale.



Terron Edwards, Founder and Executive President of Fathers Making Progress



Terron is the Founder and Executive President of Fathers Making Progress. Terron has almost 20 years of experience designing and implementing programs for fathers and families through workforce, parenting classes, anger management classes, lobbying and community organizing. Terron is trained in over 10 different fatherhood, coaching, and workforce curricula and has provided training for many that are now doing fatherhood work in our community. Terron has consulted and facilitated workshops for fathers and organizations across the country and in the Caribbean. In addition to his community work, Terron has been a youth football coach and is a proud husband and father of a blended family of five.



Richard D. Smith, MA., National Trainer and Trauma Expert

<https://richardsmithspeaks.com/>

Richard is a healing strategist and nationally recognized expert on trauma and healing for survivors of interpersonal and systemic violence. With over two decades of experience developing and leading community-based programs, Richard has helped organizations throughout the country build their capacity to heal and empower BIPOC folks and marginalized communities.

Richard has guest lectured at numerous colleges and universities on issues such as systemic racism, mass incarceration, and trauma and healing. A sought-after keynote and plenary speaker for national victim services, restorative justice, and criminal justice conferences, Richard previously served as the

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National Director of United for Healing Equity at Common Justice, where he led their national policy and organizing work.

Richard is the co-founder of Alignmeant Global LLC., a social enterprise dedicated to cultivating cultural reclamation, restorative practices, healing justice, and system reform. He is also the founder of Divine Masculinity Aspirational Apparel, a brand promoting positive expressions of masculinity, personal growth, and empowerment through clothing and accessories designed to inspire and uplift.

Richard is the host of the Just Healing Podcast, which takes a deep-dive into the diverse range of perspectives and personal stories about the social and cultural factors that impact healing for male survivors. Each episode explores the intersectional ways that trauma and healing are impacted by racial and gender identities, socioeconomic status, oppression, and white supremacy, emphasizing that sexual trauma does not exist in a bubble, and neither should healing.

He holds a master's degree in Africana Studies from the University at Albany and is currently a doctoral candidate at SUNY Albany's School of Social Welfare. His research focuses on the intersection of the trauma-to-prison pipeline and male survivorship of childhood sexual abuse. A Robert Wood Johnson Forward Promise Fellowship for Leadership Fellow, Richard is the proud father of Kaden and Kaleb. As a descendant of the Gullah Geechee people, he has committed his life to honor his ancestors' legacy of resistance and the liberation of Africans in the diaspora.

“When I dare to be powerful, to use my strength in service of my vision, then it becomes less and less important whether I am afraid.”
Audrey Lorde

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