

11th Annual Community Empowerment Through Black Men Healing Conference



Morning Workshops 10 am



Sam Simmons, LADC and Brandon Jones, MA They will discuss community trauma work.

Brandon Jones is a psychotherapist, professor, behavioral health consultant. He specializes in Adverse Childhood Experiences (ACEs), Historical and Intergenerational trauma, Social/Emotional Intelligence (EQ), Leadership, and Youth Justice. Born and raised in Saint Paul, Minnesota, Brandon has survived living in a home of domestic violence and various other forms of trauma. Brandon holds a B.A. in Sociology from the University of Minnesota, a Masters in Community Psychology from Metropolitan State University, and a Masters in Psychotherapy (MFT) from Adler Graduate School. Brandon is also a 2013 Bush Foundation Leadership Fellow. He is also professor at Metropolitan State University and Century College.

Sam Simmons, AA, LADC has over 29-year experience as an alcohol and drug counselor and behavioral consultant specializing in practical culturally sensitive trauma informed work with African American males and their families with a focus on addressing chronic pain, chemical dependency and interpersonal violence and racial trauma focused on improve outcomes. He is co-host of "Voices" radio show on KMOJ FM that addresses issues of the urban community. Sam is co-creator of the Community Empowerment Through Black Men Healing conference called "Groundbreaking and Visionary". For that work in 2018 he received recognition from both Minneapolis and St. Paul Mayors and Minnesota's Governor.

THE FOLLOWING WILL REPEAT AGAIN AT 1PM



William R. Moore, C.P.E. **"A Father's Role in Co-Parenting"**

- To help men and their significant others successfully co parent by dissecting and false assumptions of gender roles and giving a voice to both parties
- Open Dialogue and Discussion

William Moore is a Public Health Educator with Saint Paul Ramsey County Public Health, a Semi professional Football player, a Consultant and one of two of the first Male Doula and lactation Consultants in the History of the State of Minnesota. He has worked in Public Health for the last 3-4 years and has experience lobbying and advocating for non-profits and public health legislation on Capitol Hill in Washington DC.



VOA-MN Culturally Responsive Caregiver Support and Dementia Services "It's a Family Affair- fortifying the village"

- Explore culturally responsive models for memory loss and dementia
- Know 10 warning signs of memory loss
- Importance of a check up from the neck up

"History is not about the past. It's about the present!" Dr. El-Kati

- Understand culturally responsive modifications, techniques and skills to support family caregiving



Dorothea Harris, MSW, LICSW, has served the past 14 years with Volunteers of America – Minnesota (VOA-MN) in Senior Services contributing her passion in the service of African American caregivers, elders, and their families. She has developed and implemented a new program in response to the pressing community need, “Culturally Responsive Caregiver Support and Dementia Services” which features a recent purchase of a Healthy Aging and Memory Mobile Clinic. She is dedicated to expanding the number of diverse professionals and Community Health Workers to promote principles of health equity and enhance person-centered caregiving and dementia care for ethnic and cultural communities who have the highest health disparities. Dorothea says, that her spiritual calling and passion for service stems from her historical and cultural upbringing that promotes respecting, honoring and caring for your elder family members.

Valorie Jones has over 25 years of professional and personal experience advocating, and providing resources and culturally responsive services to address the needs of multicultural families. Her passion is to empower and strengthen a caregivers' capacity to provide, manage, and cope with caring for others while preserving their own health and well-being.

Monisha Washington is the Community Health Worker (CHW) that has had the passion to serve the community for several years. She is currently the Outreach Coordinator at Volunteers of America for the Culturally Responsive Caregiver Support and Dementia Services program. In this role she trains the Community Health Workers on connecting with diverse communities in various ways. Monisha focuses on educating the community on chronic diseases, preventive measures and risk factors for Dementia. She independently consults with MN Department of Oral Health on community engagement and outreach. She is the MN Grassroots Representative for the Dentaquest Open Network. In this role she assists with reaching goals of equitable access to oral health for everyone. She serves on the MN Oral Health Collation Outreach committee and the Mayo Clinic FAITH (Fostering African-Americans Improvement in Total Health) CBPR Community Steering Committee. She has also served on MN Organization on Fetal Alcohol Syndrome (MOFAS) planning committee and The Cancer Health Equity Network (CHEN) committee. Monisha has the passion to serve the community and provide them with resources and education. She wants to impact the lives of undeserved populations and enable them to make lifestyle changes which leads to living longer, healthier lives.



Moriah Friend

"Getting to Good Grief"

- Participants will evaluate areas of grief in their lives and discover ways to work through and overcome that grief.
- By the end of the workshop, participants will be able to identify areas of grief (unhealthy or undealt with) in their lives and in their families by journaling/reflecting and open discussion of experiences.
- By the end of the workshop, participants will compare and contrast the effects of good grief vs. bad grief by discussing and sharing with partners.
- Participants will demonstrate what it means to have good grief by applying some of the tools and wisdom provided in his or her personal life.

Moriah Friend is a mother, educator, author, and leader who has worked in the field of early childhood education for several years. With the heart to help nurture and educate children, she received a Bachelor of Arts in Early Childhood Education Administration and a Master of Education. Furthermore, it has been her desire to see hurting women, children, and families become restored and whole so that they can live their best life. Her greatest joy has come from raising and nurturing her three children ages 12, 9, and 3 years old. Moriah currently resides in Minneapolis, MN with her family.



Kelis Houston Founder “Village Arms”

A Christ-centered non-profit organization dedicated to aiding and assisting African American youth and families impacted by child protection. Village Arms’ focus is family preservation and reunification through parenting education, in-home visits, resource acquisition and advocacy with a cultural base. Village Arms was created in direct response to the over representation and disparate treatment of African Americans across the child welfare service continuum.



Kelis Houston personal mission is to address and help eradicate these disparities through legislative action, youth and family advocacy, policy reform and community engagement. She serves as cultural consultant and trainer to child welfare staff, students and service providers. Her training is designed to bring a new level of cultural awareness to those working for and within the African American community; in an effort to achieve clearer lines of communication and a sensitivity to culture.

In addition to her full- time work and advocacy she also serves as Chair of the NAACP Minneapolis’ Child Protection committee. Kelis began her career in social services over a decade ago and has since been a voice for marginalized communities.



Men and Boys Programs Panel Panel Moderator Curtis Marshall, MS

W. Curtis Marshall, MS is a Public Health Consultant with the Wisconsin Division of Public Health. Utilizing structured analytical approaches, he works with public health departments, community-based organizations, and consortiums to identify root causes, to develop and implement population-based and health equity strategies and programs, targeting at-risk populations to improve community health. He is a founding member of the Milwaukee Fatherhood Initiative, serving eight years as program chairperson for the Milwaukee Fatherhood Summit. He is passionate regarding positive father and male involvement in their children’s lives and provides consultation to fatherhood and family service providers.

Programs



Ujamaa Place Corey Stewart Education Director at Ujamaa Place

Ujamaa Place is an organization focused on young African American men in Saint Paul (primarily between the ages of 18 and 30), many of whom suffer multiple barriers to becoming stable, productive members of the community. These barriers include being undereducated, unemployed and/or unemployable, affiliated with gangs, a criminal history, homelessness, drug use, and a general marginalization by greater society.



In 2009, a group of leaders in the St. Paul African American community, including then St. Paul Police Chief John Harrington [rt.], Executive Director of the St. Paul YWCA Billy Collins, then St. Paul City Council Member Melvin Carter III, Thad Wilderson M.A. Ed. LP, Mary K. Boyd from St. Paul Public Schools, the NAACP, and several members of the Black Ministerial Alliance and the Council on Black Minnesotans identified that programming for this population was a significant gap in the social service delivery system in St. Paul, and needed immediate

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attention. Without intervention from a program like Ujamaa Place, this will be a “lost generation” of young men who die at a young age or are incarcerated for most of their lives.

After several months engaging additional key community leaders in development and planning for the organization and securing early start-up funding from The Saint Paul Foundation and F.R. Bigelow Foundation, Ujamaa Place received 501(c)(3) nonprofit status in April 2010 and opened its doors at 1885 University Avenue in St. Paul in January 2011. <http://www.ujamaaplace.org/>



Building a Better Future

Thomas Adams, PhD, President and CEO

Better Futures Minnesota engages men who have had a history of incarceration, homelessness, poverty, and untreated mental and physical health challenges to help them achieve self-sufficiency and a better future for themselves and their communities.

We believe everyone deserves a fair shot at the American dream, and for the men we serve, that means the opportunity to become productive citizens, fathers, employees, and neighbors. Whether intentional or not, our society has turned its back on a group of people, overwhelmingly African American men, who are labeled as chronically homeless, chronically unemployed, frequent offenders, and frequent users. This is public health crisis that has a deep human and financial toll.

We seek to address this crisis through an evidence-based, integrated-care model that connects the men of Better Futures with the Four Fundamentals (health, housings, jobs, and coaching) and focuses on healing, personal accountability, and hard work—all of the parts working together to achieve personal transformation and positive outcomes. Since 2007, Better Futures Minnesota’s unique model has helped men throughout Minnesota realize their potential for success and become responsible members of the community who earn wages, pay taxes and child support, and are self-sufficient and engaged in building their own success stories.

<https://betterfuturesminnesota.com/>



Change Equals Opportunity

Jamil Jackson, co-director of the basketball league called Run and Shoot and developer of the mentoring program, CEO that stands for Change Equals Opportunity. Jackson teaches life skills in CEO session. There are eight teams in the league, and nine players to a team. Two teams start the evening in the mandatory mentoring session while another two teams are on the court. Mentoring sessions can include guest speakers, or chats about relationships and career goals.

Afternoon Workshop



THE POLICE AND BLACK MEN PROJECT

In the aftermath of local police-involved shootings, a group of Black Men and Minneapolis Police Officers came together to discuss the issue of distrust between Black men and the Police. The group began biweekly meetings in January 2017, with this goal: to forge connections between Police officers and African American men that can lead to better partnerships for community safety and law enforcement. Learn more about the Police and Black Men Project Minnesota by exploring the above links.

<https://innovation.umn.edu/policeandblackmenmn/>

“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

“History is not about the past. It’s about the present!” Dr. El-Kati