



**KEYNOTE SPEAKER:**

**Kimberly L. Jefferies Leonard, Ph.D.**

Technical Vice President and Director of the Center for Technical Assistance, Training, and Research Support at the MayaTech Corporation

**The 3rd Annual People of Color Mental Health Conference 2004**

**“Effective Intervention through Mind, Body and Spirit”**

Keynote Speaker: Kimberly L. Jefferies Leonard, Ph.D., Technical Vice President and Director of the Center for Technical Assistance, Training, and Research Support at the MayaTech Corporation. Dr. Leonard has more than a decade of experience in applied research and public health including substance abuse, HIV/AIDS, violence prevention and mental health.

Dr. Leonard’s presentation is titled **“Stop the Stigma”**. This presentation will explore the impact of barriers on mental health treatment for People of Color.

**When:** Saturday, November 6, 2004

**Time:** 8:00 a.m. to 4:00 p.m.

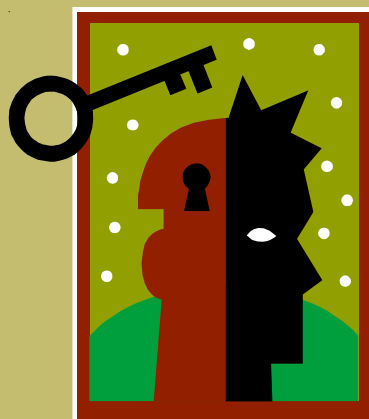
**Where:** Delaware Technical & Community College (East Building) 333 Shipley Street, Wilmington, DE 19801

**FREE Parking in the Delaware Technical & Community College Garage**

**CONFERENCE OBJECTIVES:**

As a result of attending this conference participants will:

- **Build awareness of mental health risk factors as they relate to People of Color.**
- **Increase knowledge of mental health treatment and resources available in Delaware.**
- **Gain greater knowledge of mental health as it relates to People of Color.**
- **Overcome the stigma of mental illness as it relates to People of Color.**
- **Explore mental health as it relates to mind, body and spirit along a health continuum.**



**WORKSHOP CONTENTS:**

**Spirituality and Mental Health**

*Presenter: Randolph Walters, PhD*

Back by popular demand, Dr. Walters will continue to explore overcoming cultural and religious stigma to seeking counseling, the role of faith in counseling and the importance of a holistic approach to healing.

**Adolescent Pregnancy: “A Family Crisis”**

*Presenter: Cecil C. Gordon, Jr. M.D.*

This workshop will deal with the psychosocial impact of teen pregnancy on the teen parent and on her/his immediate family. The ramifications of teen parenthood on the family members and the parents will be fully explored, including the emotional, mental and psychological dynamics.

**HIV/AIDS & Mental Health: “Just Because You Are Positive, Doesn’t Mean Everything Else is Negative”**

*Presenter: Renee P. Beaman, RN*

This workshop will focus on the mental health issues that often affect persons living with HIV/AIDS and ways that health professionals, family, friends, and the faith community can provide support systems.

**Youth Development, Youth Leadership**

*Presenter: Yolanda Jenkins, MS*

This workshop will introduce the topic of youth leadership and development and will explore how these concepts promote the cognitive development that support social and academic success in children and adolescents.

**Evaluated Mental Health Resources for People of Color: “Diagnosis, Treatment and Support”**

*Presenter: PJ Grier, MLS*

This workshop will identify mental health resources in Delaware and in the surrounding area as well as accessing information via the internet and in print.

**Signs and Symptoms of Behavioral Health Problems in Children and Youth: “How to Get the Help You Need”**

*Presenter: Jeanne A. Dunn, M.Ed.*

This workshop will identify signs and symptoms of behavioral health (mental health and substance abuse) problems in children and youth and how to obtain help within the system of public and private funding sources.

**The Struggles and Joys of Family Caregiving**

*Presenter: Carol Francis, Consumer Advocate*

This interactive workshop offers participants the opportunity to hear about the struggles and joys of caring for individuals with Alzheimer’s or dementia, while also learning effective coping strategies for caregivers and their families.

**“Ni de Aqui, Ni de Alla”: “Not from Here, Not from There”**

*Presenter: Clemence Overall, LCSW*

Building on last year, this workshop will outline and explore strategies for the Hispanic family as they cope with challenges faced by the acculturation process. This workshop will be presented in Spanish.

**2004 CONFERENCE AGENDA**

**7:45-8:40 a.m. Registration and Continental Breakfast**

**8:45-9:00 a.m. Opening Remarks:**

**James Lafferty**, Executive Director, Mental Health Association in Delaware; **Mayor James Baker**, City of Wilmington; **Renata J. Henry**, Director, Division of Substance Abuse and Mental Health

**9:00-9:40 a.m. Keynote Presentation:**

Kimberly L. Jefferies Leonard, Ph.D.

**9:45-9:55 a.m. Break and Exhibits**

**10:00-11:00 a.m. Morning Workshops:**

- A. Spirituality and Mental Health
- B. Adolescent Pregnancy: “A Family Crisis”
- C. HIV/AIDS & Mental Health: “Just Because You Are Positive, Doesn’t Mean Everything Else is Negative”
- D. Youth Development, Youth Leadership

**11:10-12:10 p.m. Morning Workshops:**

- A. Signs and Symptoms of Behavioral Health Problems in Children and Youth: “How to Get the Help You Need”
- B. The Struggles and Joys of Family Caregiving
- C. “Ni de Aqui, Ni de Alla-Not from Here, Not from There”
- D. Evaluated Mental Health Resources for People of Color: “Diagnosis, Treatment, and Support”

**12:15-1:30 p.m. Lunch, Exhibitors, Guitarist**

Joe Robinson and inspired readings and poems by Al & Nnamdi of the Twin Poets

**1:35-2:35 p.m. Afternoon Workshops:**

- A. Spirituality and Mental Health
- B. Adolescent Pregnancy: “A Family Crisis”
- C. HIV/AIDS & Mental Health: “Just Because You Are Positive, Doesn’t Mean Everything Else is Negative”
- D. Youth Development, Youth Leadership

**2:45 -3:45 p.m. Afternoon Workshops:**

- A. Signs and Symptoms of Behavioral Health Problems in Children and Youth: “How to Get the Help You Need”
- B. The Struggles and Joys of Family Caregiving
- C. “Ni de Aqui, Ni de Alla-Not from Here, Not from There”
- D. Evaluated Mental Health Resources for People of Color: “Diagnosis, Treatment, and Support”

**3:45-4:00 p.m. Wrap up and Evaluations**

**CONFERENCE REGISTRATION FORM**

There is a \$15 registration fee for the Conference and a \$20 registration fee at the door. Limited scholarships available (please call for more information). Continental breakfast, lunch, presentations, entertainment, literature and exhibitors are included.

**REGISTRATION DEADLINE: OCTOBER 29, 2004**

**When registering, please indicate workshops (by letter, from the agenda) in order of your preference 1st, 2nd, 3rd choice, for morning and afternoon.**

Indicate selected seminars for:

**Morning Workshop - 10:00 to 11:00 a.m.**

1. \_\_\_ 2. \_\_\_ 3. \_\_\_

**Morning Workshop - 11:10 to 12:10 p.m.**

1. \_\_\_ 2. \_\_\_ 3. \_\_\_

Indicate selected seminars for:

**Afternoon Workshop - 1:35-2:35 p.m.**

1. \_\_\_ 2. \_\_\_ 3. \_\_\_

**Afternoon Workshop - 2:45-3:45 p.m.**

1. \_\_\_ 2. \_\_\_ 3. \_\_\_

**REGISTRANT INFORMATION:**

Name \_\_\_\_\_

No. of tickets \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Check Enclosed (Make payable to *Mental Health Association in Delaware*)

(Please put name as it appears on your credit card)

Bill my credit card Visa/Master Card Amount \$ \_\_\_\_\_

Card # \_\_\_\_\_ Expire Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**For more information about special needs or other conference questions, please call the Mental Health Association at 654-6833, or in Kent and Sussex Counties 800-287-6423.**

**Please mail or fax this form to:**

**Paul Galonsky  
Mental Health Assoc. in Delaware  
100 West 10th Street, Suite 600  
Wilmington, DE 19801**

**Kent and Sussex Counties:  
800-287-6423  
info@mhainde.org**

**302-654-6833 Fax: 302-654-6838**

2004 People of Color Mental Health Conference  
Planning Committee Roster

**Paul Galonsky**, Conference Chair, MHA

**Vivian Nichols**, C.L.I.M.B.

**Sharon Beard**, United Way

**Arnold E. Huff**, City of Wilmington

**Malik Harris**, DELARF

**J. Pamela Scott**, Great Scott Consulting

**LaVaida Owens-White**, Christ Our King Church,  
Parish Health Ministry

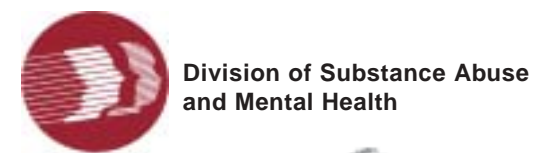
**P. J. Grier**, Delaware Academy of Medicine

**Patricia Evans**, SODAT

**Sylvia A. Jackson**, Metropolitan Wilmington  
Urban League

**Phyllis Churchman-Boyd**, The Links, Inc.

**Rev. William L. Rhines**



10108041

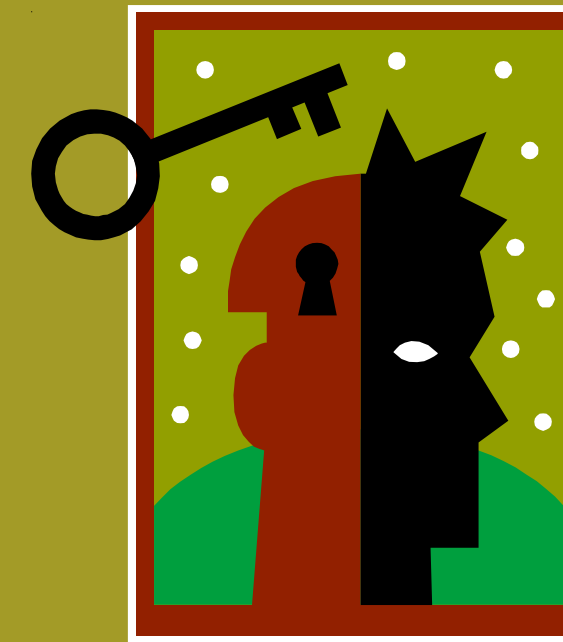


Mental Health Association in Delaware  
100 West 10<sup>th</sup> Street  
Suite 600  
Wilmington, DE 19801

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 79  
WILMINGTON, DE



The Mental Health Association in Delaware  
Presents:  
The 3rd Annual  
People of Color Mental Health Conference 2004



“Effective Intervention through Mind, Body and Spirit”  
Saturday, November 6, 2004  
Delaware Technical and Community College  
Wilmington, Delaware  
8:00 a.m. to 4:00 p.m.

Sponsored by:

LEADERS:

Christiana Care Health System  
Delaware Academy of Medicine  
Division of Substance Abuse and  
Mental Health  
Eli Lilly

Glaxo Smith Kline  
The Links, Inc.  
Wilmington Trust Company  
Wyeth Pharmaceuticals

PARTNERS:

City of Wilmington  
Consortium Leadership and Independence  
through Managing Benefits  
Healthy Wilmington 2010