



LIVING WATERS INC
PRESENTS

2023 BLACK YOUTH WELLNESS SUMMIT

CENTERING THE VOICE OF BLACK YOUTH

SEPTEMBER 23, 2023

10:00AM-2:00PM

**The Dubois Center at UNC Charlotte Center City
320 E. 9th Street
Charlotte, NC 28202**

LIVING WATERS INC

*Sharing a Legacy of Caring Partnerships With
Community Organizations, Health Care, and
Faith-Based Organizations.*

Living Waters Inc is a non-profit organization committed to the growth and development of our most important asset, "the people".

Living Waters Inc works to bring communities together in collaboration and partnership with government, public and private sectors.

Living Waters Inc empowers communities to establish and implement new goals.



Empowerment Is The Key To Success



Living Waters Inc

PROGRAM

| | |
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| Welcome and Opening Remarks | No Limit Larry |
| Spoken Word | Quatavia Jones |
| I am fine / Dear life | JaNee Watkins |
| The State of Black Youth Wellness | Sonya Richardson, PhD, MSW, LCSW |
| Open Forum Discussion | Moderated by: No Limit Larry Maurice Harvey, LCSW, LISW-CP Sheriff Garry L. McFadden Mekhi Hill, MPH Chase Howard Tiawana Brown Cotrane Penn, PhD |
| Healing Through Creative Expression – Wellness Station #1 | Providers: Charlotte African Drum and Dance Collective / Dr. Tinka Barnes, MD Quadasia Prescod Quatavia Jones Lakisha Harris, MA, LCMHC Sheree Mangum, MA, LCMHCA Niambi Goings |
| LUNCH | |
| Healing Through Creative Expression – Wellness Station #2 | Providers: Charlotte African Drum and Dance Collective / Dr. Tinka Barnes, MD Quadasia Prescod Quatavia Jones Lakisha Harris, MA, LCMHC Sheree Mangum, MA, LCMHCA Niambi Goings |
| Closing Remarks | Joseph Graham Jr. |
| Adjourn | No Limit Larry |

Healing Through Creative Expression – Wellness Stations:

Drumming/Dance (Youth only) – Provider: Charlotte African Drum and Dance Collective/Dr.Tinka Barnes, MD

Art (Youth only) – Provider: Quadasia Prescod

Spoken Word (Youth only) – Provider: Quatavia Jones

Crafts/Beads (Youth only) – Providers: Lakisha Harris, MA, LCMHC/Sheree Mangum, MA, LCMHCA

Yoga (Parents/Caregivers only) – Niambi Goings

SPEAKERS AND PROVIDERS



No Limit Larry

Host/Moderator

No Limit Larry is a part of the number 1 morning show, No Limit Larry and the Morning Maddhouse. He is a Charlotte Native and Johnson C. Smith University graduate and is now celebrating 25 years as a Radio Personality for Power 98!

SPEAKERS AND PROVIDERS



Sonyia Richardson, PhD, MSW, LCSW

Dr. Sonyia Richardson is an Assistant Professor in the School of Social Work, Director of the Race and Social Equity Research Academy, and the Founder and Director of the Mental Health Research and Practice Lab at the University of North Carolina at Charlotte. As a clinical behavioral researcher, her agenda focuses on developing and testing novel interventions aimed at reducing suicide among Black youth. As a respected scholar in the field of social work, she has published two co-edited books, produced numerous publications, and received over one million dollars in grant funding. She is a current recipient of a competitive NIMH-funded grant (R34 MH129782) entitled CA-LINC (Culturally Adapted – Linking Individuals Needing Care). The CA-LINC project team works with the Black community to design and test the intervention in a clinical trial.



Joseph Graham Jr.

For over two decades, Joseph Graham Jr. has had the privilege of inspiring leaders and working with universities, primary schools, organizations and schools with dynamic messages that turn adversity into achievement, challenges into change and trials into transformation. His message of wellness, born at the intersection of faith and mental health, is delivered with a style of storytelling that is impacting organizational leaders, executives, business owners, federal & state agencies, churches and ministries.



A. Maurice Harvey, LCSW, LISW-CP

A. Maurice Harvey is a Licensed Clinical Social Worker (LCSW) serving the Greater Charlotte community. In 2008, he earned his Bachelor of Social Work (BSW) degree from UNC-Charlotte. In 2013, he graduated from Winthrop University with a Master of Social Work (MSW) degree. He began his journey in human services through group homes in 2006, quickly transitioning to community mental health agencies after graduating with his BSW (serving at-risk and low-income populations), transitional housing programs, and spent approximately 2 years as a Mecklenburg County Social Worker within their Community Support Services division where he worked with recently housed, formally chronically homeless individuals in a single occupancy residential setting.



Mekhi Hill, MPH

Mekhi Hill is a dynamic 24-year-old social entrepreneur and thought leader from Sicklerville, NJ. His experience living abroad and in various regions of the United States has enhanced his perspective on the significance of community engagement and awareness. He is the visionary of The Better Days Project, Inc, a non-profit organization dedicated to empowering and uplifting BIPOC communities by promoting mental health awareness and providing essential resources. Additionally, he serves as the curator and host of Real Convos, Better People, a captivating series of conversations that explore the multifaceted nature of mental health.



Chase Howard

Chase Howard is a rising junior at Palisades High School in Charlotte. He is vice president of the Charlotte Mecklenburg youth council and has worked closely with local, state, and federal lawmakers to bring about positive changes for NC youth. Outside of school, he is a huge football fan, he loves hip-hop and 90s R&B, he's a huge Disney fan, a film fanatic, and a bookworm.



Quadasia Prescod

Quadasia Prescod is a freelance multimedia artist with a bachelor's degree in visual art & design from the North Carolina A&T State University. Her body of work is inspired by technique and the exploration of different mediums to create stimulating works of art for her viewers.

Quadasia's art can be found in published books, murals across the country, and even on skin. She is a painter, sculptor, illustrator, muralist, teacher, and all-around maker who first got her inspiration from the vibrant books she used to read as a child. Quadasia lives out her purpose by producing things that inspire others to create and express themselves, because she believes everyone is an artist and everyone has a story worth sharing.



Niambi Goings

Niambi Goings began her yoga journey in 2010, in search of a form of physical activity for her to enjoy. Niambi has always loved movement and low impact classes, which drew her to sign up for a yoga class at the studio within steps of her apartment. Her journey to become a yoga teacher blossomed and she completed her 200-hour Yoga Teacher Training. When you practice with Niambi expect a class inspired by mindful movement, breath work, meditation, and relaxation. Niambi's purpose for teaching is to provide a calming and relaxing environment for her students to just "Be" for the duration of class.



Tiawana Brown

Tiawana (Tia) Brown is a remarkable individual who has overcome domestic violence and mass incarceration. She was born and raised in Charlotte, North Carolina. Despite the challenges she faced, Tia has become an advocate for her community and is actively involved in restorative and re-imagining justice. Tia has founded a nonprofit organization called Beauty after the Bars, which aims to prevent the incarceration of women and girls. She is also a North Carolina Certified Peer Support Specialist and Community Health Care Worker. Additionally, she works as an employee at American Airlines and is currently studying at Johnson C Smith University, maintaining an impressive 4.0 GPA.



Quatavia Jones

Quatavia Jones was created to be captivating! The product of teen pregnancy in the 70's with both parents being addicts, she survived NYC foster care system. After being emancipated at age 16 due to repeating the cycle of teen pregnancy, Quatavia was determined to create a new narrative for her herself and her children.

Being a survivor of child abuse and witnessing domestic violence gave Quatavia charge to effect change on society's views for how to help families move past the pain and experience of trauma using her gift as a Spoken Word artist. As a survivor of the New York City foster care system, Quatavia advocates for those who have not yet learn to advocate for themselves. Working with organizations such as "Jack and Jill of America", the "Lynx", "AKA sorority", NAMI and many more has taught her the importance of bridging the gap in diverse life experiences and educational backgrounds.



Lakisha Harris, MA, LCMHC

Lakisha Harris is a dedicated mental health therapist and owner of Harris Counseling and Coaching PLLC. On a mission to guide individuals towards their best lives through the benefits of therapy, she empowers clients to overcome obstacles, fostering resilience and personal growth. With a wealth of experience and a genuine passion for helping others, Lakisha has recently established a sanctuary of wellness – a center thoughtfully designed to encompass all aspects of healing – The Healing is Power Center!

Through years of education and practice, she has recognized the values in various therapeutic modalities, empowering individuals to navigate life's challenges. Now, as the founder of the wellness center, she envisions a nurturing space where clients can explore mindfulness, meditation, yoga, and evidence-based therapies



Sheree Mangum, MA, LCMHCA

Sheree Mangum is a Mental Health Associate Therapist at Harris Counseling and Coaching PLLC. Sheree is a passionate therapist committed to supporting teenagers on their journey to emotional well-being. With a deep understanding of the challenges that adolescents face, Sheree offers a safe and empathetic space for teens to explore their thoughts and feelings. Through a blend of active listening and evidence-based techniques, she guides her teen clients in building resilience, coping skills, and self-confidence. Sheree's mission is to empower teens to navigate life's complexities and embrace their full potential. She works to accomplish her mission with each session!



Cotrane Penn, PhD

Cotrane Penn is the Executive Director of Student Wellness & Academic Support for Charlotte-Mecklenburg Schools (CMS). CMS is the 17th largest school district in the nation, serving 142,000 students who attend 184 schools. In this role, she leads a host of programs that address the social, emotional, academic, and general wellness needs of students. Amongst those programs are school counseling, social work, and psychology, as well as the school-based mental health program. She also leads the district's attendance practices team. The department is currently heavily focused providing high quality behavioral, attendance, academic, and social emotional support services to all students for the purpose of improving student outcomes.



Sheriff Garry L. McFadden

Sheriff Garry L. McFadden was elected to serve as the 45th Sheriff of Mecklenburg County and was sworn into office on December 4, 2018. Prior to being elected as Sheriff, Garry had a distinguished 36-year law enforcement career with the Charlotte-Mecklenburg Police Department where he served for over 20 years as a legendary homicide detective.

Garry's unconventional methods and deep ties to the community helped him to solve hundreds of murders over the course of his illustrious career. As a detective, Garry had one of the highest solve rates in police department history which led to him starring in his own television series, "I Am Homicide." The series highlights some of Garry's biggest cases and how the perpetrators were caught. He can still be seen on television in the series "Homicide City" on the Investigation Discovery (ID) network.



Dr. Tinka Barnes, MD

Dr. Tinka Barnes began her West African dance training in 1999 while in medical school at the University of Kansas medical school in Kansas City, KS by her first teacher Vanessa Gibbs. She became a principal dancer with the Traditional Music Society and Soundz of Africa under the artistic direction of master percussionist Bird Fleming. While he was an Artist in Residence, Baba Danny Diallo Hinds of Sundance Production was able to groom her dancing skills using the dance forms of Blkdance-Tek, West Afrikan, and Afro-Caribbean. Using his methods of teaching allowed her to dance and tour extensively with Soundz of Africa. While in Kansas City, she also danced with Grupo Axe presenting Samba.



Charlotte African Drum and Dance Collective

Charlotte African Drum and Dance Collective (CADDCC) was founded with the purpose of sharing West African Drum and Dance culture. With weekly high energy community classes for adults and children, we foster improved cognitive skills, physical fitness, and mental wellbeing by dancing to the rhythms of our ancestral roots.

We also have an emphasis on developing curriculum for the youth. Exercise science studies have shown that physical activity reduces fat, increases aerobic capacity and facilitates improved mental wellness, all things that our children need at this time. The use of cultural rhythms help bring a connection to the rich history and offerings of the motherland while building and strengthening community.



JaNee Watkins

JaNee Watkins is a junior at Harding University High School in the IB program. She just recently started writing poems, and she love all things artsy.

OUR SPONSORS

2023 BLACK YOUTH WELLNESS SUMMIT

SPONSORS



EXHIBITORS



SUPPORTERS



AD



Resiliency in Communities After Stress and Trauma



BUILDING RESILIENCE

ReCAST II Mecklenburg is a 4-year grant given to Mecklenburg County Public Health by the Substance Abuse and Mental Health Services Agency (SAMHSA).

ReCAST II builds community resilience through supporting trauma informed care in the roots of the local community.



ACCESS TO QUALITY MENTAL HEALTH CARE

ReCAST II aims to increase access to quality mental health care that is trauma informed. ReCAST II sponsors training to increase community knowledge of mental health and resilience. This is done through supporting youth and families, community engagement, and community collaboration.



VIOLENCE PREVENTION

ReCAST II partners with the efforts of The Office Of Violence Prevention at Mecklenburg County. Reducing the rates of community violence takes all of us. The Way Forward is a strategic plan to ensure residents can live, work, and play in safe healthy communities. ReCAST II will infuse a trauma informed lens and links to mental health supports for those affected by gun violence.



to learn more, visit:
vision.recastmeck.com



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AND *Dance* COLLECTIVE

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DONATIONS ARE WELCOMED**





Our Mission

Let's Talk About It...The Autism Center, Inc. was established to help people with Autism Spectrum Disorder (ASD) and their caregivers to maximize their opportunities and life experiences. We offer IEP support, advocacy, behavioral interventions, sensory management support, and corporate training to promote the inclusion of people with ASD into their organizations. Additionally, we facilitate workshops and support groups as we strive to build a sense of community among our caregivers and their loved ones with ASD.

About LTAI-TAC

Let's Talk About It...The Autism Center, Inc. informs the community about the challenges and capabilities of people on the autism spectrum. We educate organizations and companies regarding ways to facilitate the inclusion and integration of people with autism in an effort to facilitate employment, volunteer, and socialization opportunities for them. Likewise, we provide programming to promote hope, health, and a sense of community for caregivers and their loved ones with autism.



Our Programs

Using a holistic and communal approach that involves caregivers, families, and communities, we seek to address the needs and complement the strengths of our target population through:

Caregiver Education & Support We assist families with the implementation of success strategies and systems ensuring they are aware of their options and how to best advocate for their loved one with ASD.

Life Skill Development We assess the behavior, capabilities, and existing routines of individuals with ASD to identify challenges and make recommendations based on ASD best practices. Formulating a customized action plan from assessment findings, we help to develop the life and vocational skills of persons on the autism spectrum ensuring they have the necessary tools to achieve their highest aspirations.

Community Education & Advocacy Through private and public partnerships, we deliver education and training to individuals, employers, schools, daycare centers, and public-facing professionals to reduce misconceptions related to ASD and equip workshop attendees with the skills required to effectively engage with and/or support individuals with autism.

AUTISM BY THE NUMBERS



\$60,000 a year to care for a child with autism

50% of parents have to reduce or stop work

"We are keeping autism on the table and in the conversation."

Our Partnerships

City of Charlotte
NC CIT of Mecklenburg County

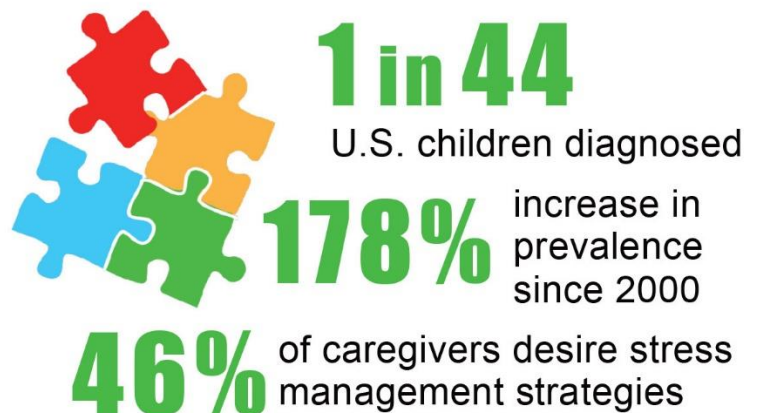
TIAA- Nationwide monthly employee workshop series
Charlotte Lab School- Parent and caregiver support
Autism in Color- Corporate consulting and advocacy

Award-Winning Performance



Our passion for Autism Spectrum Disorder advocacy is visible through our performance, and we are proud to be the recipients of the following awards:

- 2021 CIT Supporter of the Year**
- 2021 Dr. Annie Lawrence Mental Health Award**
- 2021 Eustress Community Organization of the Year**
- 2019 Crisis Intervention Team Member of the Year**
- +1.5K Autism in Color International Podcast Downloads**



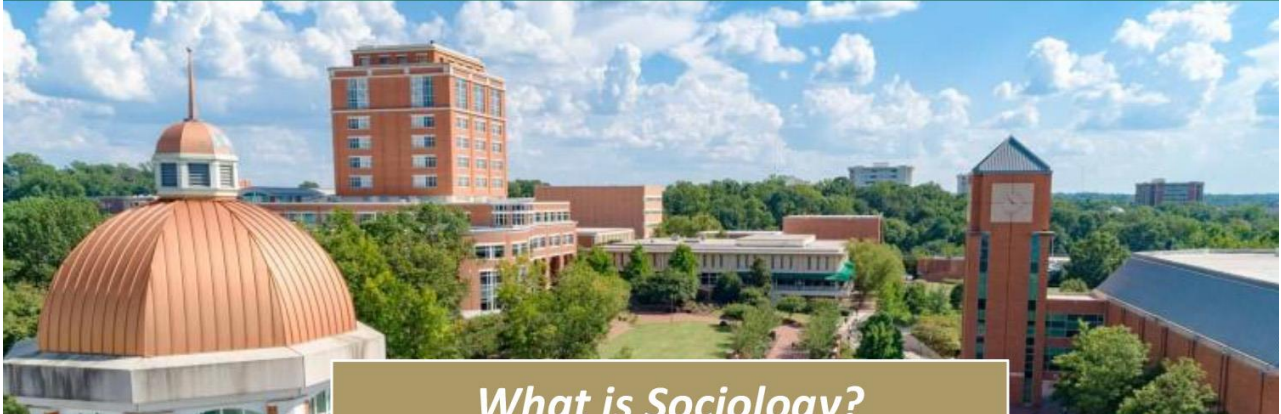
Contact

Prepared by Let's Talk About It- The Autism Center
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CHARLOTTE

SOCIOLOGY



What is Sociology?

Sociology is the scientific study of human social life.

It focuses upon the forces that organize and structure societies and smaller groups, as well as the forces that disorganize and threaten to dissolve them. As a science, sociology applies an objective and systematic method of investigation to identify the patterns and forms of social life and to understand the processes by which they are established and changed.

Undergraduate & Graduate Programs

The Sociology Department has several different program opportunities to fit your academic goals!

- Sociology, B.A. – Choose main campus or the online program!
- Sociology Minor
- Sociology Honors Program
- Sociology, M.A.



The Planning Team and the Board of Directors of Living Waters Inc expresses our sincere appreciation for helping to make the Black Youth Wellness Summit a success.

Thank you for partnering with us to make a positive, long-term impact in the lives of our community as we continue to promote awareness, dialogue, and partnership concerning disparities in Black Youth Wellness.

Living Waters Inc

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