

A YOUTH SUMMIT ON MENTAL WELLBEING



JOIN US TO:

GET MENTAL HEALTH RESOURCES AND SUMMIT SWAG.

CONNECT WITH PEERS AND MENTAL HEALTH CLINICIANS.

WIN PRIZES AND MEET OUR AMAZING SPEAKERS!

APA MOORE EQUITY IN MENTAL HEALTH YOUTH SUMMIT

in partnership with the
Marion Barry Youth Leadership Institute

JULY 12, 2023

Catholic University

AMERICAN
PSYCHIATRIC
ASSOCIATION



MOORE EQUITY IN
MENTAL HEALTH
INITIATIVE

**Register
today at this
QR Code!**



PROGRAM

JULY 12, 2023

9:30AM - 3:30PM

Check-In & Opening Remarks **9:30AM - 10:00AM**

MBYLI Representative
Regina James, MD, Chief of Diversity & Health Equity,
Deputy Medical Director, APA

Mentalish **10:00AM - 10:30AM**

Jay Barnett, Mental Health Therapist & Author

**Am I Depressed or
Just in My Feelings?** **10:30AM - 11:00AM**

Eric Williams, MD, Child & Adolescent Psychiatrist

**SAMHSA Minority Fellows
Clinician Panel** **11:00AM - 11:30AM**

Vishal Madaan, MD, Chief of Education, Deputy Medical
Director APA (Moderator)
Psychiatry Fellows (Panelists)

Lunch **11:30AM - 12:30PM**

Peer to Peer Support Workshop **12:30PM - 2:00PM**

Arthur Ashe Institute for Urban Health

What it Cost Us Author Talk **2:30PM - 3:00PM**

Shout Mouse Press Authors:
Joseph Chuku
Najae Purvis
T'Asia Bates

**Closing Remarks &
Author Meet and Greet** **3:00PM - 3:30PM**



Special Guest

Jay Barnett



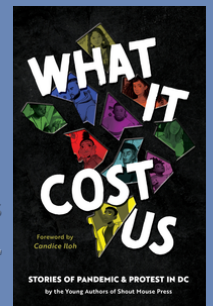
Jay Barnett is a former NFL player turned Mental Health Therapist, renowned for his expertise in personal development, holistic well-being, finding your voice, and healing. With a unique perspective shaped by his athletic background, Jay empowers individuals and organizations to overcome obstacles, heal from past traumas, and achieve optimal mental health. Through engaging speaking engagements, bestselling books, and transformative programs, he inspires resilience, promotes self-discovery, and fosters a culture of emotional intelligence.

Youth Authors

Joseph Chuku



Joseph (he/him) was a junior in high school when he wrote his first book, *Shayla's Shutdown Solution* with Shout Mouse Press and was a senior when he wrote his story, "Democracy How?," in *What It Cost Us*. Currently, he is trying to find a balance. He has not yet, but he will let you know when he does! In the future, he plans to go to grad school and study medicine in hopes of becoming a radiology oncologist. He wants readers of this book to know that you are never alone. He wants parents to know that it's okay to listen to kids. And he wants kids to know that their feelings matter.



T'Asia Bates



T'Asia (she/her) was in middle school when she wrote her first book *The Day Tajon Got Shot* and was 18 when she wrote her story "Not What I Signed Up For" in *What It Cost Us*. She is a graduate of Benjamin Banneker High School and is currently working and trying to reinvent her clothing business. When she's older, she would like to be in the art field, working in fashion, painting, drawing, and modeling. She wants readers to know that when things get hard, you can still persevere and find things that make you happy so that you can keep pushing.

Najae Purvis



Najae Purvis (she/her) was in middle school when she wrote her first book, *The Day Tajon Got Shot* with Shout Mouse Press and was 19 when she started writing her story, "The Things We Do Not Speak" in *What It Cost Us*. Currently, a freshman in college studying engineering, she is working on getting business registrations for multiple ventures. She plans on being a licensed architect, realtor, and entrepreneur. In her free time, she does creative projects like art, fashion, and design. She hopes that people are fascinated by the different perspectives presented and that teens are able to connect with the book and realize that they are not alone. Although their story may not be the exact same, this pandemic cost us all something.

Participating Organizations



Community Partner



Sponsor

APAF SAMHSA Minority Fellowship Program

