

BLACK ISSUES CONFERENCE WORKSHOP PROPOSAL

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Community member

WORKSHOP TITLE: Mental Health among Afro-centric people; Every piece is vital to the puzzle

Abstract

The workshop will discuss the state of mental health in general amongst minority groups in particular black afro-centric people. The workshop will present the problem that still exist regarding health care for minority groups and focus in on mental health. Participants will engage in the issue of mental health from the lack of information and understanding of mental illness, The God/Faith factor, the reluctance and inability of the people to engage and access care. The workshop will integrate the old concept of the village having a vital part in the cultivation of the mental state of afro-centric people and how each person in the village is a valuable and vital part of the mental well being of each member of the village. Just as a puzzle has pieces that are uniquely shaped and made coupled with the intricate process of pairing with the other puzzle pieces, in the end it will make the masterpiece. If the value of unity and finding the fit one with another is realized it will strengthen the social fabric that will influence the mental health of the community. This will take participants on a journey of the afro-centric people from denial, deflection and decision regarding mental health drawing on research statistics and information and evidence based resources and solutions.

Learning Objectives

- Participants will practice specific knowledge regarding the state of mental health among minorities specifically African Americans
- Participants will leave with tangible resources for future reference, including community participation and engagement in mental wellness
- Participants will gain knowledge in basic mental health awareness and identification for intervention
- Participants will evaluate the strengths and challenges of their personal beliefs regarding mental health stigma, well-being, and intervention as a community.

Presenter biography

Dr. Jason Stubbs, was born and raised in Nassau Bahamas and enjoys spending quality time with family and friends. Dr. Stubbs has a lifelong

desire to keep learning and growing as a leader, coach and trainer. He lives by the quote of his world renown mentor Dr. Myles Munroe that says “The greatest tragedy in life is not death but to have lived a life without fulfilling your purpose.”

As a professional he is a certified human behavior consultant, Certified with the John Maxwell team as a speaker, coach and trainer. Numerous academic degrees but most of all he has a love for people and seeing them identify develop and fulfill their full life’s potential.

Jason graduated with a Bachelor of Arts degree. Jason continued his educational pursuit and completed his first Doctor of Philosophy with an emphasis in Adolescent Psychology. Jason has a passion and love for education completed his second Doctoral degree in Leadership & Administration

Jason is Certified Human Behavior Consultant with the ability to perform DISC assessments with individuals and teams.

Jason is a Certified John Maxwell Coach, Teacher and Speaker with the world renowned Dr. John Maxwell. Jason is currently completing his certification as a Talent Management specialist through HRM (Human Resource Management)

Materials Provided to participants

Participants will receive an outline and tools for a group activity at the start of the session. The participants can utilize notes on a laptop or note pad

Brief Agenda

Intro

Unity Exercise

Story1-Story of the missing piece in the puzzle

Section 1- “Im not crazy”-Mental Health-What is it? : Stigmas and Stance

Story 2- The mentalist-His mind and his manner

Section 2-“Who not me-them!”-The community and mental health

Mental Pause- Team Dialog (Brief activity regarding puzzle #2)

Section 3-“I guess we can talk”-Mental health help; there is help

Closing: Mental Health is the communal social wealth

Audio visual/technology requirements

I am not sure what the facility entails. I would like the opportunity to connect my computer or a jump drive with my presentation to play. I will provide my own clicker. Audio support is warranted if the room is does not bid well for oral preserationss