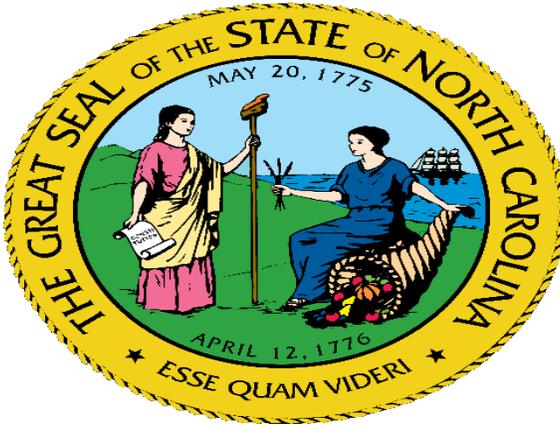


NC Department of Health and Human Services

NCDHHS Minority Mental Health Awareness Better Health Through Better Understanding



Featured Speakers:

Courtney Williams PhD
Psychologist | Willled by Wellness

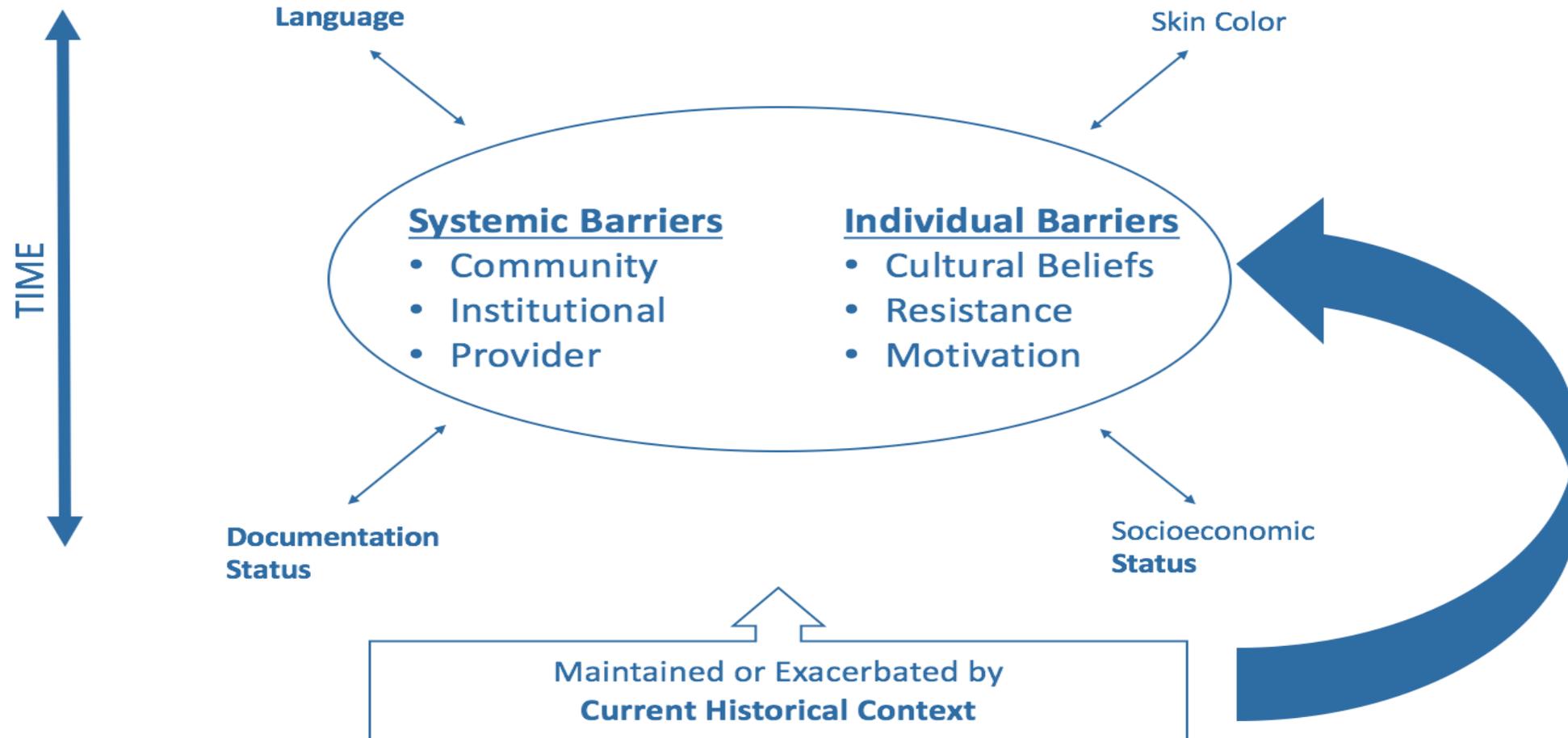
Devan Stoglin MACJ, QMHP, LCCA
Child Care Administrator | House of True Colors

Rachel Galanter MPH
Technical Assistant & Consultation Lead | El Futuro

Rwenshaun Miller MA, LCMHC
Founder | The Good Stress Company | Eustress Inc.

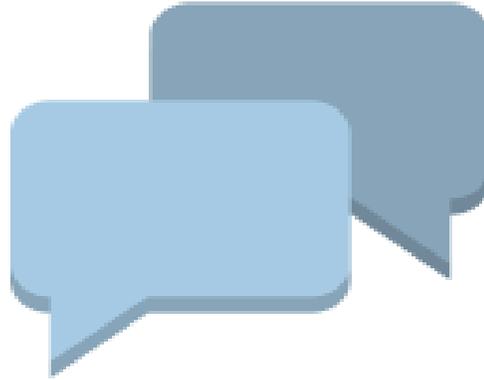


July 13, 2023



(from Adames, H. Y., & Chavez-Dueñas, N. Y. (2016). *Cultural foundations and interventions in Latine/a mental health: History, theory and within group differences*. Routledge.)

Questions and Answers



Comments, questions and feedback are welcome at:

- BHIDD.HelpCenter@dhhs.nc.gov

Recording and presentation slides for this webinar can be found on the Community Engagement and Training webpage:

<https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/councils-and-committees/community-engagement-and-training>

Resources

- <http://willedbywellness.com/>
- <http://therapyforblackgirls.com>
- <http://therapyforblackmen.org>
- [Latinx Therapy](#)
- Psychology Today
- Therapy-ish App





THERAPY-ish

THERAPY-ISH APP

About Us

FOUNDED IN 2022, THERAPY-ISH APP, LLC (THERAPY-ISH) IS A MENTAL WELLNESS APP CREATED BY BLACK WOMEN FOR BLACK WOMEN. THE CREATORS, TWO MENTAL HEALTH PROFESSIONALS, WANT TO NOT ONLY PROVIDE A RESOURCE BUT TO DESTIGMATIZE WHAT IT MEANS TO SEEK MENTAL HELP IN THE BLACK COMMUNITY. THE APP SERVES AS A WAY TO SUPPLEMENT THE JOURNEY OF IMPROVING MENTAL HEALTH AND WELLNESS BY PROVIDING SKILLS, EDUCATION AND EMPOWERING THE CULTURE.

#fortheculture.

APP FEATURES

- WORD OF THE WEEK
- JOURNALING
- MOOD TRACKER
- MEDITATION
- PSYCHOEDUCATION
- AFFIRMATIONS

EXCLUSIVE CONTENT FOR SUBSCRIBERS



Closeup Photo of Journal Book and Pen

OUR PURPOSE

Historically the black community has held a stigma surrounding mental health. Reluctance to seek mental health can be attributed to several issues including a general distrust of the medical establishment, the strong presence of religion in the black community, and the idea that seeking mental health care is seen as a weakness. Therapy-ish App aims

WHO WE SERVE

DEMOGRAPHICS

- Black Womxn
- Primarily Millennial and Gen Z

PHYCHOGRAPHICS

- Interested in self-help
- Exposed and open to therapy
- Possess a level of understanding of therapy
- Educated
- Enjoy luxuries of life

FIND US HERE



THE FOUNDERS

Kena and Courtney are more than just colleagues and business partners, they are homegirls that have been kickin' it since 2011. Kena and Courtney met on the campus of North Carolina Central University in Durham, NC in 2011 where they earned their master's degrees in clinical psychology and general psychology, respectively. They also worked together for several years at a residential treatment facility where Kena served as a therapist and Courtney served as a residential patient assistant for patients navigating various body image issues; eating disorders; and disordered eating concerns. Both women's research focus, and clinical interests, has also been related to eating disorders and body image concerns among Black womxn and girls—so as you can see we have a lot in common.



Kena Sessoms, LPA

individuals and couples therapy through her private practice Still Frames Therapy and Wellness, PLLC located in Charlotte, NC. I am a double alum of North Carolina Central University where I earned my bachelor's in psychology as well as my master's in clinical psychology. My specialties include body image and eating disorders among people of color, anxiety, and coping with life transitions, particularly those affecting the Gen Z and Millennial demographic. I have experience working at an eating disorder treatment facility for several years. I utilize a strengths-based, solution-focused approach through a multicultural framework while incorporating Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) informed techniques. I am passionate about promoting the Health at Every Size perspective towards self-acceptance and body appreciation for all body sizes. In addition to providing therapy, Kena has also written and published articles and book chapters, facilitated workshops and groups as well as curated wellness vision board events for colleges, organizations, and individuals in the community.

As a licensed psychologist in Tennessee, my years of clinical training have helped me to provide culturally-informed, strength-based, and multi-modal care to diverse populations ranging from adolescents to older adults. I earned my doctorate in Counseling Psychology from the University of Georgia. I earned my master's degree from NC Central University and my bachelor's degree from UNC Greensboro, both in Psychology. I am a staff psychologist at Vanderbilt University in Nashville TN and own a private practice called Willed by Wellness Counseling and Consulting, LLC.

I have worked with adolescents, college students, student-athletes, and older adults through the provision of individual therapy, group therapy, consultation, training and development, and other mental health programming. I have worked in university counseling centers, residential treatment facilities, and community mental health agencies.



Courtney Williams, PhD

Resources

