

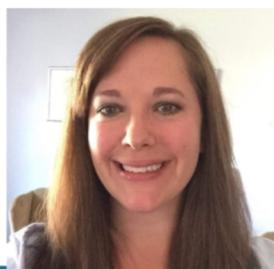


SISTER FRIEND EMPOWERMENT EXPO

**APRIL
5th-6th
2019**

Mount Harmony MBC Church

Dr. Robert L. Handley Life Center | 812 East Harding | Pine Bluff, AR 71603



MINDFULNESS AND SELF-CARE FOR CLINICIANS IN CARING FOR PATIENTS

PRESENTERS APRIL 5-6, 2019

Dr. John Miller, LMSW · Dr. Patricia Wilkerson, LCSW
Myra Summers-Woolfolk, MS, LADAC, CS, & AADC · Brandi Rodgers, LCSW
Andre Jones, LCSW · Veronica Paulson McClane, LCSW
Kimberly Key-Bell, LCSW · Meredith Johnson, LCSW

Day 2 Track 2 Mindfulness and Self-Care for Clinicians in Caring for Clients
Lunch on your own | Tickets \$100 up to 12 CEUS's | Starts Fri. at 745AM & Sat. at 9AM



KEYNOTE SPEAKER | NATIONAL RECORDING ARTIST

Jebayla Carr

Tickets
www.reformincarkansas.org
Information
Melrita M. Johnson, LMSW
870.519.9482

PRESENTING SPONSORS



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T R A C K 2 S E S S I O N S

Mindfulness and Self Care for Clinicians in Caring for Patients

KIMBERLY KEY-BELL, LCSW · 7:45AM-9:15AM (1.5 CLOCK HOURS CEUS)

"Healing the Helper" Self-care: How to avoid and recognize the pitfalls of self neglect and burnout

This course will help you recognize the silent warning signs of burnout, understand the often slow but very pervasive consequences of poor self care and neglect. Lastly this course will help you understand the power of being mindful and taking notice of our consistent persistent thoughts that influence our relationship with ourselves and how we then take care of or fail to take care of ourselves.

VERONICA PAULSON MCCLANE, LCSW · 7:45AM-9:15AM (1.5 CLOCK HOURS CEUS)

"Changing the Paradigm: Going from a symptom management focus to an integrative and holistic wellness focus in order to improve outcomes."

A discussion on how the paradigm shift from symptom management and "illness focus" to preventative practitioners with an integrative and holistic wellness focus can improve functioning for practitioners and greatly improve outcomes for clients. This will include: a review of various complementary and alternative methods available today; how to recognize scientifically valid practices; education on what services are available in our area; and how these practices can impact not only you, but your clients in a positive way.

MERIDETH JOHNSON, LCSW 11:15AM-12:45PM (1.5 CLOCK HOURS CEUS)

Ethical Obligation for Self-care

This session will include discussion of Ethical Standard on Impairment (2.09), our own emotional intelligence/awareness and how to factor this into our ethical decision making process, balance and boundaries, and practicing self-care in and out of the office. This is a thought-provoking, interactive session designed to increase self awareness and mindfulness.

DR. PATRICIA WILKERSON, LCSW 2:30PM-4:00PM (1.5 CLOCK HOURS CEUS)

Self-Care Practices: A must for practitioners in practice!

In a caring profession, the overall job performance means the giving up of one's self to care for others. In social work the problem with this, however, is that overtime the practitioner doesn't understand why he or she become weary, drained and feel overwhelmed. Why? In our profession the primary concern is our clients' welfare and well-being. Giving care also means the worker has to receive self-care to stay balanced in life. Self-Care is an essential social work survival tool. This session involves building knowledge and actual self-care activities to improve ones' mindfulness of caring for others while simultaneously caring for ones' self.

ANDRE JONES, LCSW 4:15PM-5:45PM (1.5 CLOCK HOURS CEUS)

Working Wounded: Preventing and Managing Professional Burnout and Impairment.

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. An impaired professional is one who has an illness or problem that prevents him or her from adequately performing required occupational duties. This interactive session will help you identify and recognize the importance of your professional contributions and functioning optimally. Learn 5 ways to wreck your career and 5 ways to preserve it.



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Mindfulness and Self Care for Clinicians in Caring for Patients

MYRA L. SUMMERS-WOOLFOLK, MS, LADAC, CS & AADC · 8:00AM-9:30AM

1.5 CLOCK HOURS CEUS)

“Holistic Self-Care - Practical Approaches to the ART of YOU”.

As a helping professional we spend countless hours guiding, facilitating and nurturing the well-being of others. Many times we are the “strong one,” in our immediate circles and workplace, giving all we have to others. This session will provide practical self-care approaches that allow helping professionals take responsibility for placing themselves on a path toward optimal health.

DR. JOHN MILLER, LCSW · 9:45-11:15AM (1.5 CLOCK HOURS CEUS)

“A Long Walk to Victory”: The importance of physical, mental, spiritual, and emotional health in our work lives.

The presenter will lead the session with a mindfulness focused “walk” through key principles that have been helpful throughout the social work journey.

BRANDI ROGERS, LCSW · 11:30AM-1:00PM (1.5 CLOCK HOURS CEUS)

“Self-Care: A Crucial Component of Ethical Practice”.

“Self-Care: A Crucial Component of Ethical Practice”: This workshop will provide an overview of why self-care is not a luxury or something that providers can afford to place on the back burner but, a crucial component of ethical practice for those in the mental health field. This workshop will explore what the code of ethics says about self care, practical examples of how lack of self-care can promote ethical violations, and significance of the role of awareness and self-assessment in promoting self-care to avoid ethical violations.

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Presenter

KIMBERLY D. KEY-BELL, MSW, LCSW

Kim is a graduate of the University of Arkansas at Little Rock with both a Bachelor's and Master's Degree in Social Work. She has practiced as a Licensed Certified Clinical Social Worker since 2006.

Kim is a co-owner and a managing partner of Solutions Counseling Group, LLC. She also contracts as a Psychotherapist and Staff Clinician for Senior Works providing mental health services for residents residing in Skilled Nursing Facilities.

Kim has worked in Mental Health, Substance Abuse and Community Social work since completing her Secondary Education. She is very passionate about Mental Illness and Substance Abuse Recovery and dispelling the myths that routinely keep people; often minorities and people of color, the impoverished, and the uninsured bound and untreated.

Prior to her current position Kim served as the Director of Clinical Operations for the Network of Wellness Behavioral Healthcare, LLC (NOW) from 2009- 2015. The NOW program was a local Outpatient Behavioral Healthcare clinic; where Kim developed programs that prevented the underserved; the very poor and homeless diagnosed with mental illness from going untreated.

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Presenter

VERONICA MCCLANE, LCSW

Veronica is a graduate of the University of Arkansas at Little Rock with both a Bachelor's and Master's of social work. She also has a masters of Psychology with an Emphasis in Industrial and Organizational Psychology from Grand Canyon University.

Veronica has over 10 years of clinical practice experience at the BSW, MSW, LMSW, and LCSW levels. She is currently serving as a visiting professor at the University of Arkansas Little Rock Social Work Department.

Through personal experiences for herself and her family, Veronica is discovering how effective use of aromatherapy and other natural health treatments could be beneficial for others. She enjoys helping other families learn how to implement aromatherapy and natural health treatment for their own lives, and empowering people to make positive health changes. She is currently researching how implementation of complementary and alternative medical approaches can be used effectively and ethically within current medical and mental health treatment models.

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The logo for "Sister Friend" consists of a large, stylized letter 'F'. The left vertical bar of the 'F' is blue with a wood-grain texture. The top horizontal bar is a solid blue. The right vertical bar is a dark brown color and contains a yellow heart shape. Below the 'F' are icons of a high-heeled shoe and an open book.

Presenter

MERIDETH JOHNSON, LCSW

Merideth Johnson has a Master's Degree in Social Work from the University of Arkansas at Little Rock and a Licensed Clinical Social Worker with seven years experience in community mental health. Working the past four years in a School Based Health Center in her local community, providing individual and family services as well as trainings and workshops for staff and administration.

Merideth maintains the role of School Based Health Coordinator for the district while operating a Private Practice in Wynne, Arkansas, Tree of Life Counseling & Consulting, LLC. She completed her 200 hour yoga teacher training with Big Rock Yoga in Little Rock in February, 2019. Merideth utilizes meditation and yoga to help others reduce, remove, or manage symptoms specifically related to anxiety.

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Presenter

DR. PATRICIA WILKERSON, LCSW

Dr. Patricia Wilkerson is an Associate Professor at Arkansas State University in the College of Nursing and Health Professions Department of Social Work. She earned a Ph.D in Social Work from Jackson State University, a Master of Social Work and a Bachelor of Arts in Sociology with a minor in Gerontology at the University of Arkansas at Little Rock. She is a Licensed Certified Social Worker in the field for over 30 years and is affiliated with several professional organizations.

Dr. Wilkerson was selected as a BSW faculty representative in CSWE Gero-Ed Center- National Center for Gerontological Social Work Education Curriculum Development Institute, a faculty participant in Arkansas Geriatric Education Mentors and Scholars (AR-GEMS) Summer Institute, selected for the Seventeenth National Symposium on Doctoral Research in Social Work at The Ohio State University College of Social Work, and a Fifth Cohort participant in the St. Scholastica Institute on Aging and Social Work.

She has mentored several undergraduate researchers with Ron McNair Scholarship Program and the Center for Undergraduate Research. Dr. Wilkerson has taught college students since 1994 and teaches courses on both bachelor and graduate levels.

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Presenter

ANDRE' JONES, LCSW

Andre's vast experience includes working with couples (including LGBTQ), individuals and adolescents, Individuals without homes and a myriad of other individual therapeutic interventions. His passion is to heal relationships, whether romantic, family, or even professional.

It doesn't matter if you are looking brief solution focused interventions, long range therapy or even intermittent relationship "tune-ups", Andre' remains passionate, supportive and non judgmental as you seek to heal.

Andre' hold a Masters Degree in Social Work and a Bachelors Degree in Sociology and Anthropology His Certifications Includes Licensed Clinical Social Worker, Marriage and Family Therapist, Clinical Trauma Professional and Family Conflict Trauma Professional .

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EMPOWERMENT EXPO

Presenter

MYRA L. SUMMERS-WOOLFOLK, MS, LADAC, CSA &

Myra Woolfolk, a resident of Pine Bluff, earned her BA in Criminal Justice and MS in Addiction Studies, from the University Arkansas at Pine Bluff, in 2004 . Myra has at least 16 years' experience in addiction treatment programming and development. She has long been an advocate for the emotional health and wellness of individuals experiencing challenges from untreated mental health and substance use issues. She brings a wealth of experience ranging from administrative management, developing substance use treatment, educational, and vocational programs for individuals in the state of Arkansas as well as professional development for over 100 clinicians, training to offer services.

In 2016 she founded Harbor City Health and Wellness to equip and empower individuals desiring optimal emotional wellness. She is currently serving as a board member on the Arkansas Substance Abuse Certification Board, as well as an adjunct professor at Arkansas Baptist College.

Myra Woolfolk, a Pine Bluff native, is a Licensed Alcohol and Drug Use Counselor and a Registered Clinical Supervisor with the Arkansas State Board of Examiners of Alcohol and Drug Use Counselors as well as Advanced Certified Alcohol and Drug Use Counselor and Clinical Supervisor with the Arkansas Substance Abuse Certification Board.

She takes a wellness- oriented approach to addictions counseling and coaching. She is an advocate for the emotional health and wellness of individuals experiencing challenges from untreated mental health and substance use issues. She brings a wealth of experience ranging from providing individual and group counseling services, administrative management, developing substance use treatment programs and curricula as well as professional development and training services for clinicians. She founded Harbor City Health and Wellness to equip and empower individuals desiring optimal emotional wellness.

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DR. JOHN W. MILLER JR., LMSW

Originally from Moncks Corner, SC, Dr. John W. Miller Jr. is an Associate Professor of Social Work at the University of Arkansas at Little Rock. He has been a member of the UALR School of Social Work faculty since 2007, and teaches students in both the Master of Social Work and Bachelors of Social Work programs. Additionally, Dr. Miller was selected as the inaugural UALR Faculty Fellow from 2014-2016. In that role he led strategic campus initiatives focused primarily on faculty development and student success initiatives. Dr. Miller currently serves as the UALR Faculty Mentoring Program Coordinator where he connects faculty members across tenure-track ranks (from Assistant to Full Professor) to help assist junior faculty members receive mentoring from senior faculty. Dr. Miller received his Bachelor of Arts Degree in Experimental Psychology and his Master of Social Work degrees from the University of South Carolina. He earned his PhD in Social Work from The University of Tennessee.

Dr. Miller's work has yielded a host of publications. Most recently, Dr. Miller has published his first textbook, African American Perspectives: Matters of Consideration for Social Work Practice. From 2012 to 2017 Dr. Miller led the 100 Black Men of Greater Little Rock as Chapter President. Under his leadership the organization focused on mentoring and education initiatives that specifically targeted underserved populations. Since 2012 the chapter has partnered with Romine Elementary School to lead a 2nd Grade literacy initiative where the men of the 100 read to each 2nd grade class every Friday morning for 30 minutes. In 2013 the 100 partnered with the City of Little Rock to build a bookcase and purchase a library of African American themed child literature to donate to Romine's school library. To date, over 200 children have received mentoring from the men of the 100 through this initiative. The LRSD Volunteers in Public Schools (ViPs) recognized the work of the 100 at Romine Elementary by selecting the chapter as a recipient of the 2015 Community Resource Award. In 2012 the 100 also created the 100 Academy Mentoring Program. The "100 Academy" is an 8 Week intensive mentoring program that is designed for young men between the ages of 13 and 17. In 5 years, 93 young men have graduated from the program and successfully completed their SMART (Success, Motivation, Academics, Respect & Trust) curriculum design.

The 100 Academy Mentoring Program is offered to the mentees without any costs associated with the program. All that is required is their participation and best effort. In return, the chapter strives to give each young man hope for a brighter future and raised expectations for what it means to be a successful Black man in the 21st Century. They expect their young men to graduate from high school and then go on to attend college, trade school, or begin a military service career. In short, they hope that they young men they mentor go on to be the leaders of the future. The chapter motto of the 100 Black Men of Greater Little Rock is "What they see is what they'll be." Their goal is to epitomize this by providing quality mentoring to each young person they encounter.

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BRANDI RODGERS, LCSW

Brandi Rodgers is a mental health therapist (licensed certified social worker) and owner of Because You Matter Counseling PLLC located in Conway, Arkansas. She is responsible for providing outpatient therapy services with a personal goal to work in a partnership with individuals to assist them in recognizing their own strengths, self worth, and resilience to promote growth and positive changes. She has over 10 years of experience providing mental health services addressing a wide range of emotional and behavioral challenges including: past hurts (trauma), substance use, depression, anger, anxiety, self destructive behavior, substance use, loss of touch with reality, relationship issues, and coping with life changes. Brandi also serves as an adjunct instructor in the social work program at the University of Arkansas at Little Rock. She earned a master's degree in social work from the University of Arkansas at Little Rock, bachelor's degree from the University of Central Arkansas where is double majored in sociology and psychology, and graduated high school from Pine Bluff's own Watson Chapel High School.

She is a compassionate, creative, supportive and strongly believes that ALL individuals are deserving of care and respect. Brandi is especially passionate about working with individuals who are seeking to overcome adversity and believes that empowerment is one of the fueling forces during this process. She is excited about the opportunity to be involved with The Sister Friend Empowerment Expo. Brandi shares, "It can be very challenging to overcome things that life throws at us, however, some of our most hurtful, negative experiences, biggest struggles, and even mistakes can expose our greatest strengths, bravery, and resilience" and it is important to remember that "Your story matters... And the rest is still unwritten".