



# BIRMINGHAM MENTAL HEALTH DAY

FRIDAY, July 12, 2024

LINN PARK

Minority Mental Health Awareness Month

Logistics for Partner Organizations & Vendors

We are so excited to host you for the upcoming 2024 Birmingham Mental Health Day! Please read through the information below to ensure you are prepared for your organization to get the most out of the day.

## ★ EVENT DETAILS

**Location:** Linn Park - 710 20th Street North, Birmingham, AL 35203

**Attire:** Casual

**Meals:** You will be responsible for your own meals & drinks.  
Food trucks will be serving from 11 am - 2pm

## ★ MAIN STAGE RUN OF SHOW

**7:00 - 8:30 AM**

Vendor Check-In and Setup

**9:30 - 9:45 AM**

Arrival of '10AM Speakers'

**10:00 - 10:10 AM**

Introduction of Nurture and Board of Directors AND Vendors

**10:10 AM**

Alexandria Means, CD, CDVC "I Have a Voice: Domestic Violence and Mental Health"

**10:25 AM**

Beverly Johnson, MPA - "Alabama's Crisis System of Care"

**10:40 AM**

Introduction of Nurture, Board of Directors, and Vendors

## 10:55 AM

Greetings from Birmingham Mayor Randall L. Woodfin and Crystal Mullen-Johnson of Nurture of Alabama  
DOOR PRIZES and Announce Speakers for 12:00 HOUR

## 11:00 AM

Food Trucks should be ready to serve

## 11:00 AM-12:00 PM

DJ Playing and Line Dancing

## 11:30 - 11:45 AM

Arrival of '12PM Speakers'

## 11:55 AM

DOOR PRIZES

## 12:00 PM

Dr. Hernando Carter - "The Intersection between Mental and Physical Health"

## 12:25 PM

DOOR PRIZES

## 12:30 PM-2:00 PM

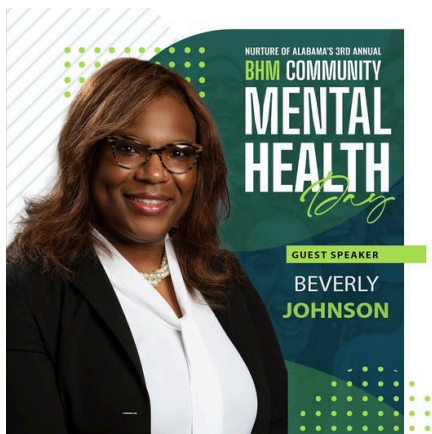
DJ Playing

## 1:55 PM

DOOR PRIZES & CONCLUSION

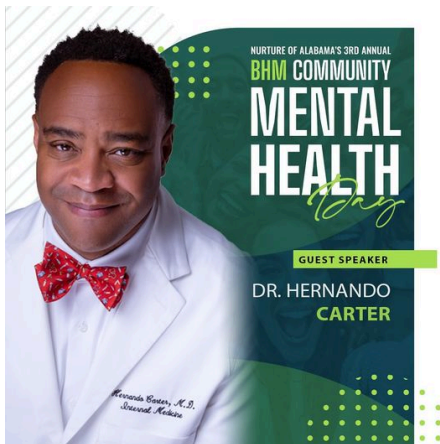
## SPEAKER BIOS

### BEVERLY JOHNSON, MPA



Beverly Johnson, MPA, is the Director of Child & Family Services of the Alabama Department of Mental Health to include Autism Services, Infant and Early Childhood Special Programs, Adolescent Mental Illness Treatment Services and Prevention Services. With approximately 25 years' experience in the behavioral health field to include local and state level service, Ms. Johnson also has worked abroad in Germany with childhood development and teen services. Ms. Johnson is the 2023 National Prevention Network Ketty Award Recipient; First Vice President of the National Prevention Network (NPN); Substance Abuse Prevention Specialist Trained/Trainer (SAPST); Assessing and Managing Suicide Risk Trained (AMSR); Question Persuade Refer Trained (QPR); serves on the Child

Abuse and Neglect Prevention Advisory Board; CADCA Coalition Advisory Committee and Alabama's Challenge for Preventing Suicide Among Service Members, Veterans & Their Families. Ms. Johnson received a Bachelor of Arts from Auburn University at Montgomery and Master of Public Administration from Jacksonville State University.

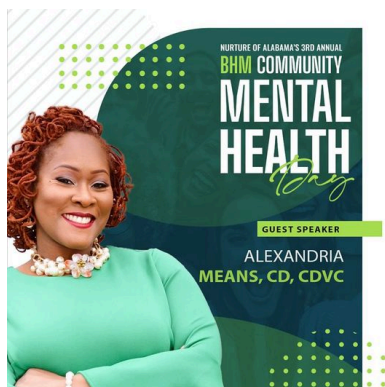


## **DR. HERNANDO CARTER**

Dr. Hernando Carter is an Internal Medicine physician practicing Internal Medicine at Archwell Health in Birmingham, AL where he also serves as Market Medical Director. His interests include the management of hypertension and diabetes. Dr. Carter also has a special interest in care coordination, physician-physician communication and physician-patient communication and

overcoming the barriers that exist therein. Dr. Carter is a proud native of Birmingham, AL who hails from the Fountain Heights neighborhood. He was educated in the Birmingham City Schools where he graduated from A.H. Parker High School. Dr. Carter received his undergraduate degree in Biology from Morehouse College in Atlanta, GA where he graduated cum laude. He received his Medical Degree from the University of Alabama School of Medicine in Birmingham, AL. He completed his Internal medicine residency at Carraway Hospital and Baptist Medical Center. He served a year as Chief Medicine Resident at Carraway Hospital. Dr. Carter is certified by the American Board of Internal Medicine and is also the founder and owner of AH Carter, MD, LLC, a nursing home practice through which he cares for patients at Cherry Hill Health Care Center. Dr. Carter is Fellow of the American College of Physicians. He also serves as a member of the Alabama Board of Medical Examiners, and the Alabama Department of Health. He has also served as the Chairman of the Department of Medicine at Saint Vincent's East Hospital and on the Board of Health for Jefferson County. Dr. Carter is married to Dr. Adrienne Nicole Carter, FACP who also practices Internal Medicine. He is the proud father of three sons- Ellis, Ethan, and Emory. Dr. Carter purposefully remains involved in the community and enjoys mentoring and black male development. He is a proud member of the Birmingham Alumni Chapter of Kappa Alpha Psi Fraternity, Inc. and is an advisor for the Birmingham Kappa Leadership Development League, an organization whose purpose is to promote and develop the leadership potential of high school aged young men. Through the Kappa League, Dr. Carter has mentored hundreds of young men and has seen many of these students matriculate to college. Dr. Carter is also a member of Sigma Pi Phi Fraternity. Due to his focus on the eradication of health disparities and the perpetuation of health literacy, he has founded Prescription for Better Living, a non-profit organization. Dr. Carter's hobbies also include spending time with his wife and sons, walking his dog, jogging, reading and watching sports.

## ALEXANDRIA MEANS



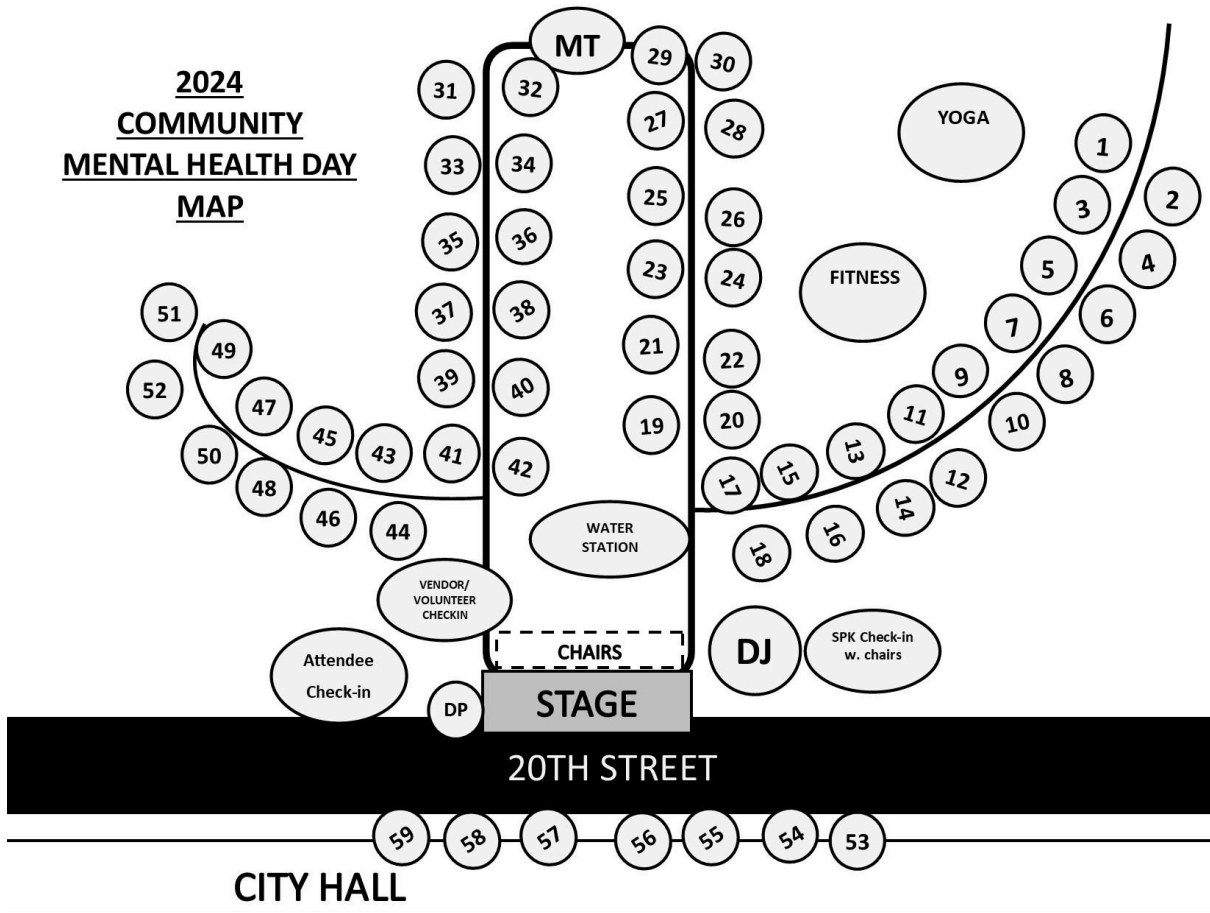
Alexandria Means was born and raised in Birmingham, Alabama, where she also attended and graduated from the University of Alabama at Birmingham, receiving her Bachelor of Science degree in Criminal Justice and Psychology. At UAB, she was inducted into Alpha Phi Sigma, the Criminal Justice Honor Society. She later attended Liberty University for her Professional Counseling graduate program. Alexandria has contributed over 20 years working alongside marginalized communities through her work with the state childcare management and welfare programs and in the state-certified domestic violence services programs where she received national certification as an advocate and forensic counselor with a specialization in domestic violence intervention. Alexandria currently serves as the founder and Executive Director of Ameans2Live (A2) and as the SaveFirst National Director. As the Executive Director of A2, she provides consulting to professionals who provide services to those experiencing domestic violence. She also serves as a domestic violence advocate, providing resources and support to those plagued by domestic violence. As a SaveFirst Director, she works to create more opportunities for economic empowerment for low-income individuals and families and those living in rural areas. She believes through compassionate education, training, and empowerment, we all can contribute to positive change resulting in long-term impact in our communities. One of Alexandria's proudest accomplishments was the day she found and felt empowered to use her voice. She states, "Life has a way of silencing you. However, the day I found my voice was the day I was able to advocate for myself, and in the years to come, for so many who had not found their voice." Alexandria continues to reside in Birmingham, Alabama and is the proud mother of two sons and the Bibi (Swahili for Grandmother) of her one and only granddaughter. "When you don't know your true value, you see the world through the lens of how you don't measure up." — Cicely Tyson, Just as I Am

# **BREAK OUT SESSIONS**

- 10:00 AM - 2:00 PM** Cherie May Edwards, LPC-S - Work In Progress, LLC  
**Depression Screenings**  
*(Evaluation of your screen will take up to 15 minutes)*
- 10:00 AM-2:00 PM** Pauline K. Long, PharmD. DCES - MedsPLUS Consulting LLC  
**Blood Pressure and Glucose Screenings**
- 10:00 AM - 2:00 PM** Lauren Packer, M.S, ALC - Packer Counseling, LLC  
**Mental Health Consultations**
- 10:00 AM - 12:00 PM** Paisley Burgess, LMT #4601 -Yenful Massage, LLC  
**Massages**
- 11:00 - 11:30 PM** Line Dancing
- 12:00 PM-2:00 PM** Adrian Ward, LMSW, LMT #527 - Relaxation Room, LLC  
**Massages**
- 12:30 PM** Jamella Stroud- Yoga Therapist certified by the International of Yoga Therapist  
**"Breathing Techniques to Improve Response to Trauma Triggers"**
- 1:00 PM** April Mack  
**"Group Fitness Exercise" (30 minute session on stage & street)**

# MAP AND LEGEND

## 2024 COMMUNITY MENTAL HEALTH DAY MAP



1. Healing Transformations LLC (Table 1 of 2)
2. Perdue Counseling & Consulting, LLC
3. Healing Transformations LLC (Table 2 of 2)
4. Represent Wellness LLC
5. Packer Counseling LLC
6. Nature & Nurture Counseling LLC
7. Reset Counseling and Consulting Services, LLC
8. Birmingham City Schools (Table 1 of 2)
9. Crisis Center Inc
10. Birmingham City Schools (Table 2 of 2)
11. Bradford Health Services
12. New Awakening Recovery Services
13. Work in Progress, LLC (Depression Screening)
14. Villa Maria/SPM, Inc.
15. Birmingham VA Healthcare System
16. Birmingham VA Suicide Prevention Team
17. Spark Counseling and Consulting
18. Bliss Counseling and Consulting
19. Enroll Alabama—A Project of AIDS, Alabama
20. Fine Arts Find Life
21. UAB Dept of Psychiatric Medicine + Addiction Recovery Program (Table 1 of 2)
22. ACE Alabama

23. UAB Dept of Psychiatric Medicine + Addiction Recovery Program (Table 2 of 2)
24. Called2EncourageInc.LLC
25. UAB Arts in Medicine
26. Delta Sigma Theta—Jefferson County Alumnae Chapter
27. Magic City Impact (Table 1 of 2)
28. Operation HOPE
29. Magic City Impact (Table 2 of 2)
30. Mothers United Against Gun Violence
31. Jefferson County Family Resource Center
32. Author Terica Turner
33. Brownstone BWell BHM
34. Light of the World LLC (Table 1 of 2)
35. Root Cause Wellness Center
36. Light of the World LLC (Table 2 of 2)
37. Ervin Brownlee Foundation
38. 50 Shades of Nursing
39. Children's of Alabama Psychiatric Intake Response Center
40. Jefferson County Dept of Health STD
41. Cahaba Medical Care Foundation
42. Capitol Care South

43. Girls Inc. of Central Alabama
  44. ALL Kids, Children's Health Insurance Program
  45. Kolbe Health Services
  46. MedsPlus Consulting
  47. Root Cause Wellness Center (Table 1 of 2)
  48. Alabama Regional Medical Services
  49. Root Cause Wellness Center (Table 2 of 2)
  50. YWCA
  51. United Way Area Agency on Aging
  52. OPEN
  53. Behavioral Health Systems
  54. City of B'ham Human Resource Dept
  55. COB Park and Recreation Board
  56. Strive Counseling
  57. Nurture of Alabama LLC
  58. Blue Cross Blue Shield (Table 1 of 2)
  59. Blue Cross Blue Shield (Table 2 of 2)
- MT:** Massage Therapist (Relaxation Room & Yenful Massage LLC)
- YOGA:** Sacred Body Fit
- FITNESS:** April Mack

## ★ SET UP & PREPARATION

- A. **Parking:** Parking at the BPA Deck 2 is available across the street from Linn Park at [801 North 19th Street](#) starting at \$2.00 for the first hour and \$1.00 for every additional hour.
- B. **Arrival & Set-Up:** Please arrive no later than 8am to start setting up. Food Trucks will begin to arrive around 9:30 am and it will be much more difficult to
- C. **Materials Drop Off:** If you need to drop off materials for your table, [please print out the sign at the end of this packet](#) and display this in your car window. With this vendor & partner pass, you will be able to access the *20th North at the corner of Reverend Abraham Woods Jr Boulevard* for a quick 10 minute unloading period.
- D. **Registration:** Once you have arrived, please report to Vendor Registration. You will receive an updated run of show and your table(s) location. This is also the time to drop off your giveaway donations.
- E. **Table Set-Up:** Each partner/vendor will have the number of tables that they requested. Please bring chairs, tents, promotional materials, or other information as needed. We are expecting between 100 and 150 attendees total.
- F. **Resource Fair:** The Resource Fair will be from 10:00am-2:00pm.
- G. **Bathrooms:** Bathrooms will be available inside City Hall on the First Floor. You will have to go through a metal detector to access bathrooms.
- H. **Questions during the event:** Find a volunteer that is wearing a Nurture T-Shirt or contact Leslie Smith at 205-422-3354.
- I. **Sharing the Event!** <optional> Visit Nurture of Alabama on [Instagram](#) and [Twitter](#) and share posts about Birmingham Mental Health Day!

# ★ EVENT GOALS AND AUDIENCE

## What are the goals of this event?

In order for Birmingham to thrive, Nurture of Alabama believes that it is critical to address the mental health crisis in our own city. We have laid out three goals for this event:

### Goal #1: Address the Stigma of Mental Health Support

- Many people usually don't seek treatment to try to avoid the consequence of stigma and label of mental illness.
- Throughout the event, we will have several respected community leaders share their own mental health journey, with the goal of elevating the importance of mental health and de-stigmatizing getting support.

### Goal #2: Linking Community to Accessible & Affordable Mental Health Services

- Many Birmingham community members lack access to affordable mental health services or do not even know where to go to find mental health support.
- *This is where you, our fantastic partners and vendors, come in!* One of the main ways we will accomplish this goal is through your work at the Resource Fair. This is a chance for us to collectively raise awareness about accessible and affordable mental health services in our community.

### Goal #3: Providing Community Education on Mental Health, Domestic Violence & Wellness

- There will also be opportunities for learning more about how to cultivate mental health and wellness through our speakers and our Resource Fair. Increased awareness helps both adults and children understand what mental illness is and how it presents itself.

## Who is the Audience?

- The Mental Health Day attendees will be a combination of both community members and City of Birmingham Employees.
- Attendees will be coming to learn more about the work that your organization does, what mental health resources that you can provide, and how your organization or business promotes mental health and wellness.



NURTURE OF ALABAMA'S 3RD ANNUAL  
BHM COMMUNITY

**MENTAL  
HEALTH**  
*Party*

**LOADING &  
UNLOADING ONLY**

**PASS**

LINN PARK  
JULY 12, 2024

\*PASS IS TO BRIEFLY LOAD AND UNLOAD  
ON SHORT 20TH STREET NORTH BETWEEN  
7 A.M. AND 9 A.M.

