

## COMMUNITY PARTICIPATION BOARD

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The West Central Alabama Community  
Health Improvement League, Inc.

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**UAB CENTER FOR THE STUDY  
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*The Center for the Study of Community Health is one of 26  
Prevention Research Centers across the US and is supported by the  
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## Holistic Health:

# Caring for Yourself and Others Part II



*"Motivation is what gets you started; Habit is what keeps you going"*

Black Belt Institute

Fifteenth Annual Meeting

September 20, 2018

10:00 AM to 3:00 PM

The Lena Powell Conference Center

Camden, Alabama

*Black Belt Institute  
Fifteenth Annual Meeting  
September 20, 2018*

*Holistic Health: Caring for Yourself and Others Part II*



*“Motivation is what gets you started; Habit is what keeps you going”*

- 11:45 *Medical-Legal Partnership Model*  
*Aleah Gathings, Attorney at Law*
- 11:50 *\*\*\*\*\*LUNCH\*\*\*\*\**
- 1:00 *Improving Mental Wellness*  
*Nadia Richardson, PhD*  
*Founder and Executive Director*  
*No More Martyrs*
- 1:50 *The Church’s Response to Mental Health /*  
*Self-Care for Church Mental Health Workers*  
*Rev. Vernessa Barnes*  
*Minister of Congregational Care*  
*Sixth Avenue Baptist Church, Birmingham*
- 2:40 *Reflection and Closing Exercise*  
*Afriye Wekandodis*
- 3:00 *Closing Remarks and Adjournment*  
*Ethel Johnson*  
*WCACHIL Program Director*

**PROGRAM**

- 10:00 *Welcome and Opening Remarks*  
*Sheryl Threadgill-Matthews*  
*Executive Director*  
*West Central Alabama Community Health*  
*Improvement League, Inc. (WCACHIL)*
- 10:05 *Focusing Exercise*  
*Afriye Wekandodis*  
*By the River Center for Humanity*
- 10:25 *ENACT Community Workshop Update*  
*Molly Richardson, PhD*  
*Julia Gohlke, PhD*
- 10:45 *Panel - Civic Engagement and Health*  
*Sheila Tyson, Birmingham City Council*  
*John Moton, Wilcox County Commissioner*  
*Michael Hansen, Executive Director, GASP*  
*Sheryl Threadgill-Matthews, Moderator*