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TAKING TIME TO BREATHE: A Town Hall with Mental Health Providers About Mental Health

With Dr. Leolani Ah Quin DBH, LCSW, Natalie Gutierrez, LMFT, Mona Masood, D.O., Sherry C. Wang, Ph.D., and Paul Bashea Williams, LCSW-C LICSW. Moderated by Dr. Danielle Hairston, MD. Opening performance by Erika Dohi.

PANELISTS

Dr. Leolani Ah Quin DBH, LCSW is the clinical director of the San Carlos Apache Tribe - Wellness Center where Leolani coordinates, leads, trains, develops, and creates behavioral health services, including comprehensive integrated behavioral healthcare in primary care and the emergency room; school and community-based group services including equine therapy and telehealth services.

Natalie Gutierrez, LMFT: “I am Natalie Gutierrez, a Trauma Therapist in the State of New York and New Jersey. I earned my Masters Degree in Marriage and Family Therapy and am a graduate of the certificate program in trauma studies at the Manhattan Institute for Psychoanalysis. I specialize working with adults who have Complex Posttraumatic Stress (also known as Complex trauma) - which include survivors of childhood sexual abuse, racial trauma, and/or sexual trauma in adulthood and are dealing with issues related to post traumatic stress, traumatic attachment, grief, intergenerational/ancestral trauma, depression, anxiety, shame, guilt, and anger. I work from a humanistic, peer to peer perspective with an understanding of interpersonal psychoanalysis, polyvagal theory, Forward Facing Trauma Therapy, trained in EMDR (Eye-Movement Desensitization and Reprocessing) and am a Level 3 trained Certified Internal Family Systems Therapist. I mostly work from an IFS (Internal Family Systems) lens.” traumacounselingnyc.com

Dr. Mona Masood, DO is an American Board of Psychiatry and Neurology certified general outpatient psychiatrist practicing in the greater Philadelphia area. She is a board member of Muslim Wellness Foundation, an American nonprofit mental health awareness and education organization. She often leads community mental health education events and advises various medical and mental health organizations on disaster psychiatry and crisis interventions. She is most recently the founder and chief organizer of the Physician Support Line - an anonymous and free peer to peer emotional support line run by over 800 volunteer psychiatrists to help physician colleagues the many intersections of their personal and professional lives. physiciansupportline.com

Sherry C. Wang, PhD, is an Associate Professor of Counseling Psychology at Santa Clara University. She is a licensed psychologist, researcher, and anti-racist educator. She identifies as a cisgender woman (she/her) and her worldview is influenced by her bilingual and bicultural background as a Taiwanese immigrant and Asian American. Her scholarship is rooted in advocating for the voices of BIPOC (Black, Indigenous, People of Color) communities and she focuses on the ways in which sociocultural determinants (e.g., access to healthcare services, social support, community attitudes) contribute to ethnic/racial health disparities. She sees patients one day a week and teaches graduate courses in multicultural counseling, developmental psychology, counseling theories, microskills, and feminist multicultural therapy. Since the start of COVID19, she has been featured, cited, and interviewed in the media on the topic of anti-Asian racism, xenophobia, and cross-racial coalition-building. sherrycwang.weebly.com/dr-wang.html

Paul Bashea (Bah-Shay) Williams, LCSW-C, LICSW is a Licensed Clinical Social Worker, Keynote, Relationship Advisor, Business Owner, Entrepreneur, Corporate Consultant and Author of the book Dear Future Wife: A man’s guide and a woman’s reference to healthy relationships. As a business owner, Paul Bashea Williams owns and operates, Hearts In Mind Counseling, a mental health private practice that specializes in marriage, family, couples, and individual therapy helping others address their mental health needs. Paul Bashea Williams is well sought after to provide corporate coaching and consulting helping companies address mental health concerns, establish psychological safety and design safe spaces while ensuring company growth.
His writing, keynote speaking and trainings have been featured in and on CNN, HBO, A&E, Gilead, Churches, Universities, Men’s Health Magazine, Essence Magazine, BET, Bustle, Roland Martin Show, Huffington Post, TV One, Radio One, TV Guide, national syndicated radio shows, ABC, NBC, FOX, CBS, movies, and conferences all over the nation.

Paul Bashea Williams attended East Tennessee State University in Johnson City, Tennessee for both his undergrad and graduate studies in Social Work where he was awarded and inducted into the Hall of Fame as a Distinguished Alumnus for community impact. Paul Bashea Williams’ goal is to influence healthy relationships with self and others by having comprehension, compromise, consideration, and an understanding of how people interact with one another. You can follow his work at BasheaWilliams.com, BasheaWilliams on Instagram, Facebook, and YouTube. His counseling services can be found at HeartsInMindCounseling.com

MODERATOR

**Dr. Danielle Hairston** was raised in the Washington, DC metropolitan area. She attended Rutgers University for her undergraduate education and earned a degree in Biological Sciences. She earned her medical degree at Howard University College of Medicine. Dr. Hairston was Chief Resident for the Department of Psychiatry at Howard University Hospital, where she completed her general psychiatry residency. She completed her Consultation-Liaison Psychiatry Fellowship at and went on to become faculty at the University of Maryland School of Medicine, Department of Psychiatry, in Baltimore, MD. Dr. Hairston returned to Howard University College of Medicine as an Assistant Professor and was recently appointed as the Psychiatry Residency Program Director.

Dr. Hairston currently serves as the American Psychiatric Association (APA)’s Black Caucus’ President. She has served as the Black Psychiatrists of America (BPA) Scientific Program Chair since 2016. Dr. Hairston has spoken nationally and internationally about the impact of race and culture on mental health. She is a contributing author to the recently published book, Racism and Psychiatry: Contemporary Issues and Interventions. Dr. Hairston is a Robert Wood Johnson Culture of Health Leader. She is the content creator for the mixed media platform Black Psychiatry and podcast co-host for the new podcast The Next 72 Hours.

Her interests include consultation-liaison psychiatry, resident education, underrepresented minorities in medicine, faith and mental health, and health and racism. daniellehairstonmd.com

OPENING PERFORMANCE

Described as “virtuosic” (NY Times) and “barrier-defying artist” (MixMag), pianist **Erika Dohi** is a multifaceted artist with an eclectic musical background. From highly polished traditional classical to bold improvisation, she is a dynamic performer whose timeless style and unidiomatic technique set her apart in contemporary NYC avant-garde circles. *I, Castorpollux*, Dohi’s debut album under the label 37d03d, received “The Best Ambient Albums” (Bandcamp), and was featured on The New York Times’ Playlist and WNYC's Soundcheck. Dohi was featured in CSO’s MusicNOW Festival along with So Percussion, Bonny Light Horseman and Daniil Trifonov.

Erika is the co-founder of RighteousGIRLS, whose album has been hailed by Downbeat as “one of the most adventurous new music debut albums”. She is a part of the six-piano ensemble Grand Band, and she is a pianist for the avant-garde trumpeter, Wadada Leo Smith’s Golden Quintet, and performed at SFJazz as part of ECM 50th Anniversary. erikadohi.com