

Cracking the Code: DC Family Voice Summit #MyVoiceMatters

Thursday, March 18, 2021

Day Sessions: 10am – 1:30pm

Evening Sessions: 4pm – 7:30pm

10:00 am 10:15 am – Welcome & Summit Opening

Welcome Remarks: DC SEED and DC Families United!

Celebrating the resilience of our families during this time of a world- wide pandemic and social unrest. Emphasizing our need for self-care, support and continued advocacy.

10:15 am – 10:35 am - Morning Mindfulness Exercise

Presenter: Sherrell Moore –Tucker, Trauma-informed wellness educator

Join us as we take time to nurture our minds, bodies and spirits during this calming guided breathing and meditation exercise. Clear away the stress of the times, so that we are fully present for our powerful time together.

10:40 – 11:25 am - History of the Consumer Voice movement in DC

Presenters: Ms. Phyllis Morgan Proctor, Ms. Jenise (Jo) Patterson and a Transition Age Youth Leader

Don't miss this presentation by Parent & Youth Advocacy-Change Agents including pioneers of the Family Advocacy movement in DC as they share their experience of advocating for the right to access appropriate and effective services for themselves and their families and the power in using your voice for systems change.

11:30 am – 12:15 pm - Connecting the dots: Mental Health, Racism, & Advocacy

Presenters: Ishan Heru & LaJoy Law

Join this conversation as we acknowledge and discuss the intersection between racism, health disparities, social unrest & the need for advocacy. This session will be an interaction between the presenters and summit participants giving space to have the sometimes difficult but necessary conversations about collective issues many of us have experienced or witnessed, but are often left with alone with our feelings and thoughts to process.

12:30 – 1: 30 pm - Family Life in Our New Normal – the lunch hour

Moderator: Rashida Taylor

Presenters: Donao Cousar, Elizabeth Reddick, & Crystal Williams

During this dynamic parenting panel our panelist will discuss and take a deep dive into the reality of day to day life during the Covid -19 response touching on topics such as fatherhood, co – parenting, distance learning, working from home, Covid impacted finances and the one-stop realness of our homes becoming school, the work place, the gym, the doctor's and therapist's office.

1:30 pm – 4 pm Give Yourself a Break - Self-Care Siesta

Please take this time to take care of you and any other responsibilities that you may have. Take a nap if you can. You've earned it! We'll resume at 4pm.

4:00 – 4:15 pm – Evening Sessions Opening and Welcome

Speakers: Imani Walker - DC SEED Family Engagement Coordinator

Welcome to our evening sessions as we continue to celebrate the resilience of our families during this time of a world- wide pandemic and social unrest. Remembering our need for self-care, support and continued advocacy

4:15 – 4:30 pm: Evening Mindfulness Exercise

Presenter: Sherrell Moore –Tucker, Trauma-informed wellness educator

Take time to relax, reset and ground your mind, body and spirit as we prepare for our powerful evening together. Join us in guided mindfulness exercise.

4:30 – 5:30pm – The Ups & Downs of Covid - 19 – Finding the Silver Lining

Moderator – Rashida Taylor,

Panel Speakers - Jeania Anderson, Kevin Charles & Elizabeth Reddick

Join us in a robust discussion during our evening parenting panel where we will explore the ups & downs of the past year and highlight our worthwhile experiences during the pandemic. Some strengths may have emerged within our families, other relationships and communities.

5:45 – 6:30 pm - #MyVoiceMatters - Advocacy Before, During & After Covid-19

Moderator: Donna Flenory

Panel Speakers: Irma Clay, Dr. Chioma Oruh, Nicole Pratt, Fari Ghamina Tumpe,

Hear from inspirational family leaders about their experience and advocacy efforts to make sure that families and youth are present, represented and in partnership at all decision making bodies within in the System of Care to improve policy and services for families, youth and children.

6:45 – 7:20 pm – Resources: We Got ‘Em

Moderator: Dr. Meghan Sullivan Project Director DC SEED, DBH

Presenters: Department of Behavioral Health Services Teams

Don't miss this session where DBH staff will share some of the resources that the agency has to offer to families, their children and our youth. Early Intervention, Prevention and Treatment services will be discussed.

7:20 – 7:30pm – Closing Reflections

Moderator: Imani Walker – DC SEED Family Engagement Coordinator

A time for participants to share their reflections, thoughts and plans for action.