

NAMI NJ'S NEW WEBINAR SERIES

“Multicultural Conversations”

Let's come together and talk about mental health



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NAMI NJ is committed to serving New Jersey's diverse communities and is hosting a new webinar series this year – **NAMI NJ Multicultural Conversations**. Our [four multicultural programs](#) (serving African American, Hispanic/Latinx, South Asian and Chinese American communities) will help facilitate meaningful, culturally-sensitive dialogues on various mental wellness topics. This series is proudly sponsored by Amerigroup.

Let's come together and talk about mental health and culture!

Pride Month Conversations: LGBTQ+ and Mental Health

Wednesday, June 30th, 2021

2 p.m. - 3 p.m. ET

Join us for this month's Multicultural Conversations Webinar Series as we celebrate Pride Month. The Lesbian, Gay, Bisexual, Transgender, Queer, Questioning + (LGBTQ+) community represents a diverse range of identities and expressions of gender and sexual orientation. In addition to these identities, members of the community are diverse in terms of race, religion, ethnicity, nationality and socioeconomic class. A valuable aspect of the LGBTQ+ community is a strong sense of pride and resiliency. While belonging to the LGBTQ+ community can be a source of strength, it also brings unique challenges. For those who identify as LGBTQ+, it's important to recognize how your experience of sexual orientation and gender identity relates to your mental health.

In this webinar we will be hearing from a mental health professional who works with individuals who identify within the LGBTQ+ community and from individuals with lived experience of mental illness who are part of the community. Learn about the impact of mental health and how healthy coping skills can help with overcoming challenges that are often encountered within the community. The panelists will share their mental health journey, how culture has played a role, and their experience with coming out and

acceptance. Join us as we celebrate love and acceptance during this prideful month with the LGBTQ+ community.

Panelists:



Matthew Witter

Matthew Witter is a Licensed Clinical Psychologist at the City College of New York (CCNY). He has been working in college counseling for several years. He has experience working in residential treatment settings, head start programs, community mental health centers, primary care clinics, and skilled nursing facilities. Matthew identifies as a White Cis Gay Male (He/Him/His) and specializes in clinical work with the LGBTQ+ population. In addition to his clinical work, Matthew is also an Adjunct Assistant Professor in the psychology department at CCNY. In his free

time, he also runs a group coaching business that provides virtual support groups for people from marginalized identities. Matthew loves the support group format as people are more likely to gain self-empowerment from working together. Visit his website to see upcoming support groups starting this summer at witterwellness.com.



Nicholas Emeigh

Nicholas Emeigh is a mental health advocate and public speaker with 5 years of continuous recovery from mental illness, substance use, and is a survivor of 3 suicide attempts. He proudly serves the community as Director of Outreach and Development for NAMI Bucks County PA providing help, hope, awareness and opportunities to Bucks County's 640,000 residents. Nicholas has frequently been called upon by local media outlets for comment as a fierce advocate for his peers – fellow human beings living with mental illness and substance use disorders. He speaks often at conferences, schools, and institutions of medicine and higher learning on the power of peer support, about his own journey through an intense

battle with mental illness, and what he is doing now to help shatter the stigma so that no one feels alone on their journey to recovery. He also works closely with local officials and legislators to help them understand and remember just how important mental health is. Nicholas serves on several boards and committees including the Bucks County Behavioral Health Advisory Board (as Secretary), Bucks County Suicide Prevention Taskforce, Community Support Program of Bucks County, Transition Age Youth and Young Adult Workgroup, Young Adult Advisory Board, and as a peer on various Care Coalitions and Direct Service Advisory Boards and Committees. Nicholas prefers to go by "Nick" and uses the pronouns he/him/his. He can be reached at nemeigh@namibuckspa.org.



Roselin F. Dueñas Cherres

Roselin F. Dueñas Cherres is 24 years old and a 2020 graduate from Rutgers University New Brunswick. She has years of experience working with people in social services and has volunteered with soup kitchens in NJ to help serve disadvantaged individuals. She has experience working with children who have emotional, cognitive and social difficulties. In 2020, she joined NAMI NJ as an intern and currently holds the position of NAMI NJ's Affiliate Liaison. She has worked closely with the many programs NAMI NJ has to offer, including NAMI NJ en Español where she was the program assistant. Roselin is also a NAMI In Our Own Voice presenter and has presented numerous times including with other NAMI states. She is a NAMI Connection facilitator and facilities the NAMI NJ en Español and NAMI LGBTQ+ Connection Support Groups. In the future, she

hopes to obtain her Masters in Social Work to continue serving diverse under served communities. In her free time, she enjoys volunteering, spending time with her loved ones, reading, exploring nature and singing her heart out at concerts (pre pandemic of course). Roselin hopes to use her intersectionality as a first generation Latina, queer woman who is on a mental health recovering journey, to inspire and support others on their path to recovery, hope and prosperity.

For more information on our multicultural programs, [visit our website.](#)

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