



*The Central Arkansas
Association of Black Social Workers*

presents a special screening of the
HUSH Documentary and Panel Discussion on Black Mental Health

April 13, 2024

10:00-1:00 pm

University of Arkansas at Little Rock
2801 S. University, Little Rock, AR. 72204
Ledbetter A, B

Program Agenda

Welcome, Statement of Purpose and Objectives: President Sheryl Alexander

Display of HUSH Documentary

Panel Discussion:

Moderator, Dr. Jacqueline R. Burse, Assistant Professor,
UA Little Rock School of Social Work

Panelists

Michael Eubanks, LMSW

Yolanda McCallum, LPC

Ms. Ruby Welch

Nakia Williams, LCSW

Audience Participation: Questions and Answers

Closing Comments

(Please complete the conference evaluations)

Community Resources for Mental Health and Wellness

Directory of African American Mental Health Providers. Arkansas Association of Black Psychology -Professionals <https://www.facebook.com/arblackpsych/>
<https://arblackpsych.org/home>

John Daily Fitness Center - <https://www.littlerock.gov/residents/parks-and-recreation/park-facility-trail-information/jim-dailey-fitness-aquatic-center/>

Eden Yoga Studio <https://edensaltstudio.com/yoga/>

Resilience Strategies for managing stress: <https://orwh.od.nih.gov/in-the-spotlight/all-articles/7-steps-manage-stress-and-build-resilience>

Resilience Strategies for managing stress: <https://www.verywellmind.com/tips-to-reduce-stress-3145195>

Helping children and teens manage stress: <https://www.apa.org/topics/children/stress>

Reducing stress and anxiety in teens:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4813807/>

The Confess Project: <https://www.theconfessprojectofamerica.org>