

NO MORE SECRETS

Breaking Through Barriers

October 4-5

Pikes Peak Community College Centennial Campus
5675 S. Academy Blvd, Colorado Springs

No More Secrets aims to combat mental-health stigma in local communities of color and to connect individuals and families with the resources they need.

What happens in this house stays in this house.

Baby, we don't air out our dirty laundry.

The symposium is **FREE** and organized by:

Committee Members

Yolanda Lewis-Harris | Chair
Dr. Nathaniel Granger | Co-Chair
Dr. Tiko Hardy
Carrie Finkill
Jennifer Scott

Committee Supporters

Lorelle Davies
Alberto Teixeira
Tamara Cannafax
Noel Dolan

Friday, October 4 | 6:00–8:00 p.m.

Opening reception and keynote from Andrew Romanoff, President and CEO of Mental Health Colorado

Saturday, October 5 | 8:30 a.m.–4:00 p.m.

Keynote from Patrice N. Douglas, Owner of Empire Counseling & Consultation

Lunch provided

Register at ppcc.edu/nomoresecrets or 719.502.4782

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KEYNOTE SPEAKERS



As the past president and CEO of Mental Health Colorado, Andrew Romanoff led the fight for the prevention and treatment of mental health and substance use disorders. Among the results: pathbreaking programs for children and families and \$68 million per year in life-saving services for Coloradans in need. Romanoff won four terms in the Colorado House of Representatives—including two terms as speaker of the House. During that time, he earned recognition from more than 50 state and national organizations as one of the most effective legislative leaders in America.

Romanoff has spent decades working in various roles such as battling the Ku Klux Klan and Neo-Nazi groups at the Southern Poverty Law Center, as one of the founders of the Posner Center for International Development in Denver and teaching English in rural Nicaragua. Andrew earned a bachelor's degree at Yale, a master's degree in public policy at Harvard, and a juris doctorate at the University of Denver.



Patrice N. Douglas is a Licensed Therapist, Certified Anger Management Specialist, and Certified Parent Child Interaction Therapist in California and Texas as well as the owner of Empire Counseling & Consultation located in CA, NY, & TX. She is currently a doctoral candidate at The Chicago School of Professional Psychology in Los Angeles studying clinical psychology. She specializes in anger management, men's issues, and minority mental health. Patrice is passionate about decreasing stigmas in minority communities by curating initiatives and has been featured in Bustle, HelloGiggles, BuzzFeed,

Therapy For Black Girls, *Oprah Magazine*, and other platforms discussing the various topics surrounding mental health.

BREAKOUT SESSIONS

Sessions on Saturday will begin at 9:45 a.m., with lunch at noon and the day ending at 4 p.m.

- Deeper Faith
- Parenting
- The Truth About Trauma
- Inside the Opioid Crisis
- Many Faces of Depression
- The LGBTQIA Disconnect
- Self-Care
- Micro-Aggressions
- Understanding the Crisis System

For a complete schedule, list of speakers and session descriptions, visit
ppcc.edu/nomoresecrets