



February 25, 2022

Ald. Chantia Lewis
(414) 286-2868

Mental Recalibration: A Conversation with Black Professionals

*Monday, February 28 mental health panel discussion and webinar to cap off city's
Black History Month celebration*

On Monday, February 28 at 6 p.m. as part of the City of Milwaukee's Black History Month celebration, **Alderwoman Chantia Lewis** will be a co-moderator for ***Mental Recalibration: A Conversation with Black Professionals***, a panel discussion and webinar that will directly address the mental health challenges many Black professionals are dealing with today.

Alderwoman Lewis, who will be joined by co-moderator **Simmons R. Kilgore, MSCP, LPC**, ReCAST Injury and Violence Prevention Manager in the Office of Violence Prevention, said the virtual event is free and open to anyone who wishes to join.

"This is a time when many Black professionals are learning that it is OK not to be OK, and to look to access resources and help for mental health," Alderwoman Lewis said.

"Our knowledgeable panel of guests includes top local and national mental health experts who will discuss the issues and take questions from viewers. There will also be resources for viewers to take away and have access to, to help them get started on the road to healing and addressing life-altering mental health challenges," she said.

Please go to <https://attendee.gotowebinar.com/register/6879663367934902284> to join the webinar.

The scheduled panelists for *Mental Recalibration: A Conversation with Black Professionals* are:

- **Marrika Rodgers, MS, LPC** - Licensed professional mental health counselor, national speaker, and celebrated radio personality.
- **Brandon J. Johnson, M.H.S., MCHES** - Advocate for positive mental health and suicide prevention services for youth and adults across the country and within the local community of Baltimore, MD. Creator of "*The Black Mental Wellness Lounge*," a YouTube channel dedicated to discussing Black mental health and healing.
- **Dr. R. Kweku Akyirefi Smith** - A Milwaukee native, Dr. Smith is a licensed psychologist in the state of Wisconsin (and a clinical psychologist by trade) and is President of BLAQUESMITH Psychological Consultative Services, LLC.