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# Whatsinthemirror?

— Tarik Daniels, Founder/Executive Director —

African American Advisory Commision  
Presentation 1/7/20

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# Recap of 2019



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Whatsinthemirror? is a 501c3 non-profit organization and social movement that provides suicide prevention and mental health awareness to communities of color through art, advocacy, and affirming care with a focus on women, youth, LGBTQIA+ persons.

# January 2019

Presentation : Social Depression and the Intersectionality of Being Black and Queer in America

\*Jan 2019: Central Texas African American Family Support Conference (Austin, TX)

\*Aug 2019: Beyond Brothas Summer Summit (Austin, TX)

\*Oct 2019: In My Mind Conference ( NYC, NY)

Launch of our Mental Wellness Database of Color

\*Called each person and ask for updated info

\* **Future Opportunity:** Website & Funding to Maintain

# Austin Mental Wellness Directory For People of Color

Powered By Whatsinthemirror?

Therapists, Counselors, Social Workers



Name	Organization	Phone	Email/Website	Address	Specialization	License/Title	Notes	Clients
Cedric Dunmore		512-786-3384	cedric@renovatingdynasties.com	821 Grand Ave. Parkway #108 Pflugerville 78660	Intervention, Addiction, Military/Veterans	LCDC	<a href="http://www.renovatingdynasties.com">www.renovatingdynasties.com</a>	
Claudine Lucerna		512-329-6611	claudine.lucerna@austinfamilyinstitute.org	4407 Bee Cave Rd #320 Austin, TX 78746	Family Therapy, Life Transitions, Depression, Anxiety, Autism	LMFT_Associate, LPC-Intern	<a href="http://claudine.lucerna.com">claudine.lucerna.com</a>	Adults, Immigrants
Dr. Manuel X. Zamarripa		512-939-2314	xicanpsy@gmail.com	821 W. 11th St Austin, TX 78701	Suicide Prevention	LPC_S		Latin/Mexican
Fadya AlBakry		512-589-5897	falbakry@gmail.com	1406 Camp Craft Rd #205 Austin, TX 78746	Suicide, PTSD and Addiction	LPC	Languages: Arabic <a href="http://www.fadyatherapy.com">www.fadyatherapy.com</a>	Adults
Mona Ghosheh		512-586-7001	mg@drmonag.com	Austin, TX 78741	Anxiety, Self-confidence, Identity concerns	Ph.D Psychologist	Languages: Arabic <a href="http://www.drmonag.com">www.drmonag.com</a>	Ages 18 and up
Stephanie Paez		512-308-6070	stephaniepaeztherapy@gmail.com		relationship, trauma and anxiety	licensed Marriage and Family Therapist 202946	Languages: Spanish	
Musart Yusufali		512-609-0699	info@mindbodysoultherapy.com	5304A Woodrow Avenue, Austin, TX 78756	Mood and Personality Disorders	licensed Social Worker/Therapist 53809	Languages: Gujarati and Hindi	
Ji Young Kim		512-746-1327	jyoungkim294@gmail.com	12741 Research #301 Austin, TX 78759	Impulse Control Disorder	Licensed Counselor 73126	Languages: Korean	
Erika Ames		713-766-6201	<a href="http://tailwinds counseling.com">tailwinds counseling.com</a>		Anxiety, Sleep Insomnia, Life transitions, Cancer Counseling, Caregivers Counseling	LCSW, MSW	online practice	
Anthony Felder	ASA	512-406-6416	anthony.felder@asaustin.org		HIV/Aid Services	Licensed Clinical Social Worker		
Virginia Brown	Dell Medical School	512-495-5046	virginia.brown@austin.utexas.edu	1400 Barbara Jordan Blvd Austin TX 78723	Director of Health Disparities			
Ronnette Ballard	InSight Psychology	512-704-8349	psychologist@insightpbhs.com	305 N Heatherwilde Blvd #310, Pflugerville		Licensed Psychologist	<a href="http://www.insightpbhs.com/learn-about-dr-ballard.html">http://www.insightpbhs.com/learn-about-dr-ballard.html</a>	
Brittany Hall Clark	InSight Psychology	512-693-4006	bhall-clark@insightpbhs.com	305 N Heatherwilde Blvd #310 Pflugerville		Licensed Psychologist	<a href="http://www.insightpbhs.com">www.insightpbhs.com</a>	
Pamela Thomas		512-645-1439	texas counselor1@gmail.com	Austin, TX 78745	Substance Abuse, Suicide Prevention	LPC	<a href="http://psychologytoday.com">psychologytoday.com</a>	
Gloria Souhami	Director Underage Drinking Program	512-854-4229	gloria.souhami@traviscountytx.gov	314 W 11th St Austin, TX 78701	Prevention Of Underage drinking		<a href="http://traviscounty.gov">traviscounty.gov</a>	
Dana Edgerton	Solutions Over Stress	512-942-0226	solutionsoverstress@gmail.com	701 W 10th St Austin, TX 78701	Coping Skills, Depression	Licensed Counselor 68595		
Marissa Rivera	Ola Wellness		info@olawellness.com	106 West Ave Austin, TX 78701	Life Transition, Child Adolescent	Licensed Counselor 71270	<a href="http://www.psychologytoday.com">www.psychologytoday.com</a>	
Patty Evers	Hillcountry Parenting	512-790-5999	patty@hillcountryparenting.org	5414 Harmon Ave Austin, TX	Parenting, Communication, Trauma	LPC-S	<a href="http://www.hillcountryparenting.org">www.hillcountryparenting.org</a>	

# Mental Wellness Meetups



\*Every First Saturday: Meet Up with Community Members and Clinicians/  
Health Providers of Color

\*Monthly Topics

\***Future Opportunity:** More Participation from Clinicians of Color and  
new space

FIRST SATURDAYS AND WHATSINTHEMIRROR  
P R E S E N T S



**MENTAL WELLNESS**  
*Hangout*

Every First Saturday 11-1pm

**Mental Wellness Vendors**  
**Mental Health Clinicians**

**Monthly Mental Wellness**  
**Topics & Discussions**



"THE CITY OF AUSTIN IS PROUD TO COMPLY WITH THE AMERICANS WITH DISABILITIES ACT. IF YOU REQUIRE SPECIAL ASSISTANCE FOR PARTICIPATION IN OUR PROGRAMS OR USE OF OUR FACILITIES, PLEASE CALL (512) 974-3914".



**March- April  
2019**

Anti Bullying Campaign

Launch 2017, Schools & After School Programs

**Future Opportunity:** Funding, More Schools



# Celebrating Kindness

Together We Can Make A Difference



## Anti-Bullying Workshop

Friday March 22, 2019 at Breakout  
(Afterschool & Summer Program) **1PM**

Join Tenee Goff, President of Whatsinthemirror? (a 501c3 nonprofit social movement that provides mental health awareness and suicide prevention through art and advocacy)  
[www.whatsinthemirror.org](http://www.whatsinthemirror.org)

The objective is for children to understand bullying, how bullying makes a person feel, recognize when some one is being bullied, who they can turn to for help, they will also participate in a kindness activity



Residence at Onion Creek  
810 E. Slaughter Ln. Austin, TX  
78744



# April- Self Love, Self Esteem Fashion/Hair Show





# May- Children's Mental Health, Teen Summit









# June 2019- Trans Safety Pop Up Town Hall



#BLACK  
TRANSLIVESMATTER

BTAC  
WHATSTHEMIRROR,  
FIRST SATURDAYS  
PRESENTS

TRANSWOMENS' SAFETY  
AND MENTAL HEALTH  
POP-UP  
TOWN-HALL  
DISCUSSION

CARVER LIBRARY  
1161 ANGELINA ST  
SATURDAY,  
JUNE 1, 2019  
11-2PM

WWW.WHATSINTHEMIRROR.ORG

Logos for Carver Library, What's in the Mirror, and other partners.

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# July- Minority Mental Health Video Challenge

National Minority Mental Health Awareness Month





# August 2019- Fireflies, Play



AUGUST 14-18, 2019  
WEDNESDAY - SATURDAY 8PM  
SATURDAY, SUNDAY 4PM

SANTA CRUZ THEATRE  
1807 E 7TH ST.  
AUSTIN, TX 78702

PURCHASE TICKETS: [HTTPS://FIREFLIES.BROWNPAPERTICKETS.COM](https://fireflies.brownpapertickets.com)



# Current Projects:



# City of Austin Proclamation

Whatsinthemirror? Received a City of Austin Proclamation, declaring September 19th, LGBTQIA SUICIDE AWARENESS DAY

## A NIGHT OF LOVE

4th Annual was the biggest one yet!

## LGBTQ Playwriting Competition

Over 110 Submissions



# Announcing our 2020 TRANSFORMATIVE GRANT PARTNERS

COMPASS  
INITIATIVE

## Organizational Capacity Building

Funded by Emory University Rollins School of Public Health

- NAESM, Inc. // Atlanta, GA
- AIDS Leadership Foothills-Area Alliance, Inc. // Hickory, NC
- Big Bend Cares, Inc. // Tallahassee, FL
- Black AIDS Institute South // Stockbridge, GA
- Delta Health Alliance // Leland, MS
- Gay & Lesbian Community Center of Greater FTL // Ft. Lauderdale, FL
- He Is Valuable, Inc. // Atlanta, GA
- Here's To Life // Atlanta, GA
- HOPE, Health, & Wellness Center // Dallas, TX
- Latino Commission on AIDS // Durham, NC
- My Brother's Keeper, Inc. // Jackson, MS
- Positively Living // Knoxville, TN
- SisterLove, Inc. // Atlanta, GA
- Southern Black Policy and Advocacy Network // Dallas, TX
- TransInclusive Group // Miami, FL
- University of South Carolina Education Foundation // Columbia, SC

## Stigma Reduction

Funded by Southern AIDS Coalition

- Circle of Friends Task Force // Greenville, NC
- Friends for Life Corporation // Memphis, TN
- HIGH IMPACTO, Inc. // Ft. Lauderdale, FL
- Legacy Community Health Services // Houston, TX
- Let's BeeHIVE! Inc. // Orlando, FL
- Louisiana Public Health Institute // New Orleans, LA
- Mississippi Center for Justice // Jackson, MS
- My Sistah's House // Memphis, TN
- Tampa Hillsborough Action Plan, Inc. // Tampa, FL
- Thrive SS // Atlanta, GA
- University of South Florida Research Foundation // Tampa, FL

## Mental Health, Trauma-Informed Care, Substance Use, and Telehealth

Funded by University of Houston Graduate College of Social Work

- Gender Benders // Piedmont, SC
- 504HealthNet // New Orleans, LA
- A Vision 4 Hope, Inc. // College Park, GA
- Alabama Regional Medical Services // Birmingham, AL
- Aniz, Inc. // Atlanta, GA
- Brotherhood, Incorporated // New Orleans, LA
- Central Louisiana AIDS Support Services // Alexandria, LA
- Chattanooga C.A.R.E.S. dba Cempa Community Care // Chattanooga, TN
- Partnership To End AIDS Status Inc. (PEAS Inc.) // Memphis, TN
- Positive Wellness Alliance // Lexington, NC
- Relationships Unleashed // Memphis, TN
- Tennessee Recovery Alliance // Knoxville, TN
- Whatsinthemirror? // Austin, TX

Over \$70,000 across 2 grants!



# The *Art Heals* Project



**Coming 2020**  
**Donations & Project Inquiries**  
**[tarikdaniels@whatsinthemirror.org](mailto:tarikdaniels@whatsinthemirror.org)**

WHAT'S IN THE  
**MIRROR**  
*Art Heals*

# The Art Heals Project

The Art Heals Project is a healing justice movement focused on the intersectionality of mental health and HIV Prevention/PWLHA through advocacy, art, and affirming care to marginalized communities. The Art Heals Project will consist of four components including 1) Healing Justice Peer Support Groups designed for People living with HIV/AIDS on topics around HIV related and mental wellness stigma. 2) Affirming Care Pathways that will consist of a direct care pathways for People Living with HIV/AIDS including mental wellness providers, HIV prevention providers/organizations, health centers, telehealth providers, primary care providers dedicated to cultural competency and the model of healing justice framework. 3) Social Media, Print, Billboard Campaign focused on the intersectionality of mental wellness and HIV Prevention/People Living with HIV/AIDS through creative, healing, and cultural responsiveness. 4) Southern HIV Awareness Day Arts Heals Festival that will happen on Southern HIV Awareness Day that will consists of workshops, rehearsals with People Living with HIV/AIDS, community members, artists, clinicians with various forms of art to raise awareness and eliminate HIV related and mental wellness stigma.



# GOAL #1

Our first goal is to create Healing Justice Peer Support Groups. These groups will be weekly safe/brave space for People Living with HIV and/or those who are committed to ending HIV related or mental health stigma as well as persons living with a mental health condition. This brave space will be lead by our Executive Director, who is a trained Peer Specialist as well as a person living with HIV and will continue to seek out training and opportunities to grow. We will invite other healing justice dedicated HIV related and/or mental health clinicians for break out sessions and other related programming over time to meet the needs of the population while maintaining our healing justice framework. We will obtain participants via a referral system created between us and HIV related and mental health clinicians and organizations. Our main objective is ending HIV related and mental health stigma while aiding into getting communities of color to zero new infections, zero deaths, and zero discrimination due to stigma. We want to spark high level conversations around HIV related and mental health stigma with people living with HIV or mental health conditions and others dedicated to ending the stigma. Another objective included in our first goal is creating a campaign and message focused on the intersectionality of mental wellness and HIV prevention/People Living with HIV/AIDS through creative, healing, and cultural responsiveness. We will want this campaign to be accessible through billboard ads, print ads, as well as social media presence. HIV prevention should be marketed to addressing the whole person and not just the disease itself. We will 1).Allow creative feedback and suggestions regarding campaign. 2).Execute design competitions with people most impacted. 3).Collect data through surveys and questionnaires.

Collaboration: Center for Health Empowerment ( location, clients) :The CHE wellness clinic provides **PrEP** and **PEP** medications, **HEP C** treatment, STI screening, prevention and treatment, and continuing care. We work with **community partners** to help eligible participants find community resources for transportation, housing, mental health, and substance abuse. Our navigators provide personalized, caring support at all stages of care. While we serve everyone, our focus population is men, women, and transgender persons of color who are at a higher risk of contracting sexually transmitted infections.)

# GOAL #2

Our second goal is to create Affirming Care Pathways that will consist of sustainable direct care pathways for People Living with HIV/AIDS including mental wellness providers, HIV prevention providers/organizations, health centers, telehealth providers, primary care providers dedicated to cultural competent care. This goal directly aligns with SUSTAIN content area of wellness/wellbeing. We have work with our community in expanding the idea of what mental health is by moving towards the language of "mental wellness" rather than "mental health". After years of advocating in our communities we realized that communities of color in Austin are wanting and needing more options outside of just traditional therapy. Our project is modeled with advocating for more mind, body, and spirituality programs. More holistic health including physical fitness, nutrition, and support in clinical and non-clinical environments while creating and fostering connections and mutual support for communities. Whatsinthemirror? has already begun compiling a Mental Wellness Database for Austin, Texas that includes mental wellness providers and organizations of color that's available on our website. We personally called each clinician and organization to be listed on our database and we will further our efforts by obtaining a dedication of providing affirming care that includes cultural competent care but not limited to it. Our spreadsheet includes counselors, yoga instructors, life coaches, holistic practitioners, traditional and indigenous practitioners. Our work has taught us that Western approaches doesn't always consider persons religious or sacred ideas or beliefs. We are first a mental health awareness and suicide prevention social movement and we work closely with a younger population via our social media efforts and 100% believe in the effectiveness of telehealth and meeting the needs of the community in this digital age. We will work diligently to identify a telehealth organization or provider that we can promote across all of our social media networks that commits to our principles and principles of SUSTAIN.

Collaborations: **The Woodard Circle** :an affirmative space for black Poz men **Mission Statement** :Our mission is to inspire HIV+ black men to empower each other through social support, resource sharing, and collective healing. By providing a safe space for male-identified people of African descent, we aim to enhance our mental well-being and quality of life. Named in honour of black gay HIV+ scholar and artist Vincent Woodard (1971-2008), our circle continues the legacy of this cherished Austin resident.

# GOAL #3

Our third goal is the Southern AIDS Awareness Day Art Heals Festival to commemorate Southern HIV/AIDS Awareness Day by using art as an educational and healing tool. This art festival will allow us to collaborate with People with Living with HIV/AIDS as well as local artists and community members whom are dedicated to end HIV related and mental health stigma. Our objectives include 1). Create art programming leading up to the art festival. 2). Plan the details of the Inaugural Art Festival with participants of our Healing Peer Specialist Peer Groups and community members. 3). Work out rehearsals space details and art festival location and logistics. Our Executive Director and paid part time contractors will continue to train around HIV prevention and attend conferences and workshops nationwide to stay current on the information to educate the community around HIV prevention. We will independently research latest information regarding HIV related and mental health information and figure out art disciplines that would effectively educate the community and what we can make apart of our Art Heals festival. People Living with HIV/AIDS, people living with mental health conditions, and community members will be educated around art therapy aim to manage behaviors, process feelings, reduce stress and anxiety, and increase self-esteem in mind and body. A big component of the Art Heals Festival will be Forum Theatre, an alternate style of theatre developed by Augusto Boal in Theatre of the Oppressed. Actors are charged with taking audience members from their role of the spectator to that of the “spectactor.” With the fourth wall removed, audience members get to watch a play from start to finish and witness a real-world scenario of oppression. Even better, they have to do something about it. The story is real, embodied, and happening all around you. We will model this component after Trinity University Undergraduate Research in the Arts and Humanities' Mellon Initiative group, “End Stigma, End HIV/AIDS: A Forum Theatre Project. This project incorporates Forum Theatre form of art with the world of HIV/AIDS research and activism. Their project asked the loaded question: can this art form be used to empower and prepare a group of people to tackle circumstances of oppression in their own lives? As researchers, and now actors, we were faced with the unique challenge of using data to paint a plausible and representative scenario of oppression faced by people who are HIV positive. Their rehearsals, took place on most weekdays from 7-10 pm that consisted of meditation, listening to interviews, immersing themselves in creating distressing and oppressive situations, and using their creativity to play with their intensity. We truly believe this is a very innovative approach and would use our skill sets of performing, producing, and directing theater productions to bring this to life at our Southern HIV/AIDS Awareness Day Art Heals Festival. Visual Art will also be a huge part of the Art Heals Festival as well as various other forms of art. This goal is aligned with three of SUSTAIN content areas including Healing Justice, Mental Health, and Wellness/Wellbeing with using art as a educational and healing tool.