

SAVE THE DATE

**Maryland Department of Health's
Behavioral Health Administration Annual Conference**
Post-Pandemic: Navigating the Healthcare System
VIRTUAL CONFERENCE

Wednesday, May 3, 2023

9:00 a.m. - 3:45 p.m.

Conference Fee: \$55 per attendee and \$10 per student

Approved to Sponsor 5.25 CEUs

Keynote Speaker

Ruth C. White, PhD, MPH, MSW, DEI Consultant, Stress Management Expert
"Working with Diverse Populations in Mental Health in the Post-COVID Era"



Dr. White is on a mission to make healthier and happier workplaces, workforces, and communities. Inspired by her journey of recovery and resilience with mental illness, Dr. White promotes mental health and well-being by speaking on stress management, emotional strength, compassion fatigue, burnout, mental health, and the stigma of mental illness, focusing on the intersection of race and culture. With more than 25 years experience as a social work professor at USC, Seattle U, and San Francisco State, and a consultant/speaker for organizations like Premera Blue Cross, JPMorgan, PwC,

LA County Dept of Mental Health, NAACP, UC Berkeley, Indeed, and the National Organization on Disability, Dr. White has built a reputation for engaging thought-provoking talks with a dash of humor, that lead to paradigm shifts, organizational change, and personal growth. Her books include 'The Stress Management Workbook,' and she has written for Harvard Business Review, Fast Company, Thrive Global and HuffPost. She has had dozens of media appearances, including the Today Show, BBC World Service, CBSNews LA, Women's Health, and Marie Claire, and for three years, she has been a mental health contributor on KRON4-TV Bay Area. She is passionate about being outdoors and an avid hiker, sailor, and kayaker.

Plenary Speaker

Charita Cole Brown, MAT
Author of *Defying the Verdict: My Bipolar Life*



Charita Cole Brown was diagnosed with a severe form of bipolar disorder while finishing her final semester as an English major at *Wesleyan University*. Doctors predicted that she would never lead an "everyday" life. Despite that pessimistic prognosis and because she sought *treatment*, Charita went on to marry, raise a family, earn a master's degree in teaching, and enjoy a fulfilling career in education. Her powerful story is chronicled in her debut book, *Defying the Verdict: My Bipolar Life* (Curbside Splendor Publishing, 2018). Ms. Brown earned a BA in English from *Wesleyan University* and an MAT in Early

Childhood Education from *Towson University* in Maryland. A retired educator, she is now a member of the National Alliance on Mental Illness (NAMI) Board of Directors and is also active in the local affiliate, NAMI Metropolitan Baltimore.

Online Registration will open beginning of April

General Questions Contact: cstrainingcenter@som.umaryland.edu