

The Prevalence of Depression and Anxiety Forum

Perspectives on Coping Issues and Effective Strategies

April 17, 2020



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Overview of Forum

- Why this forum?
- Introduction of Organizer, Moderator, and Others
- What are we hoping to achieve?
- Introduction of Panelist
- Panel Discussion
- Audience Questions
- Recap
- Additional Resources

Organizer



Stephanie Bundle, LERS

Moderator



Frederick L. Hunter, Jr., MSW MA

Tougaloo College, *Director of QEP/Faculty Development
and Asst. Professor of Sociology and Social Work*
Jackson State University, *Doctoral Candidate*



Roderick Wilson

Tougaloo College,
Student (Senior)



Jessica Trotter

Jackson State University,
Student (Senior)

Why this forum?

Goals

- Provide an open space for people to discuss the difficulties of the recent day-to-day living situations due to the COVID-19 pandemic
- Identify useful tools and coping strategies that may be effective in counteracting symptoms of depression, anxiety, or loss
- Create meaningful and impactful dialogue that produces practical strategies that can be easily implemented

Panelists

Dr. Roshunda Allen, PhD
Tougaloo College, *Asst. Professor of Education*



Breonna Owens
Tougaloo College, *Student (Senior)*



Stephanie Esco
UMMC, ICU Nurse



Sharon Brown
Community Organizer



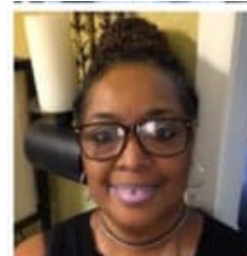
Rukia Lumumba
People's Advocacy Institute , *Executive Director*

Dr. Whitney McDowell, PhD
Tougaloo College, *Director of Career Services*
NACE,



Dr. John Broome, PhD
University of Mary Washington, *Assoc. Professor of Education*
Higher Ed Learning Collective, *Owner and Founder*

Danya Turner
Christian Homemaker



Dr. Trenia Allen, Ed.D., LCSW
Jackson State University, *Asst. Professor of Social Work*

Discussion Questions

- What signs of depression and/or anxiety are you seeing from your perspective?
- What are some coping mechanisms that you have used or suggested to assist people through this transition?
- What recommendations might you suggest people use in navigating the “new normal”?
 - Is this our new reality and must we adjust?
 - What does that mean for us going forward? (Considering networking and new relationships, navigating the world of work, the use of technology in our lives, and managing stress in an uncertain world)

One-On-One Recap with Dr. Evans-Winters



Dr. Venus E. Evans-Winters is a Professor of Education at Illinois State University in the Department of Educational Administration & Foundations and faculty affiliate in Women & Gender Studies, African American Studies, and Ethnic Studies. She is also a psychotherapist in private practice, a certified clinical trauma professional, and a health and wellness coach. Her research interests are educational policy analysis, racial trauma inside and outside of schools, and Black girls' and women's psychosocial development across the African Diaspora.

Audience Questions



Thank you for attending!



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