

# THE BLACK HEALTH SUMMIT

In celebration of the Black History Month

**FEBRUARY 24, 2024**

## GUEST SPEAKERS



**Dr. Cyntrell Crawford**

Adult Psychiatrist, Author,  
and Podcast Host



**Nikkimah Davis**

Certified Trauma Therapist  
and Elite Mindset Coach



**George Brooks**

Mental Health Advocate,  
CEO, Life Coach



**Dr. Brittany Case**

Family Nurse Practitioner  
and Health Equity Advocate



**Ramond Phipps**

Breathwork Facilitator



**Dr. Ann Hester**

Physician and Author of  
'Patient Empowerment 101'



**Bradley Troupe**

Radiology Administrator  
and Healthcare Executive

## HOSTED BY:



**Dr. Kristy Taylor**

Certified Career and Master  
Mindset Life Coach, Founder  
of WORxK Solutions, LLC.



**Angela Johnson**

Transformative Wellness and  
Spiritual Coach

**REGISTER NOW**



<https://bit.ly/42oJnmn>

# SPEAKERS AND TOPICS

10:00 AM

**Dr. Kristy K. Taylor**

*Health, Wellness, and Mindset*

10:00 AM - 10:15 AM

**Angela Johnson**

*Chronic Illnesses and Black Health and Wellness*

10:15 AM - 10:30 AM

**Dr. Cyntrell Crawford**

*Psychological & Emotional Wellness, and Bouncing Back*

10:30 AM - 10:45 AM

**Nikkimah Davis**

*Youth Mental Health*

10:45 AM - 11:00 AM

**George Brooks**

*Black Male Health*

11:00 AM - 11:15 AM

**Dr. Brittany Case**

*Black Maternal Health*

11:15 AM - 11:30 AM

**Raymond Phipps**

*Crisis Intervention Violence Prevention in Minority Communities*

11:30 AM - 11:45 AM

**Dr. Ann Hester**

*Navigating the Healthcare System, Self-Efficacy, Patient Empowerment*

11:45 AM - 12:00 PM

**Bradley Troupe**

*Healthcare Workforce Diversity*

12:00 PM - 12:30 PM

**SPEAKER PANEL**

### DR. CYNTRILL CRAWFORD

**Dr. Crawford** is an adult psychiatrist specializing in addiction recovery. She earned her Doctorate of Medicine from The Tulane University School of Medicine in New Orleans and completed her internship and residency at The University of Texas Health Sciences Center at the Houston Department of Psychiatry and Behavioral Sciences. Dr. Crawford has practiced medicine for ten years and has treated over 25,000 patients. With a particular interest in patients facing challenging situations, Dr. Crawford has dedicated her life to the rigorous treatment of addiction. In addition to her medical practice, Dr. Crawford is an author, podcast host, and owner of a psychiatric private practice.

### NOTES



 [Cyntrell Crawford MD](#)

### NIKKIMAH DAVIS

**Nikkimah Davis** holds a License in Clinical Social Work, is a Certified Trauma Therapist, and an Elite Mindset Coach. Nikkimah is the CEO of Safe Routes, LLC, a mental health and wellness business. With over 23 years of experience in the mental health field, she has become an expert in the field, helping individuals overcome mental health challenges such as anxiety, depression, trauma, performance-based anxiety, and high levels of stress. Nikkimah's work is distinguished by her ability to use evidence-based strategies and innovative techniques to empower individuals to enhance their mental well-being and achieve unlimited success in their personal and professional lives.

### NOTES



[www.saferoutescounseling.com](http://www.saferoutescounseling.com)



[Resources Here](#)



<http://www.elitemacademy.com/>

## GEORGE BROOKS

**George Brooks** has faced mental illness since age 7, enduring abuse, obesity, health issues, addiction, divorce, custody battles, and raising a son with mental illness amid poverty. Despite these challenges as a black man, he's founded a nonprofit, engaged in business ventures, and thrives despite serious diagnoses. A mental health advocate, CEO, life coach, public speaker, writer, and producer, George confronts each day's hurdles, counting his journey's strength and wisdom as blessings, eager to inspire others.

## NOTES



## DR. BRITTANY CASE

**Dr. Brittany Case**, a dedicated family nurse practitioner, specializes in marginalized populations and women's health. She holds a master's from Walden University and a Doctorate from Baylor University, focusing on Childbirth-related posttraumatic stress disorder. Formerly a nursing professor at Bethesda College of Health Sciences, she now serves as a school nurse at Milton Hershey School for at-risk youth. Actively engaged, Dr. Case contributes to the Health Equity, Anti Racism Committee (H.E.A.R) and is pursuing licensure as a Nurse-Midwife while continuing her commitment to community service.

## NOTES



[Brittany Case](#)



[Single mommess](#)

### RAMOND PHIPPS

With expertise in Mental Health Counseling, Crisis Response, and Mindfulness, **Raymond Phipps** combines holistic wellness with breathwork. He explores the brain-body connection, promoting self-control and acceptance. With extensive experience, he offers safe and nurturing breathwork sessions, serving diverse communities from first responders to human trafficking survivors, blending ancient practices with modern innovation for transformative growth.

### NOTES

### DR. ANN HESTER

**Dr. Ann Hester** is an accomplished physician, author of Patient Empowerment 101: More than a book, it's an adventure, thought leader, podcast host, and former syndicated columnist. Her wisdom and insights have graced the pages of renowned publications such as Time and Newsweek, and she has also been featured on CNN.

### NOTES



## BRADLEY TROUPE

**Bradley Troupe**, with 22 years of medical experience in military and civilian hospitals, specializes in imaging services and trauma care. A graduate of the Army Medical Department, he holds degrees in healthcare management, accounting, and an MBA with a focus on healthcare administration. Certified in Radiology, Kaizen, and as a CRA, he serves as the network radiology director for 4 hospitals and 4 clinics.

## NOTES

## NOTES



[Bradley Troupe MBA/MHA, CRA, ARRT \(R\)](#)

## MEET ANGELA JOHNSON

A transformative wellness and spiritual coach, **Angela Johnson** has a great passion for guiding individuals on their journey to holistic well-being. She brings wisdom, compassion, and empowering insights to inspire positive change. With a B.S. in Psychology, an M.A. in Clinical Counseling, and certification as a spiritual formation coach, Angela Johnson is well-equipped to lead you on a journey of self-discovery and spiritual transformation through tailored one-on-one coaching sessions.

 [soundmindwellnesscenterllc.org](https://www.soundmindwellnesscenterllc.org)

 Sound\_Mind\_Wellness

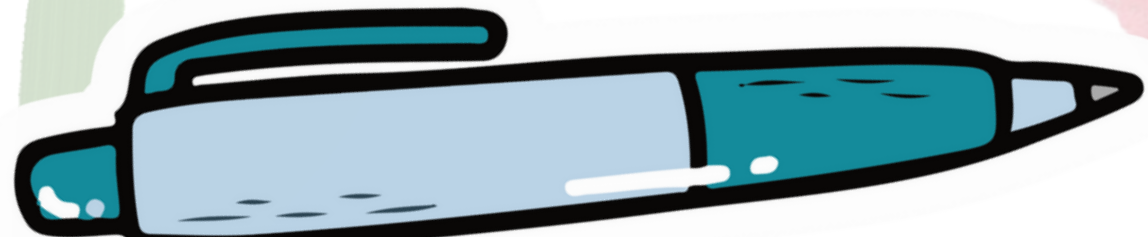
## NOTES





**10 - DAY**

# Health Journal









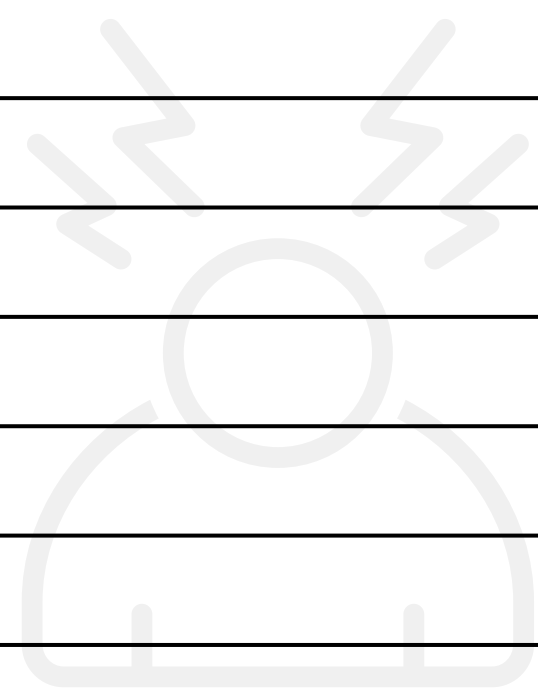
**5**

Reflect on your sleep habits. How many hours of sleep do you typically get each night? Are there any obstacles or distractions that interfere with your sleep quality?



**6**

Take stock of your stress levels. What are your primary sources of stress, and how do you currently cope with them? Are there any relaxation techniques you'd like to incorporate into your routine?









## COMPANY PROFILE

Empowering people to enhance their skills and cultivate professional growth through 1:1 action-oriented, accountable coaching and targeted workshop delivery..



### ABOUT US

- **WORxK Solutions** partners with organizations to develop customized training solutions that incorporates accountable coaching to improve strategic operations.
- **CareerCoachRx** is the coaching branch of WORxK Solutions, where we partner with clients to provide customized career branding support and job search assistance. We work with clients to overcome self-limiting beliefs to achieve their career goals.

### WHY CHOOSE US?

Choosing WORxK Solutions means choosing tailored success. Whether through CareerCoachRx for individuals or collaborative business solutions, we craft customized strategies aligned with your goals. Serving as your chief motivation officer and accountability partner, we stand by you at every step, turning aspirations into tangible achievements. WORxK Solutions is not just a service; it's a dynamic and supportive partnership for personal and professional growth.

### OUR SERVICES

- ✓ Employee Engagement Programs
- ✓ Transition Support
- ✓ Networking Skills
- ✓ Mentorship Programs
- ✓ Performance Improvement Plans
- ✓ Diversity and Inclusion Initiatives
- ✓ Onboarding Support
- ✓ Employee Coaching
- ✓ Talent Development
- ✓ Leadership Development
- ✓ Training & Development
- ✓ Career Development
- ✓ Succession Planning
- ✓ Work-Life Balance Workshops
- ✓ Health and Wellness Workshops
- ✓ Professional Presence Coaching
- ✓ Professional Development
- ✓ Career Exploration
- ✓ Career Goal Setting
- ✓ REBT Mindset Transformation Coaching
- ✓ Stress Management Coaching
- ✓ Work-life Balance Coaching
- ✓ Burnout Prevention Coaching
- ✓ Career Strategy Success Planning
- ✓ Books & Career Development Resources

**BOOK YOUR FREE CONSULTATION TODAY!**

### MEET OUR COACH & TRAINER

Dr. Kristy K. Taylor is a Certified Professional Career Coach and Master Mindset Life Coach with over 18+ years of experience in educational leadership and training. She is a military veteran, speaker, author, teacher, mentor, and advocate. Dr. Taylor holds a Doctorate of Health Science in Global Health from A.T. Still University and an Education Specialist degree from Liberty University. She leverages her diverse background to support clients and organizations to achieve targeted outcomes through strategic, action-oriented, accountable coaching and customized workshop development and facilitation.



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