

# CURRICULUM VITAE

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## **SAMUEL SIMMONS, JR., LADC**

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### **SUMMARY**

- ❑ 23-year background in program development, staff training, problem solving, and counseling in the areas of Chronic Pain, Chemical Dependency, Violence Abatement and Intergenerational Trauma.
- ❑ Specialize in the development of practical cultural competent urban sensitive trauma informed programming focused African American men and the community.
- ❑ 2009 Governor's Council on Faith and Community Service Initiatives Best Practices Awardee for work done with MN Department of Veterans Outreach Services, prison reentry and in the African American community.
- ❑ The co-organizer of the Community Empowerment through Black Men Healing Conference offering an alternative way of thinking about community building by addressing intergenerational trauma.
- ❑ Excellent interpersonal skills, powerful presenter, effective leader, problem solver.

### **PRESENT APPOINTMENTS**

#### **THE FAMILY PARTNERSHIP (FORMALLY FAMILY AND CHILD SERVICES),**

**1/08 - Present**

MINNEAPOLIS, MN 55406

#### **SAFE Families Manager:**

This position is responsible for:

- ❑ Staff training, management and supervision
- ❑ The development of a healing curriculum for African American Men to address the history of violence and family trauma along with a workbook.
- ❑ Pilot the curriculum and assist in data collection and evaluation of the curriculum.
- ❑ Curriculum development and group facilitation for the PRIDE (prostitution intervention program).
- ❑ The development and implement the Be More Boys Project. A project to work and train men to support young men and boys to engage in healthy and safe relationships.
- ❑ Work with the Supervisor to develop evaluation tools, conduct evaluation and record outcomes of the groups based on the reporting needs for United Way and other funders.

#### **SAMUEL SIMMONS CONSULTING, MINNEAPOLIS, MN 55406**

**1/90 - Present**

Specialist in the fields of Violence Abatement, Chemical Dependency, prison reentry, working with African American Men and developing cultural competent urban sensitive programming.

#### **Services Offered:**

- ❑ Staff and organization practical cultural competent urban sensitive trauma informed and community based best practices lectures, workshops and trainings.
- ❑ Assist in developing collaborations between community organizations to improve service delivery.
- ❑ Curriculum development and group facilitation focused on African American men trauma.
- ❑ Staff training, management and supervision
- ❑ Policy development and writing

### **CURRENT CLIENTS**

- ❑ **DAKOTA COUNTY COMMUNITY CORRECTIONS DRUG COURT, WEST ST. PAUL, MN** **10/12 - Present**  
55118

The empowerment through self-awareness group is a group for men who are struggling with maintaining their sobriety. The group is designed to increase participant's self-awareness to enhance their ability to successfully identify ways they maybe sabotaging themselves and start the process of healthy, successful sobriety and change.

- ❑ **ST. PAUL INTERVENTION PROJECT - IN-CIRCLED PROJECT FOR CHRONIC OFFENDERS, ST. PAUL, MN 55106**

**1/11 - Present**

- The development of a chronic offender program curriculum to address violence against women. The history of violence and family trauma along with a workbook.
- Development of program curriculum and materials African American men 18 to 35+
- Facilitator training and supervision

- **GOODWILL/EASTER SEALS MINNESOTA, ST. PAUL, MN 55104** **12/12 - Present**

  - Facilitate the Father Project's 'Empowerment Support Group' for single fathers.
  - Development of program curriculum and materials.
  - Staff training
- **Minnesota Department of Human Services, Child Safety and Permanency, St. Paul, MN 55164** **1/13 - Present**

  - Development of program curriculum and materials focused on African American fathers to address Health Disparities
  - Staff training

**PAST CLIENTS**

- **AFRICAN AMERICAN FAMILY SERVICES, MINNEAPOLIS, MN 55408** **5/07 – 1/13**

  - Facilitate the Father Project's 'Empowerment Support Group' for young fathers and the Second Chance Initiative
  - Provide chemical health and anti-violence counseling for men of color.
  - Development of program curriculum and materials.
  - Staff training, management and supervision
- **MINNESOTA DEPARTMENT OF CORRECTIONS, ST. PAUL, MINNESOTA 55108** **12/12 – 4/12**

  - Domestic Violence pre-release training for the Mind the Gap grant at Fairbault Prison.
  - Educated men about the effects of domestic violence on children, ways to break the cycle of violence and on ways to develop healthy relationships.
- **RAMSEY COUNTY DOMESTIC UNIT, ST. PAUL, MN 55106** **8/10 – 10/11**

  - Cognitive Awareness Violence Abatement Group is a culturally informed group to work with African American males 18 to 35 years of age whom commit or involved in intimate partner or family abuse and/or violent offences. This was designed to assist men in taking an honest look at beliefs and behaviors associated with power and control, hyper-masculinity and other self-defeating behaviors.
  - And to assist them in identifying replacement thoughts based on the evidence around them that will guide them to replacement behavior and attitudes to enhance their ability to act nonviolently.
- **Q HEALTH CONNECTIONS (FORMALLY SOUTHSIDE COMMUNITY HEALTH SERVICES (COMMUNITY OUTREACH), MINNEAPOLIS, MN 55409** **6/04 – 4/11**

  - Program and material development for staff in their efforts to decrease health disparities health in communities of color by increasing aware and outreach with the focus on African American man and boys.
  - Aid in developing collaborations between community organizations to improve service delivery.
  - Assisted in an outreach project with Life Source to increase organ donation in the African American community.
- **LIFE SOURCE AND Q HEALTH CONNECTIONS BARBERSHOP INITIATIVE ST. PAUL, MN 55114** **3/07 – 4/11**

  - Material and strategy development to reach out and work with barbershop owners to increasing awareness amongst African American men about health issues like diabetes, high blood pressure, obesity and stress that effect the African American community at a high level. And inform how these health issues that can lead to organ failure.
  - Aid in training barbers to deliver correct health information to their customers to increase their customer's awareness of health issues that could lead to organ failure and the importance of organ donation in the African American community.
  - Assist in data collection and evaluation of the effectiveness of the initiative.
- **NEW PERSPECTIVES, LLC, RICHFIELD, MN 55423** **8/09 – 11/09**

  - Facilitated chemical health groups for adult men.
  - Development of program curriculum and forms.
- **AMHERST H WILDER FOUNDATION - PROJECT QUEST, ST. PAUL, MN 55104** **11/08 – 4/09**

  - Facilitated two six-week workshops entitled **Empowerment through Self-Awareness.**
  - Addressed the challenges of taking an honest look at beliefs and self-defeating behaviors that act as self-imposed barriers and the importance of identifying replacement thoughts and behavior and attitudes that will enhance their lives.

- **HENNEPIN COUNTY COMMUNITY CORRECTIONS, MINNEAPOLIS, MN 55487** **5/08 – 6/09**

  - Developed group and individual cognitive-behavioral services to assist male parolees in taking an honest look at personal trauma that contributes to beliefs and behaviors associated with hyper-masculinity, violence, drug use and other self-defeating behaviors that act as self-imposed barriers to making sustainable growth and change, and identifying replacement behavior and attitudes to decrease the likelihood of re-offending.
  - Assist in developing collaborations in the community to improve service delivery.
- **AFRICAN AMERICAN MEN PROJECT, MINNEAPOLIS, MN 55411** **4/04 – 4/08**

  - Produce and host weekly community radio talk show.
  - Developed curriculum and workbook for weekly men's empowerment group and facilitate the group.
  - Designed and/or develop a pre and post-individual evaluations to gauge the men's progress, along with a program evaluation and completion certificate for the men's empowerment group
  - Assist with training and support of System Navigators for Right Turn Project
- **MY HOME, INC., AFRICAN AMERICAN TRANSITION INSTITUTE, ST. PAUL, MN 55104** **4/96 – 6/07**

  - Assist in client tracking and program budgets development
  - Intern and program staff training and supervision
  - Development of policy and forms Rule 31 compliant
  - Performs chemical health and family violence assessments
  - Development of program curriculum, forms and material (client and staff workbooks) for a dual interpersonal violence and substance abuse program.
- **SISTER KENNY INSTITUTE, CHRONIC PAIN PROGRAM, MINNEAPOLIS, MN 55407** **10/83 – 12/05**

  - Individual counseling and group facilitation with complex clients on behavioral adjustment and anger management issues.
  - Program, curriculum, staff and material (workbook and questionnaires) development.
  - Performs chemical health and medication use assessments
  - Assisted in psychology interns supervision and training
  - Cultural diversity assistances
- **CONCORDIA CARE CENTER, MINNEAPOLIS, MN 55411** **10/03 – 5/04**

  - Provide staff training and support.
  - Provide chemical health counseling and mental health support for clients.
- **MINNESOTA ADVANCED PAIN SPECIALISTS, COON RAPIDS, MN 55433** **4/97 - 2/98**

  - Program development, staff recruitment and training.
  - Developed program curriculum and facilitated groups.
  - Provided individual and group counseling.
- **CONTINUUM CENTER/PROJECT RESOURCE COMMITTEE, MINNEAPOLIS, MN 55414** **7/90 - 4/98**

Assisted in the development and teaching of **"the Recovery of Self"** curriculum that addresses the issues of self-esteem, goal setting and coping skills.
- **FAMILY INTERVENTION PROGRAM, PLYMOUTH, MN 55441** **6/93 - 4/96**

Facilitating chemical health and anger management groups for adolescences in school systems in the western suburb of Minneapolis, St. Louis Park, Plymouth, Richfield School, etc.
- **THE COLLEGE OF ST. CATHERINE, MINNEAPOLIS, MN 55454** **7/95 - 3/97**

  - Diversity training with students and staff.
  - Facilitated workshops.
- **COMMUNITY FAMILY CLINIC (EXCELSIOR PROJECT), PLYMOUTH, MN 55441** **8/90 - 1/97**

  - Program and staff development, assistance in managing business affairs, such as computerizing billing and client tracking, hiring, program budgets, marketing and negotiating new contracts.
  - Facilitated groups for adolescences and adult men, provided chemical health and violence assessments, and developed program materials.
- **P.E.A.S.E. ACADEMY, MINNEAPOLIS, MN 55405** **1992 - 1996**

Instructed a course entitled **"Exploring Expectations, Emotions, Experience and Their Effect on Behavior"** and presented motivational lectures.
- **WEST SUBURBAN COUNSELING CLINIC, MINNETONKA, MN 55343** **1992 - 1994**

Program development, marketing, staff recruitment, training for the Chronic Pain Program.

- **OAK PARK HEIGHTS, MINNESOTA CORRECTIONAL FACILITY, (IN CONJUNCTION WITH MINNEAPOLIS COMMUNITY COLLEGE), OAK PARK HEIGHTS, MN 55082** **1/93 - 3/93**  
 Prepared and presented course entitled ***"Exploring Expectations, Emotions, Experience and Their Effect on Behavior"*** to the inmates.
- **PEOPLE, INCORPORATED/COMMUNITY MENTAL HEALTH, MINNEAPOLIS, MN 55411** **1991 - 1992**  
 Staff development, training, and workshops.
- **GOLDEN VALLEY HEALTH CENTER, GOLDEN VALLEY, MN 55427** **1991 - 1992**  
 The program development, marketing, staff recruitment, training for the Chronic Pain Program.
- **ABBOTT NORTHWESTERN HOSPITAL, MINNEAPOLIS, MN 55407** **4/84 - 12/89**  
 Worked as director/assistant director of residential mental health center and mental health counselor

**PRESENTATIONS AND WORKSHOPS**

- **MINNESOTA FATHERS & FAMILIES NETWORK: MINNEAPOLIS, MN 55413** **1/13**  
***"Seeing Beyond the Baby Daddy"*** The workshop examined the challenges of working with urban fathers. Also, examined strategies, resources and approaches to support urban fathers Involvement.
- **Moving Forward on Food Justice: Chicago Regional Gathering on Draft Food Justice Principles, Chicago, IL 60616** **1/13**  
***"Reclaiming the Narrative: historical trauma and food justice"*** co-facilitated a day long workshop to dig deep into the draft principles of fair, just and healthy food system, generate strategy for how to bring these principles to kitchen tables across the nation, and co-organize work to be done in concert with the 2013 review and refinement process.
- **EXPLORING COMMUNITY-BASED PREVENTION & HEALING STRATEGIES: A Dialogue for African American and American Indian Communities, Brooklyn Center, MN 55423** **11/12**  
***"Reclaiming the Narrative: African American's Historical Trauma"*** This workshop addressed intergenerational/historical trauma and current trauma experiences that can act as barriers to African American men and the community. Also, discussed the need for a cultural competent trauma informed, outcome driven and community based best practices.
- **MARRCH Annual Conference, St. Paul, MN 55114** **10/12**  
***"TRAUMA INFORMED APPROACH: engaging African American men"*** This workshop explored the link between the intergenerational and current trauma experiences to challenges to African American men in their recovery. Also, discussed practical trauma informed, outcome driven and community based best practices focused on African American Men.
- **IATP FOOD + JUSTICE = DEMOCRACY NATIONAL CONFERENCE, MINNEAPOLIS, MN 55404** **9/12**  
***"Reclaiming the Narrative: historical trauma and food justice"*** the key note addressing the importance of historical trauma and food stories of communities of color and tribal nations play in the food justice movement to push our government and our political leaders to prioritize a fair, just and healthy food system.
- **THE WOMEN OF COLOR NETWORK (WOCN) 2012 NATIONAL CALL TO ACTION INSTITUTE AND CONFERENCE, St Paul, MN 55101** **7/12**  
 Men's Institute trainer and workshop presenter to build and enhance the capacity of aspiring male aspiring allies to insist upon racial, gender and class equity within anti-violence programs in order to reach and serve communities of color and support the leadership of women of color advocates.
- **2012 COMMUNITY EMPOWERMENT THROUGH BLACK MEN HEALING CONFERENCE, St. Paul MN 55106** **6/12**  
***"TRAUMA INFORMED APPROACH: engaging African American men"*** The institute explored the link between the intergenerational and current trauma experiences to challenges to African American men in their recovery. Also, discussed practical trauma informed, outcome driven and community based best practices focused on African American Men.
- **HAZELDEN - GRADUATE SCHOOL OF ADDICTION STUDIES, CENTER CITY, MN 55012** **1/12**  
***"TRAUMA INFORMED APPROACH: engaging African American men"*** This presentation explored the link between the intergenerational and current trauma experiences to challenges to African American men in their recovery. Also, discussed practical trauma informed, outcome driven and community based best practices focused on African American Men.

- **MINNESOTA FATHERS & FAMILIES NETWORK: MINNEAPOLIS, MN 55413** **1/12**

  - **“Seeing Beyond the Baby Daddy: The Unique Needs of Urban Fathers”** The workshop examined the challenges of working with urban fathers.
  - To increase participant’s awareness of the origins of the Baby Daddy title and the sabotaging effects on healthy parenting.
  - Examines strategies, resources and approaches to support urban fathers Involvement.
- **WASHINGTON COUNTY COMMUNITY CORRECTIONS, STILLWATER, MN 55082** **1/12**

**“Trauma Informed Approaches: Engaging African American Men”** The workshop addressed the need for a trauma informed and community based best practices focused on African American Men. By allowing the men the opportunity to safely explore the link between their trauma experience to present beliefs and behaviors that have acted as barriers to them become a healthy part of the community.
- **DAKOTA COUNTY COMMUNITY CORRECTIONS, WEST ST. PAUL, MN 55118** **11/11**

**“Trauma Informed Approaches: Engaging African American Men”** The workshop addressed the need for a trauma informed and community based best practices focused on African American Men. By allowing the men the opportunity to safely explore the link between their trauma experience to present beliefs and behaviors that have acted as barriers to them become a healthy part of the community.
- **INSTITUTE FOR AGRICULTURE AND TRADE POLICY, MINNEAPOLIS, MN 55404** **10/11**

**“Food Justice: What trauma got to do with it?”** The workshop addressed the difficulty of engaging African American urban community around food justice and what part personal and historical trauma may play.
- **MINNESOTA COMMUNITY CORRECTIONS ASSOCIATION, MINNEAPOLIS, MINNESOTA 55411** **5/11**

**“Trauma Informed Approaches: Engaging African American Men”** The workshop addressed the need for a trauma informed and community based best practices focused on African American Men. By allowing the men the opportunity to safely explore the link between their trauma experience to present beliefs and behaviors that have acted as barriers to them become a healthy part of the community.
- **METROPOLITAN STATE UNIVERSITY, ST. PAUL, MN 55106-5003** **1/11**

**“Empowering community leadership in violence prevention”** The workshop addressed community leadership in violence prevention in the African American community.
- **MINNESOTA FATHERS & FAMILIES NETWORK: MINNEAPOLIS, MN 55413** **1/11**

**“The Nitty-Gritty of Father Involvement: Reaching Incarcerated, Deployed, Long-Distance and Reluctant Fathers”**. This co-facilitated workshop focused on the "nitty-gritty" of involving fathers who are in circumstances that may limit the hands-on parenting role. This may be due to distance or may be fathers who are consciously or unconsciously trapped in traditional masculine approaches to seeking help. Learn specific strategies, resources and approaches that work with these fathers.
- **NAMI MINNESOTA CONFERENCE – TREE OF HOPE, ST. PAUL, MN 55101** **11/10**

**“African American Men & Mental Health”**, The workshop discussed about current projects and strategies in the development of culturally competent and community based best practices focused on African American men mental health that may be used to generate pathways to healing and community empowerment that will foster real hope for the future.
- **RECOVERY RESOURCE CENTER, MINNEAPOLIS, MN 55413** **11/10**

**“The Power of the Family”** The workshop addressed family trauma, recovery and stopping the generational cycle of pain and abuse.
- **WELLSTONE ACTION OFFICES-CAMP SHEILA FOR MEN: TAKING A STAND: MEN, ST. PAUL, MN 55104** **9/10**

  - Project to organizing men to take the lead in the community to end violence against women.
- **AMHERST H WILDER FOUNDATION - PROJECT QUEST, ST. PAUL, MN 55104** **8/10**

**“Work Success Through Self-Awareness”** The workshop addressed the challenges of taking an honest look at beliefs and behaviors that act as self-imposed barriers to success.

- **MINNESOTA MEN’S ACTION NETWORK - MEN CAN MAKE A DIFFERENCE CONFERENCE,** **10/09**  
Duluth, MN 55802  
**“Fostering Healing & Peace: Engaging African-American Men”**. This co-facilitated workshop discussed:

  - The logic of focusing on male healing from past and present trauma as a way to engage African American men in refraining from violence against women, children or themselves.
  - Specific culturally informed non-judgmental approaches/strategies that have been used to engage African American men.
  
- **2009 FUTURENET CONFERENCE: Gender Matters in Adolescent Sexual Health,** **10/09**  
DRAKE UNIVERSITY IN DES MOINES, IA 50311  
**“Redefining Fatherhood in the New Millennium: The Unique Needs of Young Fathers”**. This co-facilitated workshop addressed on increasing the awareness of both clinicians and the community the unique needs and challenges of working with young fathers. Also, strategies to support young fathers that add value to the social and economic resources that currently exist.
  
- **MINNESOTA DEPARTMENT OF HEALTH, ST. PAUL, MN 55164** **7/09**  
**“Men’s Roles in Reducing or Eliminating Violence”**. The objectives of this co-facilitated presentation was:

  - To inform participants of the scope of the issue of domestic violence in Minnesota.
  - To present current or planned programs to prevent this problem or reduce its incidence.
  - To present ways encourage and support man to join in prevention efforts.
  
- **UNIVERSITY OF MINNESOTA INSTITUTE ON DOMESTIC VIOLENCE IN THE AFRICAN AMERICAN COMMUNITY, ST. PAUL, MN 55108** **6/09**  
**“Healing Generations: A Domestic Violence Curriculum”**. This co-facilitated webcast provided an overview of the curriculum's development, contents, and findings to date from its piloting and discuss how it may be an emerging best practice for men who are reentering the community from prison.
  
- **MINNESOTA ORGANIZATION ON ADOLESCENT PREGNANCY, PREVENTION & PARENTING (MOAPPP) CONFERENCE, ST. PAUL, MN 55104** **5/09**  
**“Redefining Fatherhood in the New Millennium: The Unique Needs of Young Fathers”**. The co-facilitated workshop focused on increasing the awareness of both clinicians and the community the unique needs and challenges of working with young fathers. Also, strategies to support young fathers that add value to the social and economic resources that currently exist.
  
- **BRIDGING PERSPECTIVES: INTERVENING WITH MEN WHO BATTER CONFERENCE 2009 SPONSORED BY THE DOMESTIC ABUSE PROJECT, GREATER TWIN CITIES UNITED WAY AND MARRIOTT MINNEAPOLIS CITY CENTER, MINNEAPOLIS, MN 55402** **5/09**

  - **“Family Trauma and African American Males: Working with Chronic Offenders”** This co-facilitated workshop focused on the overwhelming need for a culturally informed, non-judgmental approach focused on men addressing past traumatic experiences to identify, intercept and overcome beliefs and behaviors that have acted as self-imposed barriers to decrease the likelihood of re-offending and become a healthy part of the community.
  - **“Domestic Abuse Panel: A Motivational Perspective of Focusing on the Impact of Family Violence on Children”** This co-facilitated workshop provided an overview of the Domestic Abuse Impact Panel as a tool to decrease the likelihood of men re-offending by focusing on the effects of domestic abuse on children after witnessing it. And providing insight on what the children will need from them to rebound from exposure to abuse.
  - **“Fostering Domestic Peace Through Healing: Healing Generations Curriculum for African American Men”** The co-facilitated workshop focused on the overview of the Healing Generations Curriculum pilot which was developed to assist men in identifying the root causes of their behavior or wounds from past experiences with violence, and explores the links between these experiences, while building skills to refrain from violence against women, children, other men or themselves and providing an opportunity to healing from those wounds.
  
- **PREVENT CHILD ABUSE MINNESOTA ANNUAL CONFERENCE, ST. PAUL, MN 55104** **4/09**

  - **“Healing by dealing with the Pain”** This presentation addressed the challenges of taking an honest look at family trauma and the relationship to child abuse.

- AMHERST H WILDER FOUNDATION - ROOF PROJECT SUPPORTIVE HOUSING PROGRAM, ST. PAUL, MN 55104 2/09  
**“Effect of Absentee Parents on Children”** The workshop addressed the challenges working with Absentee Parents.
- AMHERST H WILDER FOUNDATION - PROJECT QUEST, ST. PAUL, MN 55104 9/08  
**“The family Story”** The workshop addressed the challenges of taking an honest look at family trauma and the relationship to present negative beliefs and behaviors.
- CAMPBOR UNITED METHODIST CHURCH, ST. PAUL, MN 55103 4/08  
**“The Stress and Pressure of Adolescence “for** The 3rd Annual Mental Health Awareness Conference. The lecture addressed the impact of stress on adolescence and ways to cope with stress.
- MINNESOTA DEPARTMENT OF CORRECTIONS: SUPPORT SERVICES DIVISION – VICTIM ASSISTANCE/RESTORATIVE JUSTICE, ST. PAUL, MINNESOTA 55108 4/04 – 4/08  
**“Don’t Forget the Children”** The co-facilitated workshop was presented to prison support groups for National Crime Victims Rights Week. Address the impact of domestic violence on children at the following Correctional Facilities: Lino Lakes (sex offenders unit), Rush City and St. Cloud.
- GOODWILL/EASTER SEALS MINNESOTA, ST. PAUL, MN 55104 1/08  
**“Getting out our own way of Success”**. The workshop addressing the complexities and challenges of overcoming old beliefs and behaviors that acts as self-imposed barriers to success.
- THE 5<sup>TH</sup> ANNUAL SURVIVING THE GAME STUDENT LEADERSHIP CONFERENCE AT MINNEAPOLIS COMMUNITY & TECHNICAL COLLEGE, MINNEAPOLIS, MN 55403 12/07  
**“THE RAGE STAGE: family cycle of violence and poverty”**. The workshop addressed the challenges that the cycle of violence plays out in families of poverty. And the techniques and strategies required stopping the cycle.
- 2ND ANNUAL MILWAUKEE FATHERHOOD SUMMIT, MILWAUKEE, WI 53224 10/07  
**“CO-PARENTING DIALOGUE: The issues and challenges faced by unmarried or parents living apart”**. The workshop addressed the complexities and challenges that are faced by unmarried or parents living apart to keep a healthy focus on the needs of the children. Also, consulted with organizers to develop strategies for future collaborations in fatherhood initiatives.
- THE HEALING WATERS EMPOWERMENT PROJECT AND POSITIVE BROTHERS UNITED, ROCK ISLAND, IL 61201 10/07  
**“DIALOGUE OF PEACE”** The co-prepared a two day of workshop objectives were:
 
  - Promoted actions and messages that support domestic peace as a community norm and break the cycle of violence.
  - Educated men and the wider community about the effects of domestic violence and on ways to engage men to take actions to prevent domestic violence.
  - Promoted the foundation for healing and healthy relationships.
- TWIN CITIES HEALTHY START, MINNEAPOLIS, MN 55415 9/07  
**“Healthy vs. Unhealthy Relationship”**. The lecture addressed the complexities of relationships and parenting in unmarried relationships.
- HAZELDEN - CENTER FOR YOUTH AND FAMILIES, PLYMOUTH, MN 55441-2398 AND GRADUATE SCHOOL OF ADDICTION STUDIES, CENTER CITY, MN 55012 12/06 - 7/07
  - Facilitated workshop entitled **“Working with African American Adolescents: the complexities of with working with other cultures” (7/07 - Plymouth)**
    - Participants explore the complexities of working with African American Adolescents. And learn techniques and strategies for working with African American adolescents and young adults to improve treatment responses.
  - Facilitated workshop entitled **“Anger Management: you, me and them - the complexities of working with aggressive or angry client” (12/06 – Center City & 5/07 - Plymouth)**
    - Participants explore the complexities of working with aggressive or angry clients and learn techniques required to establish safe therapeutic outcomes.
- METROPOLITAN STATE UNIVERSITY, ST. PAUL, MN 55106-5003 11/05
  - Prepared and presented lectures on the subjects of **“Racism”** to a psychology class.
  - Addressing the psychological effects of racism on both blacks and whites.

- RIVER OF LIFE CHRISTIAN CHURCH, ST. PAUL, MN 55105 11/05  
**"Underlying Causes of Addiction"** to the congregation's 12-step support group. The motivational lecture addressed the many faces of addiction, not just drugs and alcohol but co-dependency, food, drug life, etc. Also, addressed the need to deal with underlying issues such as childhood abuse and family functioning history.
- LINO LAKES CORRECTIONAL FACILITY (SEX OFFENDER), LINO LAKES, MN 55014 3/05  
 Prepared and presented motivational lectures entitled **"Self Responsibility And Recovery"** to prison support group. Address underlying roadblocks such as attitude, anger depression, childhood abuse etc., to any type of recovery and ones responsibility for that recovery.
- MINNEHAHA UNITED METHODIST CHURCH, MINNEAPOLIS, MN 55417 2/05
  - Prepared and presented motivational lecture entitled **"Relieving the Pain of White Privilege"** at a congregation retreat on diversity.
  - Addressing the faces of white privilege and the psychological effects of racism on the humanity of both blacks and whites.
- METRO HOPE MINISTRIES, MINNEAPOLIS, MN 55407 1/05
  - Prepared and presented motivational lecture entitled **"Relieving the Pain of Addiction"** at a faith base conference on chemical health and recovery.
  - Addressed the need to deal with underlying issues such as childhood abuse, pain and family functioning history pain and its relationship to chemical abuse.
- MINNESOTA FATHERS & FAMILIES NETWORK: MINNEAPOLIS, MN 55413 1/05  
 Participated as a panelist for a workshop entitled **"Co-Parenting Dialogue: The Issues And Challenges Faced By Unmarried Or Divorcing Parents"** at the Minnesota Fatherhood & Family Services Summit in St. Cloud MN.
- METROPOLITAN STATE UNIVERSITY, ST. PAUL, MN 55106-5003 10/04
  - Prepared and presented lectures on the subjects of **"Domestic Violence"** to a psychology class.
  - Addressed the underlying issues of domestic violence such as past childhood, family functioning history pain and chemical abuse.
- MARRCH CHEMICAL HEALTH CONFERENCE, ST. PAUL MN 55114 10/04
  - Prepared and presented motivational lecture entitled **"Balancing Chronic Pain and Addiction"** at a conference for individuals working in the chemical dependency profession.
  - Addressed the complex issues one is confronted with when trying to assess an individual's addiction to medication when they suffer with chronic pain.
  - Addressing the behavioral responses to pain and poor adjustment skill that may lead to addiction or the appearance of addiction.
- MIT ALTERATIVE SCHOOL, ST. PAUL MN 55104 08/04
  - Provide staff development and training.
  - Addressing the staff's responses to student behavioral issues and staff underlying communication issues about those responses.
- NORTHPOINT HEALTH & WELLNESS CENTER, MINNEAPOLIS, MN 55411 6/04  
 A two day conference addressing depression in communities of color. Prepared and presented motivational lectures entitled:
 
  - **"Grief and Loss in the African American Community: acknowledging our traumatic losses"** addressed the need to deal with underlying trauma such as childhood abuse, discrimination and family functioning history and its relationship to depression.
  - **"Depression: dealing with the pain"** addressed the need to deal with underlying trauma and pain that contribute to depression.
- U OF M PHARMACY SCHOOL, MINNEAPOLIS, MN 55455 03/04  
 Prepared and presented lecture entitled **"Balancing Chronic Pain and Medication Use."** The lecture addressed the complex issues one is confronted with when trying to assess an individual's addiction to medication when they suffer with chronic pain, like behavioral responses to pain and poor adjustment skill that may lead to addiction or the appearance of addiction.
- WORKING FAMILY RESOURCE CENTER, SAINT PAUL, MN 55101 11/02 & 8/03  
 Prepared and presented motivational lectures entitled **"Dealing with Anger"** and **"Understanding Self-Defeating Behavior"** to county jail inmates.

- LUPUS FOUNDATION OF MINNESOTA, MINNEAPOLIS, MN 55405 7/00

  - Prepared and presented motivational lecture on **"Living with Chronic Pain"** at a conference addressing life with Lupus.
  - Addressed the complex issues one is confronted with living with chronic pain due to Lupus.
- FIBROMYALGIA MANAGEMENT ASSOCIATION, APPLE VALLEY, MN 55124 4/00

  - Prepared and presented motivational lecture on the subject of **"Living with Chronic Pain"** at a support group for family, friends and individuals living with Fibromyalgia.
  - Addressed the complex issues one is confronted with living with Fibromyalgia.
- BELLTRAINE COUNTY HUMAN SERVICES DEPARTMENT, BEMIDJI, MN 56601 5/97

Prepared and presented motivational lecture on **"Living with Chronic Pain"**.
- BELLTRAINE COUNTY DEPARTMENT OF TRANSPORTATION, BEMIDJI, MN 56601 4/96

Prepared and presented motivational lecture on **"Living with Chronic Pain"**.
- AMERICAN CONTINUING EDUCATION, INC., ST. PAUL, MN 55117 9/95

Facilitated daylong workshops on the subject of **"Dual Diagnosis, Interpersonal Violence and Substance Use"**.
- MINNESOTA ADDICTION COUNSELORS ASSOCIATION, MAPLE PLAIN, MN 55359 5/94

Prepared and presented motivational lectures entitled **"The Impact of Chemical Dependency on Violence"**.
- MINNESOTA ADDICTION COUNSELORS ASSOCIATION, MAPLE PLAIN, MN 55359 5/93

Prepared and presented motivational lectures entitled **"Chemical Dependency and Self-Defeating Behavior"**.
- CAMERON UNIVERSITY, LAWTON, OK 73505 8/93

Facilitated motivational workshop on the subject of **"Self-Defeating Behavior"** to the student in the Upward Bound Program.
- FAIRVIEW RIVERSIDE MEDICAL CENTER (PAIN PROGRAM), MINNEAPOLIS, MN 55407 6/93

Prepared and presented motivational seminars entitled **"Anger and Ways to Deal with it"**
- FAIRVIEW RIVERSIDE MEDICAL CENTER (PAIN PROGRAM), MINNEAPOLIS, MN 55407 7/92

Prepared and presented motivational seminars entitled **"The elimination of Self-Defeating Behaviors"**.
- MINNESOTA SCHOOL OF PROFESSIONAL PSYCHOLOGY, MINNEAPOLIS, MN 55414 1/92

Facilitated workshop on the subjects of **"Mental Health Issues and Chronic Pain"**.
- IPMA, ST. PAUL, MN 55164 2/92 & 11/92

Prepared and presented motivational lectures entitled **"Self-Defeating Behavior and the Work Place"** and **"Dealing with Angry Customers"** to the members of the organization.

**CONFERENCES**

- Community Empowerment Through Black Men Healing Conference, 6/25/09 - Present  
Minneapolis, MN 55409 and St. Paul MN 55106

Since 2009, the mission of these conferences have offered an alternative way of thinking about community building by addressing intergenerational trauma to create an environment for wellness, **"compassionate accountability"**. We realize that a stronger, thriving African American community improves the health of the community and the society as a whole.

  - **2012 Conference was at Metropolitan State University, St. Paul MN 55106 (6/21 & 22/12):**  
 The theme was **COMPASSIONATE ACCOUNTABILITY**. In this era of limited resources and increasing disparities this conference provided an opportunity for meaningful community engagement and access to national and local educators, community practitioners and experts to discuss and introduce practical trauma informed and outcome driven methods and services.
  - **2011 Conference was at Metropolitan State University, St. Paul MN 55106 (6/23 & 24/11):**  
 The theme was **Wellness and Accountability**. Participants will learned about and discussed:
    - The link between the intergenerational trauma and issues associated with perceptions, beliefs and behaviors that act as barriers to effective service outcomes.
    - Current trauma informed projects and culturally competent and/or community based best practices in development.
    - The importance of clinicians, the community and clients being aware of the trauma link to improve collaboration and outcomes.

- **2010 Conference was at Sabathanie Community Center, Minneapolis, MN 55409 (6/24 & 25/10):** The theme was a **Call to Action**. Participants will learned about and discussed:
  - Strategies linking the treatment of individual, family and cultural trauma as an approach to confront issues associated with violence, educational system, chemical use, relationships, corrections, poverty, etc.
  - Strategies to address African American male’s intergenerational trauma to promote healing and empowerment.
  - Current projects and strategies in the development of culturally competent and/or community based best practices.
- **2009 Conference was at Sabathanie Community Center, Minneapolis, MN 55409 (6/25/09):** The theme was around the question: **“Why the focus on Black Male Healing?”** Participants will learned about and discussed:
  - “Why the focus on Black Male Healing?”
  - The link of today’s black male and community pain with past social, family and community multigenerational traumatic experiences.
  - Strategies and concepts that may be used to generate pathway to healing, motivation to change and community empowerment that will foster real hope for a future.

**TRAINING**

- **MINNESOTA COMMUNITY RESILIENCE COACHES TRAINING, SAINT PAUL MN 55104** **2/13**  
**ACE Interface Master Trainer Training.** The two day training increased knowledge and improve the skills of participants related to the biological, health, and social impacts of Adverse Childhood Experience as well as the promise of prevention and collective action to enhance accommodation and resilience. To later train others in the community.
- **INCOMMONS INITIATIVE OF THE BUSH FOUNDATION, LAKE PARK, MN, 56554** **12/12**  
**Art of Hosting Training.** The intent of the 3 day training is to have skilled facilitators available to individuals, organizations and communities that want to learn and work together to help each other turn challenges into opportunities.
- **THINK FOR CHANGE CURRICULUM, MINNEAPOLIS, MN 55406** **9/10**  
 Thinking for a Change (T4C) is an integrated, cognitive behavior change program for offenders used around the country that includes cognitive restructuring, social skills development, and development of problem solving skills.
- **WITHIN MY REACH CURRICULUM, MINNEAPOLIS, MN 55406** **7/12**  
*Within My Reach* (WMR) is a relationship skills and decision making program for helping individuals achieve their goals in relationships, family, and marriage. The curriculum is especially tailored for those who have struggled with economic disadvantage.

**THINK TANKS/ADVISORY COMMITTEES**

- **African American Men’s Citizen Conference Early Childhood Development and Education Planning ADVISORY COMMITTEES, St. Paul, MN 55102** **8/12 - Present**  
**“African-American Men Gathering in Support of Young Children”** A group African American assisting the Science Museum of Minnesota determine the focus and goals for the conversation, ensure the right mix of African American men are invited, and consider how this event can contribute to improving the lives of African American young children in Minnesota. And to ensure that the *Wonder Years* Citizen Conferences add value to our statewide conversation and build on the strengths and address the needs of local communities.
- **Chemical Dependency Model of Care Planning Project Advisory Committee** **6/12 - Present**  
 This committee addressed the 2012 Minnesota Legislature directive to the Minnesota Department of Human Services (DHS) to collaborate with counties, tribes, and other stakeholders to develop “a community-based integrated model of care to improve the effectiveness and efficiency of the service continuum for chemically dependent individuals”.
- **NAMI MINNESOTA ADVISORY COMMITTEE, ST. PAUL, MN 55104** **2012 - Present**  
 Consulting on mental health issues in the African American community.
- **MINNESOTA COALITION FOR BATTERED WOMEN: POLICY ROUNDTABLE, ST. PAUL, MN 55104** **2010 - Present**  
 Addressing violence against women.

- **MINNESOTA COMPREHENSIVE OFFENDER REENTRY PLAN (MCORP) ADVISORY GROUP, ST. PAUL, MN 55104** **2009 - Present**

Address prison entry issues and changes.

- **U.S. Department Of Justice Office On Violence Against Women In Partnership With The Women Of Color Network (WOCN) Allies Training, Tucson, AZ** **8/5-7/09**

A training and think tank examine the violence against women movement and where issues of race, gender and class overlap. The ways that systemic oppression creates norms in society that ultimately impact services to victims and the importance of serving as an ally to marginalized communities. Also, Development of individual action plans to implement cultural competency and offer resources that will aid in their action plan implementation.

- **US Department of Justice, Office on Violence Against Women in partnership with The Center for Family Policy and Practice think tank on Woman-Centered Advocacy in Low-Income African American Communities, Chicago, IL** **12/9-10/09**

Participated in discussions on current perspectives on advocacy with women who continue to be in contact with partners. Things advocates should know about services for men in low-income communities, and the barriers to/opportunities for responding to the needs of survivors as articulated in the report on recent listening sessions.

**AWARDS**

- **“Governor’s Council on Faith and Community Service Initiatives Best Practices Award”** for work with MN Department of Veterans Outreach Services, prison reentry and in the African American community **2009**
- **“Kirby Puckett Legacy Award”** for work with Life Source that led to an increase in the African American community’s organ donation from 29% to 75% in 2006. **2007**

**LICENSES AND CERTIFICATIONS**

- **MINNESOTA, DEPARTMENT OF HEALTH, ST PAUL, MN 55164** **1998**  
Licensed as a Alcohol and Drug Counselor
- **INSTITUTE FOR CHEMICAL DEPENDENCY PROFESSIONALS OF MN, ST. PAUL, MN 55118** **1997 - 1999**  
Certified as a Chemical Dependency Counselor Reciprocal

**EDUCATION**

- **METROPOLITAN STATE UNIVERSITY, MINNEAPOLIS, MN 55403** **Incomplete**  
Working toward Bachelor of Arts Degree in Human Services
  - **Group Counseling:** group counseling methods, including client-centered, gestalt and transactional analysis at an intermediate level. **1987**
  - **Intervention with battered women and their families (at UofM school of social work under Jeff L. Edleson, Ph.D.):** course focuses upon social interventions aimed at ending violence against women. **1994**
- **MINNEAPOLIS COMMUNITY COLLEGE, MINNEAPOLIS, MN 55403** **1984**  
Received Associate of Arts Degree in Business Management.

**VOLUNTEER SERVICE**

- **JUVENILE DETENTION ALTERNATIVES INITIATIVE (JDAI), MINNEAPOLIS, MN 55404** **2010 - Present**  
Member of the steering committee (governing committee) to focused on the juvenile justice system reform initiatives and the effects on the community as well as, promoting community involvement in current and future policies, practices, and programs changes.
- **AFRICAN AMERICAN LEADERSHIP FORUM, ST. PAUL, MN 55104** **2010 - Present**  
Develop and promote innovative solutions that help people and communities to become, and remain, physically, mentally, spiritually, economically secure.
  - Currently member of the steering committee (governing committee)
  - Currently co-chair of the health and wellness work committee
- **KMOJ 89.9 FM CENTER FOR COMMUNICATIONS AND DEVELOPMENT, MINNEAPOLIS, MN 55408** **2007 - Present**

Working with KMOJ-FM management staff as executive producer of all community public affairs talk shows. Assist with show hosts in scheduling guest and developing topic ideas. Work to develop and maintain consistent show structure (time sheets, show music, PSAs, etc.).

- **FATHER PROJECT STEERING COMMITTEE, ST. PAUL, MN 55104** **2007 - Present**  
 Addressing policies, programming, and trainings for professionals working with fathers as well as the development of a Planning and Visibility Presentations.
- **MINNESOTA FATHER & FAMILIES NETWORK BOARD, ST. PAUL, MN 55104** **2006 - Present**  
 ▪ Member, vice president and currently president of the board.  
 ▪ Blueprint planning committee — the development of document entitled "Father to the Forefront."
- **100 MEN TAKE A STAND FOR DOMESTIC PEACE, MINNEAPOLIS, MN 55406** **2005 - Present**  
 Working with African American men and community in addressing the root cause of violence and preventing violent behavior in all their relationships, as well as, the community.
- **RAMSEY COUNTY DOMESTIC ABUSE IMPACT PANEL, ST. PAUL, MN 55106** **2002 -Present**  
 ▪ Assist as a coordinator, co-designer and speaker in the development of a panel discussion for perpetrators and the community to increase their awareness of the impact of domestic violence on children.  
 ▪ Co-producing DVDs as part of the awareness program.
- **DOMESTIC ABUSE PROGRAMS FOR BATTERERS GUIDELINE STEERING COMMITTEE FUNDED BY THE GREATER TWIN CITIES UNITED WAY, Minneapolis, MN 55404** **2010 - 2011**  
 Assist in the identification and development of best practices for Domestic Abuse Programs for Batters.
- **MEN'S RALLY AT THE STATE CAPITAL- MINNESOTA MEN'S ACTION NETWORK, ST. PAUL, MN 55104** **3/2011**  
 Speaker at the Alliance to Prevent Sexual and Domestic Violence at the state capitol. In Support of the 2011 Action Day to End Violence Against Women.
- **AFRICAN AMERICAN LEADERSHIP FORUM - HEALTH AND WELLNESS WORK GROUPS: UNNATURAL CAUSES: PLACE MATTERS PANEL, ST. PAUL, MN 55104** **12/2010**  
 A panelist as part of a discussion of unnatural causes that effect health especially in poorer communities and possible innovative solutions to address these issues.
- **MINNESOTA CHILD ABUSE PREVENTION HEALING FIELD RALLY AT THE MINNESOTA STATE CAPITOL, ST. PAUL, MN 55104** **5/2010**  
 Speaker at the rally recognizing the victim of child abuse in Minnesota.
- **THE SECOND CHANCE COALITION IS HOSTING A GOVERNOR'S FORUM, ST. PAUL, MN 55104** **1/2010**  
 Assist as a facilitator at the 2010 Governor Candidate forum
- **MINNESOTA FATHERS' ADOPTION REGISTRY, ST. PAUL, MN 55164** **2008 - 2009**  
 Member of the Flow Chart Development Project Group with a focus on connecting vital events & service delivery for putative fathers in child support, adoption, permanency & paternity.
- **AFRICAN AMERICAN MEN ADVISORY COMMISSION, MINNEAPOLIS, MN 55411** **2002 - 2004**  
 Appointed to the commission to address issues confronting African American men in MN.
- **PILOT CITY NEIGHBORHOOD SERVICES, MINNEAPOLIS, MN 55411** **2003 - 2004**  
 Community board member addressing community and organizational issues.
- **INITIATIVE FOR VIOLENCE-FREE FAMILIES, MINNEAPOLIS, MN 55404** **1996 - 2000**  
 Address issues of violence in the community
- **ST. DAVID'S SCHOOL FOR CHILD DEVELOPMENT, MINNETONKA, MN 55435** **1994 - 1997**  
 Assist in issues of diversity.
- **UNITED WAY OF MINNEAPOLIS, MINNEAPOLIS, MN 55403** **1994 - 1995**  
 Evaluating acceptability of agencies Undoing Racism action plans.
- **MINNEAPOLIS PUBLIC SCHOOL SYSTEM, MINNEAPOLIS, MN 55413** **1989 - 1995**  
 Assisting special education teachers in developing programs to build self-esteem in students.

**TELEVISION AND RADIO SHOW/APPEARANCES**

**Show**

- KMOJ 89.9 FM CENTER FOR COMMUNICATIONS AND DEVELOPMENT, MINNEAPOLIS, MN 55408** **4/04 - Present**

Produce and/or co-host the following a solution base public affair (talk radio) shows:

- " **VOICES OF THE AFRICAN AMERICAN COMMUNITY**" addressing issues that are important to the urban community, with a focus on communities of color. **(9/08 – Present)**

- **“COMMUNITY HEALTH DIALOGUES”** (partnership with Q Health Connections community outreach) addressing community health issues that affect communities of color, dental care, stress management, diabetes, community violence, AIDs, etc. **(5/07 – Present)**
- **" URBAN AGENDA"** addressing policy and political issues that is important to the urban community, with a focus on communities of color. **(7/07 - 9/08)**
- **"MINNESOTA STREET SOLDIERS LIVE"** (partnership with African American Men Project) addressing issues important to men and communities of color, education, health, etc. **(4/04 – 7/07)**

**"It's Time"** Cable Show - MTN Public Access Community Television and **4/00 – 4/03 & 3/07**  
Northwest Community Television Public Access Community Television

Was executive producer and host of a lecture show addressing hard issues that maybe part of a person life such as:

- Holist View Of Pain
- Anger
- Co-Dependency
- Denial
- Insanity (Self-Defeating Behavior)
- Domestic Violence
- Addiction
- Chronic Pain
- Interview with Dr. Bob Hardy author of *“Self-Defeating Behaviors: Free Yourself from the Habits, Compulsions, Feelings, and Attitudes That Hold You Back”*

**Appearances**

<b><u>“Black Man Emerging” (African American Men Project weekly show), MCN Channel 6</u></b> Addressing community issues.	<b>2004</b>
<b><u>Let's Learn to Get Along - MTN Public Access Community Television</u></b> Addressing community issues	<b>2002</b>
<b><u>Prevention and Initiative for Violence-Free Families and Communities in Ramsey County Community Issues Group - MTN</u></b> Addressing issues associated with family violence and chemical dependency	<b>2002</b>
<b><u>Don't Believe the Hype - KTCA</u></b> Addressing issues associated with family violence	<b>1998</b>
<b><u>NAACP/Other Hand - KSTP</u></b> Addressing community issues	<b>1999</b>
<b><u>Good Morning Twin Cities - KSTP</u></b> Addressing issues associated with chronic pain	<b>1989</b>

**MEMBERSHIPS**

<b>Minnesota Father &amp; Families Network</b>	<b>2006 - Present</b>
<b>The Minnesota Association of Black Psychologists</b>	<b>2005 - Present</b>
<b>National Association of Alcoholism and Drug Abuse Counselors</b>	<b>1997 – Present</b>
<b>The National Black Alcoholism and Addictions Council, Inc.</b>	<b>2004 - 2010</b>
<b>American Pain Society</b>	<b>2000 – 2007</b>
<b>Midwest Pain Society</b>	<b>1991 – 2000</b>
<b>Minnesota Association for Counseling and Development</b>	<b>1991 – 1995</b>

**ACTIVITIES/INTERESTS**

Grand children, Community issues, Jazz