



Dear Attendee,

Welcome to the 2025 Faith + Mental Health Hybrid Summit!

Whether you're joining us in person or participating virtually, we are honored to have you with us. Your presence is a powerful reminder that healing is possible, hope is alive, and faith still plays a vital role in our journey toward wholeness.

This year's theme, **"Bridging Healing and Hope,"** speaks to our mission of connecting spiritual truth with mental wellness, faith with evidence-based support, and individuals with communities that care. Together, we are building bridges between the heart and mind, between pain and restoration, and between the Church and the world of mental health.

Over the course of this summit, we'll hear from faith leaders, mental health clinicians, advocates, and survivors who have walked this path and now help others do the same. Expect honest conversations, hands on learning, practical tools, and opportunities to both reflect and take action.

To our in-person guests: *we are thrilled to host you and invite you to fully engage with the sessions, connect with fellow attendees, and take advantage of the on-site resources.*

To our virtual attendees: *your presence matters deeply. We've created an interactive online experience so you can participate fully, ask questions, share insights, and be seen and supported no matter where you are.*

Please take time to check out our sponsors, explore our resources, meet our partners and speakers, and most importantly give yourself permission to grow, to heal, and to hope again.

Thank you for being part of this transformational gathering. Together, we are bridging healing and hope for ourselves, for our communities, and for generations to come.

With gratitude and expectations,

D'Andrea Bolden, MA

Host and Speaker, Faith + Mental Health Summit

www.faithandmentalhealth.net



ITINERARY

Location: 1323 Lane Blvd Kalamazoo, Mi 49001

Time: 9:30 AM - 2:40 PM

Light Refreshments

- 9:30 AM - 10:00 AM: Registration
- 10:00 AM - 10:05 AM: Welcome and Opening Remarks
 - *Speaker: D'Andrea M. Bolden, MA*
- 10:05 AM - 10:35 AM: Interactive Session-1
 - Topic: Healing Through Sound: Using Music Therapy to Promote Mental Health
 - *Facilitator: Taieshia Tindall, MT-BC*
- 10:35 AM - 11:05 AM: Talk Session-1
 - Topic: Restoring Dignity and Care: Navigating the Challenges of Caregiving for Those with Mental Health Struggles:
 - *Guest Speaker: John Bolden*

Midday Sessions

- 11:05 AM - 11:35 AM: Interactive Session-2
 - Topic: The Healing Power of Art: Using Creativity to Promote Mental Wellness
 - *Facilitator: Shaquona Espinoza*
- 11:35 AM - 12:05 AM: Talk Session-3
 - Topic: Breaking the Repetitive Cycle: Addiction, Incarceration, and Trauma
 - *Guest Speaker: Emmett Hall, MS, LLPC, NCC, DP-CAADC*

Lunch + Wellness Corner

- 12:05PM - 12:35PM: Lunch provided onsite
 - Be sure to visit our wellness corner for self-care, authors, vendors etc

Afternoon Sessions

- 12:35 PM - 1:05 PM: Talk Session-3
 - Topic: Faith and Mental Health- Embracing Spirituality While Integrating Clinically Sound Practices
 - *Speaker: D'Andrea M. Bolden, MA*
- 1:05 PM - 1:35 PM: Talk Session -4
 - Topic: What to Do and When: Real Tools for Real-Life Mental Health Struggles
 - *Guest Speaker: Dr. Kym Leonard*
- 1:35 PM - 2:05 PM: Live Panel
 - Topic: Mental Health Q & A
 - Speaker Panel
- 2:05 PM - 2:25 PM: Dykesha Bibbs and Dr. Susan Agbenoto
 - Topic: Who they are and what they do?
 - 10 minutes each
- 2:25-2:35 Mini Awards Ceremony | Acknowledgements | Dismissal
 - Topic: Winners Announced

Conclusion and Dismissal

- 2:35: Closing Remarks and Dismissal